

Mansfield NOW

M A G A Z I N E

JANUARY 2017

Undying Passion

Raul Gonzalez is
more than just
another fan

Mutual Admiration Society

At Home With
Glen and Susan Smith

Running on Fish Power

Add Resolve to Your Resolutions

Dining Deals

Be Happy

In the Kitchen With
Toni Gray

Here, BRIGHT MINDS DISCOVER A WORLD OF Possibilities

THE OAKRIDGE SCHOOL EDUCATES AND NURTURES STUDENTS AGES THREE THROUGH 12TH GRADE IN A DYNAMIC PROGRAM THAT FOSTERS CURIOSITY AND EXPLORATION THROUGH ACADEMICS, ARTS AND ATHLETICS. JOIN US AT AN UPCOMING ADMISSIONS EVENT TO LEARN MORE!

OAKRIDGE MAKER STUDIO

SATURDAY, JANUARY 21 | 9:30-11:00 A.M.

ADMISSIONS COFFEE FOR PARENTS

THURSDAY, FEBRUARY 23 | 9:30-11:00 A.M.



THE
OAKRIDGE
SCHOOL

5900 W. PIONEER PARKWAY
ARLINGTON, TX 76013
817-451-4994

WWW.THEOAKRIDGESCHOOL.ORG

The Oakridge School does not discriminate on the basis of color, creed, sex or ethnic origin in school-administered programs.



DietSolution

WEIGHT LOSS CENTERS

Dr. Richard R. Knight, M.D.

Bobbie C., Arlington

Over two years ago, I gained more than 50 lbs. after major surgery. One year ago in June, a friend and I joined the Diet Solution plan. Since joining Diet Solutions, I have lost 40 lbs. to date. Their staff members are highly professional, friendly and have helped me to reach my goals. I have more energy, feel and look outstanding, I might add. This program actually works. I am more than confident that it will work for you as it has worked for me. I give thanks to all the staff for helping me obtain my goals. The consultants really care about their patients and always are willing to take two miles to the patient's one mile in achieving their goals. Hats off to you all in getting me through my journey.



Before



**Bobbie's lost
over 40 lbs.***

Mention
this ad for
**FREE B12
INJECTION**

Expires 1/31/17

*Individual results
may vary.

MANSFIELD

920 U.S. Hwy. 287 N., Suite 306
(At Walnut Creek in Tom Thumb Shopping Center)

817-453-3438

CROWLEY / BURLESON

740 S. Crowley Road, Suite 2
(Next door to I-Fit Elite Gym)

817-297-2100

www.dietsolutioncenters.com

Happy New Year
Raymonds from
LIQUOR STOP



Located RIGHT OFF Hwy 287 & Turner Warnell
(Parking and Entrance in rear.)

**WE ARE THE
CLOSEST
Liquor Store
to Mansfield!**

Present this coupon and receive

**10% OFF
\$50 purchase**

Must bring ad in to receive 10%. One coupon per person.
Cannot be used with any other offers. Expires 1/31/17



Huge Selection and
Convenient Location!



Authorized dealer of Bison Coolers

**Liquor • Wine • Beer
Premium Cigars**

OPEN Monday - Saturday • 10am - 9pm



Take the Turner-Warnell exit and locate the Extra Space
Complex at Turner-Warnell and Highway 287. Parking
and the entrance are located in the rear of the building.

817.476.6239 • 8111 U.S. HWY 287, BUILDING H • ARLINGTON, TX 76001

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Mansfield Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Rick Mauch . Erin McEndree
Jeff Trentham . Betty Tryon
Zachary R. Urquhart
Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose
Photography Coordinator, Amy Ramirez
Photographer, Vanessa Polozola

ADVERTISING

Advertising Representatives,
Teresa Banks . Lori O'Connell
Keri Roberson . Steve Randle . Cherise Burnett
Linda Dean-Miley . Mark Fox . Bryan Frye
Casey Henson . Cedrick Logan . Melissa McCoy
Carolyn Mixon . John Powell . Linda Roberson
Joyce Sebesta . Shilo Treille

Billing Manager, Angela Mixon

ON THE COVER



Raul Gonzalez devotes equal allegiance to MISD and the Cowboys.

Photo by Vanessa Polozola.

CONTENTS

January 2017 • Volume 12, Issue 1



8 Undying Passion

Raul Gonzalez's love of the Dallas Cowboys helped shape his entire life.



18 Running on Fish Power

Future generations are learning that healthy food can be grown in small spaces.



28 Mutual Admiration Society

At Home With Glen and Susan Smith.

36 Add Resolve to Your Resolutions

Make this the year you reach your New Year's goals.

44 BusinessNOW

46 Around TownNOW

52 CookingNOW

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2017. All rights reserved. MansfieldNOW is published monthly and individually mailed free of charge to homes and businesses in the Mansfield ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



Editor's Note

Dear Friends,

Here it is winter, and there's heaven indoors. My cozy office is filled with plants and birds. Most of the plants are gifts from family. All the birds — and their chirping, cooing sounds — are gifts from a friend, another crazy bird lady named Lori O'Connell. She knew better than I how much the lovebirds and parakeets would please my heart, keeping me positive and alert.

What keeps you mentally focused? How do you maintain balance as you work and manage your family? What techniques have you found for relieving your stress? Your wisdom would be welcome, as *MansfieldNOW Magazine* strives to give the community good stories about good people in our midst. Just pick up the phone, and tell me your ideas. Even if your suggestion is not about you but about a friend who inspires you, I'll be happy to consider turning your enthusiasm into another beautiful article. We all need the encouragement of our neighbors, and so I leave you with these words:

Stay in peace!

Melissa

Melissa Rawlins
MansfieldNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888

Want a financial advisor that knows your name?



Shawn M. Malley, AAMS®
Financial Advisor

1560 N. U.S. Hwy. 287 Ste. 200,
Mansfield, TX 76063
817-473-0006
www.edwardjones.com

Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

Crystal Dental *Happy New Year!*

\$15 FOR LIMITED EXAM AND X-RAY

\$69 EXAM, X-RAY AND CLEANING (gum treatment extra)

- LAUGHING GAS AVAILABLE FOR PATIENTS WITH DENTAL PHOBIAS!
- MEDICAID, CHIP & MOST INSURANCES ACCEPTED

2880 N. FM 157, Ste. 102, Mansfield, 76063 | 817.473.6200
1301-H W. Henderson St., Cleburne, 76033 | 817.641.3344
1114 E. Seminary Dr., Ft. Worth, 76115 | 817.921.0883

WWW.CRYSTALDENTAL.ORG

M **MOUSER ELECTRONICS**

See our ad on page 12

Truck Accessory Outlet

We now offer remote start alarms!

2017

- Window Tinting
- Spray Liners
- Bed Covers
- Tool Boxes
- Step Bars
- Hitches

817-473-0000
1275 N. Main St., Ste. 106, Mansfield
www.truckaomansfield.com



Come Trade Your
Old Keys for New Keys!

VIP EXCHANGE PROGRAM

Exclusive Program Perks

- Less Haggle
- Deal With An Exchange Coordinator Directly
- Special Pricing
- Get Top Dollar For Your Trade
- Get The Best Price
- VIP Parking
- Lifetime Powertrain Warranty*
- And More!

Honda
of **BURLESON**



Lifetime
Powertrain
Warranty

\$0 Added
Cost

HondaOfBurleson.com • 817-295-5000

632 N. Burleson Blvd in Burleson, TX 76028. If traveling South, exit Renfro and make a U-turn.

*See the Warranty Forever contract for complete details on powertrain coverage.

IF YOU'RE LOOKING FOR RELIABILITY, YOU'RE GETTING WARM.

A Trane furnace can handle just about anything Mother Nature can dish out. We won't accept anything less. It's a level of uncompromising quality that helps us keep families comfortable year after year. And that's something everyone can warm up to.



It's Hard To Stop A Trane.®



817-477-1000

WWW.PERFORMANCEHEATANDAIR.COM

LIC. NO. TA CLB29398E

WARM AND FRIENDLY. IT'S WHAT WE DO. CALL US TODAY.

© 2016 Trane. All rights reserved.

DECORATING DEN INTERIORS®

FURNITURE | WINDOW TREATMENTS | FLOORING | AREA RUGS
LIGHTING | ACCESSORIES | BEDDING

Ranked
#1
Franchise
Worldwide

30
International
Dream
Room
Awards

Photographed at the home of Robert and Marsha Gleason



LISA LANDRY
& THE LANDRY TEAM

FROM INSPIRATION TO REALITY

Don't leave home. We come to you! Our extensive product assortment allows us to work with your lifestyle and budget.

CONTACT US TODAY FOR YOUR COMPLIMENTARY CONSULTATION

VISIT WWW.THELANDRYTEAM.DECORATINGDEN.COM OR CALL 817-472-0067
SEE WHY OVER ONE MILLION SATISFIED CUSTOMERS HAVE CHOSEN DECORATING DEN INTERIORS



RAUL IS USING HIS LOVE AND CONNECTION WITH THE COWBOYS FOR MUCH MORE THAN SELF-GRATIFICATION.

UNDYING PASSION

— By Rick Mauch

Raul Gonzalez grew up in El Paso as an avid Dallas Cowboys fan just like his father. Then, when it came time to go to college, he seized his opportunity to live a dream and be near the team he loved. "I knew I had to go to The University of Texas at Arlington," he said. "It made perfect sense. I could get my education and be right next to my Cowboys."

That decision forever changed Raul's life. It also changed the lives of many others, including the youngsters in the Mansfield Independent School District, as he strives to make their world better through his work as a school board member.

Now, at age 54, he's been attending Cowboys games for nearly four decades. He's even gotten to work alongside his heroes, all the while becoming a hero himself. Throughout the season, Raul was

NOW ENROLLING 817-842-1216



Train up a child in the way they should go...

- 18 Month - Kindergarten
- After School K-4 - 8th grade
- ▲ School Age Summer Camp
- ★ Mon. - Fri. 6:30a - 6:30p



Bethlehem Academy

1188 West Broad Street, Bldg. 500, Mansfield, TX 76063
www.thebethlehemacademy.org



The Gonzalez family — Isabel, Raul, Andrew, Kerry and Patrick.



IRVING & STEPHENSON, DDS
excellence in dentistry

Serving Mansfield families with
excellence in dentistry
for over 30 years



J. Edward Irving, D.D.S. / Lewis H. Stephenson, D.D.S.

817-473-0244
747 Highway 287 North
Mansfield, TX 76063

WWW.ISCDENTAL.COM

hoping to see his Cowboys make a run toward the Super Bowl. But there is another cause for celebration this month, as January is National School Board Recognition Month.

Raul has been a member of the Mansfield ISD Board for six years. He is most proud of what the Board of Trustees accomplished. "We adopted a balanced budget for the 2015-16 school year and lowered the tax rate," Raul stated. Other accomplishments include being among the first to deploy iPads to students in high school and junior high, developing one of the top fiscally responsible policies in the state and currently working toward establishing a STEM (science, technology, engineering and math) program. "I want to give back. There may not be a tomorrow," he said.

"He is a man who has not forgotten his roots and demonstrates that through his undying passion to advocate on behalf of all children, especially the economically disadvantaged and those students who are a higher risk for failure," fellow school board member and pastor, Michael Evans, said.

Combining his passion for improving the lives of youth and families with his love of the Cowboys, Raul is on The Salvation Army Advisory Council, an organization that works closely with the Cowboys organization. It's one of several projects he has worked on connected to the team, including being among those who worked to bring the Cowboys to Arlington from Irving in November 2004. "Back then, I



said I moved for the Cowboys, and now they are going to move for me,” Raul said with a laugh.

Raul is using his love and connection with the Cowboys for much more than self-gratification. But then, as those in Mansfield will attest to, that is simply what he does — always putting others first.

For example, the team’s work with The Salvation Army benefits the needy throughout the Metroplex. Also, the team’s support of the North Texas Youth Education Town (YET) in East Arlington has played a big part in helping youngsters from challenged backgrounds.

“His eyes light up, and there is excitement in his voice when he talks about the school district and what they are doing now, as well as their plans for the future,” Linda Richie, a neighbor of 25 years, said. “He cares very much about educating our youth. I have enjoyed watching him talk not only to parents but the youth themselves on their school experiences and their ideas on how to make it better.”

Raul’s passion for the Cowboys has taken him many places, including Super Bowls XXVII, XXVIII and XXX, all of which the team won. The first he attended with his late father. “I’m so glad I had the chance to share that experience with my dad before he passed,” Raul said. “When Dad died, they talked about that Super Bowl at his funeral.”

Raul lost his father on June 16, 2005, to prostate cancer. Ironically, Raul was diagnosed with the disease himself a few

CALL NOW FOR THE NEW COUNTERTOPS YOU’VE ALWAYS WANTED!



Granite, marble & quartz fabricator for kitchen & bathroom countertops
Extensive color selection combines beauty, function & elegance for any bathroom or kitchen!

FREE

18-gauge
Stainless Steel Sink
(\$350 value)

Call or visit our website for details!
www.MTMCOUNTERTOPS.com



- * FREE Estimates
- * Competitive Pricing
- * Up to 15-year Warranty on Some Products

COME SEE OUR WIDE SELECTION!

SHOWROOM HOURS:
MON-FRI: 8AM - 5PM
SAT 10AM-2PM



MTM Countertops

2460 Hwy. 287 N. • Mansfield
(Northbound service road – between Callendar Rd. & Turner-Warnell)

For more info call 866-439-1935.

LIKE US



Does one of your New Year's Resolutions involve retirement?
Give us a call or stop by so we can help.

SIMMONS
WEALTH
MANAGEMENT

817-225-4476

600 Strada Circle, Suite 106, Mansfield, Texas, 76063
todd.simmons@ipl.com www.360wm.net

Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through 360 Wealth Management, a registered investment advisor. 360 Wealth Management and Simmons Wealth Management are separate entities from LPL Financial.



Todd A. Simmons
AAMS, MBA



Beth Light, Michelle Newsom, Courtney Lackey Wilson, Raul Gonzalez, Karen Marcucci, Dr. Michael Evans and Dr. Jim Vaszauskas proudly serve on the MISD Board.

months later. "It was terrifying, especially after seeing what he went through," Raul said. "But unlike my dad, they found mine in time and were able to operate in a hurry."

Raul's grandparents were both immigrants from Mexico. His dad rose through the ranks at the El Paso post office to become a vice president, with only a high school diploma. And though his father worked hard to support his family, he always made time for his beloved Cowboys. Game day was a family affair, and like his father, Raul makes sure the family knows not to schedule any events at the same time as a Cowboys game. "Don't get married on game day, if you want me to be there," Raul said.

Raul is equally devoted to his work in the Mansfield ISD. Just as he grew up watching the Cowboys become America's Team, he wants the children in that district to grow up knowing they are also a part of the best team. "We're getting the reputation as one of the districts to come to for a top-quality education," he said. "The [state] commissioner of education came in and was very impressed. He said, 'Keep doing what you're doing.' Sometimes, I feel like public education is under attack, but it's not failing, and we're proving that in Mansfield."

It was while working with the Texas Rangers' concession department in 1982 that Raul met his wife, Kerry. They married in 1986, shortly after he got his first set of Dallas Cowboys season tickets through the law firm he works for. He will jokingly remind her from time to time that his agreement with the firm that he would get season tickets to the Cowboys home games for as long as he is on the firm's staff was in place before they exchanged vows, so the tickets are not community property.

"I had the letter about the Cowboys tickets before we got married," he said with a smile. "But then, I tell my children

NOW HIRING



Join our fast growing **TEAM**
at our global corporate headquarters.

Immediate interviews for Stock Control Associate positions. Interviewing now for IT, Marketing, Finance, Warehouse, Customer Service, and many others.

Visit mouser.com/CareersNow to search our current openings.



Mouser Electronics is a worldwide leader in the distribution of electronic components for engineers to design future must-have products today. Mouser is part of the Berkshire-Hathaway family of companies, a Texas Employer of Excellence and a Mansfield Chamber of Commerce 2014 Outstanding Large Business of the Year winner.

1000 N. Main Street, Mansfield, TX 76063

The ZigZag Stripe



Affordable
Boutique Clothing
for Every Woman,
Every Style
Small-2XL

DENTON • MANSFIELD • WAXAHACHIE

New Year, New Styles,
New You

**BOGO
FREE***

WHEN YOU BRING THIS
AD TO ANY STORE
OFFER EXPIRES 1/31/17

**40% OFF
ONE ITEM***

WHEN YOU BRING THIS
AD TO ANY STORE
OFFER EXPIRES 1/31/17



Call For Store Hours

DENTON: 940-391-5950

MANSFIELD: 682-704-0720

WAXAHACHIE: 469-716-3002

SHOP WITH US ONLINE AT ZIGZAGSTRIPE.COM



WWW.FACEBOOK.COM/ZZSDENTONSTORE

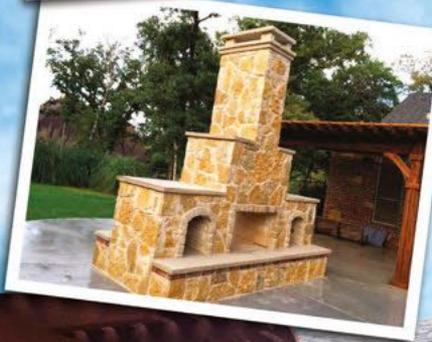
WWW.FACEBOOK.COM/ZZSMANSFIELDSTORE

WWW.FACEBOOK.COM/ZZSWAXAHACHIESTORE

*COUPON OFFERS EXCLUDE CLEARANCE ITEMS, SHOES, AND BOOTS;
COUPON CANNOT BE COMBINED WITH ANY OTHER DISCOUNT;
ONE COUPON PER VISIT.

ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits...



Call today for
FREE
Consultation



817.453.3100
www.URBANOASISOUTDOOR.COM



URBAN OASIS
OUTDOOR LIVING

PAVILIONS • FIRE & WATER FEATURES • LIGHTING



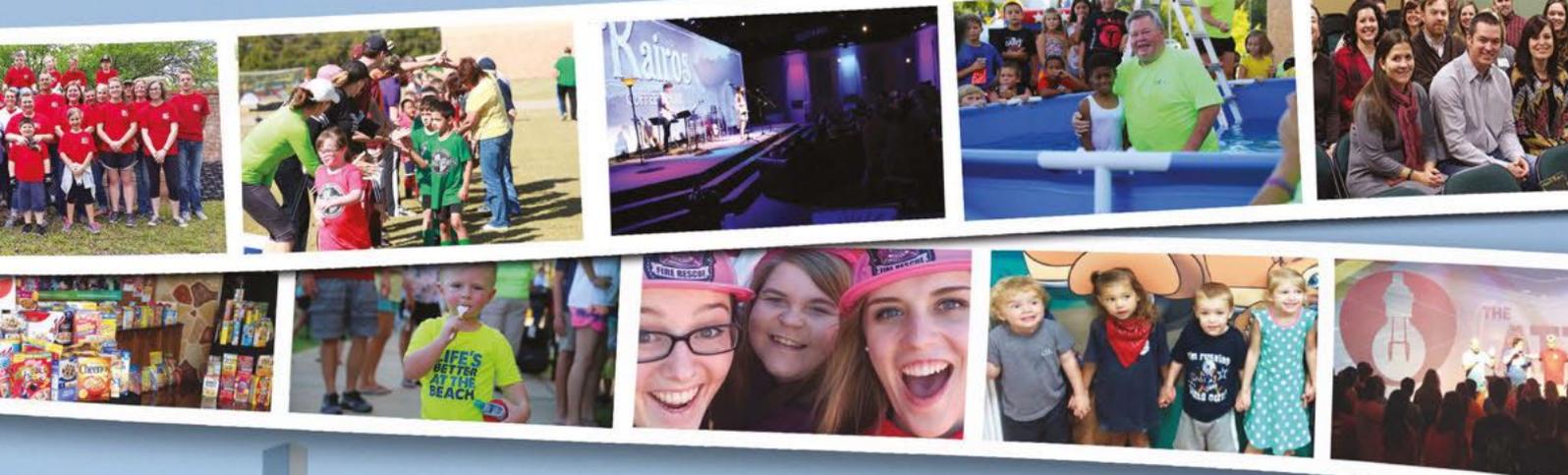
that without the Cowboys I never would have [moved to the Metroplex and] met their mom.”

Raul and Kerry have three children. Andrew is a graduate of Sam Houston State University with a degree in psychology. Patrick is attending classes at Tarrant County College and their daughter, Isabel, is a senior at Summit High School, from which her brothers graduated.

When Raul does anything in which he believes, he “gets hooked.” The same is true with his career as director of administration for the law firm Passman and Jones in Dallas. He went to work for the firm in 1983 as an errand runner, after his roommate drove him to an interview.

Raul’s career has also led him to some interesting connections. For example, he recalled a meeting with then President George W. Bush to discuss health savings accounts. “He was an everyday man. He gave Karl Rove a hard time about being on his Blackberry,” Raul said, chuckling.

But certainly, no one is giving Raul a hard time, as he continues to work to help change the world, one child at a time. “Over the years, I have watched Raul become a father and a leader in the community,” Linda said. But as she watches him keep an eye on the Cowboys and their quest for greatness and always have a critique of the games, the refs and the plays, she jokingly shares another way he could have an influence: “Jerry (Jones) should hire him as a consultant to the coach!” **NOW**



A PLACE TO CONNECT

1 CHURCH // 3 LOCATIONS // 6 UNIQUE SERVICES

SUNDAY MORNINGS // 9:00, 10:15, & 11:30

9:00

NORTH SANCTUARY
SENIOR PASTOR, RANDY WEEAKS
ORCHESTRA & HYMNS

SOUTH SANCTUARY
TEACHING PASTOR, ERIK ERBY
PRAISE BAND & WORSHIP

10:15

NORTH SANCTUARY
SENIOR PASTOR, RANDY WEEAKS
FULL BAND & WORSHIP

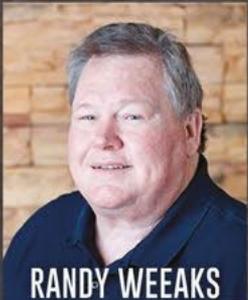
SOUTH SANCTUARY
TEACHING PASTOR, ERIK ERBY
PRAISE BAND & WORSHIP

11:30

NORTH SANCTUARY
TEACHING PASTOR, TONY CANADY
FULL BAND & WORSHIP

CAN'T MAKE IT ON SUNDAY? WEDNESDAY NOON CHAPEL

CASUAL / MID-WEEK SERVICE
FOR ALL AGES // CHOIR ROOM
W/ SENIOR PASTOR, RANDY WEEAKS



RANDY WEEAKS
SENIOR PASTOR



ERIK ERBY
TEACHING PASTOR



TONY CANADY
TEACHING PASTOR



TRAVIS MODRALL
WEST CAMPUS PASTOR



**WALNUT RIDGE
BAPTIST CHURCH
WEST**

K Star Ranch

6970 Dick Price Road, Mansfield, TX 76063

Sunday Mornings @ 10:15
Bible classes for all ages at 9:00am

walnutridgechurch.com/west

B&M AUTO SPECIALISTS



Happy New Year
from Gracie and the
B&M Auto Crew!

Your "1-Stop Shop" for Auto & Fleet Maintenance & Repair!

We offer these services & more:

- Tune Ups & Alignments
- Complete Brake Service
- Shock, Struts/Suspension
- A/C Service & Repair
- Engine Repair & Replacement
- Bearing Re-pack
- Transmission Service
- Air & Cabin Air Filter



We Install



3 Years / 100,000 Miles
Parts & Labor
Nationwide Warranty!



LIKE us on Facebook

We Service National Accounts

Commercial Vehicle Repair & Maintenance
Individual Vehicle Repair & Maintenance

Hours: Mon-Sat: 8am-6pm
1516 Hwy. 157 N. • Mansfield
Behind Tractor Supply & Lonestar Car Wash
817-453-5366
www.bmmansfield.com



Licensed and Insured



Crown Roofing & Construction

Services We Offer

- Roof Replacement
- Gutter Replacement
- Painting • Fence Replacement
- Electrical • Fire Restoration

ATTENTION HOMEOWNERS FREE ROOF INSPECTIONS

Insurance Claim Assistance

Ask About Our Roofing Specials

Upgrade from a 3-tab roof to a 30 year shingle

Upgrade a 30 year shingle with a
High Profile or Ridge Vent

These Specials Won't Last Forever

Main: 972-298-ROOF (7663)

Dallas: 972-290-0366

507 E. Fairmeadows Dr., Duncanville • info@CrownRoofingDFW.com • www.CrownRoofingDFW.com

Recycle Your

ELECTRONICS



DID YOU KNOW YOU CAN RECYCLE ELECTRONICS AT THE ECC?

Mansfield Environmental Collection Center - 616 S. Wisteria St.

Open second Saturday of each month, 10 a.m. to 3 p.m.

Residents may dispose of household hazardous waste
including electronics waste.

(For a full list of accepted items visit mansfieldtexas.gov/ecc)

Proof of residency is required to drop off materials. Contractors and businesses will be turned away.



ELECTRONICS ACCEPTABLE ITEMS:

- Computers & Accessories
- Printers
- DVD/CD Players
- Typewriters
- Telephones
- Cell Phones & Chargers
- GPS Units
- Pagers
- PDA & Tablets
- Answering Machines
- MP3 Players
- Monitors & Televisions
- Miscellaneous Wires/Power Cables
- Copiers/Fax Machines/Scanners
- Microwaves
- Video Game Systems
- Video & Camera Equipment
- Communications Equipment
- Radios & Boomboxes
- Cable Boxes/DVR
- Circuit Boards
- External Hard Drives



UNACCEPTABLE ITEMS:

- Yard Equipment
- Water Coolers
- Space Heaters
- Smoke Detectors
- Wooden Speakers
- Artificial Christmas Trees
- Electronic Blanket
- Garbage Disposals
- Gas-powered Equipment
- Paper Shredders
- Household Appliances
- Freon
- Ceramic & Glass Lamps
- Crock Pot
- Exercise Equipment





You care
about your
pets.

So do we!

Bring ad for
free Rabies
vaccine

TCAP offers high quality, low cost services for Johnson County area pets.

- Spay and Neuter
- Dental Cleaning
- Heartworm Testing
- Vaccinations
- Microchipping
- Flea/Tick Control



344 SW Wilshire Blvd Suite E Burleson, TX 76028 (next to Elks Diner)
Walk-in vaccine hours: Monday - Friday 9:00 am - 12:00 pm
817-426-3777 • www.texasforthem.org

RUNNING ON FISH POWER

— By Erin McEndree

An ancient system for producing organic food in a self-sufficient growing unit is emerging in popularity and becoming more widespread throughout Burleson and Mansfield thanks to Burleson resident, David Cohen, and Loretta Messinger. This relatively new design to the United States called aquaponics has David and Loretta partnering to create an experimental classroom. They share knowledge, collaborate with others and provide hands-on experiences at a farm on FM 2738 with a system running on fish power. "People can come here to DFW Aquaponics Farms to learn and be involved to see if they like it," David said. Families are bonding through their experiences with the garden, and children are learning a healthy way to grow produce.

The aquaponics system filters waste from fish, and the nutrient-rich waste water acts as a fertilizer that supplies herbs and vegetables with the substance they need to live and grow. Plants turn the waste the fish make back into clean water for the fish. It is the most productive form of agriculture per square foot that does not create waste products to pollute the environment. Grow beds can be 10 times the surface of the fish tank.

"I love the sound of the water at the garden and the earthy smell. If you take care of the fish and plants, they will take care of you," Lizzy, a 12-year-old, said. "I love knowing where





Shades, Drapery and More!

Budget Blinds & Shutters
The Best in Custom Window Coverings

30% OFF Signature Series when you mention this ad. Expires 1/31/17

Budget Blinds
The Best in Custom Blinds and Window Coverings

Schedule your **FREE IN-HOME Consultation** today!
817-539-0155 // BudgetBlinds.com/MansfieldTX

ENGAGE GOD CONNECT TO ONE ANOTHER IMPACT THE WORLD



mbcchurch.com | sundays 9:30a & 11a | 2351 country club dr
en español 11a

BEST BUY WALK-IN BATH TUBS

NOW OFFERING \$500 OFF installed pricing when you mention this ad!
Expires 1/31/17

THE ONYX COLLECTION **NOW INSTALLING ONYX Walk-in Showers.**

Family owned, Texas built Visit our Showroom
817-326-3003 • www.bestbuywalkintubs.com 3411 E. Hwy 377, Granbury



0% FOR 84 MONTHS*
ON SELECT NEW 1-5 SERIES JOHN DEERE TRACTORS

1023E - 4x4 Tractor



STARTING @ **\$99 PER MONTH**
6-YEAR POWERTRAIN WARRANTY

3025E - 4x4 Tractor



STARTING @ **\$129 PER MONTH**
6-YEAR POWERTRAIN WARRANTY

5045E - 2WD - 50 EHP



STARTING @ **\$179 PER MONTH**
5-YEAR POWERTRAIN WARRANTY

*Based on 20% down and 0% APR for 84 months on installment. Taxes and fees can change final selling price and installment. W.A.C through John Deere Financial. Residency and other restrictions apply. See dealer for details. Offer ends 1/31/2017. Loader and implements sold separately and not included in monthly payments.

WACO 6229 S. I-35 254-756-5467	HILLSBORO 1520 S. ABBOTT AVE. 254-582-2572	CLEBURNE 3319 NORTH MAIN 817-641-7861	ENNIS 4839 N. I-45 972-878-9691
---	---	--	--

www.BrazosValleyEQ.com

JOHN DEERE | **Brazos Valley equipment**



my food comes from, with no GMOs or pesticides.” Lizzy is Loretta’s daughter and accompanies her to the garden often.

Aquaponics is a living system that depends on many parts working together to create a low-maintenance, environmentally friendly ecosystem. “There are no weeds, no chemicals or fertilizers, and no watering,” Loretta said. “After the initial set up, there is minimal cost involved.” Loretta lives in Arlington and feels very blessed to have found the Aquaponics Meet-Up group that allows her to combine her love of fish and gardening.

“God kicked open this door for me when I was searching for my purpose. It’s the perfect marriage for my two passions,” Loretta said. “I have learned so much from David. I’m like his apprentice.” She and her husband also created a smaller aquaponics system at their home where they harvest tilapia from their tank to eat themselves.

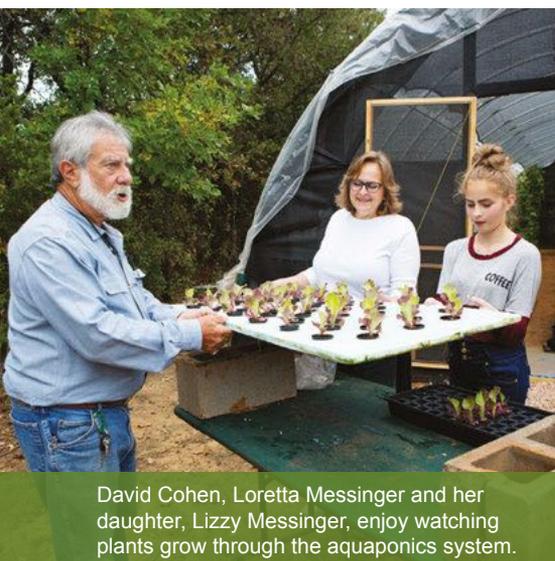
Forms of aquaponics have been used for centuries. Ancient Chinese rice farmers experimented with aquaponics even before the 6th century. Their system included ducks, fish and rice. The ducks ate bugs and their excretions fed the fish and fertilized the plants. The Aztec system came about by necessity and consisted of floating movable islands in the swampy regions. Maize, beans and squash were planted that utilized a previously useless terrain. Aquaponics experiments began in the United States in 1969, with the first closed loop aquaponics system being crafted in 1980.

“My son, Adam, is a marine biologist who became interested in aquaponics seven years ago and asked me to help,” David



said. They learned from others at the local Aquaponics Meet-Ups and wanted to begin educating others. "We started building the greenhouse so people could participate with the process and learn to operate the system. It's like a community garden," David said. "I'm not the garden guru, but I want people to come learn and experience the garden." Ten to 20 people come each Saturday to help with the greenhouse. The first Saturday of the month is open to the curious public. Many people bring their children.

Logan, a 14-year-old with autism, has had a life-changing experience because of the hands-on responsibilities and knowledge that he gained. "My mind searched for the understanding to this new growing process. I would like to use my experience in ways that would enhance humanity, enhance me and possibly turn into a promising future," Logan explained.



David Cohen, Loretta Messinger and her daughter, Lizzy Messinger, enjoy watching plants grow through the aquaponics system.

HAPPY NEW YEAR
THE
PAVILION
AT CREEKWOOD

2100 Cannon Dr., Mansfield, TX. 76063
Phone: 817-779-6500 • Fax: 817-779-6501
www.pavilionatcreekwood.com






Short-term Rehabilitation offered 7 days a week:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Vital Stem
- Respiratory Therapy

Services and Amenities:

- Wound Care
- Pain Management
- Directed Care by Physicians & Nurse Practitioners
- Direct Coordination with Surgeons
- Transportation to Follow-up Appointments
- Full Private Rooms and Suites
- Semi-private Suites

Flat Screen Television with Cable

Telephones in Each Room with Local Number

Wi-Fi

Salon and Spa Services

Transportation Offered

We accept Medicare, Medicaid, most insurances and Private Pay.

Proud Recipient of the 2015 NEW MEMBER of the Year Award.
Nominated and Elected by the members of the Mansfield Area Chamber of Commerce

2016 Deficiency-FREE Health Survey

Admissions Accepted 7 days a week!

ADVANTACLEAN
of Fort Worth

24/7 EMERGENCY SERVICE
Water & Storm Damage

- Mold Remediation
- Water Extraction
- Indoor Air Quality
- Carpet Cleaning

FREE
Mold Inspection
with Any Service
817.900.3549

Residential • Commercial • Disaster Relief
www.advantaclean.com

CLEAN HOME SOLUTIONS

"Cleaning your home back to NEW @ 817.900.3549"

State Licensed, Bonded and Insured
SPRING CLEANING
10% OFF Cleaning Any 3 Rooms

NADCA IICRC OSHA EPA TEXAS
Department of State Health Services

Services Offered: Carpet/Tile Cleaning
Chimney Cleaning • De-odorization

girl scouts
of texas oklahoma plains

Celebrating 100 years of YUM!

Find yours at girlscoutcookies.org

100 years of Girl Scouts
selling cookies



“Coming to the farm and being away from the crazy world has empowered me to make a difference in other peoples’ lives. I built my physical and mental strength as a result of paying attention to the projects.”

The Quonset-style greenhouse is 1,000 square feet and can produce 300-400 head of produce each week. There are two 300-gallon fish tanks holding about 60 catfish and approximately 80 goldfish. They provide enough nutrients to sustain the grow beds. David used channel cat and goldfish because they are hearty in the Texas climate. Styrofoam panels with holes float on top of the water. Special pots help the roots bathe in the nutrient-rich water underneath that serves as a constant food source.

Nate, a 9-year-old, comes with his father so they can spend time together. “I love Minecraft,” Nate admitted. “Getting to help build the greenhouse with a hammer and nails and craft something in real life is just about as cool as it gets.”

“Tanks for fish can be a variety of things,” Loretta said. “Be creative. You can use anything from a 55-gallon barrel or an old bathtub to a recycled food-grade tank or a swimming pool.” The grow beds are polyethylene-lined and hold a soilless medium. Crushed granite is the medium used to help plants with large stems and roots stand tall

AN EXEMPLARY CHOICE IN PUBLIC EDUCATION

Accepting Applications for 2017/2018 School Year
Open Enrollment Public Charter School • February 1st-28th
Kindergarten through 8th Grade

STRENGTH | WISDOM | COURAGE | VIGILANCE

ARLINGTON CLASSICS ACADEMY

2800 W. ARKANSAS LN. 5200 S. BOWEN RD.
ARLINGTON, TX 76016 ARLINGTON, TX 76017
817-274-2008 WWW.ACAEDU.NET 817-303-1553

KNOWLEDGE FOR A LIFETIME

BlueWater POOLS L.L.C.

You can just have a pool, or
you can have a BlueWater pool!

**FREE FIRST
6 MONTHS
Weekly Pool
Maintenance**
with each new
pool build

- ▶ WEEKLY SERVICE
- ▶ NEW CONSTRUCTION
- ▶ RENOVATIONS & REMODELING
- ▶ EQUIPMENT REPAIRS/UPGRADES
- ▶ PLASTER, TILE & COPING

- ▶ OUTDOOR KITCHENS
- ▶ FIREPLACES
- ▶ DECKING
- ▶ SALT & UV SYSTEMS
- ▶ WATER & FIRE FEATURES

Happy New Year



Our showroom is located at 10424 FM 1902 • Crowley, TX

817.297.7120

www.BlueWaterCustomPools.com



From start-up to the most seasoned business, Gallini Law understands and helps you navigate the complexities of business. We proactively assist, guide and protect our clients so they can concentrate on what they do best!



GALLINI LAW, PLLC
ATTORNEYS & COUNSELORS
Don't wait another day.

- Entity Formation
- Contractual Drafting
- Document Review
- Nondisclosures
- Employment Matters
- Litigation
- Business Collections
- Trade Secrets
- IP Infringement
- Compliance



☎ 817.303.2820
Serving Mansfield for over 15 years

Jon C. (Kit) Gallini, J.D.
990 N. Walnut Creek Dr., Ste. 1003, Mansfield



Lauren Vines and her grandson, Logan Brown, enjoy the hands-on experience at DFW Aquaponics Farms.

and secure. Other materials to choose from are gravel or clay pebbles that are lighter in weight. Loretta plans to add red wiggler worms to the grow beds to recycle the solid waste from fish excretions. A pump circulates the water through an intricate maze of PVC pipes that connect the fish tanks to the grow beds. The only water loss is evaporation.

The New Year marked a turning point for David and Loretta. This month, David is providing an agricultural training seminar for nine days with a completion certificate — one weekend for three consecutive months. “My intent is to give people the knowledge and experience they need to see if an aquaponics system is right for them,” David said. “Topics will include the basics of fish and plants, building a system, pest management, harvesting, maintenance and much more.” David and Loretta have worked hard on a curriculum that includes speakers and a chef to prepare a meal using the vegetables from the showroom garden. Some of the vegetables at the garden include broccoli, lettuce, spinach, cucumbers, tomatoes, pole beans and basil.

David has helped install 15 personal and commercial aquaponics systems including one at Wimberley High School that resulted in first place at the State FFA Convention. “These systems teach young people a healthy way to live,” David said. “I want to educate [the next generation] on this growing system that leaves a low carbon footprint, supplies local markets all year-round and helps the environment.” David and Loretta have mapped out a purpose and made goals to increase awareness to the community for years to come. **NOW**

New Year Sale!

25% OFF any room!

BLUCCI
CONTEMPORARY FURNITURE

Media Chairs \$898



Qn Bed D/M & N/S \$1,498



Queen Pillow Top Mattress Set \$349

7-Pc Dining Set \$1,098



Sectional \$998



\$100 OFF purchase of \$998 or more.
LIMIT ONE PER HOUSEHOLD. COUPON EXPIRES 1/31/17.

NO CREDIT NEEDED
UP TO \$5,000 • 90 DAYS NO INTEREST!

420 N. Hwy. 67 • Cedar Hill • 972.293.6644 • www.blucci.com

Are YOU READY for Cheer Tryouts?
Don't Wait! WE CAN HELP!



Parent Night Out:

Friday, Jan. 6th, 13th & 20th
6 - 10pm • \$20/per child

Back Handspring Clinic:

Saturday, Jan. 21st
9 - 11am • \$35/per child

Open Gym:

Every Wednesday!

7:30 - 8:30pm • \$5/per child

ADD our NEW "Bomber Balls" to
YOUR Birthday Party! **CALL FOR DETAILS!**



817-522-1253
jetathletics@jetathletics.club
www.jetathletics.club

START 2017 IN YOUR DREAM HOME!

New Construction • Purchase • Home Equity • Home Improvement • Land

Visit us on the web at
www.esbmortgage.com!



972-878-5866 • 815 W. Ennis Avenue • Ennis, TX 75119



Happy New Year
from

*Mediators of
Tarrant County*

The Professional PeaceMakers

Mediation Services:

Business • Intellectual Property • Personal Injury
Labor & Employment • Workplace
Commercial • Family • eMediations
40-Hour Basic Mediation Training
32-Hour Advanced Family Mediation Training

Trina Nycol Brown, Founder & Lead Mediator
The AmeriCare Plaza:
901 W. Bardin Rd, Ste. 303, Arlington
Telephone: (817) 516-3592 • Fax: (817) 516-3593
www.MediatorsOfTarrantCounty.com

Mansfield

URGENT CARE

& Family Medicine

VOTED
#1

Urgent Care in Mansfield

**PRIMARY CARE
COPAYS APPLY**

GET YOUR FLU
SHOT NOW!



- Immunizations
- Sports Physicals
- School Physicals
- Family Medicine

817-473-3979 | 1811 Hwy 287 N., Suite 150
(Super Target Shopping Center)

Hours: Mon.-Fri. 8:30am-8:00pm • Sat. 8:30am-6:00pm

WWW.MANSFIELDURGENTCARE.COM

Cyber Sale

GOING ON NOW



SASSYFRASSTEXAS.COM



VISIT US AT

www.sassyfrasstexas.com



Sassy Frass
Boutique

817-915-8626

251 SW Wilshire Blvd. #124 • Burleson
Located in same building as Eagle Postal Center & Giltz Boutique

SUNSET WINERY
The Best Little Wine House in Texas™
The Place for Fine Wines & Fun Events™
817-426-1141

JANUARY 2017
Resolution: Enjoy Wine More in '17

7th - "Foreign" Wine Sale
100 great wines at great prices, stock up!

21st - "Comforts of Home"
6 PM - Menu & reservations on the Web

27th - Wine Down 6 - 8PM
Barrel room, picnic or our cheese tray

Reserve early for
*Valentine's
Dinner!*



WWW.SUNSETWINERY.COM



CONSTRUCTION INC.

*Give Yourself a New Outdoor
Living Area This Year!*

Give us a call! 682-232-6030



Locally Owned • Quality Workmanship • References Available on Request

www.lliconstruction.net



Durable, Hard-working, and Dependable Performance
#1 Selling Tractor in the World
 Simple. Easy. Value.



Mahindra 2565
65HP 4WD Shuttle Cab

\$34,653 CASH with Loader

\$477/month*



Mahindra 3550
50HP 4WD HST Cab

\$34,838 CASH with Loader

\$486/month*



Mahindra 4540
40HP 4WD Gear ROPS

\$22,403 CASH with Loader

\$311/month*

1309 Haltom Road
 Fort Worth, Texas 76117
 www.landmarkeq.com
 817-834-8131



Mahindra
 Rise.

* \$0 down, 0.0% interest for 84 months with approved credit. Program restrictions may apply. See dealer for details.

2017

Happy New Year

\$5 OFF \$30 Purchase

Not valid with any other offers. Expires 1/31/17

- Onion Plants • Seeds
- Succulents • Talavera Pottery
- Cyclamen • Pansies
- Shrubs • Trees • Soil
- Mulch • Fertilizer
- Frost Covers
- Landscaping Design
- Installation Services
- Local Raw Honey
- Local Grown Vegetables
- & Much More at Great Prices!



MANSFIELD GARDENS
 YOUR LOCAL GARDEN CENTER!

LIKE US!
 817-522-2019
 815 N. MAIN ST.
 MANSFIELD, TX 76063

The **Vine**
 MEDICAL CENTER
 & Sleep Lab for Adults & Children

Welcome walk-ins

The Vine Medical Center and Sleep Lab

921 E. FM 1187, Suite A, Crowley, TX 76036

Starting in July: Monday thru Friday from 8 a.m. to 6 p.m., Saturday from 8 a.m. to 2 p.m.

The Vine Medical Center welcomes Nagwa Lamie, MD,
 Board Certified in Family Medicine and Sleep Medicine.

Reveal your true shape.

6 ZERONA sessions **\$595**



ZERONA® is the first FDA-approved, non-invasive laser, that removes fat and inches painlessly. Imagine dropping a dress size or losing that "muffin top" with NO PAIN, NO SURGERY and NO RECOVERY TIME.

817-945-1682
 www.thevinemedicalcenter.com

Find us on Facebook.



Dr. Ehab Hanna, Board Certified in Internal Medicine.

Accepts Medicare, Medicaid & most other insurance plans. Promotional cash prices also available.

MUTUAL *Admiration* SOCIETY

AT HOME WITH GLEN AND SUSAN SMITH

— By Melissa Rawlins

Over 62 years of togetherness pleasantly comforts Glen and Susan Smith, as they enjoy their blessings in the house they bought new, only 16 years ago. This is a place where they choose to agree and, sometimes, disagree. They have loved each other while making it into what they want it to be. “Susie got the house. I got the backyard with the fish pond. And we got the home,” Glen said, “where love lives and God guards over us.”

Willow Tree angels also watch them from shelves throughout the family room and from the mantel over the immaculate brick fireplace. Some angels were gifts from Glen, and each means something to them. Since they garden, the first in their collection is called *In The Garden*. They have one with a little dog, in honor of their squirrel-chasing Shih Tzu, Sadie. And one is holding a little boy.

The couple's son, Gregg, has given them two granddaughters. One is 24 and now married, and the other is 21 and going to college. It was for their sakes Glen and Susan came to Mansfield



upon retirement. He had worked in the oil and gas industry, as well as in the military, and traveled enough that both were tired of being apart. They moved from Houston to be close to Gregg and his family. While Glen taught at Tarrant County College, he and Susan found themselves working together, customizing their new home and supporting their new community.

Volunteering regularly at First Methodist Mansfield and Wesley Mission Center, the Smiths work in the food pantry and help with Feed The Kids. “You’d be surprised how many children go hungry during the summer. We make sure the children have food that they can prepare, without needing to cook,” Glen said.

In their own home, the Smiths make modifications, after talking their ideas through. “I love living in a house with Susie,” Glen said. “She has a good eye and does a nice job decorating.” Susie has replaced carpet with dark wood floors,





CANALES FURNITURE
WWW.CANALESFURNITUREUSA.COM

60 MONTHS FREE financing
NO CREDIT CHECK
90 DAYS SAME AS CASH

ENTIRE STORE ON SALE

\$589 Reg. \$824
FITZGERALD *B811
Includes Queen bed, dresser, mirror and nightstand

\$1899 Reg. \$2453
WINTERBERRY *D701
Includes Table, 2 arm, 4 side chairs

\$1679 Reg. \$2352
SKY CREAM *M838
Sectional

DALLAS #2 • FORT WORTH - LA GRAN PLAZA • MESQUITE - TOWN EAST MALL • DISTRIBUTION CENTER • ARLINGTON OUTLET • MANSFIELD • DALLAS • ARLINGTON

402 S. Hampton Rd. Dallas, TX 75208 (214) 946.2635
4202 South Freeway Suite #1118 & 1120 Fort Worth, TX 76116 (817) 921.1690
2024 Town East Mall Mesquite, TX 75149 (972) 682.4305
2202 E. Rowlett Mill Rd. Arlington, TX 76010 (817) 945.6460
1301 Highway 287 N. Suite 101 Mansfield, TX 76063 (817) 225.0330
2639 W. Oak St. Dallas, TX 75211 (214) 946.2659
2002 E. Abram St. Arlington, TX 76010 (817) 303.7735

synchrony FINANCIAL NO INTEREST! NO DOWN PAYMENT!
CREST FINANCIAL NO CREDIT! NO PROBLEM!
ARMIC NO CREDIT! NO PROBLEM!
Acceptance NOW! LOW CREDIT? NO PROBLEM! APPLY NOW! NO CREDIT NEEDED
NO CREDIT CHECK FINANCING

Expiration February 15

GUY BURKETT
PERSONAL TRAINER

LET'S GET TO WORK
Specializing in private on-site or in-home service.

NATIONAL ACADEMY of SPORTS MEDICINE
Weight Loss Specialist
Corrective Exercise Specialist
Performance Exercise Specialist
Nutrition Specialist

- Conditioning
- Strength
- Endurance
- Cardio
- Weight Loss
- Body Contouring

CALL FOR YOUR COMPLIMENTARY ASSESSMENT AND 30-MINUTE INITIAL SESSION
214.282.9741

WWW.GUYBURKETT.COM



added crown molding throughout and punctuated the windows with pretty curtains. Furniture accumulated throughout their marriage fits perfectly in each room. There is enough white space inside the brick walls that everything Susan displays shows nicely, without a feeling of imposition. And the ticktock of the clock, purchased when Gregg was in fourth grade, produces a soothing sound.



So does the bubbling of the water in the koi pond, near the patio and pergola they added the first year they lived in the house. Surrounding the lawn is a garden containing a bottle tree, a big, smiling sun sculpture and a sweet birdbath near a wrought-iron bench. Susan tends the pond and helps Glen keep all his trees and bushes trimmed. An engineer at heart, he enjoys shaping the hedges. His gnomish, mushroom-shaped shrubs give the house a happy look. The pansies she puts in every January give the wintery yard just the right touch of color.

"I love everything she does," Glen said. "She has good ideas."

"I think you've got pretty good ideas, too," she said, pointing out the



raindrop glass he added to the kitchen cabinet doors. Next to the newly installed chocolate granite counter and bar, she displays an old phone and an eye-catching sandstone plate that had belonged to Glen's mother. Below that is a lovingly restored trunk Glen pulled out of his mother's garage in Poteau, Oklahoma, where she reared him in the same home her father built after joining the Oklahoma Land Rush.

"He brought everything he owned from Ireland in that trunk," said Glen, whose mother hauled it out of the garage when she needed a place to put

UGLY TUB & TILE?

We Repair & Refinish in 2 Days or Less!

BEFORE

- Ugly Colors
- Cracked, Chipped Tile
- Stained, Moldy, Damaged Grout
- Hard to Clean





AFTER!

- Modern Colors
- Tile Repaired
- Grout Permanently Sealed
- Easy to Clean
- Thousands LESS Than Replacement!

your tub & tile, beautiful again!

We Also Repair & Refinish:

- Kitchen Countertops
- Tile Showers & Walls
- Sinks & Vanities
- Fiberglass Tubs & Showers

Come Visit Our Showroom
Please call for an appointment.
181 S. Watson Rd., #309
Arlington, TX

Miracle Method®
SURFACE REFINISHING
Call for a **FREE Estimate!**
817-633-9100

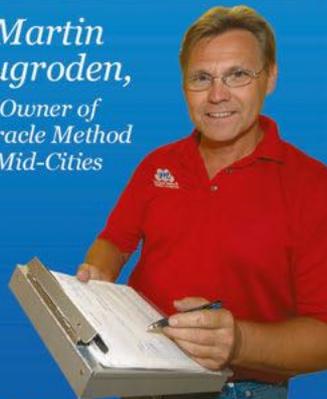
Each Miracle Method franchise is independently owned and operated. www.MiracleMethod/midcities.com

\$75 OFF!

A Complete Tub & Tile, Shower Stall or Countertop Refinishing Job
Limit one coupon per project. 38 sq. ft. min. countertop. Not valid with other offers. Expires 1/31/17

Miracle Method®
SURFACE REFINISHING

Martin Rugroden,
Owner of
Miracle Method
Mid-Cities



Susan tends the pond and helps Glen keep all his trees and bushes trimmed.




WATERCREST
— AT —
MANSFIELD
SENIOR LIVING COMMUNITY

200 East Debbie Lane
Mansfield, Texas 76063
817-477-5400




ISLE AT WATERCREST
— AT —
MANSFIELD
ASSISTED LIVING &
MEMORY CARE COMMUNITY

200 East Debbie Lane
Mansfield, Texas 76063
817-524-0908

Discover the Difference

**Watercrest at Mansfield, the area's best value for rental
Independent Living, Assisted Living and Memory Care.**

Call today to schedule your tour and enjoy a complimentary lunch!



AL# 104688 MC Cert# 103199





Autumn Revoir
Branch Manager
Escrow Officer



Robyn Barrere
Sales Executive
(817) 751-4187

Happy New Year

Permanent Location Opening Soon
800 Silken Crossing • Suite 110 • Midlothian

Arlington

1241 W. Green Oaks Blvd.
Suite 101
Arlington, TX 76013
(817) 457-3930 p | (817) 457-2976 f

NEW Ellis County Location

(Temporary location, permanent coming soon)
411 N. 8th St. • Suite 100
Midlothian, TX 76065
(817) 453-8104 p | (817) 622-7508 f

Mansfield

1405 N. Highway 287
Suite 101
Mansfield, TX 76063
(817) 453-8104 p | (817) 622-7508 f



Nikkee Espree
Escrow Officer



Jennifer Maggard
Escrow Officer



Kim Moore
Escrow Officer



Sheri Scott
Escrow Officer



Jake Burkhalter
Escrow Officer



Jo Waldrop
Escrow Officer



Katherine Loftis
Escrow Officer



Lolly Waller
Escrow Officer



Denise Ausmus
Escrow Officer

Since 1992, no other title insurer has had higher overall ratings than Old Republic Title.

Harris ★ Cook, LLP

Attorneys & Counselors at Law

Locations in Mansfield & Arlington

709 East Abram
Arlington, TX 76010

309 East Broad
Mansfield, TX 76063



David L. Cook
Managing Partner

*Board Certified, Family Law
Texas Board of Legal Specialization

Premier Full Service Law Firm

817.473.3332

Practice Areas:

Complex Divorce Matters

Contested Child Custody

Business Formation

Business Litigation

Wills & Estate Planning



Kimberly Fitzpatrick
Non Equity Partner

Call Us Today To Set Up Your Free Initial Consultation

*Over 70,000 attorneys are licensed to practice in Texas. Only 7,000 (less than 10%) have earned the right to be recognized as Board Certified Specialists in one of 21 select areas of law

www.harriscooklaw.com

all Glen's baby clothes. "She painted it and, when I got older, it was stored in the chicken house. When mom was getting rid of a lot of stuff, I called Susie."

"He said, 'Mom's getting rid of the trunk. Would you like to have it?'" She recalled saying yes. "When he got home, it had chicken poop all over it, and the cloth was deteriorated. I took a toothbrush and toothpick and cleaned that thing for months before antiquing it, padding it on the inside and putting leather straps on it."

Susan enjoys combining industry with creativity. She turned the hallway between the formal and casual living areas into a gallery for the watercolors she painted when they first moved here. Although the lessons she took at the MAC resulted in beautiful art, and a prize for the field-and-mountains landscape, she quit painting after her hip surgery. "Now I've forgotten how," she laughed, "but I enjoyed it while I was painting."

She also produced the tole painting of a girl silhouetted next to a trio of baby portraits of Gregg in the couple's master bedroom, and it is her painting of flowers adorning the wall over the bed. Shades of green with brown keep this room calm and comfortable, and Susan always tops the bed with a tea-for-two tray. Near the bedroom window, Susan's favorite doll, Lorna, whiles away the time in a little wooden rocking chair.

Lorna was "resurrected" almost 25 years ago under Susan's loving hands. She





found just the glass-eyed head and the arms at a sale and made the body out of leather and sawdust. "I don't know how many trips I made to the sawmill to get sawdust," Susan said. She sifted it, baked it, and then stuffed it into the leather. She put the eyes back in the head, washed, rolled and braided its real hair, joined the arms to the body and then made clothes like the original doll wore. "I named her after my dear friend named Lorna, who had one eye a little bit off, and my doll's eye is like that, too."

Similar dolls made by Susan have been placed in the Smiths' guest bedroom, which is decorated in a very early American style. Glen made the quilt rack where she displays an antique crocheted hat and teddy bear. He also made the mitten box hanging above it that she uses to display her googly eyed doll and several others she bought. Working from a photo, she brought back from the library, he made the cradle for her dolls, too.

Quite the woodworker, Glen has carved many beautiful birds. The swan and ducks in the den, inscribed *To Susie * G&S Creations * 1984*, were carved out of beams the couple found in the woods at a spot where a boys military academy had been torn down. One of Susan's favorites is a fragile hummingbird feeding from flowers.

Knowing their love is most precious of all their creations, the Smiths keep a watchful eye on each other. Always ready to help, they are quick to praise each other, too. Such tenderness is the key to the serene home Glen and Susan made together. **NOW**

Maaco
AMERICA'S BODYSHOP

**OPENING SOON
IN MANSFIELD!**

BENEFITS FOR YOU

- Locally Owned & Operated since 1972
- Free Estimates
- Quick Turnaroud
- Nationwide Warranty

817-225-6922
2251 HIGHWAY 1187 MANSFIELD, TX 76063
UH-OH.BETTER GET MAACO.

*Just 2 miles west of Hwy 287

*Your Home for
Personal Assisted Living*

AMENITIES INCLUDE:

- 3 Home-style Meals a Day
- Specialized Diets
- Snack & Beverage Station
- All Utilities/Cable/Wi-Fi
- Weekly Laundry Service
- Activities & Special Events
- Assistance with Daily Living Activities
- Assistance to and from Meals
- Medication Management
- Bladder & Bowel Incontinence Care

682-518-1070
140 N. Mitchell Rd.,
(1/2 mile south of Broad)
Mansfield

www.echelonplace.net
info@echelonplace.net

CALL TODAY for a PERSONAL TOUR!

ECHELON PLACE

Congratulations to all M

Photo by Tori Greene (Legacy Student Media)



Legacy - 2016 5A Region
Timberview - 2016 5
Lake Ridge - 2016 5
Mansfield - 2016 6



Photo by Marisa Herrera and Strawbridge Studios



We Are Proud

Mansfield Playoff Teams

Final Semifinal Champions
5A Bidistrict Qualifier
5A Area Champion
6A Area Champion



Photo by Eric Olsen

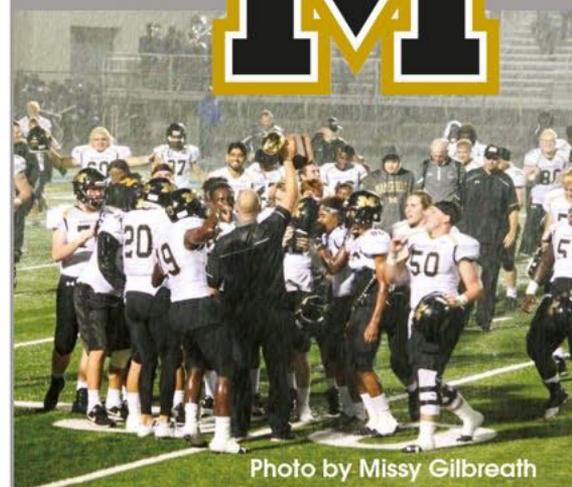


Photo by Missy Gilbreath

of Our Athletes.



RESOLVE TO YOUR RESOLUTIONS

A new year means new goals for people all over the world. With each new calendar, though, many find it difficult to maintain their resolve and hit their goals. If your resolutions typically fizzle out before the winter has lost its cold, here are some simple tips to do better as you try to live healthier in 2017.

SMALL CHANGES MEAN BIGGER RESULTS

- *Make incremental goals.* Instead of trying to lose 15 percent of your body weight, make a real, attainable goal that you can meet in four to six weeks. Losing five pounds in a month should be motivation to lose five more. But if you are thinking 30 pounds or bust, that five-pound loss might become a disappointment. And when making those goals, be sure to increase and extend them as you start hitting your desired marks.

ADD OLVE OUR ONS

— By Zachary R. Urquhart

*Did you know your Home Health
is your Choice?
Choose Excellence...*



Care of Excellence
HOME HEALTH

We are neighbors **ca**ring for neighbors
in Mansfield and surrounding areas.

Services Provided:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aides
- Medical Social Worker

CALL TODAY!
(817) 842-4263

Fax: (817) 842-4264

www.careofexcellencehomehealth.com
Most Major Insurances and Medicare Accepted.

Providence Tow
*Serving Mansfield, Arlington,
Kennedale and Surrounding Areas.*



**HAPPY
NEW YEAR!**

214.701.2365

www.providencetow.com
TDLR# 6469481C • VSF# 647218VSF

Like us!

\$79 HAPPY NEW YEAR

**GARAGE
DOOR
TUNE-UP**

- Spring Repair Specialists
- New Installation
- Commercial/Residential
- 24/7 Emergency Service

**MANSFIELD
OVERHEAD DOOR**

817-988-4191
Mansfield owned and operated
www.MansfieldOverheadDoor.com

Eterna
(682) 518-1931

Health Food Store

**\$5 off any purchase
of \$25 or more**

Not valid with any other discounts/offers or consignment items.

682-518-1931
120 N. Walnut Creek Dr. Suite #150 • Mansfield
www.EternaHealthFood.com
EternaHealth@charter.net

**Bring in the New Year
STORE THE REST!**

*Storage
Hut*

SELF STORAGE (817) 453-8557
355 Russell Ln. • Mansfield
www.mansfieldstoragehut.com

**18 Years
Experience**

**Quantum
MECHANIX**

QUALITY AUTO REPAIR & SERVICE
817.477.8400

7920 Rodeo Trail,
#200 @ 1187
(3 miles west of Hwy 287)
Mansfield

www.quantummechanix.net
Tommy Frantzen-owner
tommy@quantummechanix.net



New Year's Special
**FREE Backsplash with
 Granite Countertop Install!**

**Granite starting at \$39.99 ft.
 Minimum 30 ft. granite**

Several styles & colors to choose from. Expires 1/31/17

Mansfield Flooring

817-225-4777 | MANSFIELDFLOORING.COM

900 N. Walnut Creek Dr., Suite 105, Mansfield, TX 76063



• *Take one step at a time.* If your current fitness level has you struggling to walk 1 mile without stopping, avoid resolving to run a marathon. Start with walking a length or time without stopping, and then add jogging or auxiliary exercises like pushups or jumping jacks. A good one-month goal for beginning runners is to complete a 5K run within six weeks of starting your training. The same principle applies for those who are already in better shape. If you can walk three miles without a problem, add incline runs or increase the distance to push your limits and increase your results, and try for a half or full marathon.

• *You do not have to overhaul your diet overnight.* Rather than cutting all sugar, fat and bread completely, start simpler. Substitute unsweet tea and black coffee for soda and a latte. Eat one less fast-food meal a week and opt for a homemade salad with a healthy dressing. If you cannot cut out dessert completely, make it a biweekly treat, and limit yourself to one helping. Instead of forcing yourself to eat nothing but kale and water, start with a smaller plate for portion control. As you get healthier, you can increase and adjust your goals accordingly.

MOTIVATION IS KEY

• *Have a partner.* Losing weight, eating right and exercising can all be difficult to do, especially when you go it alone. Whether it's your spouse, a sibling or

Vella V. Chancellor, MD

Obstetrics & Gynecology



Theresa Okoro
CNM

Happy New Year!
 Call for an Appointment Today

817-477-9292

New Patients Welcome

Most Commercial Insurance Accepted



2800 E. Broad St., Suite 400, Mansfield, TX 76063

**Make your
 financial
 future a priority.**



Jeff Trentham, AAMS®, CRPC®
 Financial Advisor
 4604 Park Springs Blvd.
 Suite 110
 Arlington, TX 76017
 817-563-6942
 www.edwardjones.com

Edward Jones
 MAKING SENSE OF INVESTING

Member SIPC

**Need a NEW Barber?
 Come check us out!**

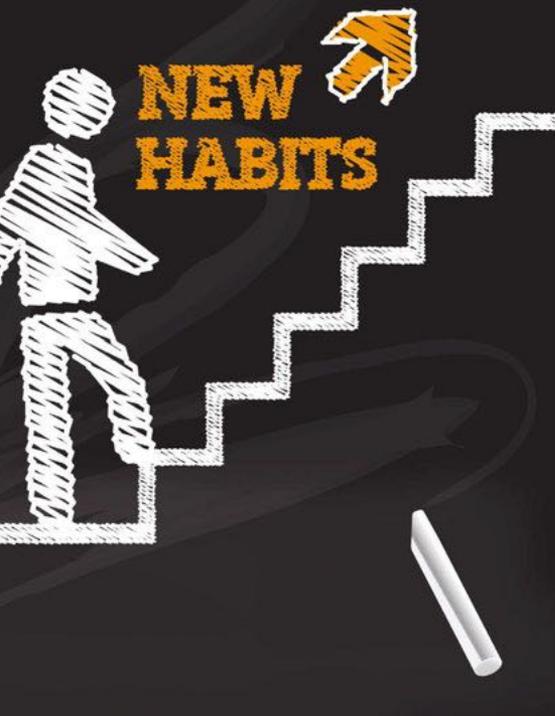


Est. 2012
 WHERE IT'S ALL ABOUT THE HAIRCUT

Happy New Year!

Walk-ins or Appointments Available
 Monday - Friday

www.lonestarbarbershop.com



just a friend in a similar life stage, have a partner as you start your journey. It is best to have someone who wants to lose around the same amount of weight or hit the same mile time. That way you can push each other, instead of one person being the model for the other.

- *Set up rewards.* In addition to setting incremental goals, you should treat yourself when you hit those goals. You can give yourself a cheat day, a day of rest from running or even something like



JB Goodwin
REALTORS®



BUILD YOUR DREAM HOME IN HORSESHOE BAY WEST

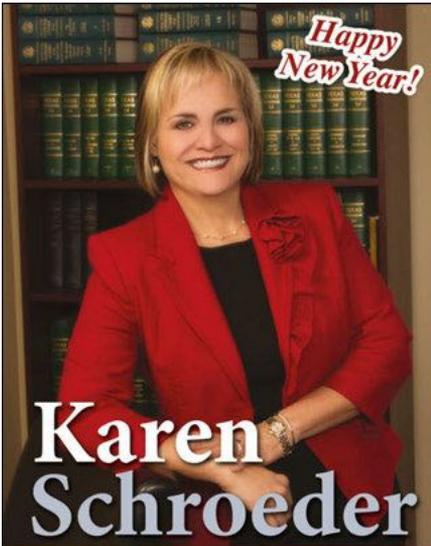


Two lots for sale in the highly desirable Horseshoe Bay West. Each 1/4 acre lot gently slopes and is across from the 5th hole of the highly rated private golf course, Apple Rock Golf Course. A two-story home would provide stunning views of the golf course, hill country and the constant-level Lake LBJ. Offered at \$35,000 per lot.



Jill Rose, REALTOR®
JB GOODWIN REALTORS®
512.574.5073
jillrose@jbgoodwin.com
 Lic #669991

Happy New Year!



Karen Schroeder

- Wills, Trusts & Estates
- Elder Law & Guardianships
- Asset & Wealth Protection
- Business Formation, Operation & Acquisitions
- Real Estate Matters

Consult Fee Waived when you mention this ad

Downtown Historic Mansfield
309 E. Broad St., Suite 201
817-842-0220
www.KarenSchroederLaw.com

Kids INDOOR Sports Classes.
Fun, Exciting & Safe!

SOCCER, BASKETBALL & LIL' SLUGGERS BASEBALL

TEXAS PREMIER YOUTHSPO RTS
"KIDS LOVE IT!"

- Kids Organized, Indoor Classes for Ages: 18 mo. - 8 yrs.
- Classes Grouped by same ages with 9:1 LOW kids to coach ratio.
- Paid coaches teach our unique TPYS curriculum.
- Our FUN, energetic curriculum helps develop NEW SKILLS!

FAST ONLINE REGISTRATIONS
TPYS.ORG

We keep It Fun Indoors!
469-834-8450
Apex in Mansfield




going to a movie or buying a new belt for your smaller waist. You do not have to break the bank, and you can write yourself notes or send yourself cards to encourage yourself along the way.

- *Include healthy competition.* Having someone you are competing against might make you more likely to reach your marks, but do not get upset if you lose a weekly weigh-in. Be sure to give yourself a fair game though. Women typically lose weight at a slower rate than men, and age often slows metabolism. So a 50-year-old woman probably should not compare herself to a young man just out of college.

- *Make it fun.* Find a local group of runners to make your exercise social as well as functional. If you hate running, try lifting weights, cardio-rich workout videos or alternate exercise like CrossFit training. Change up your routine times and locations, so you are not looking at the same scenery every time you work out. Most cities offer recreational sports leagues, so you can get the work in playing soccer, flag football or basketball. If you enjoy what you are doing, you will be much more likely to keep it up throughout the year.

THE RIGHT TOOLS FOR THE JOB

- *Take out the guesswork.* People often think running is running, but when it comes to weight loss, there is a science involved.

THE VACUUM SHOP
SALES • SERVICE • SUPPLIES • NEW & USED VACUUMS Since 1976

Vacuum Cleaner Tune-up
\$29.95

Check electrical, motor & wiring
Test brush roll and suction
Clean inside and out - Replace bag & belt
Present Coupon, Expires 1/31/17

400 W. Jefferson, Waxahachie • (972) 937-3900
www.vacuumshoponline.com
Monday - Friday 8:30 to 5:00 • Closed Saturday & Sunday

Lucky U
boutique clothing and accessories

New Arrivals Weekly
Clothing • Accessories • Gifts • Home Décor
Panther and Jag Spirit Wear

\$5 off
any purchase of \$10 or more
(with coupon)
cannot be combined with any other offer
expires January 31, 2017

BE ORIGINAL. BE UNIQUE.

1001 East Main Street | Suite C | Midlothian | Texas 76065

Stage Door
EST. 1985 School of Dance

Ballet • Tap • Jazz
Hip Hop • Lyrical
Acrobatics • Tumbling

We have a place for you!

Enroll NOW!
50% OFF Siblings
NEW Toddler Dance Class!
Ages 18 months to 2.5 years
Saturdays at 9AM

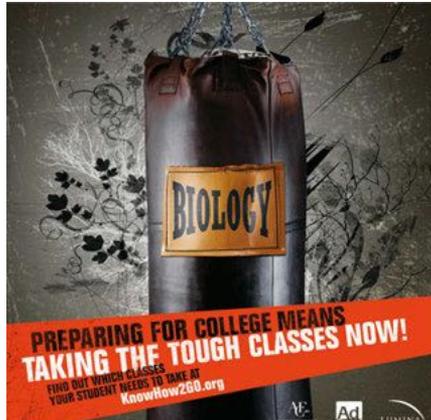
214-675-0131
www.stagedoorschoolofdance.com



BIOLOGY

PREPARING FOR COLLEGE MEANS TAKING THE TOUGH CLASSES NOW!

FIGURE OUT WHICH CLASSES YOUR STUDENT NEEDS TO TAKE AT knowhow200.org

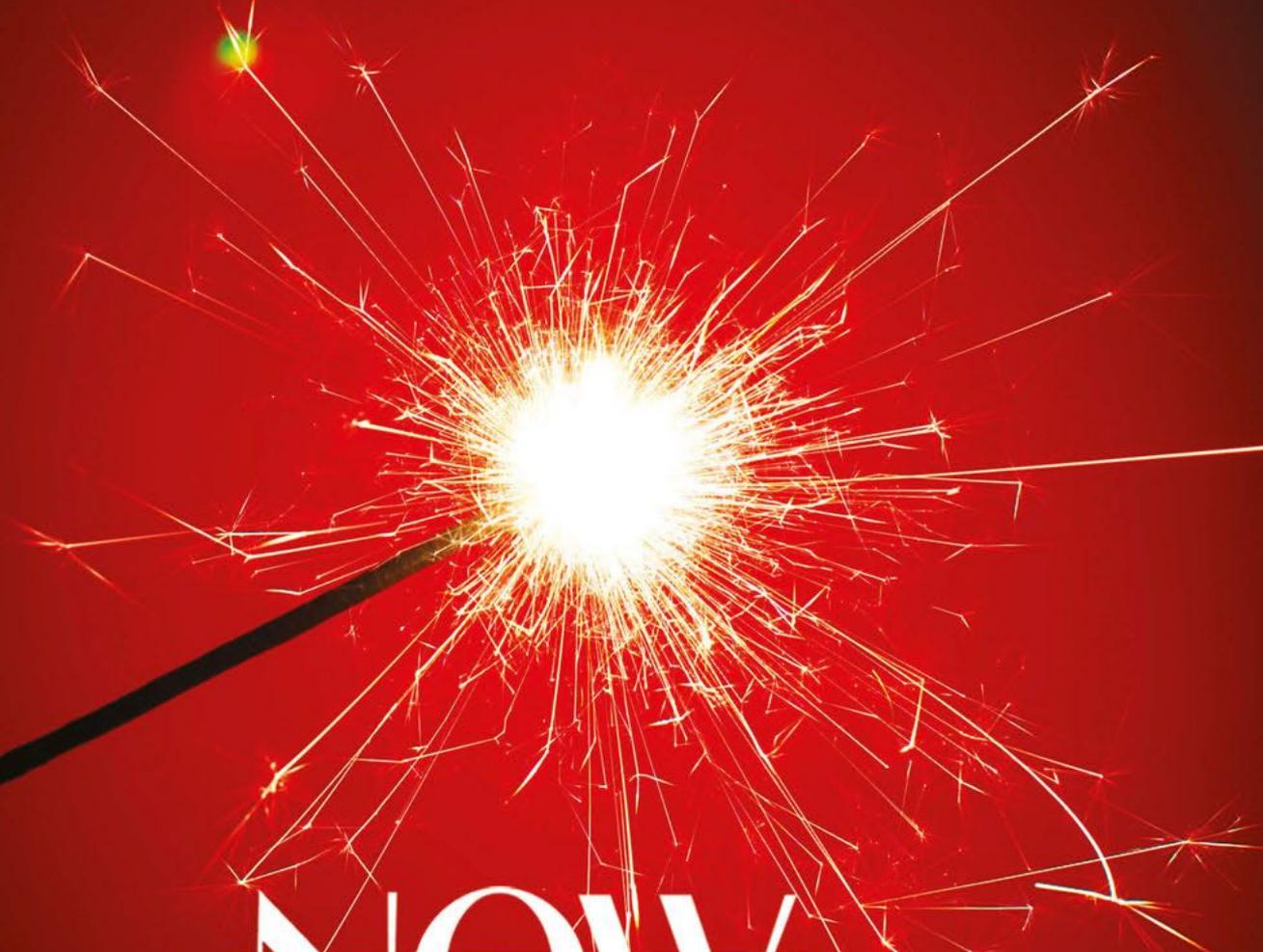


Wishing you a

HAPPY NEW YEAR

FROM OUR FAMILY TO YOURS!

Have a safe, prosperous and healthy New Year.



NOW
MAGAZINES

Bringing the best of the community home

BURLESON • CORSICANA • ENNIS • GRANBURY • MANSFIELD • MIDLOTHIAN
NORTH ELLIS COUNTY • SOUTHWEST • WAXAHACHIE • WEATHERFORD

Grow Your Career!



Advertising Sales Position Available Granbury, Texas

- Excellent Commissions
- Established Accounts
- Health Insurance
- Matching IRA



GRANBURY • CORSICANA • NORTH ELLIS CO.
MANSFIELD • MIDLOTHIAN • WEATHERFORD
SOUTHWEST • WAXAHACHIE • BURLESON • ENNIS

Send Resume to Rick Hensley

rhensley@nowmagazines.com



With a good heart rate monitor, you will be able to maximize your workouts by staying somewhere between 55 percent and 85 percent of your maximum heart rate.

• *Work to scale.* If your plan hinges on losing a specific amount of weight, you will need to make sure you have a good scale. On the other hand, if you are simply trying to improve your strength and endurance, a scale may hinder progress. When your maximum lifts increase and your running times decrease, stepping on the scale and finding out you have not lost any weight can kill the momentum of your exercise success.

• *Have a plan and write it down.* When it comes to exercise, do not just throw weights around or run without purpose. There are varying ideas as to what the perfect workout regimen is, but you should use a workout journal no matter what plan you try. Have your workouts written down ahead of time, so you stay focused. Jot notes as you go to adjust intensity, as needed. The same goes for your food intake. You probably do not need a note to remind you how unhealthy donuts are, but keeping a record of calories, noting healthy recipes you want to attempt and listing what times you should eat each meal and snack will drastically improve your overall success. With these tips, you can make this the year you remain resolute. **NOW**

HANSON

IRON WORKS

MANSFIELD'S #1 SOURCE FOR CUSTOM WROUGHT IRON FOR OVER 20 YRS.

* WROUGHT IRON FENCES & GATES * AUTOMATIC GATE OPENERS * STONE & BRICK COLUMNS
 * WOOD & IRON FENCE COMBOS * SERVICE AND REPAIR ALL GATE OPENERS * BALCONY RAILINGS



817-723-9056

VISIT US ONLINE AT

WWW.HANSONIRONWORKS.COM

FREE ESTIMATES



My friend's uncle's second cousin's son has autism.
 My friend's uncle's second cousin's son has autism.

Autism is getting closer to home.

Today, 1 in 68 children is diagnosed.
 Early diagnosis can make a lifetime of difference.



Learn the signs at autismspeaks.org



AUTISM SPEAKS
 © 2016 Autism Speaks

© 2016 Autism Speaks. All Rights Reserved. Autism Speaks is a registered trademark of Autism Speaks. All other trademarks are the property of their respective owners.

Hot Ice

≡ FIRE WOOD ≡

ECO-FRIENDLY BRICKS BURN LONGER THAN CORDWOOD
 TAKES UP LESS THAN HALF THE SPACE OF CORDWOOD &
 PRODUCES LESS THAN 1/2% ASH CONTENT

HOT ICE FIREWOOD JANUARY SPECIAL
30 PACKAGES OF 12 LOGS DELIVERED
FOR \$120 + TAX

That's A \$65 Savings • Expires 1/31/17

972-299-0769

923 K C K WAY, STE. C • CEDAR HILL, TX

**WE DELIVER TO
 SELECT AREAS**



ORDER ONLINE AT HOTICEFIREWOOD.COM



Sprout's SpringRoll and Pho

3806 E. Broad St., Suite 124
 Mansfield, TX 76063
 (817) 473-7423
 SproutsSpringroll2@gmail.com
 www.SproutsSpringroll.com

Hours:

Monday-Saturday: 10:30 a.m.-9:00 p.m.
 Sunday: 10:30 a.m.-5:00 p.m.



Exerting creativity as he serves beautiful Vietnamese cuisine, Peter Nguyen's Sprout's SpringRoll and Pho keeps diners from all walks of life happy and healthy.

Be Happy

Fresh food and pho fun are all the fashion at Sprout's SpringRoll and Pho. — By Melissa Rawlins

For understated fun in a family atmosphere, come to Peter Nguyen's restaurant, which serves his favorite foods. Sprout's SpringRoll and Pho offers over 50 menu items for adventurous, hungry souls. Whether you need takeout, large-scale catering or small-scale delivery, you'll come back for more.

Peter's pure intent is to make people happy. The people he pleases every day include customers, employees and, most definitely, his family. It is for his sprouts — one daughter and one son — that Peter chooses to work hard seven days a week.

Developing such a work ethic while a youth, helping in his parents' restaurant, Peter bussed, served and cleaned. "I learned how to cook there. It was just for fun, at first, but after a while I cooked for customers, and I enjoyed it," he said. "With all the food here, I always try to give my best from preparation to presentation."

Two chefs assist Peter, whose simple menu provides traditional Vietnamese meals with modern flair. Vegetarians and meat eaters alike will thrill at the choices.

"The food represents our team at Sprout's SpringRoll and Pho. Normally, spring rolls are simple pork and shrimp, but we have 14 selections with chicken, beef, pork, shrimp, tofu and even tilapia added to the options," Peter said. Their signature dish is Shaken Beef cooked on a wok. "It's filet mignon, marinated in our secret recipe containing oyster sauce and garlic. It's probably one of our best," he added.

Another fabulous new item is Killa Pho, pronounced "killa fuh." The chefs place a healthy section of tender oxtail atop rice noodles topped with cilantro and green and white onions. They drown it all in a zesty beef broth right before it's taken to the table with a

garnish tray of bean sprouts, basil, lime and fresh-sliced jalapeños.

The Veggie Pho is an option often requested at Sprout's SpringRoll and Pho, where there are also several gluten-free menu items. "I tell my workers to

"With all the food here, I always try to give my best from preparation to presentation."

make sure the customers are happy with their meal," Peter said. "If there is any dissatisfaction, they let me know, so I can redo it or help choose something else on the menu for them."

To his surprise, Peter sees a lot of kids eating pho. "That makes me feel good. It's pretty cool that kids from all walks of life are eating it," he said, divulging that chicken nuggets are available for those children who can't tolerate pho.

"Pho is what I remember eating as a child. To this day, I still eat pho every day. It's something that I love," he said. To encourage new customers to love pho, too, Peter offers a Super Bowl Challenge. "You have to finish five pounds of pho within 30 minutes, and you win a Pho Killa T-shirt. Every time you wear it, you get 10 percent off your entire bill. It's like a walking coupon."

Sprout's SpringRoll and Pho offers a fascinating alternative to dessert called boba tea. In a base of black, green or Thai tea mixed with fruit juice, jellied boba balls made of lychee, mango or tapioca starch are floated. This trendy tea is served in a sealed container with a straw fat enough to draw one boba ball at a time up and into your mouth.

When you're ready to try something fresh, served flawlessly in a calm atmosphere, try Sprout's SpringRoll and Pho. Peter and his staff are here to help *everybody* be happy. **NOW**

WORD DERMATOLOGY

Medical Dermatology,
Skin Cancer Screening & Surgery,
Cosmetic Dermatology

UT Southwestern Dermatology Chief Resident
UT Southwestern Medical School

Accepting most major insurance plans,
including Medicare.

Call to get scheduled today!



Andrew Word, MD

2460 North I-35E
Suite 285, Waxahachie

972-736-DERM (3376)

Open 5 Days Weekly

www.worddermatology.com



Veronica Lane chats with Michele Gooch after a meeting of Mansfield Connects.



Frederick and Erica Jones keep their marriage as strong as their hearts with regular walks together at Rose Park.



Meranda Houston gives a mini-Mansfield Chiropractic massage to MansfieldNOW editor Melissa Rawlins during Third Thursday Downtown.



The Sanchez family enjoys warm together time over lunch at Mellow Mushroom.



Lauren Brown, Jean Patton, Becky Koenigseder and Pat Anthony get busy with their duplicate bridge game.



During Mansfield Womens Club's Festival of Trees, Jan Strickland, right, joins Barbara Gulledge, wearing a white gold snowflake necklace designed by Mansfield Fine Jewelry for the fundraiser.



Michelle Willis discusses her mission trips while signing copies of her book, Journey to India, at Springcreek Barbeque.



Ann McCarthy and Isabelle give thanks for their friend, Veronika Townes, who made the skull as a gift for Ann.



Yogis getting their "om" on at the Mansfield Activity Center.



Flor Magallanes serves a healthy borchata at Habaneros the Taco Revolution.



What Is Rosacea?

— By Betty Tryon, BSN

Diana, Princess of Wales, celebrated for her loveliness, had a facial skin condition expertly hidden from the world. Rosacea didn't care if she was royalty. That diagnosis made her one of many with rosacea. This skin condition typically occurs in people over the age of 30, and fair skinned individuals are most susceptible.

Small blood vessels under the skin swell and cause your cheeks, forehead, chin and nose to have a reddened or flushed appearance. It can resemble an acne breakout, allergic reaction or other skin conditions. The redness may come and go. Over time the color deepens and becomes persistent with spider web-like veins appearing in the face. If rosacea isn't treated, symptoms will worsen with pimples and bumps appearing on the flushed skin. Another rare complication is called rhinophyma in which the skin thickens and causes the nose to appear larger with a bulbous effect reminiscent of the comedian, W.C. Fields.

Another complication from rosacea is ocular rosacea where the eyelids become inflamed and irritated. Styes may develop, and the eyes may feel gritty and look bloodshot.

The cause of rosacea has not been established but there are contributing factors that may precipitate or aggravate the condition. Familiar history can be a factor if a close relative has the condition. Possible abnormalities in the blood vessels in the face could cause the flushing in the skin. Females are more prone to this disorder, but males typically have the worst cases.

Triggers of rosacea can be anything that causes the blood vessels to increase flow to the surface of the skin. Hot drinks and caffeinated drinks, such as tea, coffee or caffeinated soft drinks may be culprits. Sunlight, spicy foods, exercise and even some medications can be triggers. Alcohol does not cause rosacea but can aggravate the condition.

At this time, there is no cure for rosacea, but there are avenues for relief. Treatment focuses on lessening the signs and symptoms. Medications used may be oral or topical in nature with the aim of reducing the inflammation and redness in the skin to bring symptoms under control. Laser treatment to shrink the blood vessels in the facial area may be used. Someone with the skin thickening from rosacea may seek help from a plastic surgeon. Those with this condition have to be diligent with personal care in applying sunscreen for protection and to prevent flare-ups, dressing appropriately for cold or windy weather and taking care to use gentle skin care products. Because of the varying degrees of symptoms and severity of this disease, let your physician guide your treatment plan for best results. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

Dining DEALS



ESCAPE TO ITALY

La Gondola
Fine Italian Cuisine & Bar

Host Your Private Party or Event
Saturdays 11am-4pm
Call for details!

Dinner Trays and Catering available!

LIVE MUSIC
Thursdays Fridays
Saturdays

GREAT FOOD

LUNCH Starting at \$8
DAILY 11am - 3pm

LUNCH SPECIAL
Buy ONE Lunch Entree,
Get ONE FREE!
With purchase of two beverages.
Free lunch must be SAME VALUE or less. Good only for entrees \$9 or less. One per party. Expires 1/31/17.

DINNER SPECIAL
Buy TWO Entrees,
GET FREE APPETIZER!
Choices for free appetizer are:
Bruschetta, Fried Mozzarella, Calamari (Fritti or Sautéed) or Caprese. One per party. Expires 1/31/17.

Voted BEST Italian Restaurant in Mansfield in 2016!

(682) 518-1235 • WWW.LAGONDOLA.COM
1211 E. DEBBIE LANE, SUITE 129 • MANSFIELD, TX

WE DELIVER! CALL NOW!



We Offer Gift Certificates

SPROUT'S
SpringRoll & Pho

3806 E. Broad St. • Suite 124 • Mansfield, TX 76063

817-473-RICE (7423)

\$5 OFF \$20 Order
1 coupon per table.
Not good with any other offers.
Exp. 1/31/17

- Appetizers
- Spring Rolls
- Salads
- Vermicelli
- Rice Dishes
- Pho (Noodle Soups)
- Children's Menu

Featured on **MAN V. FOOD**

www.sproutsspringroll.com

Best Diner in Town!

Eat at
Goo's
Where Pie Is A Vegetable

310 N. MITCHELL RD.
MANSFIELD, TX
817-477-3383



HALF PRICE ENTREE
WITH PURCHASE OF ANOTHER ENTREE OF EQUAL OR GREATER VALUE. EXPIRES 1/31/17

Happy New Year!
Thank you for a Phenomenal 2016.

CAMPUZANO
mexican food

\$5 OFF \$20 PURCHASE
Expires 1/31/17

CAMPUZANO
mexican food

Let **Campuzano** cater your next event.

108 N. 8th Street Midlothian, TX 972-723-2634
2167 N. Highway 77 Waxahachie, TX 972-938-0047
213 W. Beltline Cedar Hill, TX 972-291-1053
2618 Oak Lawn Ave. Dallas, TX 214-526-0100

Dining DEALS

AUTHENTIC MEXICAN CUISINE
Los Molcajetes
 MEXICAN RESTAURANT

WE OFFER CATERING!
 Please Call for Details

(817) 473-1882
 960 Hwy. 287 N.
 Mansfield, TX 76063

15% OFF
 YOUR ENTIRE MEAL

Excludes alcohol. Must present coupon for discount. Not valid with other offers or discounts.
 NOT VALID ON FRIDAY.
 Expires 1/31/17

HAPPY NEW YEAR!






Have *you* Found **YET?**

STEVEN'S GARDEN & GRILL

GREAT FOOD • FULL BAR • OUTDOOR PATIO
 Try our **FAMOUS** margaritas!

Lime Grilled Peach Mango

LIVE MUSIC ON OUR OUTSIDE PATIO!



817-473-8733  Like us!

233 Depot St., Mansfield TX. 76063
 Inside Historic Downtown Mansfield since 2001

\$5 OFF any bill of \$20 or more

One coupon per table per visit. Excludes alcohol. Expires 1/31/17

THE PORCH
 MANSFIELD

Home cooking at its BEST!

Breakfast Special
Buy 1 Breakfast and 2 Beverages and Get 1 Breakfast FREE!

Free breakfast must be equal or less price than purchased breakfast. One coupon per person. Cannot be combined with any other offers. Valid ONLY Monday-Friday. Dine in ONLY. Expires 1/31/17

Dinner Special
Buy 1 Dinner and 2 Beverages and Get 2nd Dinner 1/2 OFF!

1/2 off dinner must be equal or less price than purchased dinner. One coupon per person. Cannot be combined with any other offers. Valid ONLY Monday-Friday. Dine in ONLY. Expires 1/31/17







(817) 592-3656 ★ 2771 E. Broad St., Mansfield

TACO CASA

3260 E. Broad Street, Mansfield (just west of 360) • 817-539-2258
 Open until 10pm Sun-Thursday • Fri & Sat 11pm

To join our **TEXT PROGRAM**
Type TACO53 to 40109
 and receive a **FREE TACO**
 the first time signing up.

2 CHILADAS FOR \$5

(1 coupon per person per order. Not to be combined with any other order. Mansfield location only. Expires 1/31/17)



January 9

Grease Roundup: 24/7, 620 S. Wisteria St. Mansfield's Environmental Collection Center provides a convenient drop-off spot outside its gates for your used cooking oil and grease, which will be recycled into biodiesel or biogas. Visit www.mansfieldtexas.gov/event/5544/holiday-grease-roundup.

Through January 13

Christmas Tree Collection: 24/7, Home Depot, 1725 U.S. 287 Frontage Rd. You will find a self-service trailer next to the garden center where you can unload your dry trees. Flocked and fake trees will not be accepted, as they cannot be mulched. Call David Macias, (817) 728-3655.

January 5

Chamber Chat: 8:00-9:00 a.m., Mansfield Chamber of Commerce. Felix Wong, director of planning for the City of Mansfield, talks about the future with all interested. Call (817) 473-0507 or visit www.mansfieldchamber.org.

January 10

Upcycled Art at the Park: 10:00-11:00 a.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Turn something old into something new. \$5 each

with early registration. RSVP to tiffany.gorrell@mansfieldtexas.gov.

January 12

Business After Hours: 5:30-7:30 p.m., 2301 Hwy. 1187, Suite 201. Meet your neighbors, enjoy snacks and drinks and network at House of Hot Rods. Call (817) 473-0507 or visit www.mansfieldchamber.org.

January 14

Household Hazardous Waste Drop-off: 10:00 a.m.-3:00 p.m., 616 S. Wisteria. Bring your hazardous wastes, electronics and recyclables along with proof of Mansfield residency. Free! (817) 276-4239.

January 18

Quilting With Heart: 1:00-3:00 pm, First Methodist Church Mansfield, 777 N. Walnut Creek. Open membership with no dues for people interested in making charity quilts. qwhinfo@gmail.com.

January 20

Masquerade Ball: 6:00 p.m.-midnight, Walnut Creek Country Club. Call (817) 473-0507 or visit www.mansfieldchamber.org.

January 21

Caregivers Workshop: 9:00 a.m.-5:00 p.m., First Methodist Mansfield, 777 N. Walnut Creek Dr. Register at www.firstmethodistmansfield.org/events.

Stargazing with Astronomers: 7:00-9:00 p.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Questions? Email tiffany.gorrell@mansfieldtexas.gov.

January 26

State of the City Address: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club. Mayor David Cook provides the details during a luncheon sponsored by Elite Care 24-hour Emergency Room. RSVP to (817) 473-0507.

January 28

Run With Heart: 7:30-10:00 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. Register for either a half marathon, a 5K or a 1-mile fun run/walk at mansfieldrunwithheart.org.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.



Family Dentist

Full Service Family Dental



FREE Braces Consultation • Low Monthly Payments

Friendly Motivated Staff

Preferred Providers:

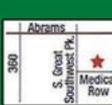
- Aetna PPO • Delta Dental • Metlife PPO
- Guardian PPO • Cigna PPO • Fortis DHA
- United Health Care PPO
- Take all PPO Insurances

Walk - Ins Welcome

GM Family Dental

972-988-3333

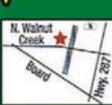
2507 Medical Row #104
Grand Prairie, TX 75051



Rose Park Dental

817-473-1159

217 N. Walnut Creek
Mansfield, TX 76063



NEW YEAR'S SPECIAL

HALF OFF
Whitening Special!
and FREE Veneer
consultation!





Grand Prairie Office Hours:
Mon. - Wed. 9 to 6 • Thurs. 7 to 3

Mansfield Office Hours:
Tues. - Thurs. 9 to 6 • Fri. 7 to 3 • Sat. 8 to 1

Se Habla Español • Vietnamese Spoken
"Under Same Ownership"

Find us on **facebook.** Like us on facebook and look for special promotions and contests!



Consider Some New Year's (Financial) Resolutions

We've just opened the door to 2017, so you might be thinking about some New Year's resolutions. What's on your list this year? More visits to the gym? Learning a new language? Mastering the perfect beef bourguignon? All worthy ambitions, of course, but why not also include some financial resolutions?

By reviewing your needs and goals, you can identify some resolutions that are particularly relevant to your own situation. But here are a few suggestions:

- *Build an emergency fund.* If you needed a major car repair or a new furnace, or faced some other large, unanticipated expense, could you cope with it? If you didn't have the money readily available, you might have to dip into those investments intended for long-term goals, such as retirement. Instead, build an emergency fund containing three to six months' worth of living expenses, kept in a liquid, low-risk account.

- *Cut down on debts.* It's not easy to cut down on one's debt load. But if you can find ways to reduce your debts, you'll help improve your overall financial picture. Many debts are not "useful" — that is, they don't carry any tax advantages — so every dollar you spend to pay down those debts is a dollar you could use to invest for your future.

- *Boost contributions to your retirement plan.* If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Your earnings have the potential to grow tax deferred and your contributions may lower your taxable income. Plus, most plans offer a selection of investment options, so you can choose the investment mix that fits your objectives and risk tolerance. Therefore, if your salary goes up this year, or if you think you can find other ways to free up some money, increase your contributions to your retirement plan.

- *Review your portfolio.* Is your investment portfolio still on track toward helping you meet your long-term goals? If not, you may need to make some changes. You'll also want to study your investment mix to make sure it still accurately reflects your risk tolerance. Over time, and often without your taking any significant actions, your portfolio can "drift" to a place where you are taking on too much risk — or even too little risk — for your needs and long-term objectives. If this happens, you may need to rebalance your holdings.

- *Avoid mistakes.* None of us can avoid all mistakes in life and in our investment activities. But as an investor, you'll clearly benefit from minimizing your errors. For example, it's generally a mistake to jump out of the market in response to a period of volatility. If you wait for things to calm down before investing again, you might miss out on the opportunity to participate in the next market rally.

- *Think long term.* Keep this in mind: You're not investing for today or tomorrow, but for many years from now. Try to keep a long-term focus when making all your key investment decisions. By doing so, you can avoid overreacting to short-term developments, such as a sudden drop in the market or a "momentous" political event that actually decreases in importance as time goes by.

Try to follow these financial resolutions as best as you can. You could make 2017 a year to remember. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Trentham is an Edward Jones representative based in Arlington.



In the Kitchen With Toni Gray

— *By Melissa Rawlins*

Prior to high school home economics classes, Toni Gary had no reason to cook. Her mother and her mother's six siblings handled the kitchen. "All recipes were verbally handed down," she said, "from German coffee cake to crusty loaves and creamy soups to braised meats with rich gravies. And pralines were Uncle Albert's specialty." To help her working mom, Toni pitched in, preparing pasta and red sauce for her first offering.

Now years later, she and her husband, Gary, travel frequently, and their palates have developed while incorporating food with life experiences. When sailing the Caribbean, for instance, they not only operate the boat but also barbecue the barracuda or make ceviche out of freshly caught lobster. Here, she shares easier-to-make family favorites to transition into Super Bowl game day. **NOW**

Gary's Ceviche

1 lb. fresh sea bass and/or gulf shrimp
2 pods garlic, minced
6-8 small limes, juiced
2 jalapeños, minced
1 green onion, diced
1/2 bell pepper, diced
2 medium tomatoes, diced
1/4 tsp. each: cumin, cayenne and oregano
Salt and pepper, to taste
1 bag corn tortilla chips or 1 pkg. corn tostada shells
1 cup fresh cilantro, chopped
2 fresh avocados, chopped

1. Clean sea bass and devein shrimp. Cut seafood into pieces a little smaller than bite size. Place in a non-metal container; add

garlic and lime juice. The seafood will "cook" about 3 hours in the acidic juice, until the flesh is opaque. Check after 2 hours and gently stir; the goal is firm and opaque, but not mushy.

2. When the consistency is as you desire, strain juice away so fish does not continue to cook.
3. Add jalapeños, green onion, bell pepper, tomatoes and spices. Let flavors marry for another hour or so.
4. Serve with chips or on a tostada shell, garnished with cilantro and avocado.

Jack's Brioche

Tasty bread perfected by Toni's father-in-law, Jack Gray.

1 pkg. yeast
1/4 cup warm milk

1 Tbsp. sugar
2 cups all-purpose flour
1 tsp. salt
1/2 cup frozen butter, cut into 8 pieces
2 eggs, lightly beaten

1. Proof yeast in milk with sugar.
2. In a food processor, mix flour, salt and butter for about 20 seconds; add yeast mixture, and mix for another 5 seconds or so. Add eggs and pulse until ball of dough forms.
3. Knead 1-2 minutes on floured board. Place in a greased bowl, coating all sides. Cover and put in warm place until doubled in size, about 1 1/2 hours.
4. Punch and knead again 1 minute. Shape into a loaf and put in a well-buttered loaf pan (again allow to double in size), maybe another hour.
5. Bake 35-40 minutes at 350 F

Uncle Albert's Pistachio Cookies

Makes about 5 dozen.

3 1/4 cups sifted flour
2 tsp. baking powder
1 tsp. salt
1 cup butter, softened
1 cup sugar
2 eggs
2 Tbsp. milk
1 tsp. vanilla
1/4 cup chopped nuts
1 3.75-oz. pkg. pistachio flavored instant pudding
1 6-oz. pkg. chocolate chips (divided use)

1. Lightly grease a cookie sheet. Preheat oven to 375 F
2. Sift flour, baking powder and salt together. Set aside.
3. Beat butter and sugar in a large bowl. Add eggs, milk and vanilla until creamy.
4. Add flour mixture until stiff dough forms. Remove 1/4 of the dough to a small bowl; add nuts to this small reserve. Set aside.
5. Add pudding and 3/4 of the chocolate chips to the large amount of dough. Shape rounded teaspoonfuls of pistachio pudding dough into balls, placing each 1 1/2 inches apart on the cookie sheet.
6. Shape nut dough mix into marble-size pieces. Place on top of flattened pistachio cookies. Decorate with remaining chocolate chips, one piece on top of each cookie. Bake for about 10-12 minutes.

We ♥ our guests! Thank you for your support!

DJ Nails Day Spa

Eyelash Extensions SPECIAL! 30% OFF!

Full-service Salon • 817-453-1177
Appointment or Walk-ins Welcomed



www.DJNailsDaySpa.com
987 N. WALNUT CREEK DRIVE #700 • MANSFIELD
NEXT DOOR TO BIG LOTS

<p>\$34 (regular price \$38) Pedicure/ Manicure Combo*</p>	<p>\$35 Organic Dipping Powder for nails* (regular price \$40)</p>	<p>\$30 1 Month of Tanning (regular price \$40) No enrollment fee or contract required.*</p>	<p>\$24 Shellac Nails*</p>
<p>\$30 (regular price \$35) Solar pink & white set*</p>	<p>15% OFF Massage & Reflexology*</p>	<p>\$5 off Deluxe Facial*</p>	<p>\$13.99 Women's Haircut Mon.-Wed. \$9.99 Men's Haircut Mon.-Wed.</p>

*One coupon per customer. Expires 1/31/17

Come See Our Beautiful, NEW Changes!

- ♦ Solar Nails & Acrylic Nails (Guaranteed Non-yellow Solar Solution)
- ♦ Pedicure & Manicure
- ♦ Facial & Microdermabrasion
- ♦ Highlights, Color & Haircuts
- ♦ Reflexology & Full-body Massage
- ♦ Autoclave Implement Sterilization
- ♦ Disposable Plastic Liners For All Pedicures
- ♦ Waxing, Threading & Lash Brow Tinting

Gift Certificates Available



\$995



\$375

Searching the World for You

Classic

World Imports Inc



\$1,850
Set as shown



\$695



\$495



\$695



\$195

END-OF-YEAR INVENTORY LIQUIDATION
Limited Qualities • While Supplies Last



\$595

Specializing in UNIQUE
and one-of-a-kind goods.

\$595



www.cwitexas.com

9303 South Freeway, Ft. Worth, TX 76140 • 214-658-9675

214-658-9675



In an emergency, minutes matter.

Texas Health Huguley Critical Care

Receiving medical treatment sooner means less damage to your heart, brain and other organs. Should you or a family member have an emergency, rest assured that Texas Health Huguley Hospital is close, compassionate and capable. In fact, our emergency department recently earned:

- Emergency Center of Excellence by Emergency Excellence
- The Joint Commission's Gold Seal of Approval® for Chest Pain
- Primary Stroke Center Certification by The Joint Commission
- Level IV Trauma Center designation by the Texas Department of State Health Services

At Texas Health Huguley, we can quickly diagnose your condition and provide the care needed for most emergencies, including open heart surgery. In an emergency, get care right here—right now.

Boost your health IQ with our free 2017 calendar. Sign up at TexasHealthHuguley.org/Emergency

11801 South Freeway (I-35W)
Fort Worth, TX 76028
817-293-9110

