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JANUARY 2020

Feeling Stronger Every Day

Nutritionist Dustin Strong's five-year plan is to make Mansfield healthier

Show Face

Maddie Evans gains confidence performing with MHS winter guard

In the Kitchen With Kerri Smith

Also inside:
Scavenger Hunt

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Skandii Medspa

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Dr. Richard R. Knight, M.D.

Priscilla, Grand Prairie, TX

I started Diet Solution because nothing else was working. I signed up at two different fitness clubs, and I even attempted the Keto diet. However, I didn't realize that accountability is what I needed. I gained 60 pounds while pregnant with my son. Within the next four years, I only lost 20 of those pounds. My weight gain caused me to slip into a depression while I was wedding-dress shopping. I was no longer confident and mentally battled with my weight daily. A family member mentioned Diet Solution, and I noticed she had lost a lot of weight herself. I decided to give it a try. I was given the freedom to be able to eat most of the food I enjoy, and if not, DSC was able to provide me with the proper substitution. Weekly check-ins were quick and easy! It was a great feeling to know that you were losing weight and inches! Within three month, not only did I lose all the weight I gained, but I even got down two pounds lower than what I was before getting pregnant with my son. The best news is I am still keeping it off! I love how people all around me notice my weight loss. It has brought out the confidence that I lost. I recommend DSC to anyone that wants to lose weight, no matter how many different diet programs you have tried!



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*Managing Editor, Becky Walker | Mansfield Editor, Melissa Rawlins
Editorial Assistant, Rachel Smith | Writers, Virginia Riddle
Alan Whiteshoes*

Editors/Proofreaders, Lisa Bell . Sally Fuller . Angel Morris

GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato . Martha Macias
London O'Connell . Anthony Sarmienta*

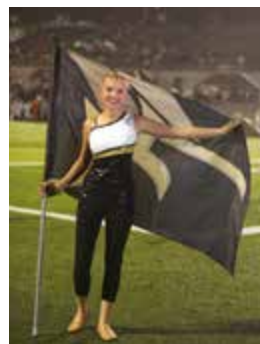
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Photographer, Lori Baur*

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ON THE COVER

With every step Maddie Evans dances, she proves she was meant to do winter guard.

Photo by
Lori Baur.

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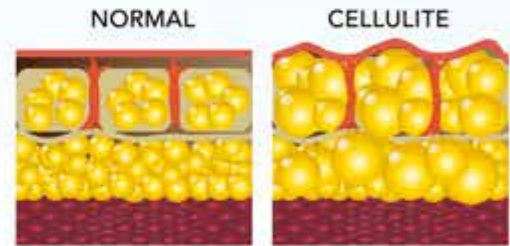
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EDITOR'S NOTE



Melissa

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

Back to reality!

Now that we've all had a much-needed break, the routines that make up our lives start afresh. This year, we have the opportunity to spin our days in as many different ways as we can handle. We can renew ourselves subtly, so that only we know what we're doing to bring about a new glow that eventually our friends comment about. Or, we can revive with such gusto that everyone notices every change in our lifestyle.

Efforts to waken for early morning runs that we've never run before will certainly cause heads to turn at home. Eventually, heads will turn at the workplace when those dark circles under our eyes disappear and our natural waistlines becomes apparent.

We can spark a quiet transformation simply by committing to naming and counting our blessings whenever we find ourselves sitting at a stop light. This, too, will take away those dark circles and worry lines from our faces because we will be cultivating peaceful inner beings.

I'll likely choose the gentle approach to 2020. A few years ago, I chose the hardcore method. I joined a boot camp and accepted the challenge to work out regularly — as in four times weekly. I had not been in the habit of exercising at all, but knew I needed to increase my core strength. In the middle of our second week, I had to visit Healthy Body Chiropractic for an emergency adjustment. Dr. Marcelle Petry said I had dislocated a rib because I wasn't stretching before and after my crazy tough weightlifting workouts. My solution was not to start stretching, but to stop boot camping.

Here's to setting smart goals for 2020!



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SHOW FACE

— By Melissa Rawlins

Why fit in when you were born to stand out? That's Maddie Evans' spin on her interpretation of Dr. Seuss' books. This Mansfield High School junior enjoys being different from everyone else. "I live by the motto of inspiring and uplifting others." Maddie said.

Maddie's parents, Larry and Erica Evans, told all three of their daughters to choose good friends and be themselves. What people notice about Maddie is her confidence and spunk. She surprised even herself four years ago, during eighth grade, when she came home with a flyer in her hand and said she wanted to try out for color guard because it would allow her to dance. She'd never danced in public, although at home she'd pranced all around her house since she was young. Tryouts were in two weeks.

"I was like, 'No experience needed. Let's go!' It was something different, and I love it. I had never done gymnastics or any of that, but it's been amazing to see what I can do," Maddie said. Her directors taught Maddie and her teammates everything they needed to know. As she's performed this year in color guard and its cold-season continuation, winter guard, she has approached every practice and performance with one thought: *I like to prove that I was meant to do this.*

"This" involves weapons, dance,

personality and showmanship. Dancers in makeup and outrageous costumes carry up to five pieces of equipment on the field: two 6-foot flags, a shorter swing flag, a rifle and a saber. All year, the directors have encouraged the male and female students in winter guard to determine which emotions their faces will express while practicing maneuvers with the flags and the weapons. In the final production, the intrigue and excitement create powerful moments for audiences.

These moments in time are the culmination of years of diligent, courageous practice by the students, and dedicated, passionate mentoring by directors and veteran members of color guard and winter guard. "My freshman year, the more experienced girls showed us the rifle and the saber and how to spin each one," Maddie recalled. The wooden weapons felt a little heavy, but after learning the simple drop spin, Maddie knew how to maneuver it and find the balance in the weapon.

She started performing with flags during her first year, saving the saber for her sophomore year. "The saber is not sharp. It's dulled down and wrapped with electrical tape. It's safe to spin, but it is metal," said Maddie, who admitted that while they taught the team the weight distribution and worked on the exercises, she was excited. "It's kind of scary. You have control over it, but when you're outside, the wind takes it and makes it hard to control."

The entire team has to be conscientious about handling the weapons. When they maintain vigilance, they make spinning look easy. "A lot of training and exercises go into being safe while spinning. It adds a little more technique to our performance," she said. Usually, weapons added to any show produce a confident appearance, making it powerful and adding a taste of the dramatic. The flags, on the other hand, produce a graceful presentation, layering color and excitement to the show.

Once this month's group performance is past, Maddie will

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begin practicing her original choreography to "Masquerade" from *Phantom of the Opera* in earnest. "The music is dramatic, and I'll wear a mask while I spin a saber and have fun with it," she said. "For solo and ensemble, people have the opportunity to create their own or duet with other people. My choreography came out of my own thoughts. I was able to put my own personality into the dance. It allows me to grow more as an individual and to help strengthen the team. I like using my creativity to share the happiness with the audience."

Maddie's latest excitement has been learning to drive. This has been helpful to her mother, since Maddie's habit is to attend seminary for Bible study with other students in her age group every morning at 5:30. "The law says I can take one other person in the car, so I carpool with one other person in the neighborhood who goes to seminary and then to school with me," Maddie said. She enjoys her independence, but she misses the conversations that happened in the car with her mom.

Erica tells her girls, "Be kind. Don't be dumb." Her daughter remembers the





encouragement to be a little stronger. “Whenever we go anywhere to hang out with friends, she tells us, ‘Remember who you are and make good choices.’ So, I remember that I am Maddie Evans, a positive ball of light, a good example,” she said. Both adventurous and thoughtful, she takes time to encourage others.

Maddie was born in California, and her family moved to Mansfield when she was 6. Since starting first grade here, she has taken advantage of opportunities to hone her skills and shows cheerful diligence in all her studies. Classes at school and church, though not necessarily the same, have motivated Maddie to develop her abilities as a natural-born leader. Recent leadership and financial literacy classes at school have concentrated on communication, life skills and techniques for leadership. At her local Church of Jesus Christ of Latter Day Saints, education has focused on accountability, goal setting and self-reliance.

Maddie planned to graduate with a medical billing and coding degree via classes at Ben Barber Career Tech Academy. An upcoming family move to Utah this June means she’ll attend a new school with a new band program. Maddie is excited about both and said she will continue in color guard and winter guard her senior year. She hopes to go directly to Utah Valley University to study radiology technology. “The medical field pays well, and I find it very interesting to understand how the body works and the healing process.”

This girl’s energy, passion and positivity are more than just a show face. They’re Maddie’s everyday face. **NOW**

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Want to live a strong and healthy life? Dustin Strong is ready to help with his “Healthy This Way” program.

The local initiative, a five-year project chaired by Dustin, a board-certified holistic nutritionist and wellness consultant and owner of Strong on Health in Mansfield, is a way of improving the lives of fellow citizens in a variety of ways — five ways to be exact. The program began with “Walk This Way” in 2019 and merged into “Eat This Way” for 2020. Upcoming one-year segments will be “Sleep This Way”

FEELING STRONGER EVERY DAY

— By Alan Whiteshoes





in 2021, “Think This Way” in 2022, and wrapping up the five-year plan with “Breathe This Way” in 2023.

“Lori Williams at the Chamber and I had a conversation about Dan Buettner’s work [the “Blue Zones Project”], and we thought we could create our own little version of that,” Dustin said. “We thought we’d reach out and see what we could do in the inspiration of Blue Zones.”

Buettner’s research led him to find places on Earth where people live the longest and healthiest lives. Because of his results, numerous cities, including nearby Fort Worth, have adopted the Blue Zones Project model.



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Todd A. Simmons
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If the title of the 2019 phase of the Mansfield program has a familiar sound to it, that's because it was derived from a legendary rock song. "We were having a meeting and Dr. V. (Mansfield ISD Superintendent Dr. Jim Vaszauskas) walked in and said he was just listening to 'Walk This Way' by Aerosmith. We said, 'Let's start with this,'" Dustin said.

Now, the agenda has shifted to eating. "Me, being a nutritionist, I decided to put it on their plates. As we've reached out to restaurants, their response has been great," Dustin said.

"We get a lot of guests asking for healthy options," El Primo's Managing Partner Robert Tally said. "When I spoke with Dustin about this, we were able to kill two birds with one stone. It was easy when Dustin approached me, something we had to do."

Dustin noted that some items taken for granted can be extremely healthy. For example, beans, he said. "When you get to 30 or 40 grams of fiber, you severely reduce your risk of breast cancer, colon cancer and other diseases. If I can get the people of Mansfield to double their fiber intake, how much healthier can people be?"

Dustin also said a healthy intake of items such as potassium and magnesium are "musts" for a better life. "Harvard University estimates only about 5 percent of Americans get enough potassium every day," he said. "Guacamole checks all the boxes. Salmon, especially in a salad, is fantastic.

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essential fats. We're not telling people you can only eat healthy foods, but try to integrate one for balance."

Dustin grew up on a farm, which is where he learned much about nutrition. It wasn't until about a decade ago, however, that he decided to make it his living. He was a professional singer for several years, traveling the world. A comment from famed nutritionist Jamie Oliver helped him decide to enter the field professionally. "He said in the next 17 minutes four people will be dead because of the food they're eating. That shook me. People don't know they're killing themselves," Dustin said.

While food is the focus of this year, Dustin said the other parts of the initiative are equally important. For example, Dustin tries for at least seven-and-a-half hours of sleep each night. "You never want to go below six. Nine is the most restorative."

"WHEN YOU GET TO 30 OR 40 GRAMS OF FIBER, YOU SEVERELY REDUCE YOUR RISK OF BREAST CANCER, COLON CANCER AND OTHER DISEASES."

As for thinking, Dustin proposed replacing thoughts of why you can't do something with thoughts of why you can. He also suggested remembering, "If God didn't think you were worthy to be here, guess what? You wouldn't be here."

"Breathe This Way" will tie into meditation. "We are too much into fight or flight. When you take the time to breathe, you pull yourself into rest and digest," he said.

"Intentionally teaching yourself to breathe right can reduce so much stress," Dustin concluded. "We get rid of so many toxins through breathing." **NOW**

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— By Melissa Rawlins

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In Skandii Medspa's less-is-more environment, inspired by Scandinavian approaches to aesthetics, founder and director Anna Toker, M.D., FACS, FASCRS deploys minimally invasive technologies. Her personable approach to surgery and wellness is conducted via telemedicine, educational videos and personal consults.



"Scandinavians use food as medicine. What makes Skandii Medspa different is I don't want people to go for the quick fix, plastic-type appearance," Dr. Toker said. "You want to look the way God intended. A lot of that has to do with what you are eating."

Every aesthetic treatment Dr. Toker offers is in tandem with whole food supplements. "Weight loss is half of this practice. The other half is aesthetics. The coupling device is body contouring," she said. "As people lose weight and feel better, and want to do nice things for themselves, we offer body contouring to help them achieve the look they desire." Skandii Medspa professionals perform facials or hair removal to polish off their sculpted bodies. Customers can even purchase the Obagi-C Fx Vitamin C System to address the appearance of skin aging at home.

"All science, technology and nutrition that we give to patients is designed to improve our patients through the energy generated in their own bodies. This helps them get a better grip on their speed of aging and, therefore, helps them regain their confidence," Dr. Toker said.

She experienced the value of these treatments personally. Before opening Skandii Medspa, which is her second practice, she made herself her first wellness patient by learning to lose 30 pounds. "Before medical school, I had been a professional tennis player," she said. "Now here I was, a colorectal surgeon who was into nutrition, wondering why I was tired, overweight and feeling so bad despite all of my best efforts."

"As people lose weight and feel better, and want to do nice things for themselves, we offer body contouring to help them achieve the look they desire."

Her own journey of getting healthy again inspired her to start Skandii Medspa. "All surgeons have a half life — kind of like milk. I know at some point I will lose my sight or my dexterity. But I love taking care of patients, so I do not want to spoil and become of no use to anyone. I'd like to age into a fine yogurt, full of protein and probiotics," she quipped, explaining how she re-visioned her future. Dr. Toker plans to move her surgical practice into this space within the next year in order to oversee both her weight-loss patients and her colorectal surgical patients.

In her energizing office, she meets new patients for 30 minutes to talk about the causes of their weight gain. "We identify the patients' bad habits and current diet. Then we swipe the palette with the Clean Start Diet," she explained. "In all, it is normally a 12-week process, during which the average weight loss is 20-30 pounds. It can be repeated several times, as needed, to get the patient back to a manageable weight."

The key to her patients' success is how Dr. Toker trains them to maintain control. She has observed the initial phase of the Clean Start Diet is what restores energy and well-being.

Promoting healthy eating for healthy lifestyles and a "less-is-best" approach has become Dr. Toker's passion. Call Skandii Medspa for your consultation today. **NOW**

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Zoomed In: Sheryll Barker and Daisy

By Melissa Rawlins

Daisy walks softly through institutions in and around Mansfield regularly, accompanied by her human partner, Sheryll Barker, president of Heart of Texas Therapy Dogs. During holidays, Daisy wears special outfits. Last month, she wore a custom-made creation by a lady she and Sheryll met at a dog show 10-plus years ago.

“Every time she came to town, she would stop by our house and we’d brainstorm outfits,” said Sheryll, whose first therapy dog partner had a personality much like Daisy’s. Since 1993, she has had nine canine partners registered with the Alliance of Therapy Dogs. “Eight have been Collies.”

Sheryll is also a birdwatcher. This January 1, she is the Compiler for the Audubon Christmas Bird Count, that includes Cedar Hill and part of Mansfield.



For the third year in a row, Crissy Dazey and her daughter, Kate, have a ball at Toys for Tots.



Angie Parra plays at the library with her siblings, Angel and Naomi.



Kendell Mays videotapes The TaylorMade Group Consulting workshop on Google analytics.



Anita Bailey and LaToya Robles renew their acquaintance at Taste of Mansfield, which brought in \$10,000 for Mansfield Mission Center.



Stephanie Vetere puts the boots she wears to work under one of 12 themed trees she decorated for the Holiday Home Tour.



Joe and Whitney Grandmason shop for food and house decor with Mitty and Gracie.



Shelby, a much-loved and rescued German Shepherd, proudly poses with 'Santa Paws' for her Christmas photo at Mira Lagos Animal Clinic in Mansfield.



Paty, Dominick, little William and Al Ubilla enjoy last month's Third Thursday, and, as always, look forward to this month's event.

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CookingNOW

In the Kitchen With

KERRI SMITH

— By Melissa Rawlins

In 1990, Kerri Smith and her husband, Jeff, retired from the military and made Mansfield their home. Kerri mainly cooks for her family, always including desserts with her grilled meats, casseroles and vegetables. “If it is a good recipe, I am willing to give it a try,” said Kerri, who learned from her favorite cooks — her mom, sisters and sister-in-law — the value of experimenting and then sharing tasty food.

Kerri always makes the meal for the annual fundraiser for From Your Heart Ministries, the nonprofit she founded several years ago. Every five or six months, she flies to Uganda and India to serve. “I do not get to cook while there, because according to those countries’ customs, they cook for me,” Kerri said. “So, I get to sample their authentic food with much joy.” **NOW**

Chicken Casserole

1 8.8-oz. box Uncle Ben’s Long Grain 5-Minute Rice
1 1/3 cups water
1/2 stick, plus 1 Tbsp. butter (divided use)
2 chicken breasts
1/3 cup flour
1 cup chicken broth
2/3 cup milk

- 1.** Cook rice in water with 1 Tbsp. butter, per box directions.
- 2.** Cube chicken and place in pan; cook thoroughly.
- 3.** Melt 1/2 stick butter and add flour; mix thoroughly. Add chicken broth, and then add milk. Let thicken into a sauce.
- 4.** Mix sauce and rice; add chicken. Place in a casserole dish greased with butter. Place in oven at 350 F for 25 minutes.

Broccoli Salad

Salad:

1 bunch broccoli, chopped
1 small red onion, diced
1/2 cup raisins
1 cup sunflower seeds
12 strips cooked bacon, crumbled

Dressing:

2 Tbsp. vinegar
1 cup salad dressing
1/2 cup sugar

- 1.** *For salad:* Combine all salad ingredients.
- 2.** *For dressing:* Mix together all dressing ingredients. Pour dressing over salad; mix well. Place in refrigerator until ready to serve.

Best Carrot Sheet Cake

Carrot Sheet Cake:

2 cups all-purpose flour
2 tsp. baking soda
2 tsp. ground cinnamon

- 1/2 tsp. salt
- 3 large eggs
- 2 cups sugar
- 3/4 cup vegetable oil
- 3/4 cup buttermilk
- 2 tsp. vanilla extract
- 3 large carrots, grated (divided use)
- 1 8-oz. can crushed pineapple, drained
- 1 3.5-oz. can sweetened, flaked coconut
- 1 cup pecans or walnuts, chopped

Buttermilk Glaze:

- 1 1/2 cups sugar
- 1 tsp. baking soda
- 1/2 cup butter
- 1/2 cup buttermilk
- 1 Tbsp. light corn syrup
- 1 tsp. vanilla extract

Cream Cheese Frosting:

- 1/2 cup butter, softened
- 11 oz. cream cheese, softened
- 1 16-oz. pkg. powdered sugar
- 1 1/2 tsp. vanilla extract

1. For cake: Stir together first 4 ingredients. Beat eggs and next 4 ingredients at medium speed with an electric mixer until smooth.
2. Add flour mixture, beating at low speed until blended. Fold in 2 cups grated carrots and next 3 ingredients.
3. Pour batter into a greased and floured 13x9-inch pan. Bake at 350 F for 30 minutes. Cover pan loosely with foil to prevent excessive browning; bake 13 more minutes, or until a wooden pick inserted into the center comes out clean.
4. While cake is hot, before pouring the glaze, poke holes in the cake with a toothpick. This makes the cake moist.
5. For glaze: While cake is baking, bring sugar, baking soda, butter, buttermilk and corn syrup to a boil in a Dutch oven. Boil, stirring often, for 4 minutes, or until mixture is golden brown. Remove from heat.
6. For cream cheese frosting: While cake is cooling, beat butter and cream cheese at medium speed with an electric mixer until creamy. Add powdered sugar and vanilla extract, beating at high speed 10 seconds, or until smooth.
7. Drizzle Buttermilk Glaze evenly over cake. Cool completely in pan.
8. Spread Cream Cheese Frosting evenly over cake.

Breakfast Pizza

- 1 can crescent rolls
- 1 lb. hot sausage, cooked
- 10 potato tots, crumbled
- 2 cups cheddar cheese, grated
- 1/4 cup Parmesan cheese

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5 eggs
1/4 cup milk

1. In a pizza pan, spread rolls out to the edge.
2. Crumble sausage, tots and both cheeses over the rolls.
3. Mix eggs and milk together; pour over the crumbled ingredients.
4. Bake at 350 F for 35 minutes. Let pizza set before cutting.

Rice Pudding

1 cup rice
4 cups water
1 cup sugar
2 qts. milk
1/2 cup butter
1 Tbsp. cinnamon

1. In a soup pot, cook rice in water, stirring often, until water is gone.
2. Add the next 3 ingredients, stirring often so the mixture doesn't stick to the pan.
3. When thick, pour into a serving bowl; sprinkle with cinnamon.

Banana Bread

1/2 cup butter
1 cup white sugar



Broccoli Salad

2 eggs
1 tsp. vanilla extract
1 1/2 cups all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1/2 cup sour cream
2 medium bananas, smashed

1. Preheat oven to 350 F Grease a 9x5-inch loaf pan.
2. In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla; mix well. In a separate bowl, combine flour, baking soda and salt; add to the butter mixture; mix until smooth.
3. Fold in the sour cream and bananas. Spread evenly into the prepared pan.

4. Bake at 350 F for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

Grape Salad

1/2 cup cream cheese
1/2 cup sour cream
1/4 cup Cool Whip
1/4 cup brown sugar
2 1/2 lbs. grapes

1. Mix first 4 ingredients well; add grapes. Place in refrigerator to cool; serve cold.

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By 3 years:

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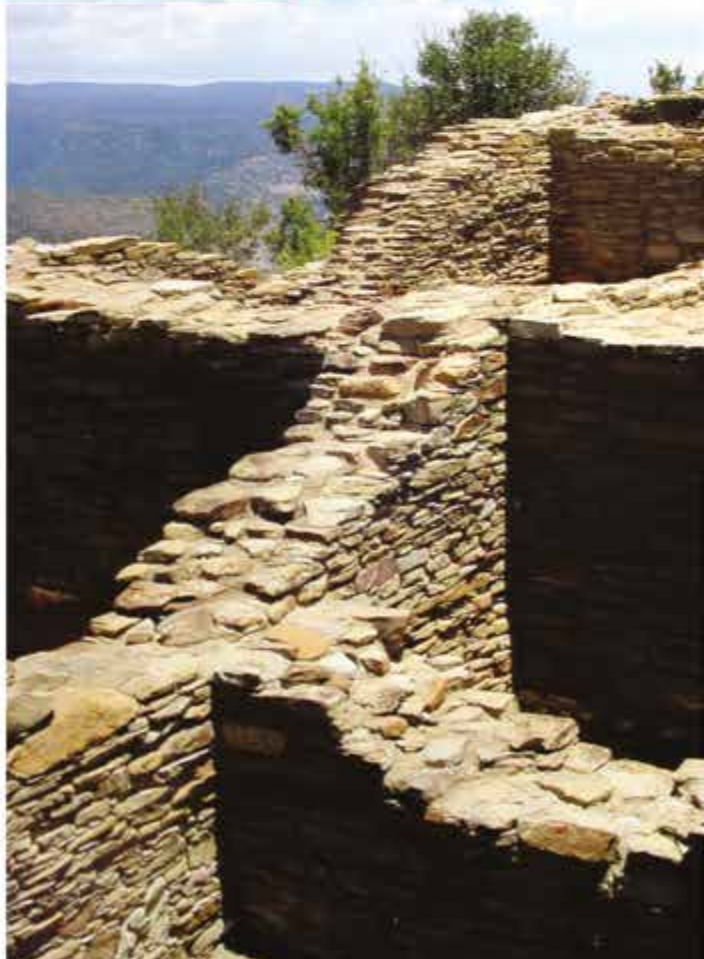


ADVENTURE AWAITS

— By Virginia Riddle

What is Hózhó? As many adventure-seeking travelers to the Moab/Bluff, Utah, area learn, words don't do justice to this Navajo concept of balance and beauty. The ancient, vast wilderness of Native-American reservations and national parks envelopes visitors. Gone is the hustle and bustle of modern cities as time and space become redefined. Come, breathe deeply and embody Mother Nature's peace, balance and beauty, while hiking, mountain biking, rock climbing, rafting, camping, ballooning, kayaking, bouldering, canyoning, horseback riding, backpacking, stargazing, fishing, golfing, skydiving, bird watching, ATVing or visiting ancient sites.

Travel from the east to Bluff takes folks to the Four Corners, the only place in the U.S. where one can lie down in four states at one time — Arizona, Colorado, New Mexico and Utah! Be respectful of the posted Native-American reservations' laws while traveling through the many scenic miles of open-range grazing on the area Apache, Navajo and





Ute reservations. Traveling on the Trail of the Ancients Scenic Byway brings visitors to Canyons of the Ancients National Monument, Mesa Verde National Park and Hovenweep National Monument. Each location preserves prehistoric native cultures, particularly the Anasazi, interspersed with interpretations of the area's pioneering heritage. More than 6,355 recorded sites in the Canyons of the Ancients give visitors the "highest

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A listing in *1,000 Places to See Before You Die* brings folks to otherwise relatively unknown Bluff, located 100 miles almost due south of better-known Moab. The ancients first settled the area around 650 A.D., and Mormon pioneers founded the town of just over 300 residents in 1880, earning its listing on the National Register of Historic Places.

Adventurers take advantage of outdoor sports and photographic opportunities on the San Juan River, or at nearby Grand Staircase-Escalante National Monument and the Glen Canyon National Recreation Area located west of town. Within an hour's drive in any direction, there are three state parks, Natural Bridges National Monument and the Blue Mountains, home to Manti-La Sal National Forest with lakes and spectacular views.

After busy days spent sporting with one of several guide services, dine and lodge at locally owned restaurants, lodges, cabins, Bureau of Land Management campgrounds or RV parks. Hot tubs and pools are always a welcome way to end the day and meet fellow adventurers from all over the world, while soothing aching muscles and enjoying an "off-the-grid" experience.

Continue northward to Moab, touted as the “Adventure Capital of the United States,” famous for its Arches National Park, containing more than 500 natural stone arches sculpted by water, ice, underground salt movement and extreme temperatures. The often snow-capped La Sal Mountains serve as a backdrop to the different shades of red, brown and sand arches. Adventures and photographic moments lie within nearby Canyonlands National Park with its many canyons and buttes formed by the Colorado and Green rivers. This vast park is divided into four ecological districts — Island in the Sky, The Needles, The Maze and the Colorado River and tributaries. All share a desert climate, so stay hydrated when venturing into this wilderness backcountry.

Professional guides, equipment rentals and park services abound, but if going solo, follow all park rules. Moab offers museums and many restaurants and lodging choices, including some national chains. A sunrise or sunset walk in Arches National Park is a must, as is a soak in a hot tub or swimming pool during evenings.



The Moab area was long used by Ute Indians. While the French and Spanish explorers and later prospectors came to the area, it wasn't until the Mormons arrived in 1878 that there was a permanent settlement. Enjoy more beauty by taking the Old Spanish Trail that once linked Santa Fe, New Mexico, to Los Angeles, California, homeward until a dose of *Hózhó* necessitates a return visit. **NOW**

Photos by Virginia Riddle, LLC.



Have you ever wondered how different your life would be if you could significantly reduce your joint pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that joint pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating joint pain, we invite you to regain control of your life by visiting Complete Health Medical Center, a modern, holistic medical facility.

WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.

COMPLETE HEALTH MEDICAL CENTER

469-732-0880 • 905 Ferris Ave. • www.completehealthmedicalcenter.com

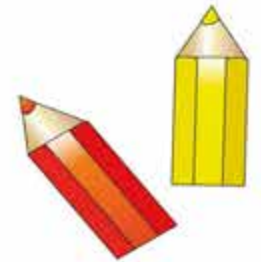
Kids' Fun Page

For each capital letter of alphabet find matching lowercase. Draw the line between them.

ABC

R	R	E	N	E	P	R	A	H	S
O	O	R	M	A	R	K	E	R	S
T	S	L	U	C	H	G	B	P	R
A	C	B	O	B	O	L	O	E	E
L	I	O	A	C	B	U	L	N	H
U	S	O	O	G	R	E	G	C	C
C	S	K	S	E	D	E	R	I	A
L	O	R	U	L	E	R	T	L	E
A	R	L	H	S	U	R	B	A	T
C	L	A	S	S	R	O	O	M	W

- BAG
- BOOK
- BRUSH
- DESK
- CALCULATOR
- CLASSROOM
- GLOBE
- GLUE
- MARKER
- PENCIL
- RUBBER
- RULER
- SCISSOR
- SHARPENER
- TEACHER
- WATERCOLOR



MYSTERIOUS WORD: _____

M	W	O	O	R	S	S	V	T	P
T	X	B	H	T	R	V	R	V	V
B	F	R	T	F	R	O	S	O	S
V	F	R	E	C	S	K	S	O	S
C	C	E	G	E	O	O	S	O	S
H	N	E	C	O	R	K	O	T	V
F	P	E	R	O	B	O	R	J	V
R	P	O	S	E	R	H	C	H	S
S	R	H	R	K	W	M	R	O	R
S	H	S	R	A	N	E	R	A	H

SOLUTION: SCHOOL



We Love Our Mansfield

FRIDAY NIGHT

LIGHTS



Photos - Kaileyanna Woods



Photo - George Eric Olsen



Photos - Christine Vo



Photo - Jaspinder Malhi



Photo - S. Miller



Photos - Leland Mallett



Photo - S. Miller



Photo - Maggie Rubac



Photos - Kelly Mejia



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Photos - Yasmine Munoz



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Dr. James, D.C.

Dr. Hassell, D.C.

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Wednesday 7:30 AM to 6:30 PM • Thursday 8:30 AM to 6 PM
Friday 8 AM to 3 PM • Saturday 9 AM to 12 PM

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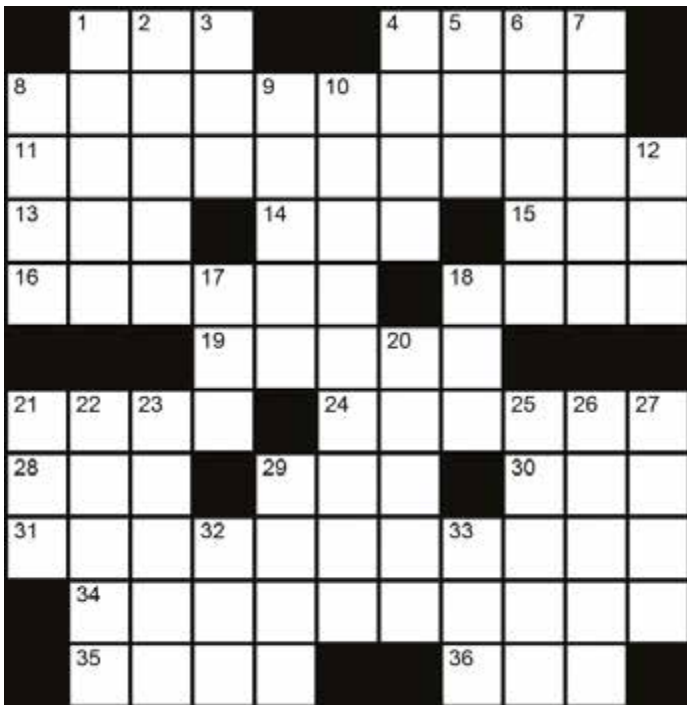
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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Angel dust
- 4 Adds
- 8 Citizen of Santa Ana
- 11 Due to
- 13 Morning drops
- 14 Anoint
- 15 Madhouse
- 16 Classify
- 18 Priestly cloak
- 19 "I haven't seen you in ---"
- 21 Leading light?
- 24 Doghouse sounds
- 28 Gas station abbr.
- 29 Small cell
- 30 Exclamation of surprise
- 31 Like some university staffers
- 34 Mapped out
- 35 Inner being
- 36 Narrow beam of light

Down

- 1 Window divisions
- 2 Talons
- 3 Pipe plastic
- 4 One ferried by Charon
- 5 Vase
- 6 Unleavened bread
- 7 Pry
- 8 Pop
- 9 Squash variety
- 10 "Encore!"
- 12 Enemy
- 17 Scull
- 18 Suit with an MBA, maybe
- 20 Rate
- 21 Title for a distinguished Indian
- 22 Is inclined
- 23 Give consent
- 25 "We --- touchdown!"
- 26 Tyne Daly TV role
- 27 Storage shelter
- 29 "Like that would happen!"
- 32 90-degree fitting
- 33 Spike

Solutions on page 44

For online versions, visit nowmagazines.com

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OR OLDER?**



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MansfieldNOW Scavenger Hunt



Find 5 hidden hats in 5 different ads in this issue (not counting the one above). Email the page numbers and specific ads where they are found, plus your contact information and phone number by January 15th to scavenger.man@nowmagazines.com.

WIN!

\$50 Cash

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www.nowmagazines.com

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\$50 Cash

Courtesy of:
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.....
\$50 Visa Gift Card

Courtesy of:
Knapp Sisters Self Storage
817-473-2311

knappsistersselfstorage@gmail.com

Winners must pick up prizes within 30 days of drawing.

Elf hats were found on pages 11, 19, 20, 44, Inside Back Cover

December winners are:

- Dick Wentzel - \$100 Visa Gift Card from NOW Magazines
- Pat Pfeiffer - PCA Sensi-Chemical Peel from Skandii MedSpa
- Brian Norgaard - \$50 Visa Gift Card from Old Republic Title



Wishing you a

Happy New Year

FROM OUR FAMILY TO YOURS!

Have a safe, prosperous and healthy New Year.

NOW

M A G A Z I N E S

Bringing the best of the community home

Sudoku Puzzle

Easy

			7					
8		2		4				
5					1		9	
	1		6		5			
3							6	7
	2							5
	9		2					1
				6		7		4
7	3				8			

Medium

		1	9	2	6				
				4		8			
5								8	
2								9	
				9	8	5			
		6							1
				5					4
			4		9	1			
6						7	3	5	

For online versions, visit nowmagazines.com

Crosswordsite.com Ltd

Solutions on page 44

A Great New Year's Resolution is:
To Get Organized and UNCLUTTER!



Crowded and Messy Garage?



Cluttered bedrooms?



- Front Gate Security • Unit Security • 446 Units
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HAPPY New Year

JANUARY

Through 1/6

Holiday Grease Roundup:

Drop off 24 hours a day. Free.
Environmental Collection
Center, 616 S. Wisteria.
(817) 728-3610.

1/3

Smallfoot:

Bring the family. Concessions
available for purchase. Cash
only. Free entry. Limited seats;
first come, first served. 7:00-
9:00 p.m., Farr Best Theater,
109 N. Main St.
(817) 728-3680.

1/4

Shred Day:

Free for Mansfield residents.
Proof of residency required.
10:00 a.m.-1:00 p.m.,
Environmental Collection
Center, 616 S. Wisteria St.
Rebecca Sales,
(817) 728-3610.

1/6 & 1/20

Support Now Network Meeting:

Caring for and supporting a
loved one with a mental health
challenge can be overwhelming
at times. With this in mind, the
Mansfield Police Department
created a caretaker support
group facilitated by an
experienced, certified Mental
Health/Crisis Intervention
Officer. 7:00-8:00 p.m.,

Mansfield Activities Center, 106
S. Wisteria. (817) 728-3680,
ext. 3687.

1/9

Business Unplugged:

Sophisticated individuals
with like minds who will
all unplug from their social
networks to get some face-
to-face networking done are
welcome. Free. 5:00-7:00 p.m.,
Pinch A Penny Pools Patio and
Spa, 2851 Matlock Rd.
Kathleen D'Agostino,
(817) 864-8771.

1/9-1/11

Household Hazardous Waste Dropoff:

A list of accepted items is at
www.mansfieldtexas.gov/ecc.
Thursday and Friday: 3:00-
7:00 p.m.; **Saturday:** 10:00
a.m.-3:00 p.m., Mansfield
Environmental Collection Center,
616 S. Wisteria. (817) 728-3655
or ecc@mansfieldtexas.gov.

1/11

Chess Club:

Learn how to play chess or just
brush up on your skills. All ages
and levels are welcome. No
registration is required. 1:30-
3:30 p.m., Community Room,
Mansfield Public Library, 104 S.
Wisteria St. (817) 728-3690.

Wine & Words:

Chandor Gardens Foundation

Inc. hosts an evening
at Chandor Gardens Mansion
with journalist Boyd Matson
presenting "The Adventure
Begins When Things Go
Wrong." \$35. 7:00-9:00 p.m.,
Chandor Gardens Mansion, 711
W. Lee Avenue, Weatherford.
Purchase tickets online at
www.chandorgardensfoundation.org.

1/16

Chamber Quarterly Luncheon:

Hear about all that's in store
for Mansfield from Mayor
David Cook presenting the
State of the City Address. \$30/
Chamber member; \$40/non
Chamber member; \$10/gallery,
no lunch. 11:30 a.m.-1:00 p.m.,
Walnut Creek Country Club,
1151 Country Club Dr. Kathleen
D'Agostino, (817) 864-8771.

1/20

Martin Luther King Jr. Day Celebration:

Pastor Michael Evans leads this
free worship and inspirational
event, produced with the entire
community of Mansfield. 5:00-
7:00 p.m., Bethlehem Baptist
Church, 1188 W. Broad St.
(817) 473-1236 or
bbc@bbcmansfield.org or
[www.bethlehemmansfield.org/
events/](http://www.bethlehemmansfield.org/events/).

1/24

Annual Chamber Business

Awards Gala:

Join us in celebrating
the winners of our
2019 Chamber Business
Awards. \$75/person.
6:30-9:00 p.m., Walnut
Creek Country Club,
1151 Country Club Dr.
Kathleen D'Agostino,
(817) 864-8771.

1/25

DIY Sprinkler Repair Workshop:

Just like swimming pools
and vehicles, sprinkler
systems need frequent checkups
and the occasional minor
repair. Local expert,
Dr. Dotty Woodson, teaches
how to care for and repair your
sprinkler system.
Free, but registration is
required. 10:00 a.m.-noon,
Chris W. Burkett Service
Center, 620 S. Wisteria St.
Rebecca Sales,
(817) 728-3610 or [rebecca.
sales@mansfieldtexas.gov](mailto:rebecca.sales@mansfieldtexas.gov).

Thursdays

Celebrate Recovery:

Families find support, hope and
freedom. 6:00-7:00 p.m.,
777 N. Walnut Creek, Bldg. C.
Katie Bonner, katieb@fmcm.org.

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



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SCAVENGER HUNT WINNERS!



Sharing the \$100 Visa Gift Card from NOW Magazines are co-workers Brenda and Larissa. "I needed the money!" said Brenda. While Larissa added, "I've never won anything in my LIFE!"



Aaron Loyer, winner of the \$50 Cheesecake Factory Gift Card from Performance Heat and Air, Inc., said, "I was so surprised that I won! Thanks Performance Heat and Air!"



Sara A., winner of the \$50 Gift Basket from AndiMac.

Crossword - Sudoku Solutions

1	P	C	P		4	S	5	U	6	M	7	S		
8	S	A	L	V	A	D	O	R	A	N				
11	O	N	A	C	C	O	U	N	T	O	12	F		
13	D	E	W		14	O	I	L		15	Z	O		
16	A	S	S	O	R	T		18	C	O	P	E		
				19	A	N	A	20	G	E				
21	S	T	23	A	R		24	G	R	O	25	W	L	S
26	R	E	G			29	A	A	A		30	A	A	H
31	I	N	R	E	S	I	D	E	N	C	E			
			34	D	E	L	I	N	E	A	T	E	D	
			35	S	E	L	F				36	R	A	Y

Easy

1	4	9	7	3	6	2	5	8
8	6	2	5	4	9	1	7	3
5	7	3	8	2	1	4	9	6
9	1	7	6	8	5	3	4	2
3	8	5	4	1	2	9	6	7
4	2	6	3	9	7	8	1	5
6	9	8	2	7	4	5	3	1
2	5	1	9	6	3	7	8	4
7	3	4	1	5	8	6	2	9

Medium

8	1	9	2	6	3	4	7	5
3	6	7	4	5	8	1	9	2
5	4	2	1	7	9	8	6	3
2	8	5	6	1	4	9	3	7
1	7	3	9	8	5	6	2	4
4	9	6	7	3	2	5	1	8
9	3	8	5	2	6	7	4	1
7	5	4	3	9	1	2	8	6
6	2	1	8	4	7	3	5	9

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