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Coming Together

Lynn Wilkie finds beauty in multiplicity

The Tug That Took Them to Texas

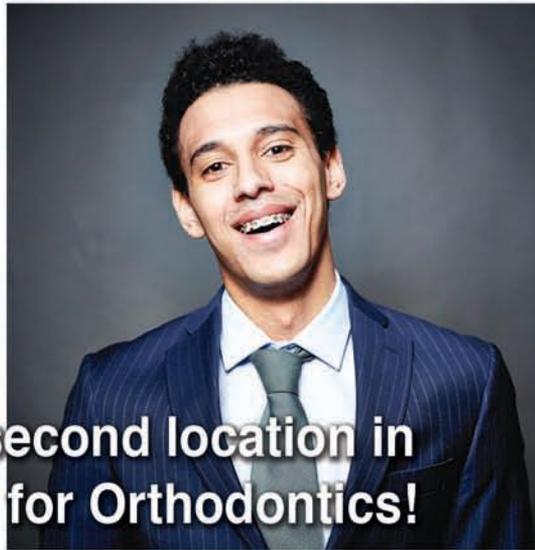
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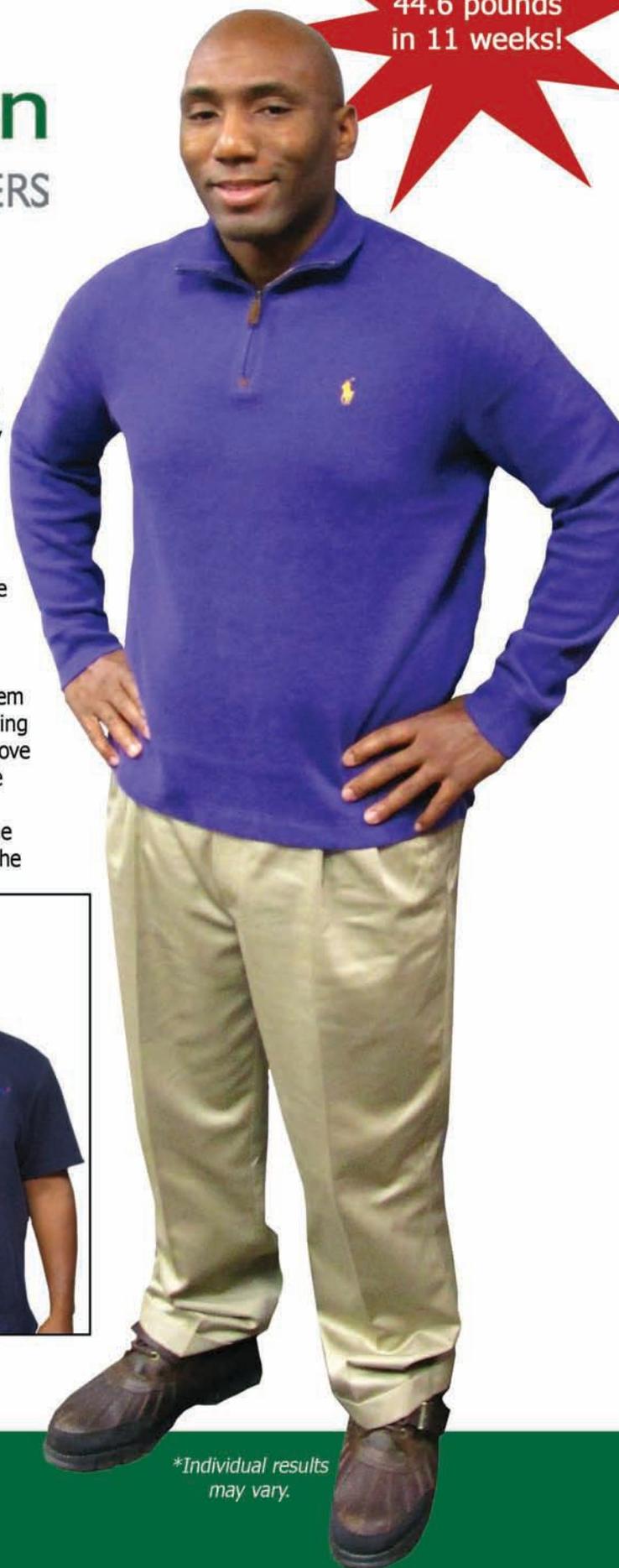


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Kevin W., Grand Prairie, TX

Throughout most of his adult life, Kevin never paid attention to portion size, calorie intake, or nutrition fact labels on food. If he developed a craving or desire for a certain food or sweet, it would only be a matter of time before he would acquire it. Unfortunately, this led to a very unhealthy lifestyle for Kevin and he eventually decided he wanted to do something to change that. There were a few occasions where he would diet and lose weight, but the weight would slowly reappear.

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ON THE COVER



Lynn Wilkie celebrates Mansfield's wonderful diversity.

Photo by Amanda Rooney.

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Editor's Note

Greetings, Mansfield,

As winter really begins to be consistently cold around these parts, we Texans know Valentine's Day is right around the corner. After the hustle and bustle of the holidays, isn't it satisfying to simply bundle up with the ones you love most and enjoy the warmth of the great indoors?

In my home, Valentine's Day is not an extravagant affair. Instead, it is a day filled with handmade cards, crafts, goodies and treats. It is a day for expressing

love and appreciation through actions. After all, there's nothing better than a heart-felt demonstration of love. No matter how you choose to celebrate, I hope your cold days of winter are filled with the warmth of love in both your hearts and homes.

Sara

Sara Edgell
MansfieldNOW Editor
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Coming Together

— By Sara Edgell

Mansfield is a remarkable place for many reasons. From the small-town quaint friendliness to the roughly 112 languages, other than English, spoken here, the community offers a wide variety of just about everything! And no one knows just how diverse Mansfield really is more than Lynn Wilkie. As the sales and marketing coordinator for the Mansfield ISD Center for Performing Arts, she has the unique opportunity to see firsthand and work with the rich cultural, lingual, racial and countless other variations within the community. “The diversity in our community is such a positive aspect,” Lynn stated.

Lynn has worked for MISD for eight years, the past three of which have been specifically with the Center for Performing Arts. “I love my job,” she declared. “It’s the best job in the district. It’s like being a wedding planner without demanding brides.” Much of what Lynn does is rooted in planning large-scale events for the district, but she also handles renting the performance center out to businesses and performers. Dance, choir, band and UIL competitions are regulars on the event calendar, as well as a rotating schedule of the district’s high school’s theater productions. Graduation ceremonies keep the center hopping through June, and Lynn relishes in the hustle and bustle of it all. With over 30,000 students and six high schools, the demographics are far-reaching and wide-ranging. “The district is changing, and the area is changing,” she said. “We had to look at it, recognize that change and embrace and celebrate it. There’s lots of diversity in cultures. Not just cultures as in race, ethnicity or where you’re from, but socioeconomic status, too.”

One of the ways the district is embracing this change is by celebrating community diversity with the annual Multi-Cultural Day. In 2013, Lynn was an integral part in the formation of the very first event. She sat in on meetings, helped with planning and worked diligently to ensure things went off without a hitch. All of the hard work paid off, and



“Diversity is far more than just race, and culture is far more than where you are from.”

two years later, the event is now one of the district’s largest and most successful. “This event is not only to educate our community about the strengths of our diversity, but to celebrate it. We can all learn from each other through our differences,” Lynn said. “It’s fun, too!”

This year, the all-day event will be held February 28 at the Mansfield ISD Center for Performing Arts. For the day, the massive venue will be converted into a market of sorts, housing a series of booths and festive activities — each specific to a certain culture. Every booth will be run by students of all ages from the many schools all across the district. Not only is this a districtwide event, it is also communitywide. Because Multi-Cultural Day is a day dedicated entirely to celebrating the extensive diversity of Mansfield through education, entertainment and exposure, there will be plenty of fun and excitement for everyone. The event has been planned meticulously for months in advance, requiring Lynn to stockpile her small office full to the brim with a slew of supplies and materials, literally, from around the world. As in years past, the public can explore and enjoy food, showcase, game and activity booths, as well as a wax museum and fine arts performances.



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One aspect of the event that has particularly amazed Lynn is the culinary talent. This year, under the supervision of Chef Adair Smith, about 60 to 65 culinary students from Ben Barber High School will put in countless hours preparing 60 different recipes representing 15 different countries. Each country will have four samples including two entrées, one dessert and one beverage. To concoct confections of perfection, Chef Smith and the students will slave away in the kitchen for an entire week to adequately serve the anticipated 4,000 event attendees. "I believe this event will bring our community together and let people know we are many, and we are different in a great way!" Adair remarked. "Many people whom I have spoken with tell me the food reminded them of their home country and past memories. Some had tears of joy!"





Selecting the countries is a bit of a challenge because although Chef Smith would like to represent every culture present in Mansfield, unfortunately, that would be impossible. With over 100 different languages spoken in the community, the community is unbelievably diverse for a suburban town in North Texas. "I select the countries based on what we have done in the past and what we would like to do now," Chef Smith stated. Countries for this year's event will include: France, Colombia, Russia, Jamaica, Egypt, Germany and Japan.

"I can't wait to try the crème brûlée!" Lynn exclaimed. "The authentic dishes are simply amazing."

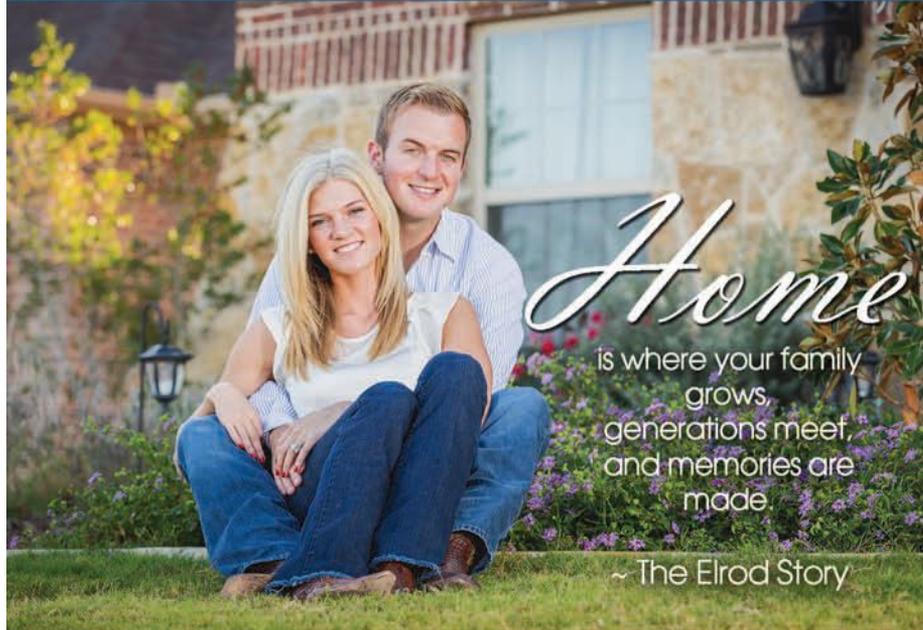
In addition to the fine cuisine are the showcase booths, featuring all of the programs the district offers. "The entire bottom floor will be booths,"



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Lynn remarked, "There will be a special education area set up like the Special Olympics." Wheelchairs will be available for able-bodied people to play basketball, so they can see what it's like to be disabled. With the help of the athletics department, there will be several other similar activities. Additionally, the robotics team will offer demonstrations exhibiting how and what they build. The fine arts people will be giving cultural-specific presentations like traditional Mexican dances and playing African drums. Each showcase booth is specific to a division within the district. The goal is to show how diverse a student's education can be in MISD. The district takes pride in the variety of offerings and the level of excellence students are experiencing and have access to through their education.



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On the second floor, activity booths will feature hands-on, fun and crafty activities. Visitors can make their own rain sticks, get Henna tattoos or make a culture-specific mask. Furthermore, game booths will offer carnival-style games with prizes and themed decor related to different areas, regions and continents of the world. “One will have penguins for the Arctic, and another will be golf for Ireland,” Lynn said. Classic, more traditional and old-fashioned games will also be offered to honor the age diversity reflected in the community. “Diversity is far more than just race, and culture is far more than where you are from,” Lynn clarified. Clearly, there is literally something for everyone!

While she is not a native Mansfieldian, Lynn now considers this place to be home. And working with MISD has provided her with unique opportunities to see how global, yet close-knit her home truly is. Lynn said it best in that, “Diversity isn’t just Arabic, Muslim, Hindu or Christian — it’s beyond that,” Lynn summarized. “When we embrace that, there will be no fear or boundaries, because we become one family.” **NOW**

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Sharing THE LOVE

— By Sara Edgell



Life is a beautiful thing. Sure, it's full of ups and downs, but in the grand scheme of things, that's what it is all about. For Gregory Denbren, life has not always been easy. Actually, it was pretty rough at times. With faith and grace, however, he has managed to transform and find purpose in his life. A lifetime of trials and tribulations brought him to this point. "I wasn't a lion," he admitted, "but I learned how to become one."

Growing up, Gregory was the oldest of five kids in a family that had less than what they needed. He has specific



memories of missing meals from time to time, and other memories of getting bread, but feeding it to the pigs instead of the family. When he was 11 years old, his mom and dad divorced.

While church was not a constant in his young life, he always had a sense within him concerning the Lord. Despite this intrinsic knowing, Gregory became involved in drugs and led a rather dangerous lifestyle for many years. He basically grew up on the streets and grew accustomed to the ways of that perilous world. His domineering stature and boisterous character served him well throughout this time, but ultimately, Gregory knew he was meant for so much more.

Gregory relocated to Texas, hoping to escape the lifestyle he had been following. However, the first people he met were drug dealers, and he ended up doing the very same things he was trying so desperately to get away from. Despite this, Gregory eventually found work and was married shortly after. On the outside, everything seemed picturesque.

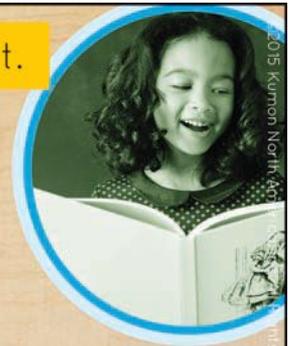
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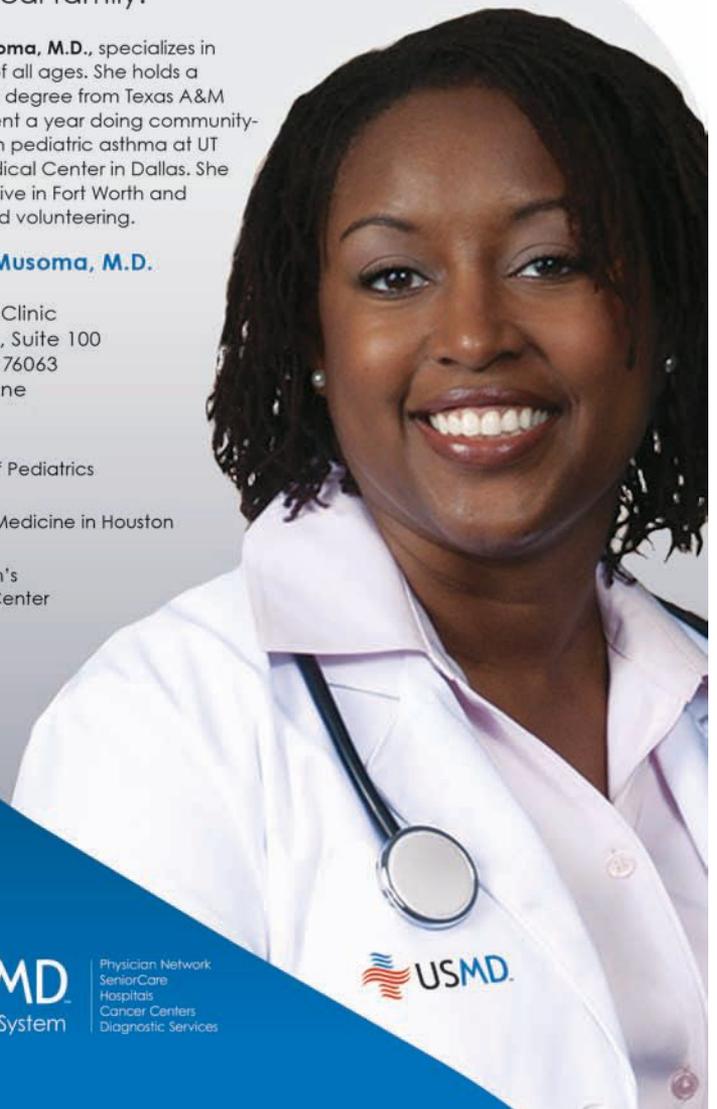
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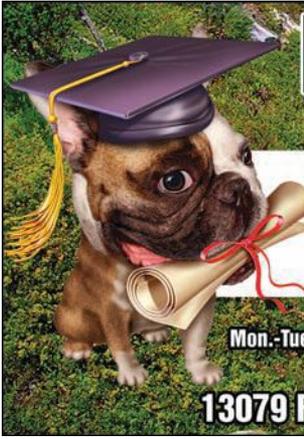
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The fact that he was still heavily addicted to drugs was simply a trivial matter. But his addiction became so unmanageable that people began to take notice. While working for the city of Arlington, he hit rock bottom. His boss at the time, Kenneth Michaels, took a chance and reached out to Gregory, who was lost and in dire need of help. That was just the push Gregory needed, and in May 1986, at the age of 29 with 18 years of addiction under his belt, Gregory headed to rehab. "Six months in, I was faltering," Gregory admitted, "but I stuck with it."

Once he got his life on the straight and narrow, he felt God tugging on his heart, so Gregory stepped out, occupationally, to serve those in need. He needed to work on himself and was happy to do so, but he couldn't do it all on his own. Two of the many instrumental people involved in the reformation of Gregory's life were Gary and Kay Whetzel. In the formidable years of Mansfield Christian Fellowship (now Living Word Outreach), Gregory worked alongside the Whetzels as a founding member of the church. He acted as the director of food and street outreach and the associate youth pastor for Living Word Outreach for many years. "It was wonderful," he recalled, "but there was no paycheck. I even lived in the nursery for a spell, but hey, I got to travel the world, and that was really something."

Gregory went on numerous mission trips to places including Africa and Ecuador. In fact, it was on a mission trip to Kenya, in 2009, where Gregory



met his wife, Susan. "I waited 23 years faithfully for her," he declared. The two have now been happily married for four years. Between them, they share four children and three grandchildren. Because Susan works in real estate and Gregory runs a food pantry, the couple has a famous motto for life — food and shelter. When it comes down to it, those are the biggest necessities in life, and they have it covered!

For a short period, Gregory also served as the men's pastor at Lifegate

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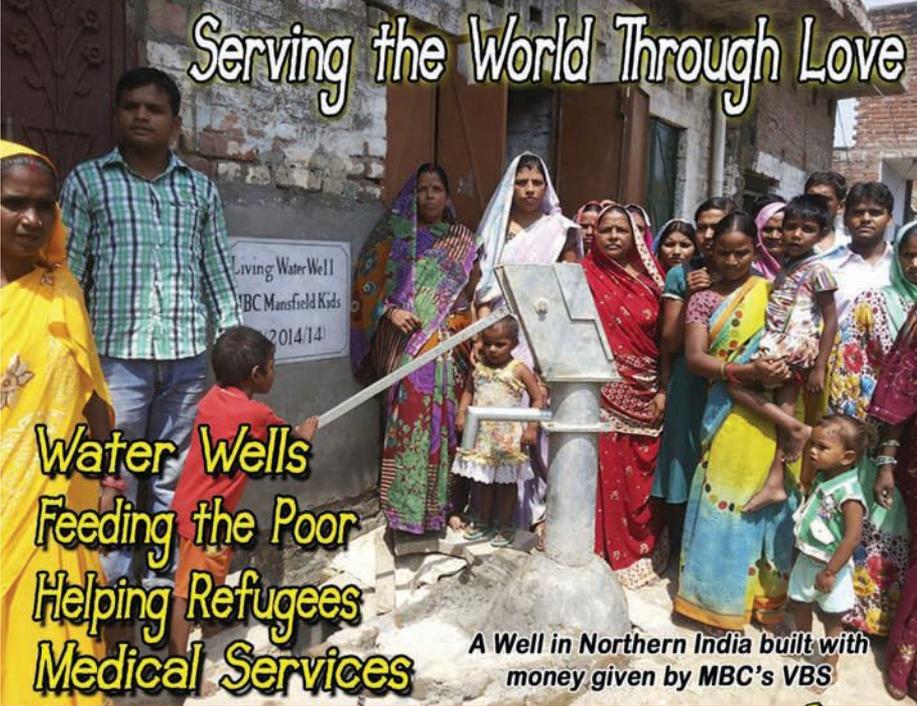
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Fellowship in Haslet but soon returned to Mansfield to pursue his own endeavors. Gregory's interest in food service work came about during his time working with the Whetzels. In helping establish and operate their food pantry, Gregory was inspired to found his own to further serve the public.

Currently, Gregory is the president and founder of Harvesting International Ministry Center in Mansfield. He formed the nonprofit in 2001 with the intention of providing resources, such as food and ministry, to members of the community. After almost 14 years of service, the pantry is thriving. Each week, the pantry distributes food to families and individuals. They also distribute food to other pantries every day. This helps to manage the surplus of items the pantry has, instead of letting it go to waste.

"We get our supplies from all over. Some of it comes from relationships I've had for 25 years," Gregory stated, "but we also partner with Feed the Children and Operation Blessing." Local businesses in town also donate a slew



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of items to Gregory's pantry, which helps to keep the individuals in the community informed and educated about those in need.

Each Tuesday and Thursday, Gregory can be found handing out food and love to the people who come to him for assistance. He is famous for saying, "I love to love on people," and it's true in all he does. From sending a family home with bread, vegetables and turkey to sharing a smile and hug with a fellow citizen, Gregory is on a mission to show others someone is there and that someone cares. For him, helping others is what life is all about. "I have always cared about people. People joke and say I minister on a banana box pulpit," Gregory said, "and that's alright. I probably minister to more people on a daily basis than most pastors do in a week."

But it doesn't stop there. Gregory began sending out daily devotionals during his time in Haslet, and over the years, he has developed quite a hefty following. Every day, he writes up an inspirational, motivational message based on his daily devotional readings and sends it to over 100 people. He calls them daily vitamins and sends them via text message and Facebook. "People I haven't ever met are reading these messages," he said, "and when I think about stopping, it's those individuals who keep me going. It's really amazing."

While he isn't technically leading church as an active pastor, he humbly thrives on sharing his love for God with others. "My wife asked me why I wanted to be a pastor, and I said, 'I don't. It's just who I am.'" **NOW**



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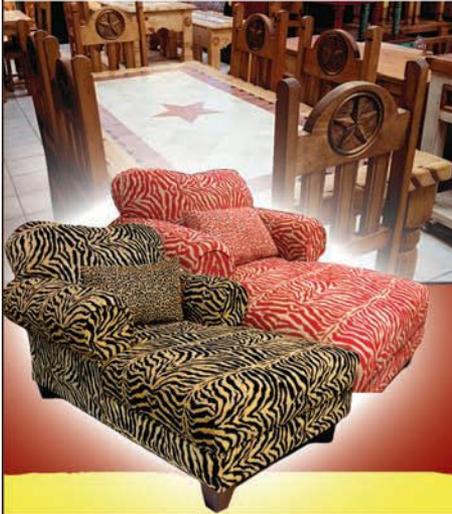
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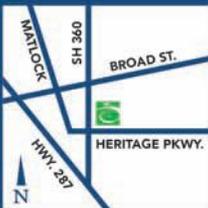
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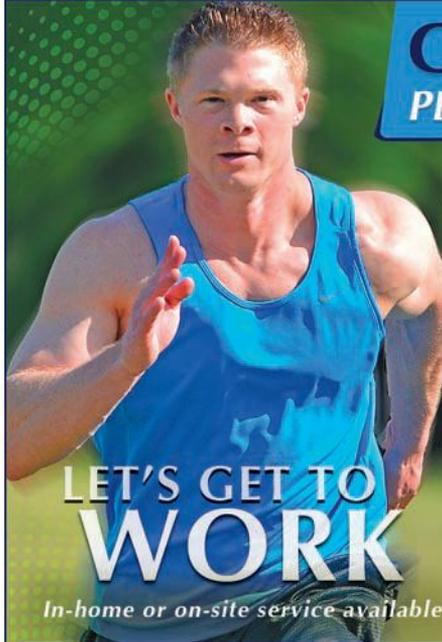
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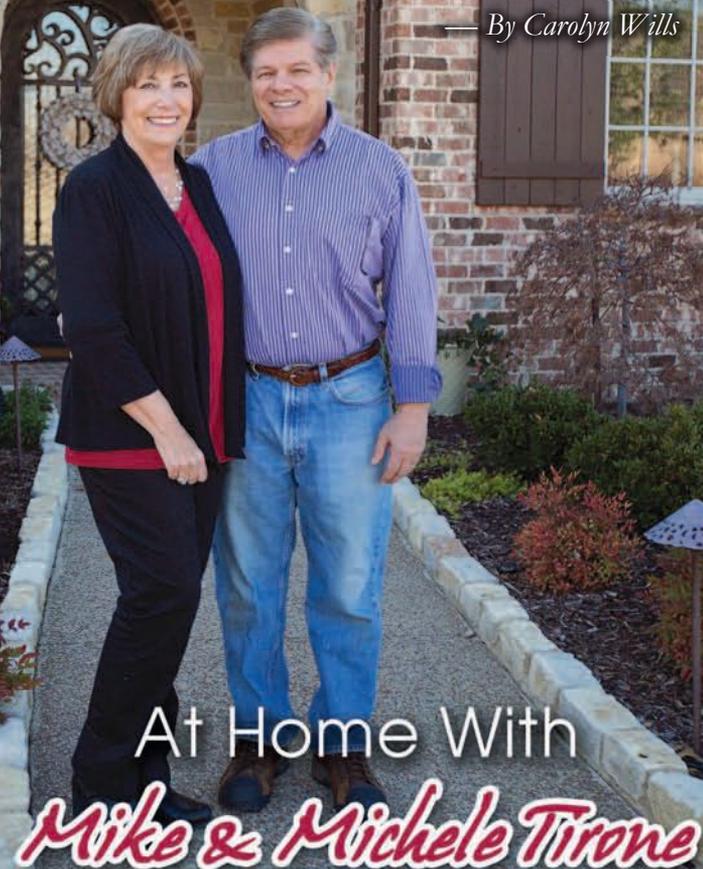
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The Tug that Took Them to Texas

— By Carolyn Wills



At Home With

Mike & Michele Tirone

Three years ago, lifelong easterners Mike and Michele Tirone were inspired to head west, trading their New Jersey homeland and coastal summers in the town of Wildwood for the wild west of Mansfield. In a word, the tug that took them to Texas was family.

Mike and Michele met in high school. “I was 14, and he was 16-and-a-half,” she grinned. Their families lived in the close-knit town of Lyndhurst, New Jersey, about 13 miles southwest of New York City. “We’re second-generation Italians,” Michele said. “Our grandparents were born in Italy, and our parents in America.”

Mike and Michele fell in love, married and spent the first 46 years of their marriage in Westfield. Mike enjoyed a long and successful high school teaching and coaching career and built a thriving landscape company, while Michele worked for L’Oreal Cosmetics of New York City before staying home with their three children. Then, in 2006, life changed. “Our oldest son, Michael, along with his wife, Christina; son, Zachary; and daughter, Avery, moved to Mansfield for Michael’s work,” Mike said. “Then, in 2008, our daughter Kimberly and her architect husband, Ron, followed realizing the difference in the cost of living would allow her to stay home with our granddaughters, Veronica and Mia.”

“Even though we couldn’t imagine living that far from our kids, Mike and I were busy caring for parents and older relatives,” Michele explained. “By 2011, they had passed, and that’s when we and our youngest son, Stephen, decided it was time to move.” As it happened, their home sold within a day, and Mike and Michele were faced with an unanticipated timeline.

They quickly sold most of their belongings, and with two tiny Yorkies named Cutie and Princess, they boarded a plane to Texas. “After so many changes, it took a while to feel at home,” she smiled, “Now three years later, I can truly say Texas is home. We love the people, the neighborhood, our church and new friends, the house. Most importantly, we love our family being together again.”

It’s easy to see how they would love their gorgeous two-story, Tuscan-style home. The 3,620-square-foot house,



built in 2005, stands adjacent to two large community ponds and in front of a greenbelt. "The views and privacy are amazing," Mike said.

"One pond has a fountain and the other a tall tree at its center," Michele added. "I love to watch when the birds, especially the cardinals, decide to land and smother the branches." Resident ducks were her first friendly neighbors. "I learned the hard way not to feed them on our porch," she confessed.

As beautiful as the ponds and greenbelt are, the exterior of the impressive variegated stone and brick-clad home is equally striking — thanks to Mike's talents. "I had a landscaping business with nine employees in New Jersey, so landscaping has long been a part of my life," he said. The fruits of his labor and hours of studying Texas landscaping have more than paid off in stunning beds, shrubs and trees. For more backyard shade, and to the delight of the neighborhood association, Mike has even added trees to the greenbelt.

Equally stunning is the home's interior. "Rather than a Tuscan decor, I wanted more of a casual, coastal-cottage feel to remind us of the shore where we used to go to every summer," Michele shared. "One of the few pieces we brought from New Jersey is an antique white dining room hutch, and it became the inspiration for the white and natural accents."

Through a small foyer framed by stone archways, the home opens to a massive, high-ceilinged central area featuring a state-of-the-art kitchen, eating nook, large living room and formal dining area. Large, light-colored travertine tile flooring adds to the brightness and spaciousness, and

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The kitchen features antique yellow-gold cabinetry, granite counters, two ovens, a hooded, six-burner stove, built-in refrigerator, tumbled tile backsplash, five pendant lights and a beautiful chandelier. Michele admits to being in the process of learning southern-style cooking, but Italian is definitely her forte, especially Sunday gravy. "Sunday gravy is a traditional after-church lunch made with tomato sauce, meatballs, sausage and pasta," she explained. "The kitchen is my favorite space. I love that I can cook and still be with everyone."

Also located on the main floor is an elegantly furnished office. Mike's favorite, it features French doors, hand-scraped, wide-planked wood floors and book shelves housing a collection of Century Hummels, antique suitcases and a few wooden ducks reminiscent of the Jersey shore.

The luxurious main-floor master suite features a sitting area, bath, walk-in closet and amazing views. "The biggest change we've made so far is to extend the back patio and cover it with a pergola," Mike said. "It is part of the view from the

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bedroom now, and it's beautiful to sit out there in the mornings."

Upstairs are two bedrooms, bathrooms and a big media room. "The media room is great for movie nights with the grandkids," Mike said. "Our youngest, Avery and Mia are 11, Veronica is 14 and Zachary is 17." On display in the media room are memorabilia from Mike's 42 years as a high school math teacher and coach, including championship trophies and a plaque commemorating his 2008 induction into the New Jersey Scholastic Coaches Association Hall of Fame.

"I think the hardest thing to adjust to in Texas was being landlocked," Michele shared. "Being near our family, though, has made everything worth it. We've found people in Texas to be very generous, warm and friendly."



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“Also, church is important,” Mike added. “We love the churches here and having so many good ones to pick from.” Their new church home is not far from their neighborhood, where Mike and Michele lead a life group. “Twelve of us empty-nesters meet at our house every Wednesday,” he said. “We do projects and have a lot of fun and, so far, we’ve raised enough money to build two homes in El Salvador and contribute to our local food bank.”

Mike and Michele look forward to celebrating their golden wedding anniversary aboard a cruise on the Rhine River. “It will be our first European trip,” Michele smiled. It’s safe to say they will have a wonderful time, for these two are blessed with faith and courage, love of family and the trust to follow their hearts. Near their treasured hutch in the dining room is this quote: *The will of God will never take you where the will of God will not protect you.* **NOW**

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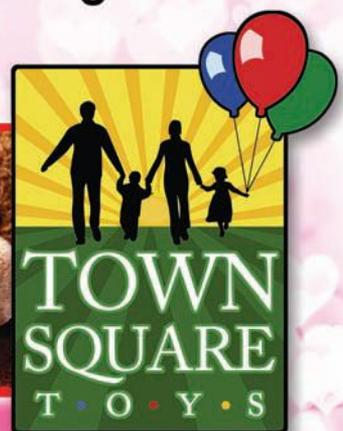
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Before You Tie *the* Knot

— By Shannon Pfaff

From the dress to the favors, the cake to the invitations, a wedding has many components that need to come together. There are countless options to choose from. You may find yourself overwhelmed trying to narrow down the scope of your choices in order to help you decide on the individual pieces of your big day. A great way to do that is by choosing a theme for your wedding.

A theme ties all of your ideas together, so your ceremony and reception flow with each other. You can choose a song, season, pattern, color, etc. around which to build your wedding. What type of wedding do you want to have? Would you prefer a more modern wedding or something rustic? Maybe your dream-come-true wedding is a fairy-tale style affair. Perhaps you would like to create your special day around your favorite color. Maybe you have already found the

perfect dress, and you'd like to design the wedding around its style. The theme of your wedding can be anything you desire it to be.

Choosing a theme can also be a creative way to illustrate who you and your husband-to-be are as a couple. Are you an adventurous pair? Did you meet in an unusual way? Do you have a mutual passion, such as music or food? The things you enjoy together can create a unique theme. Your individual family heritage can also be a beautiful backdrop for your wedding.

Once you have decided on your theme, you can have the wedding professionals you employ help you incorporate that



theme into each aspect of your wedding. When you are choosing your wedding gown, a bridal consultant can help you with dress options that coordinate with your theme. They can also help you with attire options for the wedding party that will complement your dress. The consultant can also advise you on hairstyles and accessory choices for your gown. Your hairstylist can offer hair options, as well as showing you how to pair those options with any desired accessories.

If your theme is related to color, a florist can help you incorporate that shade into flower arrangements, bouquets and table settings. Even if your theme is

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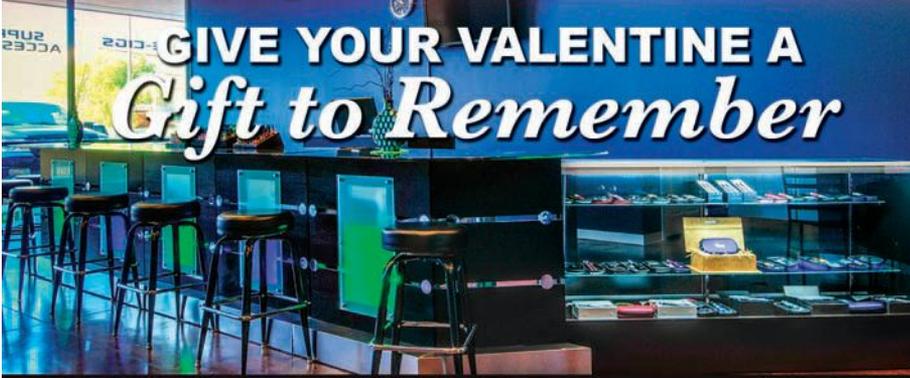
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floral options and can offer advice on low-cost options for your decor.

You will want to be sure the theme you choose will fit the time of year you desire for your big day. If you have an idea about the season for your nuptials,



you will want to be certain the venue is appropriate. If you don't have a wedding planner, you can contact the person who coordinates events at your chosen venue. They can inform you of the ideal seasonal conditions for their location.

After your theme has been selected, there will still be several decisions to



make about the wedding. You will, however, have a better understanding of what your selections should look like. Here are a few theme examples to get you started:

A Black Tie Affair

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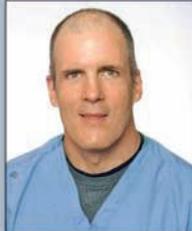
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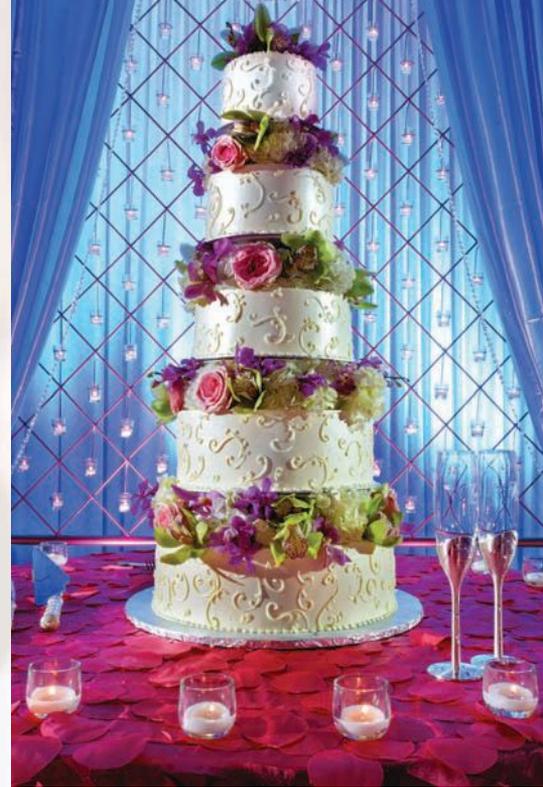
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You will want to choose a simple, A-line dress or a ball gown to complement your theme. Consider dramatic lighting for your venue, such as candlelight or tiny lights strung across the ceiling or around potted trees. Formal wedding cakes are generally elegant with multiple layers to create a focal point for your reception.

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for your dress, because you can add rustic touches to any gown you choose.

However you decide to define your special day, there will be no shortage of wonderful options to create your perfect wedding. The wedding professionals you choose will provide options and show you examples to help you along the way. Selecting a theme is an important step to making the planning process more manageable and can be the best way for you to tie your ideas together before you tie the knot! **NOW**



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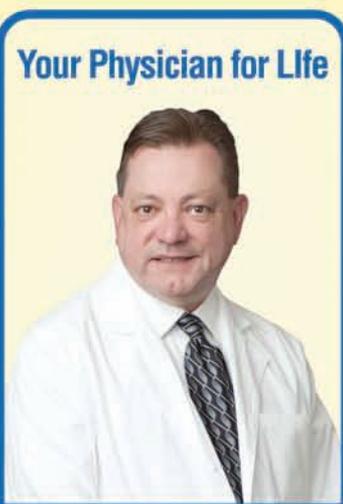
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— By Mikaela Mathews

For as long as he can remember, Jeff Trentham has loved to serve others. His heartbeat is to see people succeed. So, it's no surprise to walk into his welcoming office and be ushered into a productive and beneficial conversation about your future and goals to enable you to live the financial life you want. He promises to treat his clients like family and has the results to prove it.

Working with Edward Jones, Jeff is able to assist his clients to reach their financial goals. With Edward Jones' impeccable reputation and resources, clients can feel comfortable investing their money. Edward Jones won the 2014 TNS Choice Award for outstanding performance in investment services, according to TNS, a global research consultancy. *SmartMoney* magazine has also ranked Edward Jones as the No. 1 full-service brokerage firm in the country in 2012, an award Edward Jones has received in 2005, 2007 and 2010.

Jeff likes to meet his new clients face to face in his office. "I want to get to know my clients and let them know I am here for

them," he shared. In their first meeting, Jeff starts with the five key steps to achieving goals. The first step is to evaluate their current financial state. With this information, Jeff can ask the next step's question: "Where would you like to be? It's important to me to listen to my clients. Everyone is different, and I want to help them with their specific goals." Many people are primarily concerned about preparing for retirement, funding a child's education or anticipating the unexpected. Discussing these first two steps is the primary agenda in the first meeting with a client. From there, Jeff will assemble a strategy to achieve these objectives.

Step three is discussing the strategy for seeing goals realized within the client's investment risk level. Step four consists of assembling diversified quality investments that will flesh out their strategy in step three. And, finally, step five involves an annual meeting with Jeff to ensure investments are still on track and goals will still be met.

Jeff's hard work has not gone unnoticed. In 2012, he was

Business **NOW**

honored with the Edward Jones' Spirit of Partnership Award and the Ted Jones Entrepreneurial Achievement Award. Jeff receives these awards because of his personal touch and strong work ethic.

Meetings typically happen in Jeff's Arlington office, although he is flexible to meet when it is most convenient for clients. A comfortable seating area with a coffee bar is available for guests. "We treat our clients like they're our family," he shared. "We wanted to create a personable atmosphere here for them."

Jeff is committed to his clients for the long-haul. He and his wife, Valerie, have lived in Mansfield since 2003. Valerie is a music teacher at the Pantego Christian Academy's campus in Mansfield, and they have two sons, Levi and Luke, both of whom attend Pantego. They are also invested in their church community, Creekwood Church. "We meet with

"I want to get to know my clients and let them know I am here for them."

several other couples at Rose Park for family night and just play games," he shared. "It's great fun, and we love our church."

The philosophy that has made Jeff successful with his clients is a personal one. He is always available to answer any questions or concerns, or to meet with his clients to discuss future opportunities. "We believe in building relationships and in treating our clients as we would like to be treated," he said. "It shapes the way we do business: face-to-face from convenient locations in the communities where our clients live and work." **NOW**

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- *Pay down/refinance your mortgage* — Pay off your home sooner or reduce your monthly payments.
- *Start a rainy day fund* — Open a high-yield savings account to earn interest and still have cash for emergencies.
- *Save for your kids' education* — Put your refund in a college savings plan to prepare for tuition and related expenses.
- *Create a will* — Ensure your legacy and see that your loved ones are cared for.

Invest in Yourself

- *Get a gym membership* — Get healthy now, and you will look and feel better.
- *Start a sunny day fund* — Not all funds have to be for emergencies. Plan a vacation and have it paid for before you go.
- *Adopt a pet* — Studies show that pets reduce stress and elevate moods. Bring a little love into your life.

• *Attend a college course* — Next to a healthy body, a healthy mind is vital to a happy life.

• *Take a healthy cooking class* — Combine learning with a healthy lifestyle choice and live happier, longer.

Invest in the World

- *Give to a charity* — Support that group you have always wanted to.
- *Invest in a socially responsible manner* — Ask your advisor about socially responsible or “green” investments.
- *Go energy efficient* — Save money on energy expenses through home renovations, a new hybrid car or joining an energy co-op.
- *Join a food co-op* — Support local farmers and enjoy healthy fruits, vegetables, meats and dairy products produced right in your own community.
- *Grow your own garden* — Reduce your carbon footprint, and save money, by growing healthy fruits and veggies in your backyard.

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Todd Simmons is a Raymond James Financial Advisor based in Duncanville.



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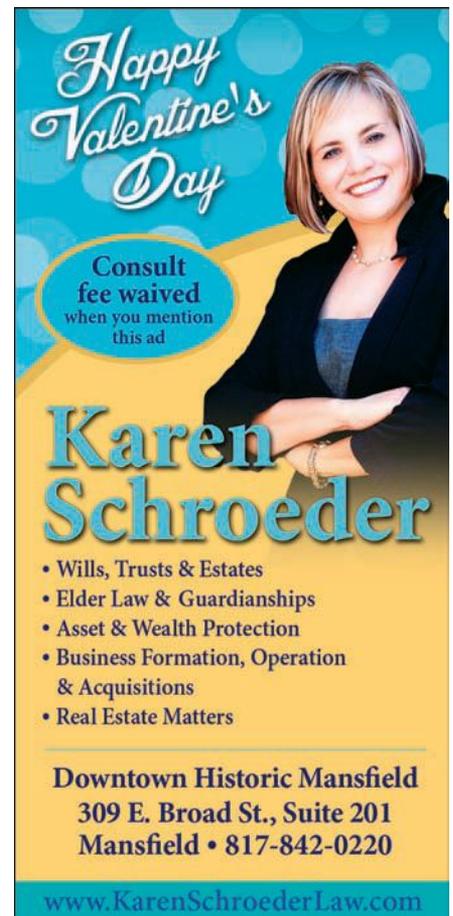


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More Sugar Necessary

— By Betty Tryon, BSN

You don't have to be a diabetic to have hypoglycemia. Although it is commonly associated with the disease, there are other conditions that can cause it. Hypoglycemia is the medical term for low blood sugar. Glucose, or blood sugar, is necessary for the body to have enough fuel or energy to carry out its normal functions. So when levels fall below normal, it is an issue that must be addressed.

Some symptoms associated with hypoglycemia are trouble thinking clearly, headaches, visual disturbances, heart palpitations, sweating, shakiness, weakness, anxiety and fatigue. Your body needs glucose to function as it has been designed to. If deprived of it, your body will experience consequences. For example, if the brain is not receiving glucose, it cannot function properly and leaves the person susceptible to seizures and even coma. Many conditions can cause these symptoms, so it is important to be diagnosed by a physician rather than guessing at what might be wrong.

If you have been diagnosed with hypoglycemia and think you may be having symptoms, it is crucial to take immediate action. Because it's possible to lose consciousness with hypoglycemia, your first step should be to make sure you are in a safe place when you begin to counteract the effects of low blood sugar. If you pass out you certainly don't want to be behind the wheel of a car or injure

yourself falling. Follow instructions given by your physician. Some of the things that might be a part of your management plan are to test your glucose level if possible, and if your blood sugar is low, start taking some form of carbohydrates. Some food items suggested for this are hard candy, raisins, sugar, juice or milk. The amount should be determined with the help of your health care provider. Glucose tablets and glucose gel are available prepackaged. Eat or take the prescribed or recommended amount and test your blood sugar again. Some people may require an injection of glucagon. Glucagon is a hormone that quickly raises blood sugar levels. Based on the severity of your reaction and/or if your glucose level does not rise, you may have to call 911 or your doctor.

If you have hypoglycemia because of diabetes, it is important to follow the diabetic management plan set up with your physician and monitor your food intake and medication. If your hypoglycemia is from another condition, then the underlying problem needs to be corrected or managed. Careful planning can help avoid a catastrophe with hypoglycemia. **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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February 3

Girl Scouts VIP Party: 7:00-8:00 p.m., Willie E Brown Elementary School, 1860 Cannon Dr. Attend the monthly to learn about volunteer opportunities or if you are interested in joining the Girl Scouts. For more information, contact Kriste Ryan at (682) 422-9211 or girlscoutsMISD@gmail.com.

February 6

Love & Logic Parenting Class-Raising the Odds for Success in School: 8:30-9:30 a.m., Willie Brown Elementary, 1216 S. Main St. For more information, contact Lisa Eubanks at LisaEubanks@misdmail.org or call (817) 299-5860.

February 7

Girl Scouts Cookie Booth: 12:00-3:00 p.m., Kroger, 3001 S. Matlock Rd. For more information, contact Kriste Ryan at (682) 422-9211 or girlscoutsMISD@gmail.com.

Ennis Czech Music Festival: 1:00-10:30 p.m., Sokol Hall, 2622 Texas 34. \$7 per person; ages 14 and under free. Come enjoy authentic Czech music, dancing, food and fun as five bands perform throughout the day. For more information, call (972) 878-4748.

Kelly Willis & Band in Concert: 8:00-10:00 p.m., Farr Best Theater, 109 N. Main St. \$20-\$30 per ticket. Kelly Willis is known for her alluring voice and songwriting talent, performs everything from Americana and Texas country to contemporary and traditional tunes. For more information about this event, please visit www.farrbest.com.

February 12

Fourth Annual Daddy Daughter Dance: 6:00-9:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. \$15 per person. Tickets must be purchased in advance. This year's theme is *Frozen*. For more information, call (469) 309-4041.

February 13

Richard Leigh: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$17 per ticket. Richard Leigh is a well-known country musician who has won numerous prestigious awards and has nine number one singles to his name. For more information about this event, please visit www.farrbest.com.

February 16

Mondays at the Movies presents *Young*

Frankenstein: 6:30-8:30 p.m., Farr Best Theater, 109 N Main St. \$2 per ticket ages 14 and up; \$1 for 13 and under. Bring the entire family and enjoy a true movie classic. For more information about this event, please visit www.farrbest.com.

February 20

Love & Logic Parenting Class-Understanding Parenting Styles: Helicopter, Drill Sergeant, and Consultant: Mary Jo Sheppard Elementary, 1701 FM 1187. For more information, contact Julia Rea at JulieRea@misdmail.org or call (817) 299-6600.

February 21

Johnny Red and The Roosters: 8:00-10:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20 per ticket. This rock-and-roll band performs with an energy and passion that is both unique and unparalleled. For more information about this event, please visit www.farrbest.com.

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

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In the Kitchen With Dana Taylor

— *By Sara Edgell*

Cooking was Dana Taylor's first love in life. Although she never formally studied cooking, she grew up learning from the best. "I learned how to cook at a very early age," Dana said. She discovered her way around a kitchen quickly, watching and working alongside her mother and grandmother who were always cooking up something tasty. "Growing up in south Louisiana, Cajun cooking was our specialty. The food had to have that 'just right' Cajun flair," she recalled.

Being in the kitchen gives Dana a chance to make delicious dishes for her family, which is also the way she expresses her love. "Coming home from work and taking time to prepare a meal for my family gives me much joy," she stated. **NOW**

Shrimp Po'boy

16 oz. large, raw shrimp in the shell
1 egg
1 1/2 cups buttermilk
1 1/2 cups all-purpose flour
Tony Chachere's Creole Seasoning
Canola oil
4 hoagie rolls, split (Pepperidge Farm)
1 Tbsp. margarine or butter
Optional toppings: lettuce, tomato, mayonnaise, mustard, tartar sauce

1. Peel and devein shrimp, then rinse. Set aside in a bowl.
2. Mix the egg and buttermilk together.
3. Pour flour into another bowl, adding creole seasoning to taste.
4. Season the shrimp (just a little) with more creole seasoning.
5. Pour about 2-inches canola oil into a

large frying pan and set the pan on medium heat. Place 1 shrimp in egg mixture and flour mixture; drop into oil — if it sizzles, oil is hot enough.

6. Place remaining shrimp into egg mixture, then into flour mixture.
7. Fry for about 5-7 minutes or until golden brown. Drain shrimp on paper towels.
8. Toast the rolls in a pan with margarine or butter. Assemble sandwiches as desired.

Mustard Potato Salad

3 medium white russet potatoes
3 large eggs, hard-boiled
2 tsp. mustard
3 Tbsp. mayonnaise
3 Tbsp. sweet pickle relish
2 Tbsp. Morton's Season All
Salt and pepper, to taste
Garnishes: dried parsley and paprika

1. Peel, cut and boil potatoes. Cool potatoes in pot, then drain.
2. In medium bowl, mix first 5 ingredients carefully so as not to mash potatoes. Add Season All, salt and pepper. Garnish with paprika and dried parsley.

Crawfish Étouffée

1 12-oz. pkg. crawfish tails
1 small yellow onion, chopped
1 small bell pepper, chopped
1 stalk celery, chopped
4 Tbsp. margarine
1 10 1/2-oz. can cream of mushroom soup
1 10 1/2-oz. can cream of celery soup
3 cups rice
Morton's Season All, to taste

1. Wash crawfish in a strainer.
2. Sauté vegetables in margarine until onions become transparent.
3. Add soups; add 2 soup cans of water; stir until blended. Cook over medium heat for 10 minutes.
4. Cook rice according to package instructions; set aside.
5. Add crawfish tails to soup mixture; add Season All. Cover and simmer for 40 minutes, stirring frequently.
6. Serve over rice.

Easy-bake Cheesecake

1/2 cup sugar
2 8-oz. pkg. cream cheese
2 eggs
1 tsp. vanilla extract
1 tsp. rum extract
6-oz. graham cracker pie crust

1. Preheat oven to 300 F.
2. Using mixer, cream sugar and cream cheese. Mix in eggs, 1 at a time. Add extracts. Mix until batter is smooth and creamy. Pour into pie crust.
3. Bake for 70 minutes. Use a toothpick to check if done.
4. Cool for 20 minutes. Chill in refrigerator for 1 hour before serving.
5. Serve alone or with your favorite fruit toppings.

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

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