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JANUARY 2022

STEM School Success

Kyle Sweeper's
sights are set on
engineering

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
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A Friendly Opportunity

Mansfield residents
practice tai chi in
Katherine Rose Park

In the Kitchen With
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ON THE COVER

Michael Reynolds moves gracefully as he joins friends in the park.

Photo by
Lori Baur.

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New beginnings ...

People usually make New Year's Resolutions as the year begins. It's always a plus when people find new ways to improve themselves. We can all improve in certain areas.

Some may choose to exercise. If so, make it an activity you enjoy. Walking is something most people can do. I found it easier to schedule than other workouts. I keep track of my steps on my phone every day, which helps me see how far I've gone. When it's raining or too cold, I walk around my home, going up and down stairs. Climbing stairs is an excellent technique to enhance your performance. It exercises all the key muscles in your lower body, including your glutes, hamstrings, quads, abs and calves, and it tones your body. Because this exercise can be done inside or outside, there are no solid reasons to avoid it. I never lose motivation since I can always walk. I don't even have to leave the house. If needed, I could wander around in my robe and slippers.

However, I usually stroll down the paths surrounding the neighborhood each morning. It provides tranquility as I pray while walking, which helps me clear my mind. Looking up at the gorgeous blue or cloudy sky reminds me that God is much bigger than anything I face. This creates a serene environment and a sense of reassurance that allows me to begin my day mentally and physically energized. Best wishes on your journey to self-improvement!

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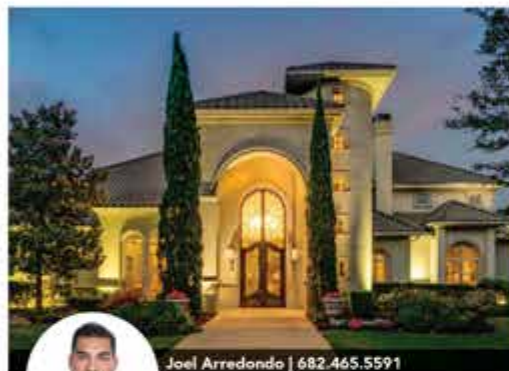
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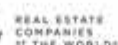
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A FRIENDLY OPPORTUNITY

— *By Sandra Walters*

“TAI CHI IS A MIND-BODY EXERCISE. IT HELPS IMPROVE YOUR MOOD, ATTITUDE, CIRCULATION AND COGNITIVE SKILLS.”



Michael Reynolds' fascination with martial arts began at age 14 because he was small in stature. As a teenager, he studied various forms of martial arts, including judo, taekwondo and American Kenpo. "I liked the idea of being able to protect myself by utilizing intentional, slight movements," he admitted. So, when his friend of 35 years, Cindy Roland, looked at the Nextdoor app and noticed a free five-lesson tai chi class was being held at Katherine Rose Park on Walnut Creek, the opportunity appealed to him.

Michael's desire to participate in martial arts has evolved since his teen years. Today, he simply wants to engage in a low-impact exercise as a 70-year-old man experiencing some health difficulties. "I have lung cancer, diabetes and a jet ski motor in my heart," he explained. "I plug it into the wall like a toaster. These batteries will last 12 hours. If the power goes out, it will scare the life out of me — literally," he continued. Michael still has a sense of humor, regardless of his circumstances.

On July 7, 2021, Michael and Cindy attended the first session of this class, and they haven't missed one yet. The teacher, Vicki Zhao, prepares for the warm-ups, by playing soft, soothing music in the background and positioning herself in front of the students on the beautiful green grass. Michael stands at attention wearing a special black jacket with his heart-charger in his pocket, as he gracefully moves around lifting his hands, arms and legs, repeating the teacher's movements.

Vicki explained the physical health benefits of the workout saying, "Tai chi is a mind-body exercise. It helps improve your mood, attitude, circulation and cognitive skills." During classes, she pats her body all over from head to toe, and Michael and the rest of the class follow her lead. "These slow, gentle Chinese movements and postures open up and align the meridians of the



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she said. "This affects all major organs and every part of the body. In China, you can see many people doing this exercise in the park, and they can be in their 80s or 90s. Tai chi keeps them in good health because they are meditating and always moving."

"I would be considered a youngster performing tai chi in China because the teachers are usually in their 90s. Many can stand on one leg for long periods of time and can kick over my head because of their strength," Michael explained.

Tai chi is an ancient Chinese technique that originated in martial arts. Zhang San Feng, a Taoist Monk, receives credit for creating this exercise. Its history can be traced back over 700 years, and many believe as far back as 1,500 years. Every day, millions of individuals around the world practice tai chi, which works the entire body at the same time by focusing on breathing, visualizations and motions. Doctors recommend it to people for rehabilitation. "I played volleyball in college, and I took tai chi for recovery after breaking my ankle in practice. The doctor prescribed it as a form of rehabilitation for me, and it sped up my recovery. I've been doing it ever since. I hope more people will learn tai chi and enjoy its benefits," Vicki stated enthusiastically.

During classes, after the warm-up, they begin the most common form of tai chi, Yang Style 24 Form. This workout includes all 24 standard movements of this style. As they move around, it looks like a relaxing dance. Michael and Cindy find tai chi calming because as they exercise, they meditate, which simply includes breathing. It allows them to take a break from the hustle and bustle of everyday life,

strengthens their muscles and improves balance. Also, Michael and Cindy find the other participants extremely encouraging. "Michael was dealing with depression, but this helps keep him motivated. He feels so much better. The exercises have made him happier and built his muscles, so he is stronger mentally and physically," Cindy added.

Michael has found this activity beneficial. "I sleep better, and it clears my mind," he said. "So, I think better, too. I like the Asian culture. They don't believe in being in such a hurry. Our sports are fast, but theirs are slow and more precise. I study tai chi exercises to learn more about the different forms."



Through tai chi, Michael and Cindy have developed a special bond with Vicki. Even though they have only known each other a few short months, they appear to have known each other for quite some time. Theirs is a unique friendship. "I envision seeing a huge group of friends doing tai chi in the park and feeling better," Vicki said. Michael and Cindy, both retired nurses, would love to create more opportunities to meet amazing people through this activity. Michael feels that if he can do it, anyone can. **NOW**

Editor's Note: Join them at Rose Park on Saturdays from 10:00 a.m. to 11:00 a.m., and connect with new neighbors.

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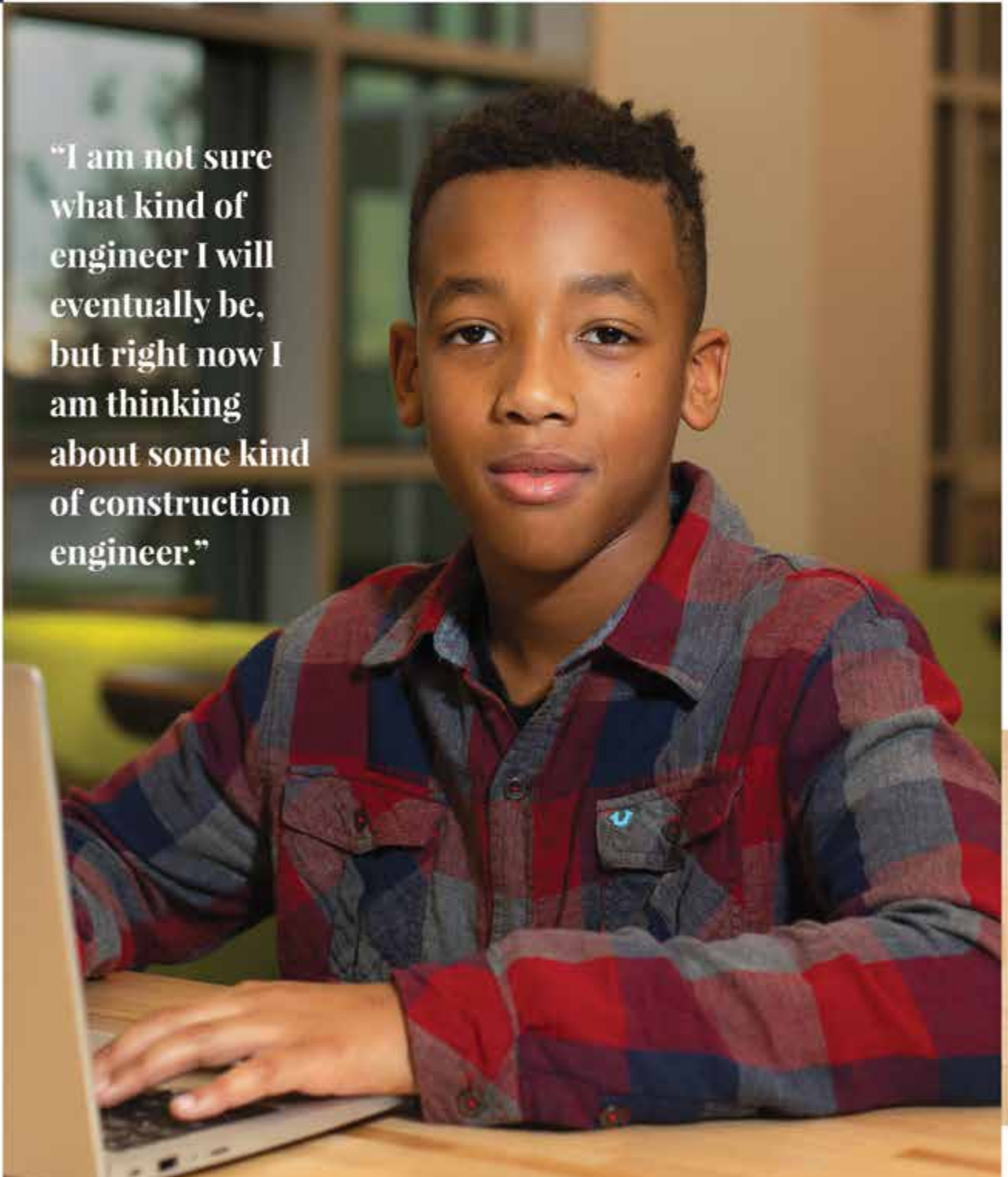
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STEM School

Success

— By Bill Smith

"I am not sure what kind of engineer I will eventually be, but right now I am thinking about some kind of construction engineer."



At age 10, Kyle Sweeper already has an idea of what his future vocation will be, and with the support of his family and MISD educators, he is pursuing his path at Alma Martinez Intermediate School. Kyle and his family chose the school because, in addition to offering all the required core subjects, it also has STEM and fine arts pods for advanced study.

Kyle is in the fifth grade and said his favorite subject is math because, "My dad said it can help me in life, and I'm really good at it!" The STEM (Science, Technology, Engineering and Mathematics) curriculum would obviously be a match for Kyle, as his goal is to be an engineer. He said, "I am not sure what kind of engineer I will eventually be, but right now I am thinking about some kind of construction engineer."

While Alma Martinez Intermediate School has the pods for STEM and fine arts, the majority of the school resembles any of the other intermediate schools in the district. Kyle indicated that to be accepted into the STEM program, he had to complete an application, and his grades, behavior and background were reviewed. One hundred students were accepted into the STEM and fine arts programs, respectively. Kyle's mother, Jennifer, said one of the differences with STEM is the length of each class. "In elementary school, 90 minutes were given to each subject. Typically, in intermediate school, each class would be 70 minutes, but with the core subjects plus the STEM classes, each class is 50 minutes." Another difference she pointed out is that most of the students' work is done in groups rather than individually. Kyle offered, "We just completed a group project studying what plants grow best in Texas."

Jennifer explained that the teachers in STEM classes are called "designers," and the students are called "navigators." According to Kyle, "They are called designers because they help us design

stuff. We had another project where we had to design an edible car. After the car was finished, it had to be able to roll down a ramp and reach the bottom. The ramp was about 10 inches high and 2 feet long. We used a loaf of bread for the body of the car, straws for axles and round rice cakes for the wheels.

"We gave the teacher (designer) a list of the things we needed for our original design. We were going to use straight pretzels for the axles, but we forgot to tell her to get the straight ones. She got the ones that are shaped like a knot, so we had to change to the straws for axles. We learned that our instructions had to be clear. Our car did not make it to the bottom of the hill because the bread sagged and the friction against the ramp stopped it."

School days for Kyle are longer than last year when he was in elementary school. The school was just a couple of blocks away, and he could walk, but since STEM classes are only offered at one intermediate school in the district, riding the bus is now necessary. "He catches the bus at 7:30 in the morning and gets home about 4:45 in the afternoon," Jennifer said. "That's a pretty long day for a 10-year-old, but Kyle seems to enjoy every bit of it."

Kyle got the idea of someday being an engineer after his parents mentioned it to him. The school also did a career assessment, and everything pointed toward a STEM career. Engineering came up a number of times. "There were some other things on there that I didn't like," Kyle said.

Jennifer remembered years ago when the family was dining at P.F. Chang's and a stranger approached the table and asked if it was OK for him to talk to Kyle. He said he was an engineer and a graduate of Prairie View A&M University. "I think that planted a seed that is developing today," she said.

Like most guys his age, Kyle has other interests. "I like sports. I have played basketball, and I like soccer. I may also try baseball. I thought about sports as a career, then I considered being a doctor, but now I want to be an engineer."

Jennifer calls Kyle their "IKEA kid" because he likes to put things together. Kyle's future is unfolding before him because of the support of his family and great opportunities in his education. **NOW**





Seven Kelso poses as he waits on the school bus.

Zoomed In: Jacob Brasher

By Sandra Walters

At the age of 7, Jacob Brasher joined Cub Scout Pack 703 in Mansfield. He gained all of the cub ranks, competed in every pinewood derby event, won multiple awards and earned the arrow of light. He crossed over to Boy Scout Troop 421, sponsored by Grace Presbyterian Church in Arlington, Arrowhead District, Longhorn Council, when he was 13 years old.

Jacob said, "Scouting has provided me with the opportunity to participate in monthly camp-outs; fun, rewarding summer camps; and many community service opportunities. The Scouts Oath and Law taught me the importance of being a person of integrity. I especially take to heart, 'Do my duty to God and my country,' and, 'Do a good turn daily.'" At the age of 17, Jacob earned the Eagle Scout Rank with a total of 34 merit badges.



Madelyn Kish, Caitlyn Kish and Elaine Kish share Christmas cheer through the Salvation Army's Red Kettle Program.



Adam Pfeil and his grandson participate in Toys4Tots.



Family time with the Collins and Roberts crew.



Sara Ramirez excitedly holds the MansfieldNOW November issue as she realizes she is the Scavenger Hunt winner!



Rowana Baker, who sang the national anthem during Dr. Vaszauskas Center of Performing Arts dedication, stands next to her proud mother.



Addie, Lan and Eliana Nguyen perform in the winter orchestra concerts.

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— By Sandra Walters

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Brad Brown's love for carpentry started when he was only 6 years old. His dad and pawpaw owned a construction company, and he distinctly recalls leveling his first house. His dad dragged out a jack and began the process. Then, he was instructed to go under the structure and maneuver the jack to lift the home. He enthusiastically crawled under, thinking it was fun. Besides, he could drink loads of Dr Pepper all day while



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working with them. What little kid wouldn't enjoy that?

As he followed along, he learned how to fix and build things. By the time he was 7, he could read a tape measure and accomplish a variety of other tasks most kids his age couldn't. Even when he was in his teens, he enjoyed spending time with his father and grandfather at construction sites.

Following graduation from Cedar Hill High School, he decided to work in a lumber yard. Brad didn't have a clear direction of what to do next, so his stepdad suggested he enlist in the military. He said, "You need to do something with your life." So, Brad joined the United States Air Force and served for four years as a computer operator. "The military shaped my life," he said. "It taught me responsibility, how to take care of business and another level of hard work."

Following the military, he transitioned into the workforce, working as a contracted employee in the cable industry. He traveled to people's homes to set up their wiring for cable,

eventually becoming a supervisor in this field. However, after a while, Brad grew tired of working for others. "The hardest thing for me is relying on others to get things done," he said. He desired to work for himself because he expected a quality of excellence that was becoming more difficult to identify in supervisors and employees. His work ethic, developed as a child and in the military, caused him to require more. Brad's passion was calling him.

"The most rewarding thing from completing a project is making something outdated look new and seeing the smile on a client's face."

"I wanted to start a contracting business, but starting a business can be scary," he remembered. His significant other encouraged him to take the plunge. "I couldn't do it without her," Brad continued. "She's my support system. I can't become successful without her. She cheers me on. The business is named B & H because the 'B' represents my last name, and the 'H' represents her last name."

This dedicated veteran continues to serve people as he assists them with recreating their homes. He gets the pleasure of working as a contractor because someone believed in him, and his dad and pawpaw deposited the necessary skills in him at an early age. "The most rewarding thing from completing a project is making something outdated look new and seeing the smile on a client's face," Brad said. "I get the most out of that."

You name it, and B & H Contracting will make it happen. They do home remodeling, tile countertops, backsplashes, flooring, shower glass, wooden fencing, patio decks, interior finish, doors, hardware, siding, trim, roofing, gutters, calking, painting, windows, staining, weather sealing, TV mounting, audio/video wiring and Wi-Fi networking.

Brad takes great pride in what he does, and he looks forward to helping you complete or start a project. He aims to have satisfied customers. **NOW**

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CookingNOW *In the Kitchen With* ASHLEE BELL-WILLIAMS

— By Sandra Walters

“I love to cook because it takes me to a different place,” Ashlee Bell-Williams said. “I can travel through cooking and completely separate myself from the real world. All of my stress goes away when I am in the kitchen. I have never formally studied culinary. I am completely self-taught.”

Currently, Ashlee works as a registrar in one of Mansfield’s middle schools, but she enjoys baking and shares her talent with family and friends. “I love to bake tea cakes, but most people aren’t familiar with them,” she explained. “It’s a recipe that’s been closely guarded.” Ashlee continues to hone her gift by watching cooking shows from many places and putting her own spin on recipes. **NOW**

Chicken Cordon Bleu

4 boneless, skinless chicken breasts

Salt, to taste

Pepper, to taste

1 Tbsp. garlic powder

1 Tbsp. onion powder

16 slices Swiss cheese

1/2 lb. ham, thinly sliced

Vegetable oil

1 cup all-purpose flour

4 eggs, beaten

2 cups Panko breadcrumbs

1. Sprinkle the chicken breasts evenly with salt, pepper, garlic powder and onion powder.

2. On a cutting board, place a chicken breast between two sheets of plastic wrap; pound until 1/2-inch thick.

3. Remove the plastic wrap. Place 2 slices of

Swiss cheese, 2 slices of ham, another layer cheese and ham. Evenly roll the chicken and place onto plastic wrap.

4. Wrap the chicken in the plastic wrap tightly; twist the excess plastic on the sides, firmly roll the chicken. Chill the rolls in the refrigerator for 30 minutes.

5. After the rolls are set, prepare 3 separate dishes of flour, beaten eggs and breadcrumbs. Coat the chicken first with flour, then eggs and then the breadcrumbs.

6. Preheat a 2-inch frying pan; place the breaded chicken in the oil. Cook for 5 minutes per side. When golden-brown and the chicken’s center is below 165 F, place the chicken on a wire rack, set over a baking sheet. Finish cooking the chicken at 325 F.

Vegetable Soup

2 Tbsp. olive oil

1 1/2 cups yellow onion, chopped

2 cups carrots, peeled and chopped

1 1/4 cups celery, chopped

4 cloves garlic, minced
 4 14.5-oz. cans vegetable broth
 2 14.5-oz. cans diced tomatoes, undrained
 3 cups potatoes, peeled and diced
 1/2-inch thick
 1/3 cup fresh parsley, chopped
 2 bay leaves
 1 Tbsp. fresh thyme leaves
 Salt, to taste
 Black pepper, freshly ground, to taste
 1 1/2 cups frozen green beans, chopped
 1 1/4 cups frozen corn
 1 cup frozen peas

1. Heat the olive oil in a large pot over medium-high heat. Add the onions, carrots and celery. Sauté for 4 minutes; add the garlic. Sauté for 1 more minute.
2. Add the broth, tomatoes, potatoes, parsley, bay leaves, thyme, salt and pepper. Reduce the heat to medium-low. Cover; simmer for about 20-30 minutes, or until the potatoes are almost fully tender (but not breaking apart).
3. Add the corn and peas; cook for an additional 5 minutes.
4. Remove the bay leaves; serve warm.

Southern Collard Greens

32 oz. chicken broth
 3 smoked turkey wings
 8 bunches fresh collard greens
 Salt, to taste
 Pepper, to taste
 1 tsp. red pepper flakes

1. In a large stockpot, bring the chicken broth to a boil.
2. Add the smoked turkey wings; boil until the meat begins to separate from the bone. Remove the wings from the broth; set aside.
3. Wash and cut the collard greens.
4. Place the cut greens into the stockpot with the broth. Add salt and pepper; turn to medium heat.
5. When the greens have simmered for about 1 hour, turn to low heat and add red pepper flakes.
6. Remove the turkey meat from the bone; add it to the stockpot with your greens.
7. Allow to cook on low for an additional 20 minutes.

Philly Cheesesteak Egg Rolls

1 lb. ground beef or chuck
 1 Tbsp. Worcestershire sauce
 1/2 tsp. salt
 1/2 tsp. ground black pepper
 2 Tbsp. butter
 1 yellow onion, chopped

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Vegetable Soup

1/2 green bell pepper, chopped
24 egg roll wrappers
12 slices Provolone cheese
3 cups vegetable oil

1. In a skillet on medium heat, cook the beef for 5-7 minutes, breaking it apart a little while browning. Add the Worcestershire sauce, salt and pepper. Stir gently; remove the mixture from the pan.

2. Melt the butter in the skillet. Add the onions and bell peppers; cook and stir until browned. Place the beef mixture in the

skillet; stir to combine. Let the filling cool while preparing the wrappers.

3. Lay the egg roll wrappers on a flat surface. Place 1/2 a slice of Provolone cheese onto each wrapper. Add 3 Tbsp. of the filling inside each wrapper. Pull the bottom left corner over the filling and fold the two sides in, moistening the edges with water as you go; roll tightly.

4. In a large saucepan over medium-high, heat about 2-inches of oil. Add 3 to 4 egg rolls at a time and brown.

Tuscany Chicken Pasta

2 lbs. skinless chicken breast
1/2 tsp. salt (divided use)
1/8 tsp. black pepper (divided use)
2 Tbsp. olive oil
8 oz. cherry tomatoes, halved
2 Tbsp. unsalted butter
2 garlic cloves, minced
3 cups baby spinach
3 cups heavy cream
1 tsp. Italian seasoning
1/2 cup Parmesan cheese
1/2 lb. penne pasta, cooked

1. Season the chicken with a little of the salt and pepper on both sides.

2. Add the olive oil to a large cast-iron

skillet; cook the chicken on both sides over medium-high heat.

3. Set the chicken aside to cool. Once cool, dice them into cubes.

4. Preheat the oven to 350 F. Place cherry tomatoes on foil; place in the oven for 5 minutes.

5. In the butter, sauté the minced garlic, cherry tomatoes and spinach over medium heat. Add the cream and simmer.

6. Remove the skillet from the heat; add the remaining salt, remaining pepper, Italian seasoning and grated Parmesan cheese.

7. Add the cooked hot penne pasta and cubed chicken back into the skillet. Stir quickly; serve.

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RAILROAD TOWN

— By Virginia Riddle

Floorboards creak, but a visit to the Van Alstyne Historical Museum could only be more enhanced if its walls could really talk. Instead, the museum's all-volunteer staff members enjoy greeting visitors and residents and sharing tales of this railroad town and the surrounding area. Many of the exhibited items are "hands on," enjoyed especially by young visitors.

The museum is just one of many office buildings, churches and private homes that make up the town's historical district and date back more than 100 years to 1873, when the railroad came to this spot and Van Alstyne was founded. The new town was named after Maria Van Alstyne, widow of William Ashley Van Alstyne, a Houston and Texas Central Railway major stockholder. Since the railway bypassed the nearby town of Mantua, many of its residents moved to Van Alstyne, adding to the town's prosperity.

The original train depot was located on North Main. Nine Texas State Historical Markers help tell the town's story in the historical district, and other markers indicate the city's growth outward. A walk through the historical district is enhanced by well-preserved architectural features and bright murals that decorate the old brick walls.

A historical marker stands near Collin McKinney's grave. An area pioneer and signer of the Texas Declaration of Independence, Collin County and the town of McKinney were named after him.

Shopping and dining are draws to the downtown district, and residents in loft apartments bring a vibrancy to the area. City Drug, in continual operation since 1890, with signage dating to mid-century, has an old-fashioned soda fountain. The Sherman-Dallas Interurban's tracks can still be seen running north and south embedded in Preston Street. Van Alstyne is about an hour's drive from the DFW Metroplex, but the Interurban served as affordable transportation for area residents and visitors during the first half of the 20th century. Two interurban cars are being restored.

The downtown is host to the Railcar Farmers Market that is open on Tuesdays from April to October, the annual Fall der All

Festival and Halloween trick-or-treating in October and the Christmas parade in December. In downtown, the soothing tones flowing from the fountain in Dorothy Fielder Park are a pleasant background to Music in the Park events. North Park and McKinney Wilson Park offer sports fields and playgrounds, as does Forrest Moore Park, which also features a walking trail, complete with the Texas Historic Bridge, constructed in 1890 as a pin-connected Pratt Pony truss bridge.

With the surrounding gently rolling hills, ranches, proximity to the Metroplex and historical sites, Van Alstyne is a location used by film crews. Some local history was portrayed in the movie, *The Highwayman*, when former Grayson County sheriff, Lee Simmons, was given credit for helping Frank Hamer set up the Bonnie and Clyde ambush.

Outdoor activities abound for all ages, and there are plenty of hospitality options. Horseback riding at area ranches; hiking area trails; and water sports, camping and fishing can be enjoyed at nearby Lake Texoma. There are several bed-and-breakfasts in Van Alstyne, along with plenty of motels. Come experience Van Alstyne's history and hospitality for a day or a relaxing weekend. **NOW**

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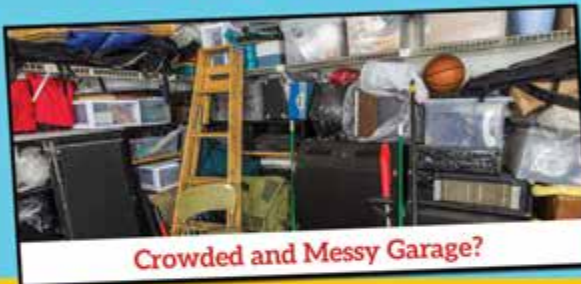
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—TALES OF TEXAS—

HERE AFTER

HEE HAW

— By Angel Morris



Photos courtesy of LuLu Roman Music.

If you remember the American variety TV show, Hee Haw, you may also recall one of its stars, Dallas native LuLu Roman. While some of the show's original cast members have moved on to that Kornfield Kounty in the sky, LuLu is still performing and sharing her unique life story — which began in an orphanage in Texas.

Born May 6, 1946, “LuLu” rose to fame during *Hee Haw*’s run from 1968-1995 after being brought to the attention of the show’s producer by the soon-to-be show’s co-host, Buck Owens. Lulu recalled the audition trip to Los Angeles — and that comedy legend Carol Burnett was her first star encounter at CBS Studios. “The producers had told Buck they were looking for a cast that included one gorgeous blonde and brunette, one boy- and girl-next-door type and a fat dumb man and woman. Buck yelled, ‘I’ve got your fat girl! She’s a dancer in Dallas!’ And unbelievably, at the time, I was — all 300 lbs. of me!”

LuLu’s time on the show, and her life before it, were filled with highs and lows that began in Buckner Baptist Children’s Home in Dallas. Born with a thyroid dysfunction, LuLu

expressed that her weight problem resulted in her being teased by her peers and prevented her from being adopted.

“In retrospect, there was nothing funny about being born in a home for unwed mothers, or at the age of 4 being deposited at the orphanage. And so, began the story of little Bertha Louise Hable, who would become famous for making people laugh,” LuLu explained.

Dallas resident Sue Hemric grew up in the children’s home with LuLu. “She lived in the same dormitory as my sister, and they pulled some funny pranks there,” Sue recalled. “I would see her sitting on the outdoor benches where she’d just be singing away. LuLu also brought a lot of laughter to campus.”

Graduating in 1964 from W.W. Samuell High School, LuLu quickly parlayed her humor into a career. Drug addiction in her early 20s, however, caused her to be fired from *Hee Haw*. But a chance encounter with a friend from Buckner’s helped LuLu find her faith. “She took me to Beverly Hills Baptist Church in Dallas. This was a spirit-filled church where everyone seemed to love and accept me. It was there in 1973 where I gave my heart to Jesus,” LuLu recalled.

As a result, LuLu began performing country gospel music and has been recording and touring for more than 40 years. “Years later, seeing her on TV, I was happy that a Buckner kid had made something of themselves,” Sue praised. “She deserved all that success!”

LuLu’s biography on IMDb — the online source for

celebrity data — reports that LuLu agreed to return to *Hee Haw* only if one Christian song would be performed every episode. To fulfill her request, a Christian Barber Shop routine was created, featuring Archie Campbell, Grandpa Jones, Roy Clark and a rotating cast member. After *Hee Haw's* run ended, Roy reportedly called LuLu his favorite female cast member.

LuLu remains grateful for the program that transformed her from orphan to stardom. "The show was a wonderful time in my life because I had no family to speak of, and we became kind of like a family. We went through marriages, divorces and deaths together — all the things life takes you through in a real family," LuLu admitted. "Everyone involved was a great support to me when I most needed it."

Today, Lulu performs gospel concerts, at women's events and even does some stand-up comedy. Post *Hee Haw* life has found her receiving Christian music's highest honor, the Dove Award, on her way to becoming a member of the Christian Music Gospel Hall of Fame.

In 2019, she joined tour mates Buck Trent, Jana Jae and Misty Rowe on a series of Kornfield Friends reunion concerts — celebrating *Hee Haw's* 50th anniversary. Lulu also co-authored her biography, *This Is My Story; This Is My Song*.

Readers will find painstaking honesty on an early life marked with abandonment, broken relationships and even police encounters, until LuLu found direction. "Despite all I've experienced and all the bad personal choices I've made, I'm a living example of God's grace," she expressed.

At 75, LuLu resides in Tennessee with her three fur babies, where she enjoys ziplining, crafting jewelry and making homemade candy for friends. "Singing is still my favorite thing to do in life," she noted. "What I get to do in continuing to sing and make people laugh is a privilege and a blessing." **NOW**

Sources:

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2. <https://www.imdb.com/name/nm0738714/>.
3. @LuluRomanOfficial.



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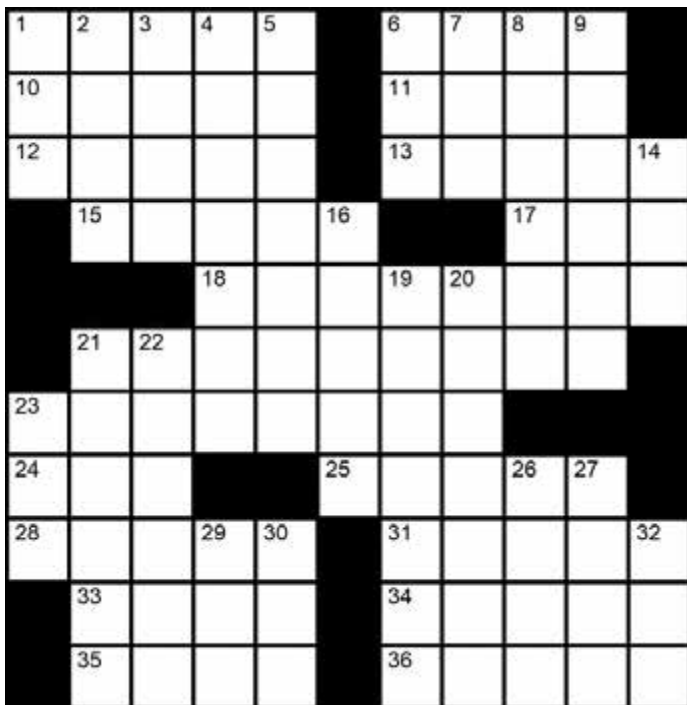
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Crossword Puzzle



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Across

- 1 Nixon's first veep
- 6 Kitchen king
- 10 Memorable 2011 hurricane
- 11 Dell
- 12 Dolphins' home
- 13 Photographer's request
- 15 Tows
- 17 Gear tooth
- 18 Regular event for sheep
- 21 All future generations
- 23 Napa Valley sight
- 24 D D E's predecessor
- 25 Usher inside
- 28 C B S journalist Lesley ---
- 31 Lot left it
- 33 Crude cartel
- 34 Home of the Golden Hurricane
- 35 Lascivious
- 36 Very expensive

Down

- 1 Goal
- 2 Type of lock?
- 3 Approach
- 4 As a group
- 5 Onerous
- 6 Pharmacy chain
- 7 Amateur radio enthusiast
- 8 Draw out
- 9 Serious offense
- 14 Fabergé creation
- 16 Construe
- 19 Apprehends
- 20 Weather
- 21 Shooting iron
- 22 Recorded, perhaps
- 23 Obsolete technology which could store programs 22 Down
- 26 Between jobs
- 27 Natural skill
- 29 Chop
- 30 Display letters
- 32 Explore

Solutions on page 44

For online versions, visit nowmagazines.com



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Sudoku Puzzle

Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 1 | 3 | | | | |
| 4 | 9 | | | | | | | 5 |
| 2 | | | | | | 9 | | |
| | | | | | 3 | 5 | | 2 |
| | | 3 | | 2 | | | | 1 |
| | | 5 | | 9 | | | | 6 |
| 8 | | 2 | | | | | 6 | |
| 1 | | | 2 | | 6 | | | |
| | | | | | 5 | | 1 | |

Medium

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

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Crosswordsite.com Ltd

Solutions on page 44

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HAPPY NEW YEAR

JANUARY

Due to COVID-19, some events may have been cancelled or rescheduled while we were at press.
Check with individual organizations or your city or Chamber websites to verify dates and times.

1/21

Songs From the Heart With Damian Gravino:

Join the Magnificent Theatre Company's Damian Gravino for a night of vocal pop music. This classically trained singer will perform a wide variety of songs you know and love. \$22-\$25. 7:30-9:00 p.m., Farr Best Theater, 103 N. Main St. <https://www.mansfieldtexasarts.org/farr-best-theater>.

1/22

Willy Wonka & the Chocolate Factory Movie Experience:

Get ready for a one-of-a-kind trip to the movies as we watch the 1971 Gene Wilder classic along with activities, photo ops and more! Cost \$22-25. 1:00-4:00 p.m., Farr Best Theater, 103 N. Main St. <https://www.mansfieldtexasarts.org/farr-best-theater>.

Rockstars Through the Ages:

This internationally touring powerhouse duo will take you on a whirlwind blend of piano and violin through hits from Bach to Billy Joel. \$22-\$25. 7:30-9:00 p.m., Farr Best Theater, 103 N. Main St. <https://www.mansfieldtexasarts.org/farr-best-theater>.

1/29

A Night at the Opera With the Mansfield Philharmonic:

Join the Mansfield Philharmonic and conductor Eldred Marshall for this evening of operatic music. Written when Mozart was only 12 years old, this mini-opera still showcases Mozart's knack for parody, whimsy and excellent vocal melodies. \$22-\$25. <https://www.mansfieldtexasarts.org/farr-best-theater>.

1/31

Education Seminar:

Arts Business Roundtable. Wondering how to price your work? Looking for some start-up funds for a new project? Bring your tips, tricks and questions for this roundtable discussion for the self-employed creative or small arts organizations. \$0-\$10. 6:00-8:00 p.m. <https://www.mansfieldtexasarts.org/farr-best-theater>.

By Appointment

MMC Free Food Market:

Families, seniors or anyone in MISD who needs access to food — even for their pets — is welcome to call. Groceries will be distributed in a drive-thru fashion. **Monday:** 6:00-8:00 p.m.; **Wednesday & Friday:** 8:00-10:00 a.m., Mansfield Mission Center, 703 E. Broad St. (817) 473-6650 or www.mansfieldmission.org.

Mondays

Sunrise Toastmasters Club:

Become the speaker and leader you want to be. 7:00-8:00 a.m., Methodist Mansfield Hospital, Canedy Community Room, 2700 E. Broad St. kevinorsak@mhd.com.

Miracle Mondays:

We pray over the phone for people with any issues and teach others to pray for healing and wholeness. 10:00 a.m.-1:00 p.m., The Healing Place, 600 Strada Circle, Ste. 210. Bill Dasch, (817) 319-0129.

Divorce Care:

Men and women who are going through a divorce, recently divorced or separated and in need of Christian support are welcome. 6:30-8:00 p.m., Building C, First United Methodist Church, 777 N. Walnut Creek. (817) 477-2287, ext. 231.

WPT Poker Tournament:

Come out and enjoy happy hour specials and a few rounds of poker during one of two sessions. 6:30 and 9:00 p.m., Fat Daddy's Sports and Spirits Café, 781 W. Debbie Ln. Follow Fat Daddy's on Twitter at @fatdaddyslive or visit www.fatdaddyslive.com.

Wednesdays-
Mondays

Dog Park:

City of Mansfield's Mans Best Field is open for small and large canines. 5:00 a.m.-9:00 p.m., 610 W. Broad St. (817) PAT-DOGS, www.mansbestfield.com or Instagram @mansbestfield.

Thursdays

Rotary Club of Mansfield Sunrise:

Meet with others living by the motto Service Above Self. 7:00-8:00 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. www.mansfieldrotarysunrise.org.

Saturdays and
Sundays

Farmers Market:

Visit our local farmers and craftspeople. **Saturdays:** 8:00 a.m.-noon, 703 E. Broad St.; **Sundays:** 8:00 a.m.-noon, The LOT Downtown, 110 S. Main St. www.mansfieldtxfarmersmarket.com.

Submissions are welcome and published as space allows.
Send your current event details to sandra.walters@nowmagazines.com.



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Crossword - Sudoku Solutions

| | | | | | | | | | | |
|----|---|---|---|---|---|----|---|---|---|---|
| 1 | A | G | N | E | W | 6 | C | H | E | F |
| 10 | I | R | E | N | E | 11 | V | A | L | E |
| 12 | M | I | A | M | I | 13 | S | M | I | L |
| 15 | D | R | A | G | S | 17 | C | O | G | |
| 18 | S | H | E | A | R | I | N | G | | |
| 21 | P | O | S | T | E | R | I | T | Y | |
| 23 | V | I | N | E | Y | A | R | D | | |
| 24 | H | S | T | | | 25 | S | E | E | I |
| 28 | S | T | A | H | L | 31 | S | O | D | O |
| 33 | O | P | E | C | | 34 | T | U | L | S |
| 35 | L | E | W | D | | 36 | S | T | E | E |

Easy

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

Medium

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

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