

# MansfieldNOW

M A G A Z I N E

JANUARY 2025

## Rediscovering Herself

Amy Yowell spreads her love of dance throughout DFW

## Creating New Connections

Stay youthful by continuing to learn at any age

In the Kitchen With Suzanne Ray

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:

ILTexas Mansfield

Heritage K-8

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ON THE COVER



The love Amy Yowell has for dance is revealed.

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Sandra

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# EDITOR’S NOTE

Mansfield Family ...

As 2024 comes to a close, I reminisce about many events that shaped our year. From remarkable milestones in our community to worldwide moments, this year has been nothing short of eventful.

Here are a few highlights. After much anticipation, the Mansfield H-E-B finally opened, and the excitement was overwhelming. People lined up eagerly, capturing the moment with photos and videos, and even dedicated Facebook groups to celebrate this addition to our community.

Another unforgettable moment was watching the Olympics. I don't think I've ever spent so much time glued to my sofa, eagerly awaiting the next event. It was a shared experience that brought many of us together, cheering for athletes and marveling at their achievements.

In addition, the eclipse passed over our city, with totality lasting about three minutes and twenty seconds. To mark the occasion, Mansfield hosted a series of events and activities. It was an exciting opportunity to come together.

On a broader scale, the presidential race was another significant event. Emotions were high, and, for some, still are. In times like these, I remind myself to focus on the positives. Negativity can weigh you down, but choosing to be a source of light and optimism can uplift not only you but those around you.

As we move into 2025, it's the perfect time to set goals for self-improvement — whether it's making a New Year's resolution or creating a vision board. If you haven't yet, take some time to evaluate where you are and where you want to be.

*Let's make this coming year one of growth, kindness and positivity!*

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# REDISCOVER *Herself*

— By Sandra Walters

*As 2025 begins, many people will set New Year's resolutions — a personal promise to improve, learn or grow in some meaningful way during this upcoming year. Whether it's about health, career, relationships or self-care, resolutions provide a fresh start and a focus on what matters most. Setting a resolution can be a motivator, encouraging people to make small, consistent changes that, over time, lead to big transformations. While the excitement of the new year brings clarity and motivation, the key to achieving any commitment is creating a specific, achievable, realistic, measurable and timely goal.*

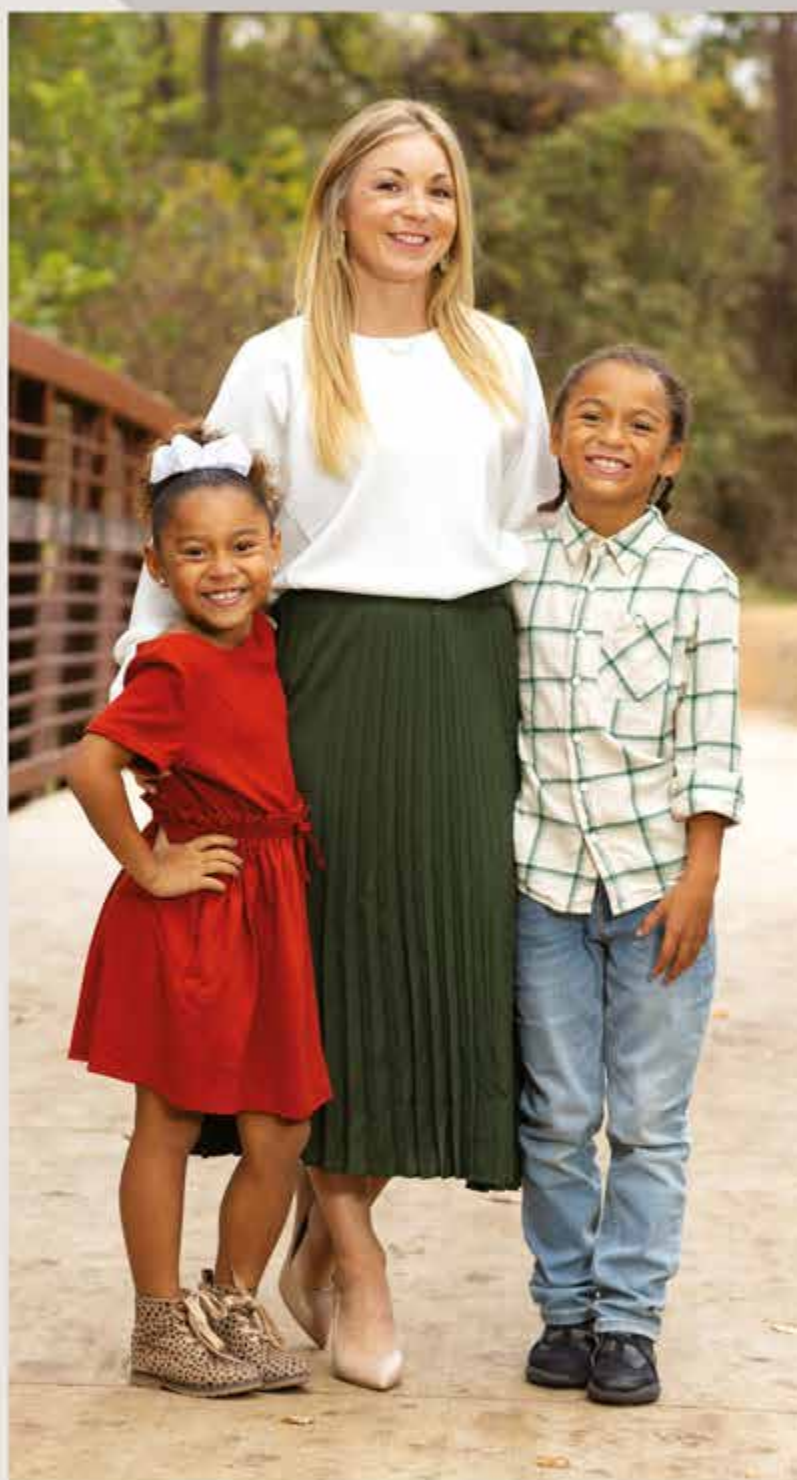
Amy Yowell embarked on a new beginning by returning to her love of dance. For her, reigniting this passion has been a powerful way to relieve stress and build community. "I grew up at the dance studio," she shared. "I was always doing recitals, but in the sixth grade, I got serious about dance. I noticed that the older dancers performed in more routines, and I wanted to do more. So, I joined the competition team, which allowed me to participate in numerous performances.

"When I first started dancing, my parents believed I would probably cry and not do anything on stage because I was such an introvert. Backstage, I got nervous, thinking that I might not remember my dance moves. However, when I'm on stage under the lights, I become a different person. The studio was truly my home away from home, and the people are still like family. I trained five to seven days a week from 5:00 to 9:00 p.m. growing up."





# NG



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After high school, she attended The University of Texas at Arlington, pursuing a degree in education, and her mom encouraged her to get involved in extracurricular activities. "I'm glad she did! I tried out for the UTA Dance Team and was selected. I danced on the team for five years, serving as captain for three. The director of the Dallas Cowboys Rhythm & Blue Dance Team came to UTA and choreographed many routines for us, and I had a blast!" she said.

The Dallas Cowboys introduced the Rhythm & Blue team in 2009, which is the NFL's first and only high-energy, co-ed dance team and drum corps. The Rhythm & Blue bring a refreshingly innovative, unique and exciting element to the Dallas Cowboys' legendary game-day entertainment lineup. "Once I graduated from college, I took the opportunity to try out for the Dallas Cowboys Rhythm & Blue. I made the team and went on to dance with them for two years. The energy the Cowboys fans bring is electrifying. What an experience! Performing at the games is unforgettable," Amy smiled as she recalled.

She considered moving to Los Angeles to pursue dance, but that was too far from home and her roots. "I've remained close to many of my dance friends over the years, especially 'The Fab 5.' Those women are my best friends from my UTA dance team days. Even though we live in different areas and across several states, we remain very close and still make time to get together at least once a year, if not more often," she added.



“I was a part of dance teams for 22 years and took a 10-year hiatus because of teaching, marriage and having children. Recently, I went through a divorce, and I needed to regulate my mind,” Amy explained. “I thought about how dancing helped me relieve stress and kept me grounded, so I joined a group called M.O.M. Crew. The encouragement from this group of moms helped me find myself again. Initially, I felt lost and confused. But I found this community of women who I could connect with while dancing and discussing life. I no longer dance with this group, but we stay in touch and have brunch.”

Amy started watching TikTok dance videos and found a dance fitness group, which is based in another state. This dynamic workout combined high-energy routines with fitness exercises to create a fun and effective way to stay active. Each class was set to upbeat, popular music, encouraging her to lose herself in the rhythm while building endurance, toning muscles and improving flexibility. Dance fitness also fosters a positive, inclusive community where individuals can work out at their own pace, making it not just a physical activity but an engaging experience that enhances both mental and physical well-being.



“I flew to Florida to learn more. Then I fell in love and became a certified instructor. I’ve been hosting their cardio hip-hop dance. I’m not sure of where this will all take me, but I will continue to move and teach. I just wanted to do it for myself. When people create resolutions, they are aiming to improve something about themselves. As we enter into this new year, I encourage you to establish goals that bring out the best in you. And only you know what that is. For me,” Amy concluded, “it is dance, and I will never stop!” **NOW**



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# CREATING NEW CONNECTIONS

— By Virginia Riddle

*Even in the womb, humans are learning about the environment into which they are about to be thrust. Infant through kindergarten years are rapid periods of growth and learning, as older family members encourage and cheer on those first steps, first days of soccer and school. During childhood — until adulthood is achieved — school becomes routine and repetitious, full of assignments and rules, as teachers attempt to instill a love of learning while teaching students how to learn. Many students look forward to their graduation day when they can stop learning facts and new skills and “get started with life in a career and earn money.”*

However, what that recent high school graduate finds out quickly, whether choosing to attend college or go into the military or a career path, is that learning is just the beginning of building and sustaining a healthy career and personal life. By learning new things, new neural connections in one's brain are created. And what about that 50-year-old nontraditional college student reinventing himself or herself into a new career? Brain studies show the older student has the advantage over an 18-year-old because the older student's brain's frontal lobes are more developed, helping him or her to focus, and he or she can relate new learning to more extensive life experiences.

Midlife doesn't have to be a crisis. For many, it becomes a period of finding commonalities, rather than competing with others, and accepting changes in family life. One can retire and change careers or find a new hobby or regenerate an interest in a former hobby, which leads to making new friends. The following ideas can help one find passion rather than experiencing a “hardening of the attitudes”:

- a. Travel to new places and learn a new language and new customs. Enjoy new sights, sounds and smells.
- b. Volunteer in an area which provides learning opportunities.
- c. Tutor/mentor a student.
- d. Attend a college/university or senior center's lifelong learning class.
- e. Exercise daily to regenerate the entire body — yoga, tai chi, dancing, gym workouts, hiking, etc.
- f. Enjoy video games, card games, board games or puzzles.
- g. Learn to play a new musical instrument or join a choir.
- h. Become more interested in the world, socialize and find like-minded people with whom to have regular solve-the-world's-problems conversations.



i. Write a personal memoir or personal essays for family and friends.

j. At work, cross-train in positions to learn new skills.

Neuroscientist Marian Diamond, Ph.D., concluded, "... with proper stimulation and an enriched environment, the human brain can continue to develop at any age." Albert Einstein once predicted that devoting even just 15 minutes daily to learning something new would help a person become an expert in a year, so it's never too late to learn new skills.

The difference in learning during school days and later in life is that lifelong learning is an ongoing, voluntary and self-motivated style of learning, whether the skills or facts learned are for career or personal use, for wonderment of the world or for having to adapt to different physical needs during physical or occupational therapies. One has the choice to stagnate in place or grow and expand their capabilities and circles of acquaintances and friends of all generations. Brain studies have shown that when learning stops or slows, cognitive performance lessens because internal connections break down.

Learn that learning is fun, and through learning new things, one can reduce stress, gain confidence, improve mental health, have fun, socialize, set an example for children and teens, rediscover neglected hobbies or gain new ones, secure a better sense of well-being, beat boredom, fulfill a lifelong dream, overcome fears and gain happiness in sharing.

Socrates, who pursued studies in music and dance late in life, stated, "Wonder is the beginning of wisdom." May we all keep a childlike sense of wonderment, which will spur our brains to learn new skills, enable us to adapt to changing environments, open doors and give us a constantly renewed sense of purpose throughout our years. **NOW**

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Cole Kornblum explores the sights.

Zoomed In:  
Miles Dardar

By Sandra Walters

In the heart of Mansfield, a curious and energetic little boy named Miles Dardar explores his surroundings. Whether it's running through the vibrant fall colors, climbing the towering jungle gyms at a park or marveling in the wonders of his imagination, he knows no bounds.

"Miles is a busy kid. I take him to all the play places around," his mother, Kali Dardar, said. "He is immersed in the balloons at a new play place called PeeknPlay. He had a blast!"

The excitement is written all over his face. With every adventure, he discovers something new about his community. His bright eyes light up often with delight. To him, many areas are one big playground waiting to be explored.



Liam Vinson prepares dinner with a smile.



Many people attend the ribbon-cutting for the new Mansfield Police Department building.



Cade Gordon is ready for school.





Sanaa Thompson displays her basketball skills when Timberview is competing.



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### Mansfield Opens New Police Headquarters with Community Open House

Mansfield Police officers, detectives, and staff have been embracing their new police station since moving in this past fall.

The department hosted an open house to welcome residents and thank the community for their continued support for its officers and mission to serve Mansfield on Nov. 23. A brief ceremony kicked the ribbon cutting off followed by tours and demonstrations throughout the 26-acre site at 1601 Heritage Parkway.

"The new Police building marks a milestone in the history of the Mansfield Police Department. Our new facility is committed to serving and protecting this community with excellence, professionalism, and integrity," Police Chief Tracy Aaron said. "This building is more than just

a structure—it symbolizes progress, accountability, and our unwavering mission to keep Mansfield safe.

"This building will honor the ones who served in the past, the present, and will continue to serve our community."

The new facility covers about 55,000 square feet, allowing the department to centralize its divisions including patrol, administration, communications, jail, evidence, and more in one location to allow for greater efficiency and collaboration. Additional support buildings surround the main building, providing convenient access to training resources and further fostering teamwork.

The new station continues the City's strategic priority to provide a safe community.

Other investments include a majority of the Fiscal Year 2025 budget contributing toward public safety including the hiring of new police officers, firefighters and paramedics, a dispatcher, and more.







## Mansfield Police Department Continues to Shine as a Top Department in the State

The Mansfield Police Department announced it has once again met accreditation standards by the Texas Police Chiefs Association. This accreditation signifies that Mansfield PD meets 170 Texas Law Enforcement Best Practices. The Department first received accreditation in 2016 and the most recent accreditation is recognized through 2028. While more than 200 law enforcement agencies in Texas have

received the accreditation, even fewer have been reaccredited.

This certifies, something we already know, that Mansfield Police are some of the finest in law enforcement and exceed best practices in their work to keep us safe. Great job and kudos to the men and women of our police department.

"Public safety is the foundation of local

government and this reaccreditation shows that Mansfield Police Department provides more than the essentials," Councilman Larry Broseh said. "Our police go above and beyond in every facet of law enforcement to ensure a safe community and the protection of its residents and businesses."







BusinessNOW

# ILTexas Mansfield Heritage K-8

— By Sandra Walters

## ILTexas Mansfield Heritage K-8

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**Hours:** Monday-Friday: 7:15 a.m.-4:30 p.m.

The principal of The International Leadership of Texas K-8 Mansfield/Midlothian introduces herself to the community. Alyssa Johnson shares why she became an educator. “I struggled with reading in school, but my fourth grade teacher, Mrs. Leonard, observed me closely. She discovered that I had an eye-tracking issue, which can lead to difficulty reading, skipping lines, losing place and affecting a person’s reading level. Once I began an eye-strengthening strategy, I gained confidence, and this inspired me to become a teacher. Eventually, I became a special education teacher, behavior



specialist and worked at The International Leadership of Texas’ headquarters in the special education department. After many years in education, I desired to make a bigger impact, so I became an administrator to support students, families and teachers,” she said.

ILTexas welcomed its first students in August. Not limited to Mansfield/Midlothian residents, this new campus is open to students and families from surrounding areas as well. ILTexas’ mission is to prepare students for exceptional leadership roles in the international community by emphasizing servant leadership; mastering English, Spanish and Chinese languages; and strengthening the mind, body and character. In addition, the motto is “Others Before Self.” This school district aims to develop students’ minds, bodies and characters while helping them become proficient in English, Spanish and Mandarin Chinese. With over 20 campuses across the Dallas-Fort Worth, Houston, Cleveland and College Station areas, ILTexas serves more than 23,000 K-12 students.

Principal Johnson, transitioned from a traditional school



district setting to ILTexas, clearly seeing the mission of fostering global leadership and the commitment to students. “We provide a variety of opportunities to our students. We have student ambassadors, which are eighth-graders who lead campus tours. This allows our guests to experience the leadership taught on our campus. Additionally, we have a program called the Hope Squad, a student-led program where they confide in peers who help them feel safe. To help all students, we conduct remediation and enrichment classes during the last period of the day. Recently, our students took their interim assessments and overall performed at or above the state average,” Principal Johnson acknowledged.

The school is tuition-free and funded primarily through federal and state sources. ILTexas’ academic model includes student-led service learning projects, where each grade level is responsible for managing a project to completion. Students at the K-5 level experience a dual-language, 50/50 English and Spanish learning model, and are also receiving Mandarin Chinese in their special classes. At the 6-8 level, they have dedicated Spanish and Chinese classes where they continue to develop their language proficiency. Secondary students also study Mandarin Chinese, Spanish and conditioning training from a performance coach. ILTexas fosters international connections by partnering with schools in China and other countries for teacher and student exchange while hosting Chinese students at the high school level. And, of course, they provide the core subjects along with a fitness program.

“We do offer no-contact sports, which include flag football, volleyball, baseball, soccer, track and cross-country. We also have clubs on Fridays for grades third through eighth. ILT also attempts to be an asset to the community by encouraging neighbors to participate in events like the International Festival and Trunk or Treat,” Principal Johnson explained.

The application for 2025-2026 is available, and if you are interested in learning more about International Leadership of Texas Mansfield Heritage K-8, set up a tour. The office staff will be glad to assist you. **NOW**





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Home-Style Buttermilk Biscuits

# CookingNOW

## IN THE KITCHEN WITH SUZANNE RAY

— By Sandra Walters



“When I learned to bake, I became interested in cooking. I am essentially self-taught. I like experimenting with others’ recipes that I found delicious. I’m a fourth-generation Mansfield native. My grandmother, Eunetta Ball Perry, who graduated from Mansfield High School in 1922, gave me the recipe for my sugar cookies,” Suzanne Ray stated.

Nine years ago, Suzanne was diagnosed with celiac disease, so she then discovered how to make recipes gluten-free. While some of these dishes are labeled as gluten-free (GF), others are not. She added with pride, “I included the sugar cookie recipe my grandmother gave me, which she got from my great-grandmother, who raised 13 kids in Mansfield in the late 1800s and early 1900s.” **NOW**

### Macall’s Sugar Cookies

- 1 cup butter flavored shortening**
- 2 cups sugar**
- 3 eggs**
- 1/4 cup milk**
- 4 cups flour**
- 1 tsp. baking powder**
- 1/4 tsp. baking soda**
- 1/2 tsp. salt**
- 1 1/2 tsp. vanilla**

- 1.** In a large bowl, cream the shortening and sugar; add the eggs. Mix. Add the milk; continue to mix.
- 2.** Add the dry ingredients and vanilla; mix. Place on a floured board; roll out. Cut into desired shapes. *Note: The dough is easier to work with after being refrigerated.*
- 3.** Bake at 425 F on a greased cookie sheet. Bake until “puffy” and slightly brown on top, which should take approximately 15 minutes.
- 4.** These cookies are good with butter cream icing or with fudge sandwiched between two cookies.

### Gluten-Free King Ranch Casserole

- 4 large (6 small) chicken breasts, cooked**
- 2 Tbsp. butter**
- 1-2 cups celery, chopped**
- 1/2 to 1 onion, chopped**
- 1 10-oz. can Ro-Tel diced tomatoes and green chili peppers**
- 1 10.5-oz. can Pacific brand gluten free mushroom soup**
- 1 10.5-oz. can Pacific brand gluten free cream of chicken soup**
- 2 cups cheddar cheese or Mexican mix cheese, grated**
- 1/2 can green chili peppers, diced**
- 1 cup gluten free chicken broth**
- 14 corn tortillas**

- 1.** Cut the chicken into bite-size pieces; set aside. Place 1 Tbsp. of butter in a pan to sauté the celery and onion until tender. Mix the chicken and all ingredients, except the tortillas, reserving 1 cup of the cheese.
- 2.** Lightly cook the tortillas in 1/4 tsp. of the butter to soften. Cut the tortillas into fourths. Grease a 13x9-inch baking dish. Line the dish with one layer of the tortillas. Then layer with the chicken mixture; sprinkle with cheese. Repeat the layers ending with cheese on top.
- 3.** Bake at 375-400 F for 45-50 minutes. Let set for a few minutes before serving.

### Home-Style Buttermilk Biscuits

- 2 cups flour**
- 4 tsp. baking powder**



- 1/2 tsp. salt
- 1/4 cup butter
- 1 cup buttermilk

1. Preheat the oven to 425 F. Mix the dry ingredients. Cut in the butter; add the buttermilk. Roll out the dough on a floured surface to approximately 1/2-inch thick. Cut with a circular cutter.
2. Bake on a cookie sheet or baking stone for 15 to 20 minutes or until golden brown.

## Gluten-Free Macaroni and Cheese

- 1 stick unsalted butter (divided use)
- 6 slices gluten-free white bread
- 5 1/2 cups milk
- 1/2 cup Bob's Red Mill Gluten Free Flour
- 1 Tbsp., plus 2 tsp. salt (divided use)
- 1/4 tsp. nutmeg
- 1/4 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 4 1/2 cups sharp white cheddar cheese, grated (divided use)
- 2 cups Gruyere cheese, grated (divided use)
- 1 lb. gluten-free elbow macaroni

1. Preheat the oven to 375 F. Butter a 3-qt. casserole dish; set aside. Remove the crust from the bread; tear the bread into 1/4- to 1/2-inch pieces. Place the bread in a medium bowl.
2. In a small saucepan over medium heat, melt 2 Tbsp. butter. Pour the melted butter into the bowl with the bread pieces. Toss; set aside. Warm the milk in a saucepan over medium heat.
3. Melt the remaining butter in a skillet over medium heat. When the butter bubbles, add the flour; cook while whisking for 1 minute. Continue whisking. Add the hot milk, a little at a time, to keep the mixture smooth. Keep cooking, whisking constantly, until the mixture bubbles and thickens, 8 to 12 minutes.
4. Remove the pan from the heat. Stir in 2 tsp. salt, nutmeg, peppers, 3 cups cheddar and 1 1/2 cups Gruyere cheese; set aside.
5. Add the remaining 1 Tbsp. salt to a 4-qt. pot of water. Cook the pasta in the water until al dente.
6. Drain well; rinse under cold water. Stir the pasta into the cheese sauce. Pour the mixture into the prepared dish. Sprinkle the remaining cheeses and the breadcrumbs over the top. Bake 30 minutes.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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# A WELCOMING *Rebirth*

— By Virginia Riddle



Photo by Virginia Riddle, LLC.

*The news in 2011 was devastatingly sad with scenes of the tall pines of Bastrop State Park igniting one after another. Many of the loblolly pines of its Lost Pines Forest were destroyed, along with animal habitats and native wildlife, including the endangered species, the Houston toads. Yet today, the park is open, and new buildings blend with the beautiful buildings designed and built by The Civilian Conservation Corps in the 1930s, and a regrowth of pines and other trees stand about 6 feet tall.*

Bordering the city of Bastrop, this state park offers CCC rustic cabins, tent and RV sites, a playground, swimming pool and picnic spots. Wander onto any of the eight trails through the pines, which were once part of a prehistoric

forest, in the footsteps of Zebulon Pike, who recorded his experiences in 1807. The paved loop around the park offers two scenic overlooks.

Long the home to the Tonkawa and Comanche tribes, Spanish explorers in 1691 started developing the El Camino Real de los Tejas from San Antonio to East Texas. The road, crossing the Colorado River at what would first become the city of Mina and then be renamed Bastrop, runs through Bastrop County. A fort, Puesta del Colorado, was built in 1805 to protect the road. The county, park and city of Bastrop are steeped in history and are named after empresario/land commissioner Felipe Enrique Neri Baron de Bastrop, a member of the Congress of Coahuila and Texas, who aided Moses Austin in securing the first contract with the Spanish government in 1821 for Anglo settlement.

Bastrop County pines and other hardwoods were an early industry for the area as Texas was being built, but due to the harvesting of the Lost Pines, two CCC companies were assigned the job of reforestation in Bastrop State Park and adjoining Buescher State Park from 1933-1939. Many of the roads, trails, lakes, bridges, furnishings and buildings such as the Refectory at Bastrop State Park, which was



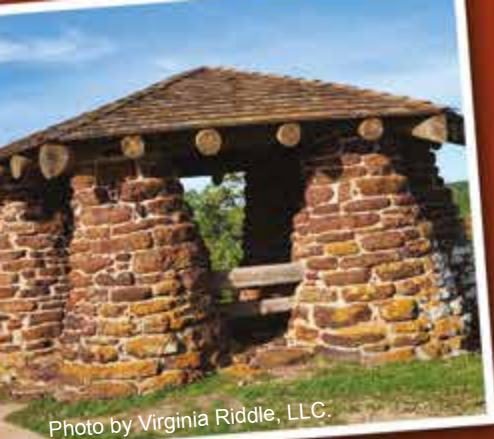


Photo by Virginia Riddle, LLC.

declared a National Historic Landmark in 1997, were built in a style similar to the buildings at national parks. The Historic Golf Shelter, built by the Works Progress Administration, offers exhibits of golfing days gone by, and the old golf course can be explored on foot by walking the paved cart paths. Fish in the hand-dug Lake Mina.

Bracken ferns, an ancient plant with fossil records dating to 55 million years ago, are just part of the park's ecosystem. Ponds along the trails are host to the endangered Houston toads, which are shy creatures. Hikers might see a toad or two during spring mating season when only the males let out a chorus, which sounds like small, tinkling bells.

With its proximity to the city, this park has good cell service and makes it easy for campers to enjoy the art museum, historic buildings such as the old jail, dining and live music venues. A stroll along the Colorado River on the paved hike/bike trail is a must, especially at Christmas when the trail is fully lit with seasonal decorations.

Bastrop State Park makes a great stay as campers explore other cities such as Austin or New Braunfels on day excursions or take a looped drive through the Hill Country during the spring bluebonnet season or to see the fall colors. Stop at some of the many famed barbecue restaurants located in small towns along the way for Texas barbecue with all the trimmings. The natural beauty of these rolling Texas hills and the history of the area make Bastrop State Park and its sister, Buescher State Park, must-sees for all ages. **NOW**

- Sources:
1. [texasstateparks.org](http://texasstateparks.org).
  2. [co.bastrop.tx.us](http://co.bastrop.tx.us).
  3. [www.thc.texas.gov](http://www.thc.texas.gov).



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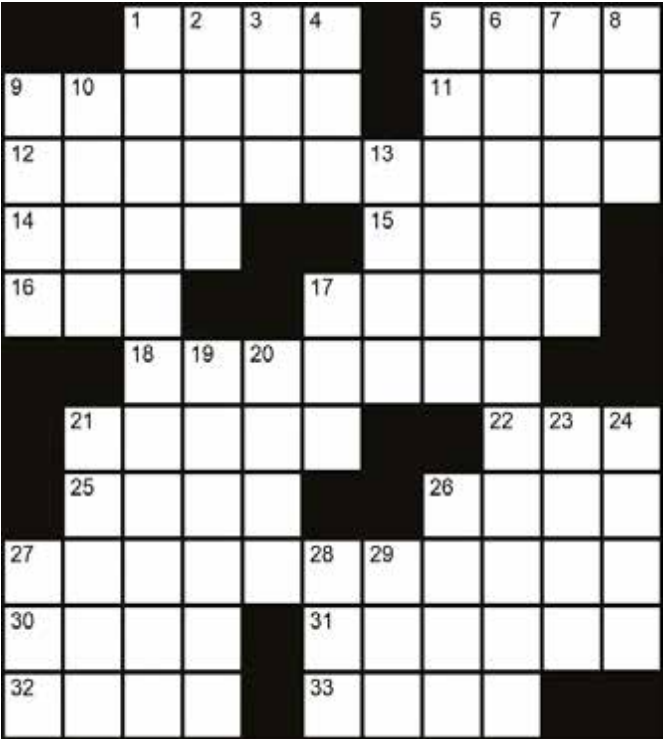


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# Crossword Puzzle



CrosswordSite.com Ltd

- Across**

  - 1 Took a dip
  - 5 "Trust ---" (Janet Jackson song)
  - 9 They raise the pitch
  - 11 Bok ---, Chinese cabbage
  - 12 Hill product
  - 14 Condo, for example
  - 15 "The Cannonball Run" star Reynolds
  - 16 Ft. Collins setting
  - 17 Track prelims
  - 18 Without being stated
  - 21 Title for a lady
  - 22 Popeye's verb of being
  - 25 "... --- - Cold --- - is master of them all." (Kipling)
  - 26 Composer --- Bartók
  - 27 Drives immediately behind another racecar
  - 30 Oversupply
  - 31 Whoopee!
  - 32 "... of the D'Urbervilles"
  - 33 10 Down output
- Down**

  - 1 Mad guitarist played as one of twelve on high
  - 2 Formal legal document
  - 3 Brown delivery firm
  - 4 Ocean-height standard
  - 5 Real
  - 6 17th century European war
  - 7 Cheers
  - 8 Feminine half, in Chinese thinking
  - 9 Urban renewal target
  - 10 Cackleberry makers
  - 13 Assist
  - 17 "She Done --- Wrong" (Mae West movie)
  - 19 Gets a little one a little later in life
  - 20 Metal containers
  - 21 Toulouse thousand
  - 23 Mrs. Alfred Hitchcock
  - 24 Hot Lips worked at one
  - 26 North Atlantic hazard
  - 27 U S M C noncom
  - 28 French alternative to "café"
  - 29 Bald patch patch?

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# Sudoku Puzzle

Easy

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

Medium

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

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Check with individual organizations or your city or Chamber websites to verify dates and times.

### 1/1-1/17

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### 1/7

#### **Candle Making (17+):**

Learn how to melt, pour wax, add a splash of color and scent to make your own unique candle. All supplies provided. Registration required. Cost: Free, but registration required ([www.mansfieldtexas.gov/Calendar](http://www.mansfieldtexas.gov/Calendar)). 6:00-7:00 p.m., Mansfield Public Library, 104 S. Wisteria St.

### 1/16

#### **A, B, C's of Medicare (18+):**

Have questions about Medicare and don't know what or who to ask? Here's your opportunity to ask those questions in a casual setting. Join a representative who will discuss your rights, options and entitlements, so you can make informed decisions about Medicare. Cost: Free; no registration required. Noon-1:00 p.m., Mansfield Public Library, 104 S. Wisteria St.

### 1/18

#### **MLK Parade**

#### **and Celebration:**

Don't miss the annual parade and celebration honoring the life of Dr. Martin Luther King Jr. showcasing talent from the Grand Prairie ISD and recognizing community leaders. Cost: Free. City Hall, 300 W. Main St. and continues to David Daniels Elementary School, 801 SW 19th St. For more information, call (972) 237-4760.

### 1/21

#### **Jewelry Making (18+):**

Discover the art of jewelry making in this hands-on class. Learn the basics of designing and creating your own unique piece of jewelry to keep for yourself or give as a gift. All supplies provided. Cost: Free; registration required ([mansfieldtexas.gov/Calendar](http://mansfieldtexas.gov/Calendar)). 6:00-7:00 p.m., Mansfield Public Library, 104 S. Wisteria St.

#### **By Appointment**

#### **Mansfield Mission Market:**

Families, seniors or anyone in MISD who needs food is welcome to walk-in. Pets are provided for, as well. **Monday, Wednesday, Thursday:** 10:00 a.m.-2:00 p.m.; **Tuesday:** 10:00 a.m.-6:00 p.m., Mansfield Mission Center, 78 Regency Parkway (park and enter around the back of the building). For details, call (817) 473-6650 or visit [www.mansfieldmission.org](http://www.mansfieldmission.org).

### Mondays

#### **Sunrise**

#### **Toastmasters Club:**

Become the speaker and leader you want to be. 7:00-8:00 a.m., Methodist Mansfield Medical Center, Canedy Community Room, 2700 E. Broad St. Email Gary Lockhart at [garylock28@gmail.com](mailto:garyllock28@gmail.com).

#### **Toastmasters Club Meeting:**

Noon-1:00 p.m., The Grandview in Mansfield, 2201 Heritage Pkwy. <https://www.toastmasters.org/Find-a-Club/28678015-mansfield-tx-pros-club>.

#### **Bilingual Story Time:**

Children 3-6 years old, both English and Spanish speakers, with a caregiver can enjoy 30 minutes of books, songs, finger-plays and rhymes in both English and Spanish. This story time fosters emergent literacy, reinforces group listening skills and allows children to become familiar with a second language. 10:30 a.m., Mansfield Public Library, 104 S. Wisteria St.

### Tuesdays

#### **Story Time for Tots:**

Toddlers 18 months to 3 years old with a caregiver can enjoy 30 minutes of books, songs, finger-plays and rhymes introducing toddlers and parents to developmentally appropriate literature and related activities. This introduces group listening skills and provides interaction with others. Cost: Free; no registration. 10:30-11:00 a.m.,

Mansfield Public Library,  
104 S. Wisteria St.

### Wednesdays

#### **Family Playtime:**

Come for open playtime in our Family Place Library area. Bring your young children (0-5 years) to play with others while building skills through play. Parents are required to remain with children at all times. No registration required. 11:00 a.m.-noon, Mansfield Public Library, 104 S. Wisteria St.

### Thursdays

#### **Chess Club:**

Learn to play, or brush up on skills. All ages/levels welcome. Cost: Free; no registration. 6:00-7:30 p.m., Mansfield Public Library, 104 S. Wisteria St.

### Second Thursdays- Saturdays

#### **Household Hazardous Waste Drop-Off:**

The Environmental Collection Center (ECC) is the city's permanent drop-off facility for unwanted household hazardous materials (anything with a warning label), electronics and recyclable. **Thursday and Friday:** 3:00-7:00 p.m.; **Saturday:** 10:00 a.m.-3:00 p.m., 616 S. Wisteria St.

*Submissions are welcome and published as space allows. Send your current event details to [sandra.walters@nowmagazines.com](mailto:sandra.walters@nowmagazines.com).*



# MEDICARE BENEFITS REVIEW

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\*Rabies, DAPPv & Bordetella

\*\* Figures based on a survey of vet clinics in Denton County



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