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Holiday
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Guide 2012
p. 33

Marathon Woman
Dr. Marcelle Petry runs a
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ON THE COVER



Candlesticks add to the elegance at Reda Jackson's home.

Photo by Jill Rasco Photography.

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Editor's Note

Merry Christmas!

From the music we play to the food we indulge in, some things just make the season *feel* right. I enjoy spending time with my family, which usually involves a prank gift or two, lots of laughter and watching the musical, *Scrooge*, with my older brother. I love pulling out the Christmas ornaments and remembering the stories behind each one. The tree is like a timeline of my family's history, and I look forward to hanging the decorations on the boughs, while listening to "O Holy

Night" or "The Christmas Song" playing in the background.

This is the perfect time of year to remember how fortunate we are and to spread cheer to those who need it. From Angel Tree toy drives to the local food pantries, there are many ways to get involved and help make our world a better place.

May all your days be bright!

Becky

Becky Walker
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MARATHON

Woman

— By Alex Allred

Dr. Marcelle Petry is as diverse and intriguing as her native country. Guyana, her place of birth, is one of the few Caribbean countries that is not an island and is the only country in South America where English is the official language. With one of the largest rainforests in South America, Guyana is one of the most biodiverse countries in the world. It has the largest community-owned conservation land (or area), is home to one of the tallest wooden churches in the world and — no surprise — had an educational system that was once considered to be among the best in the Caribbean and all of South America.





At an early age, Marcelle and her family moved to the United States, settling in the Bronx. However, this was not before Marcelle's grandmother created her own business in Guyana. Mavis Lewis "was someone everyone respected," Marcelle said of her maternal grandmother. "Everyone knew her. She had no debt. She had everything in order."

This order came when Mavis earned money by making a cake. "She then used that money to make some bread." From there, Mavis began one of the most successful businesses in Guyana, with such clientele as the Prime Minister and local celebrities. "But she saw the destiny of her children," Marcelle said. She explained that despite a successful business and having very limited education, Mavis made the difficult decision to move her family to the United States, leaving everything else behind. "She was willing to make that sacrifice in order to grow [for us]." Marcelle greatly admires the bold move that, however unconsciously, became her personal battle cry.

Intelligent, hardworking, eager to learn and full of ambition, Marcelle was destined for success. As the oldest of seven children, she took on big responsibilities at a very early age. While her father was a mechanic, her mother went back to school to earn her degree in nursing. Family and work were the two constant themes in her life.

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Her parents worked long, hard hours, scheduling their careers so one parent would always be home with the children while the other worked resulting in no need for day care. With Marcelle helping out, theirs was a close and loving family.

Marcelle graduated from Oral Roberts University with honors and a degree in biology and chemistry. She then turned her attention to chiropractic care and earned a second degree from Parker Chiropractic College in 2003. With a lifetime of caring for others, it was the perfect fit for Marcelle. After graduation from Oral Roberts, she went on a mission — serving in Africa while her family relocated to Texas, finding a new home with the Potter's House in Dallas.

"I said, 'Well, OK, I guess I am going to Texas,' because I had to be where my family is!" With family in the Mansfield, Arlington and Dallas areas, it

“I said
‘Well, OK,
I guess I am
going to
TEXAS.’”

was easy for Marcelle to lay down roots, but it was when she met and married Eric Petry, after a six-month courtship, that she called Mansfield home. Once again, Marcelle found a perfect fit. With a degree from Lamar University and his MBA from Southern Methodist University, Eric shared the same values as Marcelle, putting education, career and family on the top of his list.

Today, Marcelle cares for her two children, owns and operates her own business and tutors a group of young homeschooled children. Never in her wildest dreams would Marcelle have ever believed she would also be training for a marathon! But with a schedule that would leave most people exhausted, Marcelle has found running actually rejuvenates her. Even when she walks, it is at a pace that surpasses most joggers. “I can’t believe it,” she said. “I am not a runner! Trust me. I did a fun run, a 5K in college, and it was terrible. I had dark circles under my eyes and thought, *What is happening to me?* I was so tired.”

But today, she has her eye on a race far greater than three miles. “It was a challenge that came from my mother,” she laughed. On one fateful day, Marcelle had agreed to go hiking with her mother, a very fit, very enthusiastic outdoorswoman. “The next thing I knew,” Marcelle said, “I was walking 10 miles.” And the seed was planted.

Following the birth of her second child last year, Marcelle wanted to lose unwanted baby weight. But the 5K races that turned into 10-mile walks reawakened the ancestral roots of Mavis Lewis. Take something and make it bigger. Become something and make it better.

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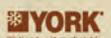
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“But I had no idea what a commitment this is,” Marcelle said of marathon training. It is not just the pounding that the body endures with the long and often tedious runs down rural roads and jogging paths. Marcelle was surprised by the amount of time one must give to training.



“It’s very humbling,” she said. “I have had to rely on family to help, because I cannot do this alone. I’ve called my siblings to say, ‘Look, I took care of you. I was never mean to you. I was fun so — payback!’ It’s hard because I need help, but I don’t want to take advantage of my family.”

What Marcelle quickly discovered was marathon training is not a lone sport. There is a reason less than five percent of the American population has ever run a marathon. The drop-out rate of those who begin training but quit due to injury, time constraint and/or physical and mental fatigue is over 50 percent. Once again, for Marcelle, the importance of family is highlighted. From her husband



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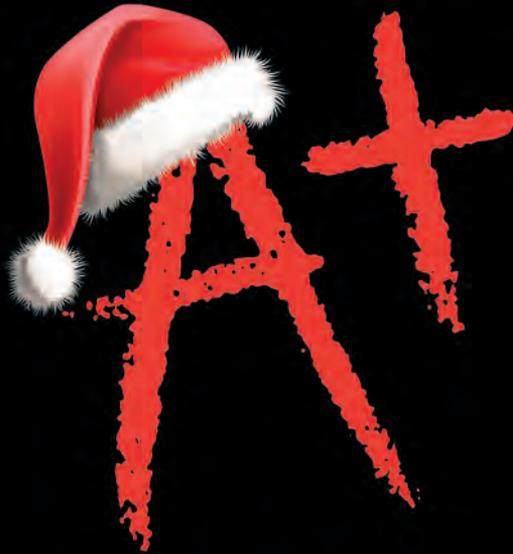


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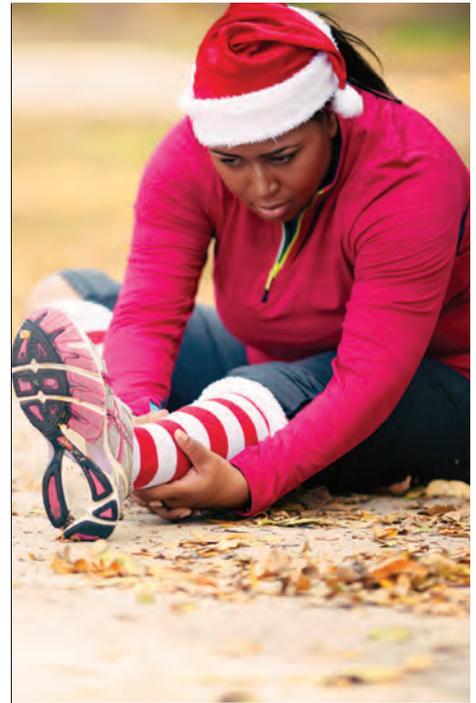


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and mother, she is given inspiration and motivation. From her siblings she is given support, time and love and from her children, Marcelle receives the greatest gift. "I am doing this for them. I want them to see that I can do this. I *will* do this!"

But with a schedule that would leave most people exhausted, Marcelle has found running actually rejuvenates her.

As she talks about the race, she envisions the finish line at the MetroPCS Dallas Marathon (formerly Dallas Whiterock Marathon) this month. She anticipates "the wall" at mile 18, sore limbs and emotional distress, but she also sees the destiny of her own children and, like her mother and grandmother before her, knows that this marathon is so much more than a race or a way to lose baby fat. It is a metaphor for life. It is the new challenge set before her. From one cake, Mavis built a new life, and from one mile, Marcelle has changed one. **NOW**

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THE THUMBS-UP GIRL

— By Mikaela Mathews



Those who know Heather Griffin best recognize her by four things: her big smile, the color purple, her sunglasses and her thumbs up. "I once took a picture not doing thumbs up and someone asked, 'Is that you, Heather?' They didn't recognize me," Heather laughed. Despite a mysterious illness that left her paralyzed from the chest down, Heather has maintained a positive attitude for over 32 years.

In 1980 when Heather was 5 years old, she complained of an intense stomach ache. The pain intensified over night, so her mom, Verna, took her to the doctor's office. He believed the pain came from her appendix, so he ordered surgery to have it removed. After the surgery, however, Heather didn't feel any better, and the doctors could not figure out the cause of the pain.

Verna, however, noticed Heather often fell without reason. She believed it was from the pain, but she told the doctors nonetheless, and they started to prod Heather's feet with pins. They soon realized Heather couldn't feel anything in her legs. "Paralysis was starting to take over the body," Heather recalled. "And within five days, the paralysis reached chest level."

The doctors rushed to perform MRIs and CAT scans. One of the tests

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HUMMINGBIRD — PEGGY MORRIS

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revealed a black spot on Heather's spinal cord. "The doctors asked Mom and Dad if they had taken me overseas or if I had anything injected in my spine," Heather said. "They couldn't figure out how it got there. They even came out with cameras after surgery because they had never seen anything like this before." They told Heather's family she would never walk again. Heather's mom, ended up in the emergency room after receiving this news.

While in back surgery, the doctors discovered a bacterial abscess in her spinal cord. The abscess had damaged the nerves in her spinal cord, causing the paralysis. The paralysis stopped at chest level, but it wasn't supposed to. "She is a miracle child," Verna explained. "The doctors told me when the paralysis reached her brain, she'd be gone." Prayers and one of the many antibiotics kept the paralysis from traveling any further than chest level.

Verna recalled the first time she saw Heather after surgery. "I said a simple, sincere prayer, 'God, if you will spare Heather's life, I will take the best possible care of her,'" Verna remembered. To this day, Verna has kept her promise, taking care of Heather throughout her school years and now, her singing career.

Life after paralysis looked very different for Heather. Their home had steps, so they needed to build a ramp and





purchase a larger, more accommodating vehicle for Heather's wheelchair. "I used to love to roller skate," Heather remembered. "I always say, 'Look for the girl on roller skates in heaven because it's going to be me!'"

When the Griffin family moved to Mansfield in 1982, they faced a new set of challenges that focused on making the schools more wheelchair-accessible. "We had to fight," Verna said. "The outside



building where Heather had classes did not have a ramp, only steps up to the door. Heather would have to go further around to the side door to get in. After a period of time, we met with school officials. I asked them, "If Heather were your daughter, would you want her to go around the building or just cross the



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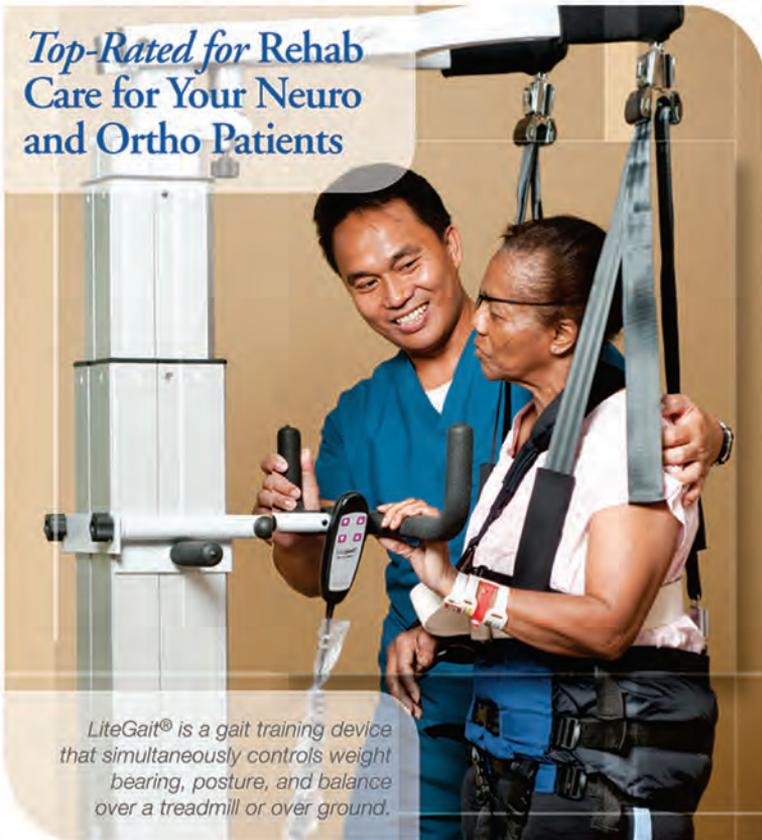
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street to go into the building." Soon, the necessary changes were made.

In addition to ramps and coverings, the Griffin family worked on wheelchair-accessible bathrooms, larger classroom doors and handicapped parking spots. These things were not only done for Heather, but for future students with such needs. Verna and her husband, Danny, were also the first husband-wife team of special education bus drivers. They drove buses for 20 years straight while also pastoring the Walnut Creek Church of God. Danny and Verna pastored the church for 21 years until Danny's death in 2003 of brain cancer. Because of their dedication to driving children with special needs, the Mansfield ISD operations complex was named after Danny Griffin in 2007. "They wanted to name a school after Danny, but since he was a bus driver and not a teacher, the whole town rallied, and they approved naming the operations complex after him."

The doctors told Heather singing would be an enormous challenge to her because of the paralysis affecting her lungs. Heather, however, looked the challenge in the eye and kept marching on. In 2006, Heather won the title of Mansfield's Hometown Idol, and that got her music ministry started. "I was able to get a CD demo and head shots through winning the contest," Heather explained. "In 2007, I joined the Southern Gospel Music Association (SGMA) and from then on, it's just taken off. In 2008 and 2012, I was named the

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female soloist of the year in the SGMA, and I have three CDs out.”

Heather now travels around the state singing for churches and special events. Her most memorable concert was singing for the Tarrant County Special Olympics for two years in a row. “I sang ‘God Bless the USA’ there, which was the same song I sang for the Home Town Idol Contest,” Heather said. “That was very special for me.”

At her concerts, Heather encourages people with her story. “I let people know you can still go on even when you have tragedy facing you,” Heather explained. “You know, just be an inspiration to let people know to not give up, to not quit. We do serve a miracle-working God.”

Heather keeps going because of her faith in God. “He never gives up on us, so why should we give up on Him?” Heather said. “Look what he’s done for me, sparing my life. So why not share it?”

In addition to her singing, Heather has also taught Sunday school for 19 years. “Kids I have taught are married now and have kids of their own,” Heather laughed.

Heather’s nephews, Bryce and Wesley Ray, are very special to her. Her sister, Sheree, and Sheree’s husband, Gary, are very supportive of Heather’s ministry. “Heather reminds me a lot of her dad,” Verna laughed. “Her dad never had an enemy. If he was sitting in here today, someone would walk in and say ‘Hello there, Danny!’ I know her dad would be very proud of her. We referred to her dad as a people magnet, and Heather is the same way. Everyone loves Heather.” **NOW**

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SING-ALONGS & GUMBO FEASTS

— By Carolyn Wills

At Home With Reda Jackson

Sharing her blessings and God's love are as essential to Reda Jackson as breathing. For this spirited great-grandmother and veteran teacher, holidays are all about get-togethers, sing-alongs and gumbo feasts. "Family and friends come together on Christmas Eve," she smiled. "I'm in the kitchen cooking, and everyone is helping and enjoying the togetherness."

"And knowing this is the last home my mama lived in means something."



To Reda, family includes everyone who comes to the home and to the table. She cooks her gumbo in a jumbo pot. Depending on the evening, a single dinner might involve as many as two giant pots. "The secret to making gumbo is to fry the okra first," she grinned. "Soak the little dried shrimp overnight and buy the best quality large shrimp, crabs, a can of tomatoes and smoked turkey sausage available." Her gumbo is served with warm dinner rolls, sweet tea and fresh lemon. "Warm eggnog is served," she added. "Most people drink it cold. But, in my sub-culture, we drink it hot with a shot of liqueur and a topping of whipped cream. Once you've had it hot," she smiled, "you'll never want it cold again."

Moving from Benbrook, she was blessed with a lovely 2,700-square-foot home nestled in the curve of a cul-de-sac in one of Mansfield's distinctive neighborhoods. "I wanted the feeling of openness so, as the house was being built, I asked for the interiors of the living and dining rooms to be left open." With the exception of plush carpeting in the bedrooms, living and dining rooms, the floors are laid with a terra cotta tile, and the walls are the color of cream. "My theme is Mediterranean, so I wanted the style of the house to match," she explained. The foyer opens to the formal living and dining areas.



Soft colors, silk drapes and a massive, mirrored wall in the living room beautifully complement Reda's rich furnishings and stunning crystal collection. "I've always loved crystal because it reflects the brilliancy of light which adds elegance to a room," she said. "Some of my pieces were made in the 1920s, some are gifts, some came from family and church friends and others are my own discoveries." Among her crystal treasures are vases, candlesticks, glasses, chandeliers and figurines. "I like having things around me that I've had through the years," she said. "And knowing this is the last home my mama lived in means something."

Reda moved to Mansfield in 2005. "Mansfield is a beautiful area that places me closer to my children. I moved here with my mother and granddaughter, Kristien. My mother, Elvira Monroe, has since passed away, and Kristien just graduated from college. My oldest daughter, Kelly is with me now."

Crystal lends a magical touch during the holidays. "With the children grown and my father, the late Enis Monroe, and my husband, the Rev. Jackson Sr., having passed, I usually put little lighted trees on the tables. This year, my daughter, Keisha, and her son, Byron Keith, put up a large Christmas tree!"

Reda grew up in a close-knit community in Beaumont, Texas. "The community was very special," she smiled. "My parents and their siblings and their families lived next door and a couple blocks apart. My sister, Beverly Payton, and I had many cousins and lots of friends. I have many wonderful memories and, to this day, what was so special about that time and place has kept us in love near and afar."

In her first marriage to Willis Gray Jr., they were blessed with three children — Willis Christopher, Kelly and Keisha. Besides family, education has always been a priority. "I've had a wonderful education and 42 happy and eventful years as a



prekindergarten teacher,” she said. “I had planned to teach music until I fell in love with prekindergarten.” She entered Texas Woman’s University in Denton to earn her master’s degree in early childhood education.

While blessed in many ways, Reda was not to be spared the pains and challenges



of life. The fact that she has brought happiness to so many is a testament to her faith and strength in God. In 1976, she had attended class at Texas Woman’s University and, while driving home in heavy traffic, her car was bumped from behind by another driver. “We should never have gotten out of our cars,” she said.” While examining their bumpers, the two were struck by a car driven by a drunk driver. Reda suffered extensive injuries — her legs had been crushed. She

was hospitalized from June to December, while having many surgeries. She was off work from 1976 through the fall of 1978.

“I’ve always been a strong person,” she said. “It was a long road to recovery but, eventually, the casts were removed, and I was able to move to a wheelchair and, ultimately, to walk. A close friend encouraged me to return to the master’s program, and in 1978, I walked across the stage to receive my degree, returning to the workforce that fall.”

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*"When I feel it within
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and sing
until the feeling eases."*



Next to family, music is the greatest source of her joy, as it is for all who know Reda. "I love to sing," she said. "As a child, I would sing in the bathtub and whenever I heard music on the radio, I enjoyed singing along. I started taking piano lessons when I was in fifth grade. When I entered sixth grade, my music teacher encouraged me to learn 'The Lord's Prayer,' not knowing it would be my first solo." Reda sang "The Lord's Prayer" at her seventh-grade graduation ceremony. As a soprano, she has sung and performed many places, singing art songs, Latin, Italian, German, hymns, spirituals and some gospel.

Her love of music was a consideration in the design of her home. "I turned a front bedroom into a parlor for my baby grand piano," she said. In addition to being her special retreat, the lovely chamber is a favorite for her family, especially during the holidays. A picture of Reda's parents and a figurine of an angel are on top of the beautiful Bergmann piano.

"When I feel it within my spirit, I go to the piano to play and sing until the feeling eases," she said. "I've always had those kinds of experiences. I know the Holy Spirit dwells within me. Since my retirement, I don't know what God has in store for me," Reda shared, "but I will continue to trust, worship and give Him all the praise and glory for all those I love." **NOW**

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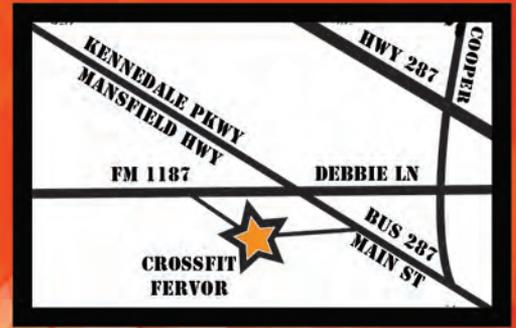
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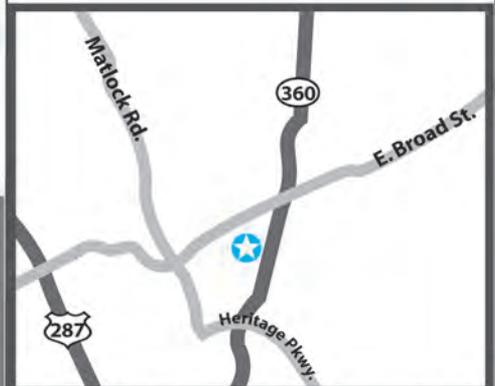


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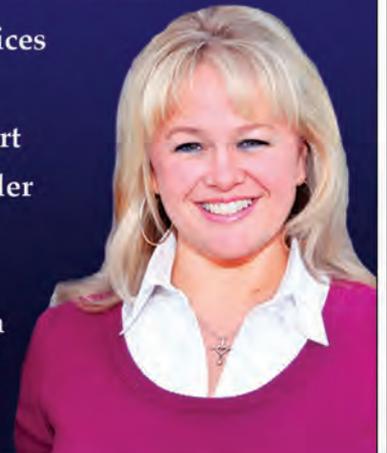
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Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

Fighting Cancer

Step by Step



— By Jeremy Agor



If you go outside on any given night in Mansfield, there are walkers everywhere. Whether it is at a park or just in the neighborhood, they are outside on their own personal journey. Some walk for fresh air, some for fitness and some to give their pet a chance to get out of the house. But when Lori Bryant walks, she is going to be gone a while. Last month, Lori was one of hundreds of people who walked 60 miles in three days in the Susan G. Komen 3-Day for the Cure in Dallas to raise money for breast cancer research.

“It’s an amazing feeling when you meet breast cancer survivors and talk to people who have lost loved ones to the disease. There’s sorrow and sadness, but also an amazing amount of joy and pride, all those emotions rolled into the 3-Day. I’ve met a lot of really awesome people while I walked,” Lori said.

The 3-Day for the Cure is one of a series of fund-raising events sponsored by the Susan G. Komen Foundation. Other events include: Race for the Cure and a Marathon for the Cure. There are 3-Day events in 14 cities nationwide. Participants commit to raise \$2,300 in addition to walking the 60 miles, which can prove difficult. That difficulty is supposed to be symbolic of what is faced by those who are fighting breast cancer.

This was Lori's third straight year walking in the 3-Day, although she never really planned to walk it once. She was drawn in by the music playing in the background of the 3-Day television commercial, a song called "Pink Warrior" by Candy Coburn. No matter where she was or what she was doing, Lori always stopped and listened when she heard the song. Finally, she was compelled to

"There was a lot of love and support, and it was kind of nice because I wasn't just walking for everybody. I could put faces to the disease."

register, even though she did not think she knew anyone who had breast cancer. About a month later, she found out she was wrong. "I used to volunteer at the food ministry at my parents' church, and a couple of other volunteers there were breast cancer survivors. They were very proud of me for taking on the challenge.

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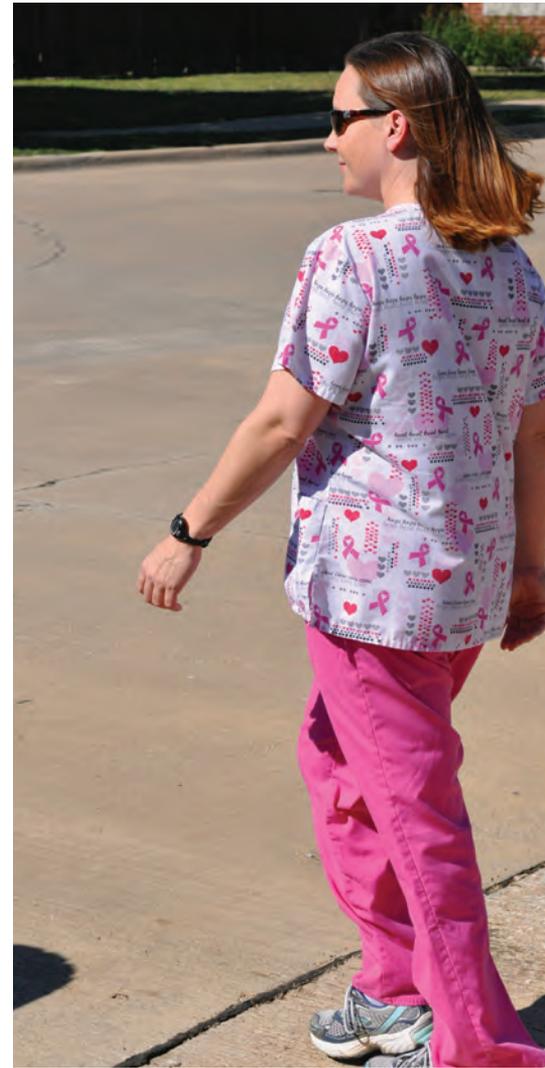
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“It’s an amazing feeling when you meet breast cancer survivors and talk to people who have lost loved ones to the disease.”

There was a lot of love and support, and it was kind of nice because I wasn’t just walking for everybody. I could put faces to the disease,” Lori recalled.

Each week, there are several opportunities to train in Mansfield and Arlington with others who will walk in



the event, and Lori prepared by completing some training walks the first year she participated in the event. She even joined a team for support. However, the last two years she did no training, hoping instead that her job as a server, which kept her on her feet for hours at a time, would be sufficient. Luckily, she was right.

Although Lori walks solo, she says she never walks alone. "I feel like I have angels with me," she said. "I always meet people at breakfast or at the gate waiting to start the day's walk. I find someone who walks at my pace and stay with them until a pit stop. Then I find someone else. The actual walk weekend is exhausting and puts a lot of stress on your body, but it's uplifting at the same time. It's a contradiction, but it

makes sense when you're actually doing it."

During the event, there are lots of sights and sounds and hundreds of people lining the route, cheering and offering support. "There's a lot of pink. It's like a big wave. The police, volunteers and supporters are fantastic, and there are lots of pretty places, especially in the Park Cities," Lori said. "You get a lot of high fives along the route and seeing people cheering and clapping when you feel like you can't take another step really keeps you going. There are cheering stations, and you can hear them before you see them, and you can't wait to get there. It really revives you. There are also people holding up signs and passing out candy. My favorite sign last year was held by a survivor. It said, 'My Right Boob Thanks You,'" Lori smiled.

Lori is thankful for other kinds of support, too. She was about \$1,200 short of her fundraising goal last year, and she

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pinned a note to her shirt to that effect. By the end of the third day, strangers had donated over \$900 to her cause.

At the end of each day, walkers return to a camp at a local community college. There, pink tents are set up as far as you can see, like rows of caterpillars. The camp is an oasis where walkers can relax, eat, shower and get medical attention if they need it. There are also quiet areas



where people can reflect on their journey and honor loved ones who have died. "The first thing I do when I get back to camp is go see the chiropractor because I want to survive the next day," Lori said. "The food is good there, too. I miss the eggs they serve for breakfast. They cover all the bases: protein, carbs and, of course, coffee! You have to be very aware of basic nutrition, like keeping your salt levels up and being sure you're properly hydrated or else you can run

Happy Holidays to you all!

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into problems. Every night people are singing and dancing, and there's music. It's amazing seeing people who've walked 20, 40 miles jump around with tons of energy. Once you lie down to go to sleep, you pretty much fall out though. And it can be really cold!"



The 3-Day ends with a ceremony at Fair Park in Dallas. There, the walkers meet their families and friends who celebrate the finish. Then, the walkers proceed to the closing ceremony. It is full of speeches, music and inspirational images. "I always cry during the closing ceremony. We all walk in, elbows linked, and our families are there. When all the walkers are inside, the survivors walk in and seeing the people who have fought the disease and won is wonderful. As a sign of support for making it through their battle, and for those still fighting, we all take off one shoe and hold it up in the air. This is a way to say, 'I did it!' and also to tell them, 'I walk for you!'" Lori explained.

Step by step, mile after mile, Lori makes the effort to complete the 3-Day for the Cure. It is something that is now ingrained in her, and it's her way of supporting her community. **NOW**

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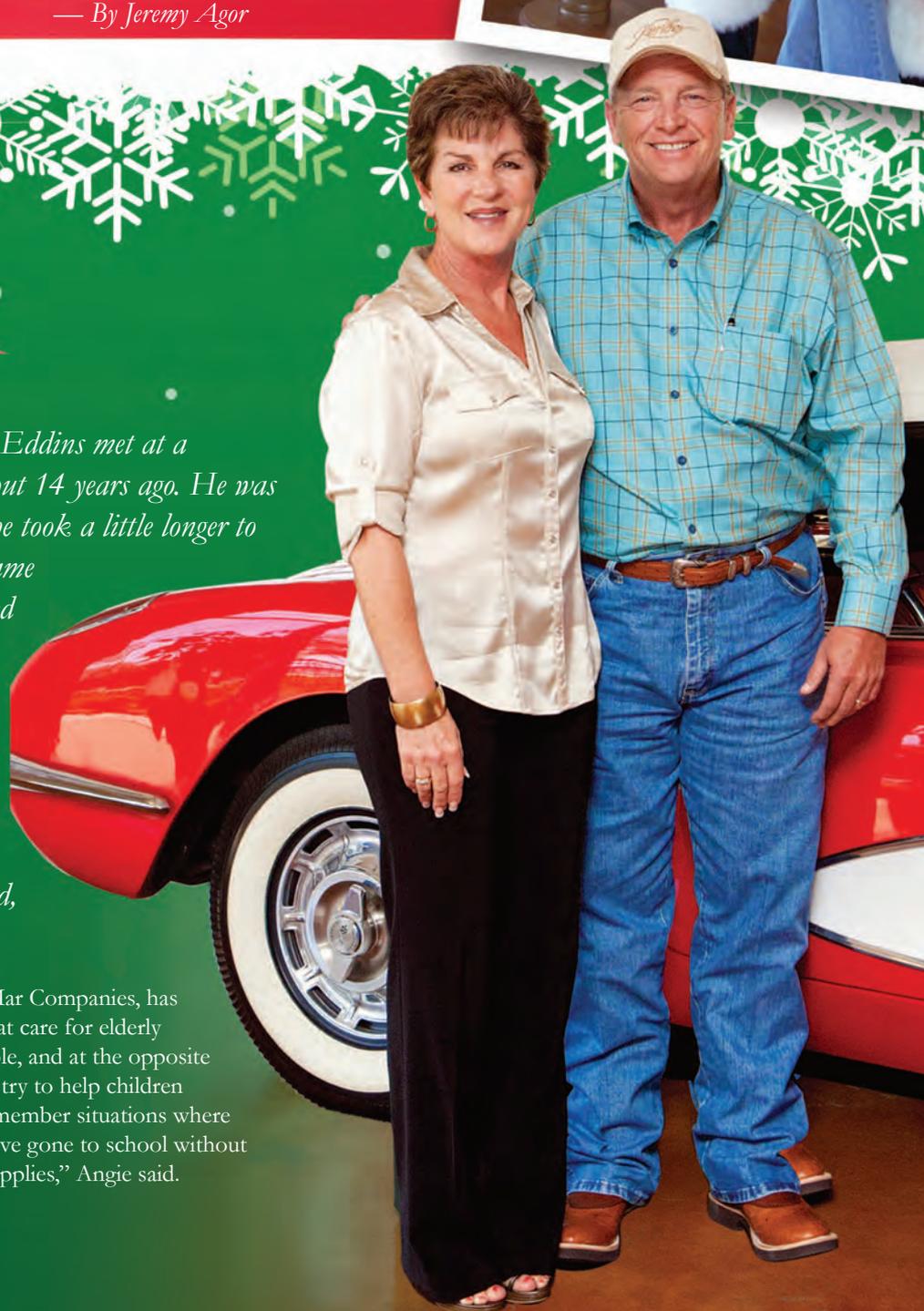
BIG Hearts

— By Jeremy Agor



Mark and Angie Eddins met at a Christmas party about 14 years ago. He was instantly smitten. She took a little longer to realize she felt the same way, but they married about two years later. In the years since, they have built a successful life upon a shared commitment to helping others in need, especially children.

“Our company, AngMar Companies, has home health agencies that care for elderly people who are vulnerable, and at the opposite end of the spectrum we try to help children who are vulnerable. I remember situations where my daughters’ friends have gone to school without backpacks and school supplies,” Angie said.





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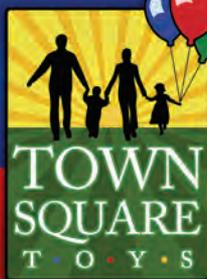
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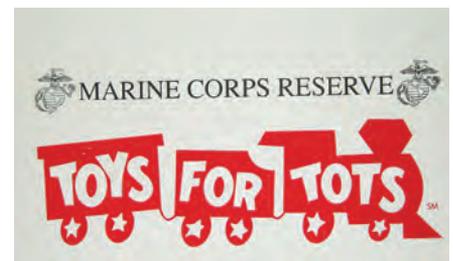
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around looking for a place to move the shop after we lost our lease, and I found these five acres on 1187. I called Angie and told her about it, but I wasn't sure



people would find us! Now, Mansfield has grown around us. We later bought five more acres, because we keep outgrowing our space,” Mark recalled. “We love Mansfield. We love the people. They take care of us, and we take care of them.

“What really spurred our giving,” Mark continued, “was I went to jury duty, and at the end of the day when they handed out the \$6 checks, the judge said we could keep it, or we could endorse it to the Fort Worth Children’s Fund. I didn’t need that money, so I donated it.”

Mark and Angie do their best to support organizations close to home. “We are very careful about whom we choose to support. We want to be sure the money we raise will pay to help children in need and not support administrative staff and overhead,” Angie said. To consolidate their giving, they are in the process of forming a 501(c)(3) corporation called Angie’s Angels, which helps their giving as well, because it makes it easier for their employees to give if they choose. Mark figured if every employee donated \$5 per paycheck (\$10 per month), with 850 employees, that money would add up.

“We’ve always asked people to give around the holidays, and sometimes it’s hard with everything else going on at that time of year. Now, we’ll be able to offer payroll deduction, so they can spread their giving out over the entire year. We are at about 50-percent participation at

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AngMar, and we'll match whatever our employees donate and find a children's charity we want to support," Angie said.

They have supported the Lena Pope Home in Fort Worth, Big Brothers Big Sisters, Toys for Tots, the Salvation Army and the Shriners. They chose the Shriners because the daughter of one of their employees was severely burned at age 2 and has undergone many surgeries. The Shriners support the Burn Center in Galveston.

One unit of the company, House of Hot Rods & Classics, has taken giving to heart. Each year in early December, the employees volunteer their time to



put on a car show for Toys for Tots. The admission fee is a new, unwrapped toy. They also invite local car owners to participate, and they show up, rain or shine. A local couple has also stopped by to drop off about 20 bicycles. These employees host a similar event in the summer to benefit the Tarrant Area Food Bank's backpack program, which helps feed latchkey kids. Admission to that event is nonperishable food items.

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to a school friend, Wendy Russell Reves, who had left Marshall to become one of New York's top models in the 1930s. At the time the editorial was written, Ms. Reves, living in France, was the widow of a wealthy publisher and art collector. Ms. Reves responded to her friend with a check for \$25,000 to help her childhood

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community have "its holiday wish." With that check as a start, members of the community eventually raised more than \$70,000 to start illuminating the town.

Today, Marshall's Wonderland of Lights Festival rivals the best Christmas lighting events in the country. More than 10 million lights creatively caress homes and businesses with extravagant, elegant and simple displays. With expanded activities and events, the simple lighting of buildings and trees now incorporates light and sound shows, an evening music show, as well as attractions for young



children, teens and adults. The display of lights has evolved to creating a fun and exciting evening of adventure.

The Historic Harrison County Courthouse in downtown Marshall is at the center of events, harboring 150,000 glorious multicolored lights that dance each evening to some of the most spirited holiday music classics. The lights are synchronized with pulsating and throbbing music to raise the spirits of the young and young at heart. The shows begin at 6:00 p.m. each evening and can be viewed from the entire center square area.



Festival activities are conveniently located in the Washington Square District surrounding the courthouse, which carries a sparkling atmosphere on every night. Visitors can enjoy the Wonderland Village where activities abound for the

shopper, attraction rider and children wishing to visit the North Pole Play Land.

A free variety music show is performed on the courthouse steps each evening at 7:00 p.m. The show features local Marshall singers in a newly written production. The performance recalls the memories of past holidays with the hopes of creating new traditions for the entire family.

The Samsung Ice Skating Rink is the only outdoor ice skating rink where skaters can enjoy being under the stars while watching the fascinating courthouse

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light and sound show. Thousands enjoy the evening glide across the ice with special exhibition performances scheduled during the festival. Occasionally, special events, like a marriage proposal, occur on the ice.

Young children can see the elves hard at work (or taking a nap) in their workshop in the North Pole Play Land. Just for children under age 10, an exciting experience includes the snowball hut, giant bounce house package and, of course, the Marshall Express train.

One of last year's most visited attractions was the Wonderland Mountain — a 32-foot tall slide with an exhilarating 10-second ride from top to bottom. Adjacent to the mountain is the Polar Challenge where testing your competition skills against yourself or your friends is always fun.

Snowflake, the giant rocking horse, brings back memories for those who recall hours rocking back and forth as a child. In the Wonderland Village, Snowflake awaits all who want to relive those memories by rocking 12 feet in the sky!

A picture, it has been said, is worth a thousand words, but what is a picture inside a snow globe worth to friends and family? Measuring 16 feet wide, up to six people can have that unusual holiday photo to express their holiday happiness.

Until he prepares to leave for the North Pole, Santa, along with Mrs. Claus, welcomes children to his workshop. Each child can make their train, decorate a cookie and, of course, tell Santa all of their dreams and wishes.

To enjoy seeing the millions of lights that Marshall has, visitors can enjoy a light tour on the old English double decker bus. Decked out with its own lights, a

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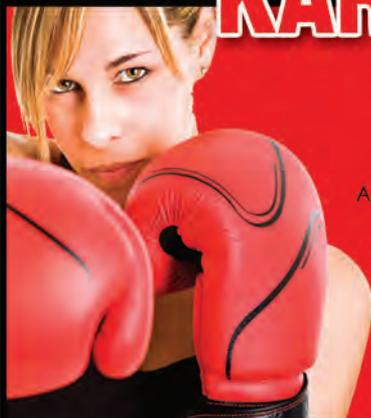
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tour guide welcomes each guest aboard to experience not only the brilliance of the community but to learn more about Marshall's 170-year history. Maps for drivers who want to do their own driving are provided in several locations throughout the Wonderland Village.

Several special events occur during the festival. Celebrity Chef, sponsored by Get Healthy Marshall, explores a healthy food menu. Participants can view the specialty foods as created by invited chefs and then actually enjoy them.

For artists or want-to-be artists, the Holiday Art Party is a fun-filled afternoon of painting one's own masterpiece. Even if you've never painted before, each person will finish with their own holiday masterpiece ready for display. Marshall is also becoming known for its resident artists, and during the festival local artists display their favorite holiday painting or other art form at the Visitors Center located at 301 N. Washington, in the Washington Square District. The art show is free and open daily during the festival. **NOW**

For a complete operating schedule, contact the Marshall Convention and Visitors Bureau at (903) 702-7777 or at www.VisitMarshallTexas.org. Photos by Ron Munden, EastTexasTowns.com.



Jerry Cloud of The Kivans Club of Mansfield honors Austin Davis, Mansfield High School Senior, as October 2012 Guy of the Month.



The Mansfield Chamber welcomes the Driving School of Mansfield with a ribbon cutting.



Ginger Leigh and her band rock the stage at the annual Historic Mansfield Festival.



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Amanda DelValle, medical assistant, Dr. Christie Egbuchunam and Maria Victoria, office manager, treat each patient as though they are the only patient that day.

Healing by Prevention

Dr. Christie Egbuchunam treats problems before they start.

— By Jeremy Agor

Christie Egbuchunam, M.D., MPH, was a lead physician at Parkland Medical Center in Dallas when she decided two years ago to start her own practice. She wanted to focus on preventing the illnesses that plagued many of her patients, rather than treating them once they appeared. She started Regency Healing Medical Clinic to treat the root causes of what was making people ill.

“The rest of the world does a good job of working toward prevention, but in this country we seem to chase diseases,” she said. “I’m passionate about prevention. We treat sick people, but our dimensions of treatment are different. I practice holistic medicine. I take care of patients’ health from head to toe. For example, I teach a lot because that is empowering to my patients.

When someone comes in with diabetes, we set goals to get them down toward nondiabetic numbers based on diet and healthier choices.”

Dr. Egbuchunam is board-certified in family medicine. In addition to treating ill patients, she also offers weight-loss and skin treatments, including the Zerona Laser and HydraFacial, Botox and Juvederm treatments. However, these are part of a greater plan to help her patients live healthier lifestyles.

“How a person sees himself can have an effect on his health. We offer aesthetic medicine to make our patients more confident. From there, they see their relationships improve, their careers improve and their health improve,” she explained.

Stress is another factor in poor health, and Dr. Egbuchunam

takes care to make a visit to her office as stress-free as possible. The waiting room is comfortable, and appointments are scheduled so her patients likely will feel like they are the only people in the office. "We don't want too many people here at one time, because then it will feel like an emergency room. We don't want a stressful environment. We treat each patient like they are the only person we've seen that day," she explained.

A key part of the clinic running as intended is her staff. Dr. Egbuchunam has known Maria Victoria, her office manager, since she finished her residency and they worked together. Maria had always told Dr. Egbuchunam if she ever opened her own practice, she wanted to work with her, and when it happened, Maria was the first person she called. "I went to find her immediately. I had seen her work, and I knew I had to have

"I'm passionate about prevention. We treat sick people, but our dimensions of treatment are different."

her working for me. It's good to find someone with the same vision as you, and Maria sees what I want and keeps the office running," the doctor explained.

Amanda DelValle, the medical assistant, was an intern at the clinic, who was hired on full-time upon completing her degree. She is an important point of contact for patients. "Amanda has a very good rapport with the patients. She calms those who are nervous or having a bad day with her smiles and great attitude. She really feeds into the culture of the clinic," Dr. Egbuchunam said.

Dr. Egbuchunam's decision to focus on prevention instead of just treating sick people has paid off for her so far, even if it seems counterintuitive to some of her colleagues. She is hopeful that her theory will continue to prove correct. "If you have healthy patients, you have less overhead, and you can run a successful practice as a result," she said. **NOW**

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Don't Overlook Financial Risks in Retirement

When you retire, you may well have accomplished some important financial goals, such as sending your children through college and paying off your mortgage. Yet, you can't relax just yet, because your retirement could easily last two or three decades, which means you'll need at least two or three decades' worth of income. This, in turn, means you'll need the proper savings and investment strategies in place. And, just as importantly, you'll also need to be aware of the types of risk that could threaten these strategies.

Let's consider some of these risks:

- *Longevity.* None of us can say for sure how long we'll live. But it's still important to have an estimate, based on your health and family history. So if you think you may live for 25 years in retirement, you'll want to withdraw enough from your investments each year to enjoy a comfortable lifestyle — but not so much that you deplete your funds before the 25 years have passed.

- *Inflation.* We've experienced pretty mild inflation over the past few years. But over time, even a low rate of inflation can seriously erode your purchasing power. To illustrate: If your current monthly costs are \$3,000, with only a three-percent annual inflation rate, that would be about \$4,000 in 10 years. And in 25 years at that same rate, your monthly costs will have more than doubled, to about \$6,200. To help protect yourself against inflation risk, it's important to have at least some investments that offer growth potential, rather than only owning fixed-income vehicles, such as certificates of deposit (CDs). You'll also want to consider sources of rising income potential, such as dividend-paying stocks. (Keep in mind, though, that stocks can reduce or discontinue dividends at any time and are subject to market fluctuation and loss of principal.)

- *Market fluctuations.* When you retire and begin taking withdrawals from your investment portfolio — that is, when you begin selling off investments — you'd obviously like prices to be high. After all, the classic piece of investment advice is “buy low, sell high.” But it's impossible to try to “time” the market this way, as it will always fluctuate. That's why you may want to consider sources of income whose value is not dependent on what's happening in the financial markets. Your financial advisor may be able to recommend investments that can provide you with this type of income stream.

- *Low interest rates.* Many retirees depend on fixed-rate investments for a good portion of their retirement income — so it's a real challenge when interest rates are low. Consequently, when you retire, you'll certainly need to be aware of the interest-rate environment and the income you can expect from these investments. Longer-term, fixed-rate vehicles may be tempting, as they typically offer higher rates than shorter-term ones, but these longer-term investments may have more price fluctuation and inflation risk than shorter-term investments. Consequently, you'll still likely need balance between short-, intermediate- and long-term investments to provide for a portion of your income in retirement.

Retirement can be a rewarding time in your life. And you can help make your retirement years even more enjoyable by understanding the relevant investment risks and taking steps to address them. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

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The E Myth

— By Betty Tryon, BSN

It may come as a shock but vitamin E is not the panacea for scars some people thought it would be. Vitamin E is essential and has many necessary functions, but alas, not for scar removal. Hopes have been definitively dashed with a published report from the *Journal of the American Academy of Dermatology* (Dec. 2006) that concluded, "The evidence that topical vitamin E alone improves the cosmetic appearance of scars is poor. It is also associated with a high incidence of contact dermatitis. The use of vitamin E should, therefore, be discouraged." So, far from being the cure, it can cause additional problems and dermatologists consider it contraindicated for use for that purpose.

There are many positive functions for vitamin E. It is an antioxidant that protects body tissue from damage caused by free radicals. Free radicals are molecules that cause tissue damage. Free radicals are thought to contribute to visible signs of aging. This vitamin also plays a role in improving our immune system. The first line of defense for the body is the skin, and vitamin E, along with other vitamins, works to keep the skin cells healthy. Another function of vitamin E is helping in the formation and protection of red blood cells.

Vitamin E is a fat soluble vitamin found naturally in many foods and will interact with some medications and with some conditions.

You should check with your doctor first before embarking on a campaign to increase intake of any vitamin. Believe it or not, in incorrect doses, some vitamins, particularly fat soluble ones that stay in your body for a while, can do more harm than good. For example, too much vitamin E can interfere in the functions of vitamin K. If you have taken too much vitamin E, you might experience headaches, diarrhea, nausea, fatigue, muscle weakness and possibly abnormal bleeding.

The total amount of vitamin E required per day is quite small. It is possible to get what you need from your daily diet. It is found in vegetable oils, olive oil, nuts, meats, eggs, vegetables and whole grains. Vitamin E deficiency is actually a rare occurrence and is treated by vitamin E supplements.

Although the news is disappointing regarding vitamin E and its relevance to helping improve the appearance of scars, the vitamin is extremely useful and essential for the proper function of many cells and organs within the body. If you eat properly every day, you will receive what you need for a healthy level of vitamin E. **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.

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December 7, 8, 14, 15

Musical Acts at Farr Best Theater, 109 N. Main St.: **December 7:** Christmas Showcase, 7:00 p.m., Adults \$10, Children/Seniors \$8, reservations accepted; **December 8:** Christmas with Elvis by David Allen, 2:00 and 7:30 p.m., advance tickets may be purchased online; **December 14 and 15:** Christmas Music Showcase, 7:00 p.m., Adults \$10, Children/Seniors \$8, reservations accepted. For more information, call Rhonda at (817) 453-1700 or visit www.farrbest.com.

December 8

Used Cooking Oil Collection: 10:00 a.m.-1:00 p.m., City Hall, 1200 E. Broad St. Visit www.keepmansfieldbeautiful.org for more information

December 13-15

Christmas at Russell Farm: **Thursday** and

Friday, 5:00-9:00 p.m.; **Saturday**, Noon-9:00 p.m., Russell Farm, 405 W. County Road 714, Burleson. Free festivities include a donkey wearing antlers, hay rides, shopping for handmade crafts, tours of the historic Russell-Boren house, as well as the Russell Farm Art Center gallery, and treats like hot chocolate, cookies and coffee. Call (817) 447-3316.

December 15

Mansfield Christmas Spectacular: 3:00 p.m. and 7:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln. Reserve free tickets by visiting ChristmasInMansfield.org. Donations will be accepted for Common Ground Network.

December 24

Celebration of the Birth of Jesus on Christmas Eve: 4:00 p.m. and 5:30 p.m., Mansfield Bible Church, 2351 Country Club Dr. For more information, visit www.mbchurch.com.

December 27-January 11

Christmas Tree Drop-Off: 9:00 a.m.-5:00 p.m., **Monday-Friday**, 501 S. 2nd Ave. Drop trees free of charge to be mulched for the 2013 Mulch Madness event. Be sure to remove all ornaments, lights and tinsel. Flocked trees are not accepted.

Ongoing:

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Kiwanis After Noon Club meetings: Noon, Spring Creek Barbeque, 1724 N. Hwy 287. For more information, visit www.kanmansfield.org.

Mansfield Sunrise Toastmasters meetings: 7:00 a.m., Mansfield Public Library, 104 N. Wisteria St. For more information, call (817) 473-7111.

Second and Fourth Mondays

City Council meetings: 7:00 p.m., City Hall, 1200 E. Broad St. To view meeting details and agendas, log on to <http://mansfield.legistar.com/Calendar.aspx>.

Kiwanis Mansfield Afternoon Club meetings: 11:30 a.m.-1:30 p.m., Fat Daddy's on Debbie Lane. Call Cheryl Litke at (817) 453-5106 for more information.

Submissions are welcome and published as space allows. Send your current event details to bwalker.nowmag@sbcglobal.net.



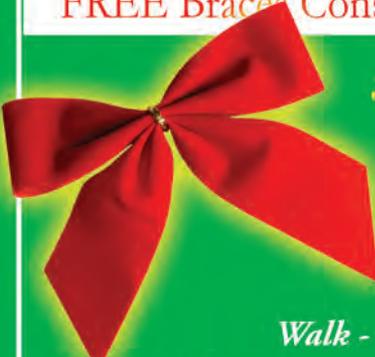
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In The Kitchen With Bill and William Gillen

— By *Jeremy Agor*

Bill Gillen always wanted to cook. After a career as an Air Force pararescueman, he graduated from the Culinary Institute of America. Now, he is the Executive Chef – Research and Development, for the North American Region for LSG Sky Chefs in Irving.

His oldest son, William, is very handy in the kitchen and is very interested in the culinary arts. He often is by Bill's side helping when he cooks.

“When I look at food, I look at it differently than someone who is just going to consume it. I think what I could do to make this item new, different or original. In the military, I was fortunate to travel the world and experience several different types of cultures and cuisines,” Bill said. **NOW**

Crab Cake Lollipops

Can be shaped into lollipops or crab cake

Crab cake:

- 16 oz. canned crab meat**
- 2 large eggs**
- 3 oz. mayonnaise**
- 1 oz. Dijon mustard**
- 3/4 tsp. Kosher salt**
- 1/8 tsp. ground black pepper**
- 1/2 oz. fresh parsley, chopped**
- 2 1/2 oz. panko bread**

Breading:

- 4 oz. all-purpose flour**
- 3 large eggs**
- 4 oz. bread crumbs**
- 24 wooden lollipop sticks**
- Canola oil**

- 1.** For crab cakes: drain crab meat and refrigerate.
- 2.** Combine eggs, mayonnaise, mustard, salt and pepper in a mixing bowl; whisk until well incorporated.
- 3.** Add parsley, panko, and crab meat. Mix well with hands.
- 4.** Cover and refrigerate for 30 minutes.
- 5.** Using a small ice cream scoop (3/4-oz size), make small balls (a little smaller than a golf ball), packing firmly to keep them together.
- 6.** Place on a parchment-lined baking sheet.
- 7.** For breading: using 3 bowls, put flour into the first, eggs into the second (whisk to combine whites and yolks) and bread crumbs in the third.
- 8.** Coat each ball with each ingredient.

9. Place each breaded ball on a parchment-lined baking sheet. Coat the top inch of a lollipop stick with the leftover eggs. Insert the coated end into the center of each ball but not through to the opposite side.

10. Preheat oil to 350 F in a sauce pan or fryer. Gently place the lollipops into the hot oil. Do not overcrowd the fryer. Cook 3 to 4 minutes or until golden brown on all sides. Remove; place on a paper towel to remove excess oil.

11. Serve immediately with your favorite dipping sauce.

Korean Beef Bulgogi

- 16 oz. beef rib eye, sliced 1/8 inch thick**
- 5 oz. Bulgogi marinade (recipe below)**
- 1/2 oz. Canola oil**

Bulgogi Marinade:

- 1 1/4 oz. soy sauce**
- 3/4 oz. garlic, minced**
- 1/4 oz. ginger, minced**
- 1 oz. scallion, sliced 1/8 inch thick**
- 1/4 tsp. ground black pepper**
- 1/2 oz. light brown sugar**
- 1/2 oz. sugar**
- 2 Tbsp. toasted sesame seeds**
- 1 oz. sesame oil**

- 1.** Whisk soy sauce, garlic, ginger, scallion and pepper in a mixing bowl.
- 2.** Add sugars; whisk to combine until the sugar is dissolved.
- 3.** Add sesame seeds and sesame oil; whisk to combine.
- 4.** Place marinade in a container; chill.
- 5.** Place the sliced rib eye steak into a clean mixing bowl; add marinade; toss to combine. Marinate in the refrigerator for at least 2 hours.
- 6.** Place a grill pan on the stove over medium high heat. Add oil. Once the pan is hot, spread meat evenly in the pan.
- 7.** Sear on one side; flip and sear on the opposite side. It will cook quickly. Remove from pan and serve.

To view recipes from current and previous issues, visit www.nowmagazines.com

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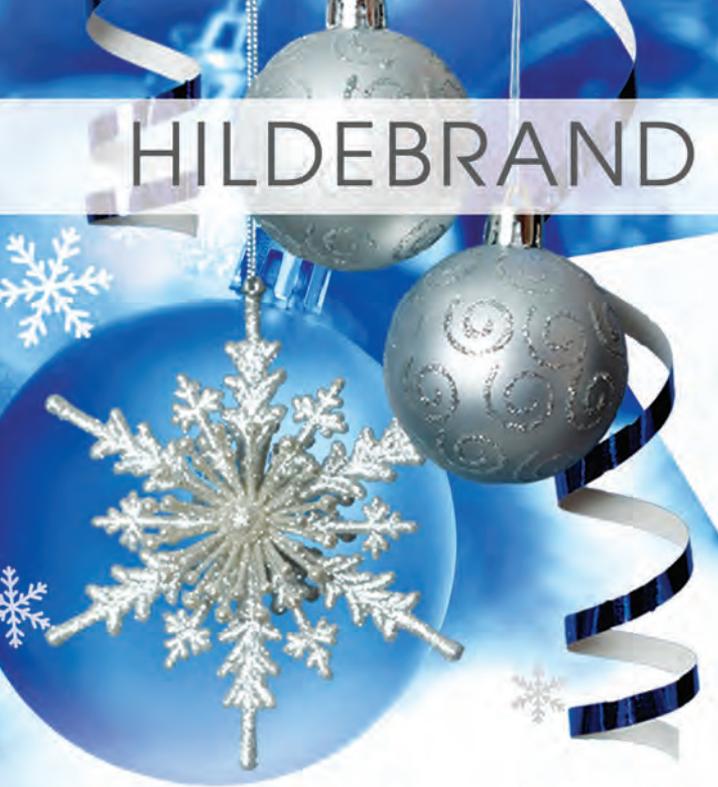
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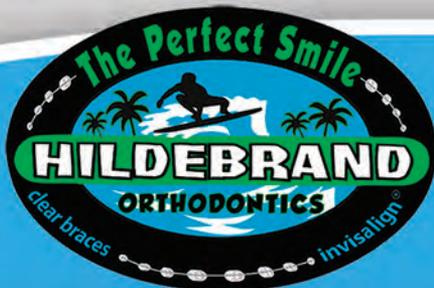
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