MansfieldNOW

FEBRUARY 2020

Consider Contentment

At Home With Mildred
Briscoe Dears

In the Kitchen With Cedric Robinson

Channeling Beauty

Author Té Russ teaches the art of aerial silks



Also inside: Scavenger Hunt

Featured Business: Buttermilk Sky Pie Shop

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Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker | Mansfield Editor, Melissa Rawlins Editorial Assistant, Rachel Smith | Writer, Angel Morris Editors/Proofreaders, Lisa Bell . Sally Fuller . Virginia Riddle

GRAPHICS AND DESIGN

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

PHOTOGRAPHY

Photography Director, Chris McCalla Photographer, Lori Baur

ADVERTISING

Advertising Representatives, Lori O'Connell . Keri Roberson Steve Randle. Cherise Burnett. Dustin Dauenhauer. Bryan Frye Kelsea Locke . Linda Moffett . Linda Roberson Joyce Sebesta . Melissa Stacy

Billing Manager, Angela Mixon



ON THE COVER

Mildred Dears' Sweet 16 portrait, made in 1956, graces the walls of her home.

Photo by Lori Baur.

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Melissa Rawlins
MansfieldNOW Editor

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EDITOR'S NOTE

This is the month!

There's a song I can't get out of my head. I've sung it often with faithful friends, and it's highly motivating. Part of its refrain is, "This is the day. Hey! This is the day ..." and I am rejoicing, right now, that, "This is the month. Hey! This is the month ..."

February is a great month to remember who we are, and then to dedicate ourselves to live accordingly. It's also a great month to remember that we're all in this together. Whatever our intimate circle of family and friends looks like, we exist within a larger network that is actually all working toward the same goal: harmony.

Dr. Jim Vaszauskas kept this goal front-of-mind, and supported the community from multiple angles. Although not every family in Mansfield is affected by happenings within Mansfield Independent School District, the organization's outgoing superintendent's peaceful presence will be missed.

At the same time, we are all experiencing the blossoming of Dr. Kimberley Cantu's influence within the community. As the new MISD superintendent, Dr. Cantu brings a wealth of wisdom gained during service to the school district throughout Dr. V's tenure. I'll never forget her focus on bringing in the light, shared within *MansfieldNOW Magazine's* October 2018 feature on the home she and her husband, Jerry Cantu, created.

In my home, I think I'll focus upon the light, as well. To start, I'll wash all my windows. Then I'll get some seeds started in the windowsill so that after the freezes end, I can sow seedlings.

We're off to a great start!







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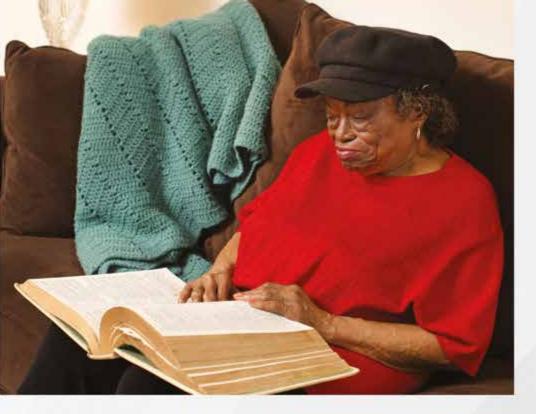
CONSIDER Contentionent - By Melissa Rawlins

Mildred Briscoe Dears was born 82 years ago to Milford and Maggie Briscoe, longtime residents of Mansfield. In fact, many of her fourth-generation ancestors' photos line the pastel-painted hallways in her brand-new apartment complex, Bethlehem's Pioneer Place — built last year across from Mildred's church, Bethlehem Baptist. Mildred asked her pastor, Dr. Michael Evans, to bless her place once she moved in, and she understands his prayers are one of the many reasons her brand-new apartment feels like home to her.

"God gave my pastor the vision for this place. When they brought it all together, that was such a blessing because it was history for me," Mildred said. Sunny afternoons find her on the east-facing balcony. "Sometimes, I sit out there and talk to God, and thank him for my pastor, and for the things he's blessed me with and brought me through," she said, remembering that she knew the owners of the land where Pioneer Place now stands and grew up with their children.

In her second floor abode, Mildred has surrounded herself with gifts given to her by friends. For instance, longtime friend Bobbie Collins, who also lives in Pioneer Place, gave Mildred a handsome teal-colored knitted afghan. The throw perfectly complements the chocolate brown, velveteen couches in her family room.

Here, the sturdy oak floors need no rugs — a good thing, since bare floors increase Mildred's ease of mobility. When she's not resting in her bedroom watching her favorite television shows, she's out in the family room, where a calm mood is set by creamy walls and regal colors like ruby-red, teal and gold. Surrounded by crosses on the wall and music from her favorite radio station, KHVN 97, Mildred spends time talking on the phone with family, encouraging visitors or simply remembering the goodness from her long life.



At Home With Mildred Briscoe Dears





Her stereo keeps her love affair with music alive. A gospel singer, Mildred was a member of the Bethlehem Baptist choir from the time she was 5 years old until she found it too hard to stand for long periods. "I still remember how she would walk around the house whistling. She would whistle 'Amazing Grace', and it was as though her whistle was an entire orchestra," her daughter, Cynthia, said. "She was really into her singing. She loved blues, Johnny Cash and Loretta Lynn. I miss that she doesn't sing anymore."

Mildred is perfectly content. "I love it here. I just sit and think and tell God thank you for his blessings," Mildred said. "One of them is that we've got several different races of people here, and we all get along. You go into the community rooms or pass people in the hallways and everybody waves and greets each other. I enjoy that, because born in 1937, I saw lots of things, and as I say all the time, we all are God's children."

A matriarch in the halls of Pioneer Place, Mildred has been blessed to be a blessing to Mansfield her entire life, although the way it worked out was not as she had imagined while a teenager studying at I.M. Terrell Academy in Fort Worth. "I wanted to be a nurse, but because I had seven children, I never got into the field, since they said I couldn't miss one day of work. I wanted to do something to help others — not for the money, just to be there for people."

She has been there nurturing all of her children, church brethren, family and friends, as well as all of her clients, ever since she graduated high school in 1956. By the time her sweet 16 portrait was made, she was already dating Willie Nathaniel Dears, Sr., the man whom she married after graduation. At first, they lived with their parents. Eventually, they were welcomed by her aunt into her large home on West Broad.





Throughout the 1960s, Mildred and her growing family lived within five miles of the place she now calls home. After Mildred's separation in 1971, her dad cosigned for her to have a car, so she could go to various homes in Mansfield to clean. "I did that until Daddy was sick," she said, "until all of my children had gotten out of school. I did some home health sitting for about five years after retiring from housekeeping."

Mildred's eldest child, Sharon Elizabeth Massey, now has two children and lives in Crowley, Texas, working as an instructor with the Fort Worth Independent School District, Willie Nathaniel Dears, Jr. and his wife, Cynthia, live in Lawton, Oklahoma, enjoying retirement from the U.S. Army. Barbara Jean Poux, who gave Mildred two grandchildren, is retired and lives in Mansfield, sometimes with Mildred. Kenneth Dears and his wife, Jackie, dwell in Graham, Texas. Cynthia Thomas, a leasing agent in Fort Worth, has one child and is a frequent guest with her mother. Lastly, Mildred gave birth to twins, Cheryl Martin and Derryl Dears. Cheryl and her husband, Bruce, live in California, and Derryl and his wife, LeeAnn, have two children and live nearby in Fort Worth.

Young ladies at Bethlehem Baptist Church flock to Mildred as a mother figure, or to be a grandmother figure for

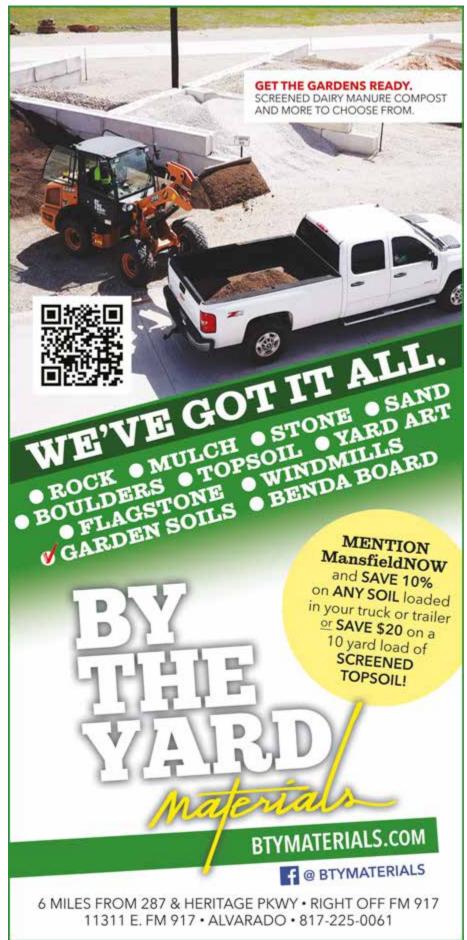




their children. On Sundays, she simply walks across the street for church, accompanied by various members of her family.

The guest room is available to any and all of her children, grandchildren, nieces and nephews. Cynthia decorated the refuge in cool colors to promote relaxation. She created the backdrop to the bed using matching candleholders and a valance from a thrift store. Cynthia likes art, and Mildred knew she could leave all the decorating up to her daughter; her grandson and his wife, Gary and Melissa Poux; and her granddaughter and her husband, Danielle and Kenneth Mackey.

"I've always been flexible like that," Mildred said. "I try to get along with people. Everything doesn't have to be my way all the time. That's how I grew up. We were taught to consider others." NOW





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Living in a creative family is exciting. When anything in your head really could be possible, then every imagination is a potential art project. For Té Russ, a musically inclined teacher, wife and mother, photography is one of many artistic outlets she indulges when the mood strikes. She's practiced on and off for a decade. In last year's music and arts festival in Mansfield, she received third place in the amateur category for a photo of bluebonnets. Lately, she's using her photographs to create cover art for her books.

Té always liked writing. She started as a young teen journaling, the "Dear Diary" type thing, and eventually began creating her own stories privately. As a high school student, she thought she'd be a journalist.

Though she'd read romance novels when she was 15 or 16, it wasn't until after she and her best friend, Alex Russ, married and had two children that Té began to imagine writing romance novels. "His grandmother gave me a bag full that she did not read," Té recalled. "Something clicked, and I was like, *Hey, I can do this.* I pulled an unfinished piece out of my vault, I guess you could say, and tweaked it until I created my first couple of books in 2012."

Her husband recalls his normally shy wife was very apprehensive as she wrote her first published book. "She wanted me to read that first book. But even though we're super tight, she couldn't bear knowing I was reading it," Alex said.

"I couldn't be in the same room while he was doing that," she admitted.

Waiting until Té went to bed, Alex would sneak his iPad to bed to read her draft. "I thought, This is my wife. I love her. She's my friend. I'm going to support this whether I like it or not. I did not know what I would read, but in the process of







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reading the book I was so surprised at how good it was," he said. "Then I got to the part where she had stopped. It wasn't the end, but it wasn't done. I'm like, What happens? I'm stuck!"

Alex woke her up to ask, "Honey, what happens?" Then he informed her, "Honey, you need to do this for the rest of your life!"

Watching Té go through the creative process has been an amazing experience for Alex. "She's making up these whole worlds, 38 books thus far, and I have to sit back and wait for each one," he said. "I'm super proud."

"I'm in a very loving relationship with my husband. He treats me beautifully, always supports me, and we have two beautiful kids together. I like to channel that into these books," Té said. "I want people to know there's love out there for everybody. You just gotta be patient!"

Té's allowed her writing to flow, not only inside the plotlines but also throughout her life. Three or four years ago, while conducting research for a book titled Noble Surrender, she found yet another creative outlet, dancing in the air using aerial silks. "I wanted my heroine to be involved in a type of interesting night life. By day, she is a chemist. By night, maybe she would be a burlesque dancer? In my research I stumbled upon aerial performances," she said.

At the time, the nearest studio was in Frisco, Texas, so she did all her research on YouTube. "I ordered a silk and tried to go along with it at home, doing different yoga poses but modified to where you can do them in the silk," Té said.



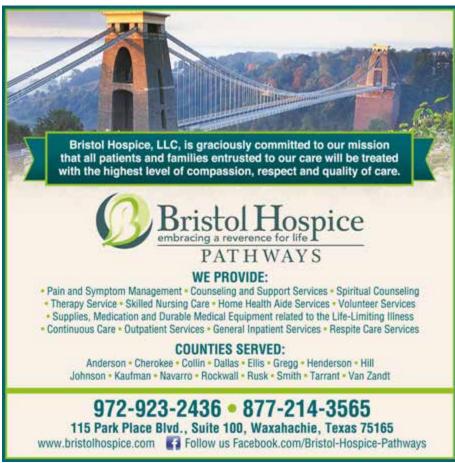


The soft, 30-by-6-foot low-stretch polyester tricot fabrics, which hang on rigging equipment rated for 2,000 pounds, become a stretchy swing that people can sit or lie down in. "It's a really interesting experience," Té revealed. "It's very relaxing." Sometimes Alex, 13-year-old Chloe or 10-year-old Alex would come into her office to flop in the silks while she wrote.

A year after the book was released, Té got a text on her phone advertising aerial yoga at Sunshine Yoga Shack. "I took my first class, and it was very interesting, but I thought I couldn't do it very well," she said. "I kept going and not a month in, I was hooked. New people are scared at first but when they get in, the cocoon feeling comforts them. Your body is doing new things it's not used to, so you have to give it a little time. I was one of those who loved it. Another year went by, and I chose to get certified as a teacher."

Té has become a better writer because she practices the flowing, graceful, sometimes dramatic movements involved in aerial silks. "This helps when I'm having writer's block," she said. "I can go to the studio, and it gets my endorphins released and clears my mind, so when I come back to my writing I am more calm."

This month, she's energetically preparing for Sunshine Yoga Shack's aerial silks showcase during the Pickle Parade. "I'm choreographing the showcase performances, with intention to reveal there is definitely an art to it," Té said. Once the silks are rolled up, she and Alex will put on their motorcycle leathers. She'll hold him tight, and they'll ride off into the sunset together.







Buttermilk Sky Pie Shop

By Melissa Rawlins

Buttermilk Sky Pie Shop 3150 E. Broad St., Ste. 110 Mansfield, TX 76063 (817) 592-3149 Mansfieldtx@buttermilkskypie.com

Hours: Monday-Saturday: 10:00 a.m.-7:00 p.m.

You step back in time when you enter the Buttermilk Sky Pie Shop. Designed by a southern family who hoped people would enjoy their scrumptious family recipes, the shop is run by a Texas family who is confident their made-from-scratch desserts will delight.

Police officer Deric Sheriff and his wife, Vanessa, formerly a nurse and paramedic, already were owner-operators of Nothing Bundt Cakes in Burleson when they learned from

their franchise's CEO about the very first Buttermilk Sky Pie Shop in Texas.

"We could not believe how good the pies were at the Colleyville store," Vanessa said. "They were better than the homemade pies I used to sell out of my kitchen." The Sheriffs decided to open a Buttermilk Sky Pie Shop in Mansfield, and business boomed from day one.

"We get a lot of men here," Vanessa said. "We have a lot of wives coming in for their husbands' birthdays, and they say their husbands prefer pie to cake."

Adults of all ages drop in for carryout deliciousness sold in three sizes. "At all times we have 10 flavors of pies, but one of those changes every six weeks," Vanessa said.

Buttermilk Sky Pie Shop also sells Thumbprint Cookies, in regular- and chocolate-shortbread flavors, as well as mugs, candles, pie stands and sets of pie plates. Customer service associates, always quick with friendly greetings, take time to place pies in sturdy boxes. If requested, anything can be wrapped in cello and topped with colorful gingham ribbons and special tags for birthdays or anniversaries.

"Instead of just thinking about us when you want pie, we're here when you think about other people, as well," Manager Nick Clark said.

Nick baked at his parents' cake store before shifting his attention to the Buttermilk Sky Pie Shop when it opened in September 2018. "I've always been interested in culinary arts and initially in cooking real food. I've learned to appreciate baking as an art, as well as a science," he said.

Everything is made from scratch here, and handmade tools press every piecrust. "Our shortbread crust is better than almost any other crust I've tried. It's sweet and has the perfect texture," Nick enthused.

> "I've learned to appreciate baking as an art, as well as a science."

His favorite pie to bake is the Key Lime. "I like the way it looks, and it's relatively more consistent than some of the other pies," Nick said. "It's also one of my favorite pies to eat."

The family is opening a new restaurant this month or next, also inspired by a positive taste test. "Luckily, we have a lot of kids. Six, in fact," Vanessa said. "My other son helps me run the cake store. He and Nick will go over to the new restaurant. My daughter will manage the pie shop." They'll be busy, but keeping it all in the family is fun.

Valentine's Day will keep them extra busy, making more chocolate pies than normal. During the entire month of February, the Buttermilk Sky Pie Shop is highlighting Cherry Pie, made from both dark and sweet cherries. The crumble on top makes it extra special. Order yours early, and then savor your visit with the extraordinary family at Buttermilk Sky Pie Shop. NOW







Zoomed In: Chris Gensheer

Surrounded by three women and four men, Chris Gensheer was having a lot of fun facilitating a breakout session on the Enneagram during a workshop at the Mansfield Area Chamber of Commerce. "Character trumps personality," Chris said, while answering a question on why it might be valuable to analyze your own personality type.

"I learned the lesson the hard way," Chris said. A member of the Chamber for two years, Chris currently manages his own firm, the Empathy Marketing Group. For 15 years prior, he served as a church-planting pastor, and has never forgotten one particular professor in seminary. "He taught that although personality assessments are useful, so that you can manage around your weaknesses, at the end of the day, you are what you choose to be."

At Hardy Allmon Sports Complex, the Rodas family finds a bright and beautiful soccer field to play around on.

Around Town



The Langley family assembles their new basketball hoop together.



While it is cold outside, the Grayes family has a ball inside Fieldhouse USA.



Mansfield Historical Museum Director Jessica Baber talks with Mansfield Librarian Julie Crisafulli about potential joint ventures serving the community.



Methodist Mansfield Medical Center welcomes New Year Baby, Emma Leigh and parents, Mr. & Mrs. Austin Petermeier.

By Melissa Rawlins



The Keith family enjoys a walk on the Walnut Creek Linear Trails with Jaxon, who is collecting a few sticks.



Associate Superintendent of Facilities and Bond Programs Jeff Brogden says goodbye to Superintendent Dr. Kimberley Cantu at his retirement reception honoring his 33-year career, 15 of which were spent at MISD.



Heather Nowels chalks out the encouragements for 200 participants in Run United's Resolution Restart 5K Run at James McKnight Park.





THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf





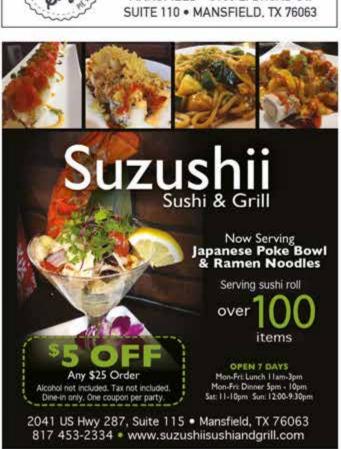


THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf











Ten years after meeting, Cedric Robinson and his wife, Ketra, are expecting their second child on February 9. Cedric credits Ketra with inspiring him to start cooking seriously. "She told me she wanted a man who could cook. Prior to that, I lived on peanut butter and jelly," he said.

His family had already prepared him to cook very well. "My mother is amazing," he said. "All of my creativity, innovation and attention to detail come from her."

Beyond finding joy cooking for his family, Cedric now has a catering company with his brother. He also supervises and cooks with his students once a month for the staff of Summit High School's Social Emotional Vocational Application program. The recipes he shares here put smiles on the faces of the community he serves. Now

Chicken and Waffles With Blueberry Compote

Chicken:

- 4 bone-in, skin-on chicken thighs
- 6 Tbsp. sea salt
- 2 tsp. oil, either ghee, coconut oil or avocado oil
- 1/2 cup shallots, finely minced

- I cup white wine (or chicken stock if can't use alcohol)
- 1 1/3 cups chicken stock Fresh herbs like thyme, rosemary or sage
- 4 Tbsp. cold, high-quality butter

Waffles:

- 2 cups all-purpose flour
- 1 Tbsp. sugar
- 2 tsp. baking powder

- 1/2 tsp. salt
- 3 large eggs, separated
- 2 cups milk
- 1/4 cup canola oil

Syrup:

- 1/2 cup sugar
- 1/2 cup corn syrup
- 1/2 cup water
- 1/2 cup milk
- 2 Tbsp. vanilla
- 1 Tbsp. cinnamon

Blueberry Compote:

- 1/2 cup water
- 1 1/2 Tbsp. fresh lemon juice
- 1/2 cup sugar
- 2 3x 1/2-inch strips fresh lemon zest
- 2 cups blueberries
- **I.** For chicken: Preheat oven to 375 F. Pat chicken thighs very dry; season very liberally with sea salt.
- **2.** Heat oil in an oven-proof skillet over medium-high heat until very hot. Using tongs, place chicken thighs skin-side-down

in the skillet; sear for about 7-8 minutes, or until the skin is golden brown and no longer sticks to the pan. Flip chicken thighs; transfer skillet to the oven. Roast 15 minutes, or until internal thermometer registers a temperature of about 162 F.

- **3.** Carefully remove skillet from oven. Always use a potholder on the skillet handle during the rest of the recipe. Transfer chicken thighs to a plate; pour off all but about 1-2 Tbsp. of the fat from the skillet.
- **4.** Return skillet to the stove over mediumlow heat. Add shallots; sauté, stirring regularly, until softened, about 2-3 minutes. Carefully add white wine and deglaze, scraping the skillet with a wire whisk or spatula to loosen all the browned bits in the skillet. Bring wine-shallot mixture to a boil; reduce by half. Add chicken stock. Bring to a boil. Reduce the mixture by half, or cook until mixture is no longer soupy but thicker, like a sauce. Stir in fresh herbs. Remove from heat; stir in cold butter, whisking constantly until melted. Season with additional salt.
- **5.** For waffles: In a bowl, combine flour, sugar, baking powder and salt. In a separate bowl, mix egg yolks, milk and oil; stir into dry ingredients just until moistened. In a small bowl, beat egg whites until stiff peaks form; fold into batter. Bake in a preheated waffle iron, according to manufacturer's directions.
- **6.** For syrup: Combine sugar, corn syrup and water in a saucepan. Bring to a boil over medium heat; cook and stir for 2 minutes, or until thickened. Remove from heat; stir in the milk, vanilla and cinnamon.
- **7.** For blueberry compote: Combine liquids, sugar and fruit, stirring until every blueberry is coated with all other ingredients.
- **8.** Place warm chicken thighs over the waffles; ladle plenty of pan sauce over top. Serve with syrup and blueberry compote on the side.

Northern Lights

1 pkg. bacon

I large sweet onion, chopped

I stalk celery, chopped

I tsp. salt

I tsp. black pepper

3 oz. garlic, minced

1 tsp. Italian seasoning/herbs

16 oz. ground beef

2 6-oz. cans great northern beans

1 15-oz. can Bush's Baked Beans

1 18-oz. bottle barbecue sauce

I. Fry bacon in a heavy skillet. Remove bacon; set it aside on some paper towels to drain.

2. Add chopped onion and celery to the skillet; sauté for 5 minutes on medium-high





heat. Add salt, pepper, garlic and Italian seasoning; reduce heat to low.

- **3.** In a separate skillet, cook the ground beef on medium for 15 minutes. Combine the ground beef with the herbed vegetables. Add all of the beans to the mix; stir and simmer for 30 minutes.
- **4.** Chop bacon; crumble over the top of the meat and beans. Drizzle barbecue sauce over the top.

Cauliflower Pizza

- I large head cauliflower, roughly chopped I large egg
- 2 cups mozzarella, shredded (divided use) 1/2 cup Parmesan, freshly grated (divided use)

Salt. to taste

- 1/4 cup marinara or pizza sauce
- 2 cloves garlic, minced
- I cup grape or cherry tomatoes, halved
- 5 fresh basil leaves, torn before serving (optional)

Balsamic glaze, for drizzling

1. Preheat oven to 425 F. In a large skillet, bring about 1/4-inch water to a boil. Season with salt. Add cauliflower in one even layer; cook until crisp-tender, about 3 to 4 minutes. Transfer to a clean dish towel or paper

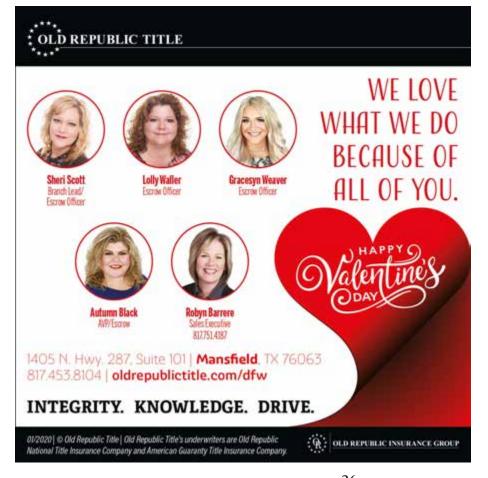


towels; squeeze to drain water.

- **2.** Add drained cauliflower to food processor; pulse until grated. Drain excess water on paper towels.
- **3.** Transfer drained cauliflower to a large bowl; add egg, 1 cup mozzarella and 1/4 cup Parmesan. Season with salt.
- **4.** Spray a baking sheet with cooking spray. Transfer dough to the prepared baking sheet; pat into a crust. Bake until golden and dried out, about 20 minutes.
- **5.** Top crust with marinara, remaining mozzarella and Parmesan, garlic and tomatoes; bake until cheese is melted and

the crust is crisp, about 10 more minutes. **6.** Garnish with basil; drizzle with balsamic glaze.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.









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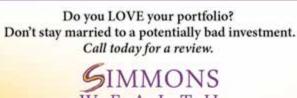












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KEY KEY NCE

— By Angel Morris

While today, Dr. DeBakey's name can also be found on other Texas research facilities and schools, it was not his birth name. After immigrating to Louisiana from Lebanon, the Dabaghis decided DeBakey was a more suitable, anglicized version of their name.

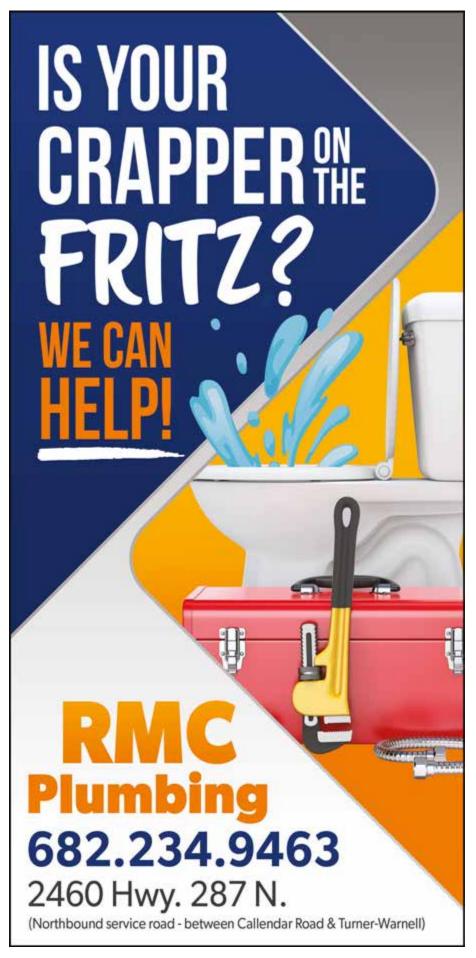
Born to Shaker Morris and Raheehja DeBakey in 1908, Michael is said to have shared his parents' thirst for knowledge and discipline. Shaker was not only a pharmacist, but also an investor. Michael's compassionate spirit no doubt came from his mother, who was an activist for nonprofit organizations.

In 1926, Michael graduated high school as valedictorian, then earned his bachelor's degree from Tulane University in 1930. While finishing his medical degree at Tulane's School of Medicine in 1932, DeBakey invented the roller pump — a tool helping blood flow continuously during operations. The device went on to be used in the first open heart surgery two decades later and was the first of more than 50 surgical heart and artery instruments credited to Dr. DeBakey.

Volunteering for military service at the start of World War II, DeBakey is credited with changing the way the Army handled casualties. Serving four years in the Office of the U.S. Surgeon General, he pursued movement of medical facilities nearer to the front lines.









speeding the care of wounded soldiers and increasing their chances of surviving.

In 1945, he received the Legion of Merit Award for these efforts, which resulted in the Army's standardization of MASH units — Mobile Army Surgical Hospitals — which were first utilized in the Korean War a decade later, with helicopters and airplanes used to transport wounded soldiers from frontline care centers to surgical hospitals.

As a result of DeBakey's efforts, reports suggest soldiers who made it to MASH units had a 97 percent chance of surviving. With ongoing concern for servicemen, Dr. DeBakev also developed the Veterans' Administration (VA) Medical Center System and VA's Medical Research Program to try and ensure the treatment of soldiers returning from war and veterans with certain medical issues.

Moving to Houston in 1948, Dr. DeBakey became a staff member at Houston Methodist Hospital and joined the Baylor College of Medicine faculty. Houston Methodist's website credits the doctor as "essential to the Texas Medical Center's evolution into the largest medical complex in the world."

DeBakev recruited doctors and researchers who, with him, developed many innovative treatments. Other significant accomplishments by Dr. DeBakey include the invention of the

Dacron graft — tubes which can replace or repair blood vessels — which he initially prototyped using his wife's sewing machine in 1954. This method would save DeBakey's own life decades later, when he suffered a dissecting aortic aneurysm at age 97, and doctors performed his own procedure on him.

In addition to his Dacron graft development, DeBakey performed the first aortocoronary artery bypass in 1964, and in 1968, the first multiple-organ transplant of a heart, one lung and both kidneys from one donor to four recipients. Working into his 80s, the medical statesman is credited with more than 60,000 surgeries.



Dr. DeBakey ensured Houston would continue to be synonymous with heart surgery treatment by teaching at Baylor College of Medicine, training thousands of surgeons, conducting ongoing research and co-authoring some 1,300 published articles. In 2001, Houston Methodist DeBakey Heart and Vascular Center officially opened. In 2008 at age 99, Dr. DeBakey died at Houston Methodist Hospital, where he had served a significant portion of his career and had greatly advanced cardiovascular medicine.

You can honor Dr. DeBakey's legacy by recognizing February as American Heart Health Month in large or small ways. Visit yourethecure.org for tips on living longer, healthier lives. Here you can also learn about supporting causes that promote heart health, such as being aware of upcoming health legislation and holding food companies accountable. In the spirit of Dr. DeBakey, the website helps you make decisions with heart.

Source: houstonmethodist.org Photos courtesy of Houston Methodist.

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Mis Fun Page

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ANSWER:
7)



Family

P	Т	S	1	S	T	Н	U	N	Ε
Α	N	R	E	T	0	E	N	Ε	R
R	Ε	0	М	В	R	R	С	L	D
F	D	T	L	E	R	c	н	1	L
Α	N	Н	A	T	-1	V	S	0	N
Т	Α	E	R	F	Α	E	Α	U	N
н	R	N	Ε	P	Т	н	Ε	R	Т
E	G	W	Ε	Н	N	1	E	С	E
R	G	R	Α	N	D	D	Α	U	G
R	E	н	Т	0	М	R	Ε	Т	н

Find all the words from the word list (ignore spaces and dashes):

CHILDREN
DAUGHTER
FATHER
GRANDFATHER
GRANDMOTHER

AUNT

BROTHER

NIECE
PARENT
RELATIVE
SISTER
SON
UNCLE

MOTHER

NEPHEW

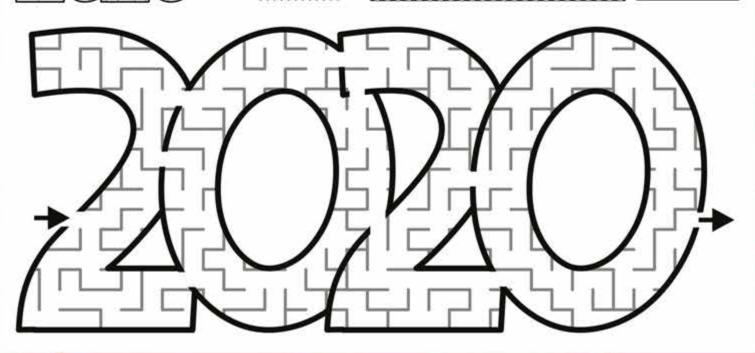




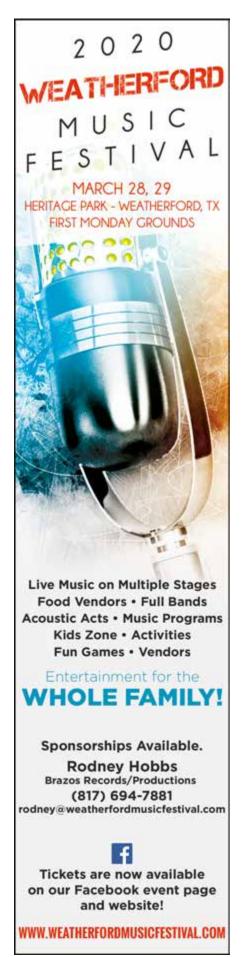
This is a zigzag word search puzzle.
Words go left, right, up, down, not diagonally, and can bend at a right angle.
There are no unused letters in the grid, every letter is used only once.

ANSWER:

H	4	3	¥	100	0	4	H	3	Ħ
9	n	٧	a	Ö	N	٧		9	H
3	0	9	1	N		-	M	9	1
1	10		14	4	d	-	N	8	H
Ñ	n	W	3	¥.	4	8	3	¥	1
N	0	5	A	1	4	¥	8	N	¥
3		H	0	¥	9	4	I.	ä	ò
a	3	0	H	H	0	14	0	3	¥
ä	3	N	1	Ö	4	3	×	N	¥
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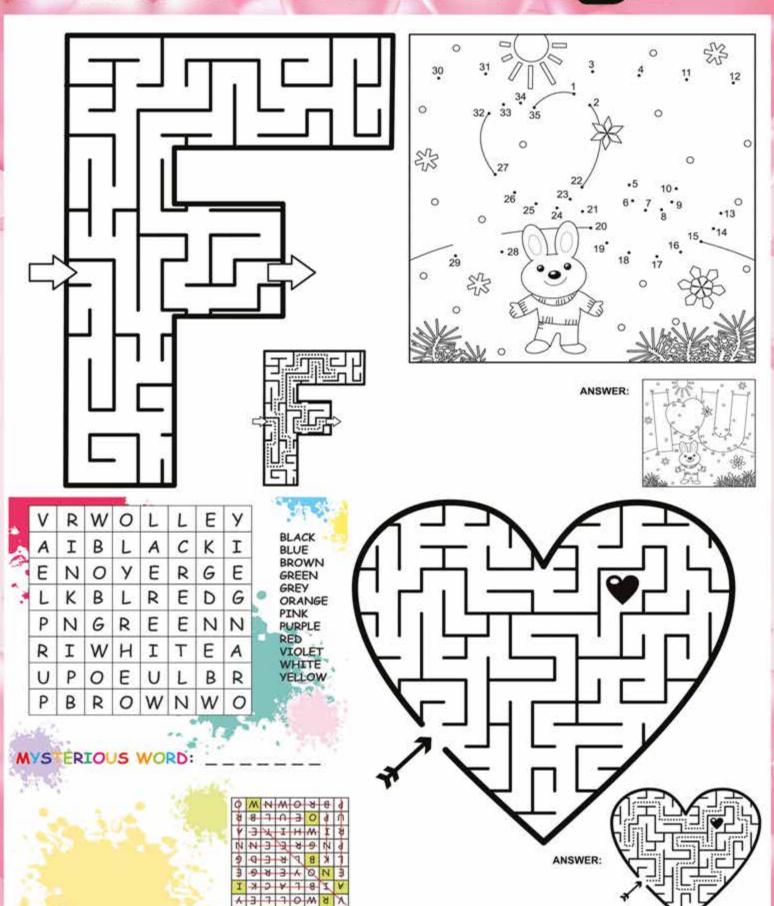








Mis Fun Page



SOLUTION: RAINBOW





Crossword Puzzle

1	2	3	4		5	6	7	8	9	
10		1	1		11	+	T	+	t	
12	T	t	\vdash	13		T		\vdash	t	14
15	1	t		16	t	T		17	t	t
		18	19	1	t		20		t	t
21	22		\vdash	1		23		T	t	t
24		t	T		25		t	T		
26		1		27		t		28	29	30
31	1		32		t	t	33			T
	34		t	T	\vdash		35			T
	36	+	+	1	1		37		+	+

Crosswordsite.com Ltd

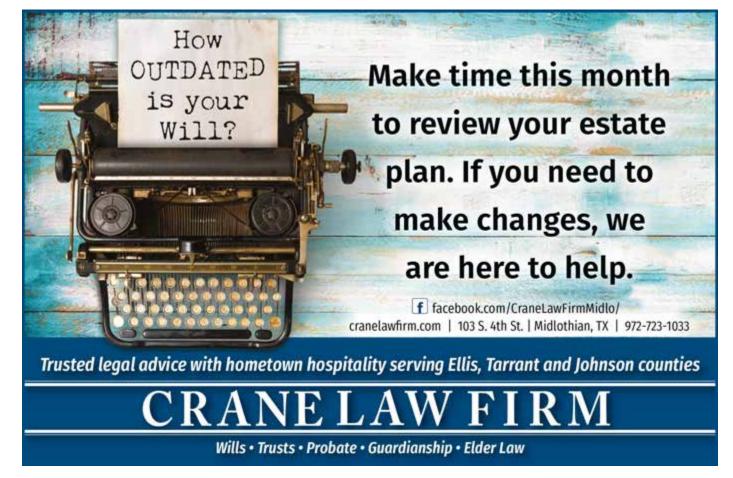
- 1 First part of a Web address
- 5 Stylish
- 10 Via
- 11 Playful prank
- 12 Entrées
- 15 Ad follower
- 16 Classic Ford
- 17 --- Man (arcade classic)
- 18 -- the crack of dawn
- 20 The Beatles' meter maid
- 21 Settled
- 23 Head of the line
- 24 Pile
- 25 Cuckoo
- 26 And not
- 20 MILL HOL
- 27 Trim, in a way
- 28 Letters in an open slot
- 31 Temperature reading of a sort
- 34 Get to know
- 35 Love god
- 36 Old Democrat --- Kefauver
- 37 About

Down

- 1 WWW code
- 2 Like tom yum soup
- 3 Feeders
- 4 Low form of comedy
- 5 "Ivanhoe" writer
- 6 She was urged to come into the garden (Tennyson)
- 7 Loan abbreviation
- 8 Hospital breathing machines
- 9 Dog rewards
- 13 Clothed
- 14 Hightail it
- 19 Vigor
- ta vigor
- 20 Manipulate
- 21 "Say it ain't so!"
- 22 Persons in general
- 23 Deer in a petting zoo
- 25 Thugs
- 27 Bog
- 29 Rorschach test piece
- 30 Too
- 32 Southampton Insurrectionist ---
- 33 Shooter ammunition

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Solutions on page 44





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Sudoku Puzzle

Medium

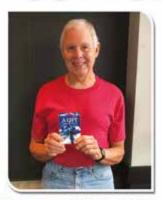
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Solutions on page 44



SCAVENGER



Dick Wentzel, winner of the \$100 Visa Gift Card from NOW Magazines, said, "I have always enjoyed 'hunting' lost items such as a scavenger hunt. So, now I won a \$100 Visa Gift Card. Thanks so much to MansfieldNOW. I really enjoy this magazine!"



Pat Pfeiffer, winner of the S150 PCA Sensi-Chemical Peel from Skandii MedSpa, said, "Thank you MansfieldNOW and Skandii MedSpa for the gift certificate, Yay! I REALLY enjoy the monthly magazine articles, the recipes and especially the Scavenger Hunt!



Old Republic Title donated a S50 Visa Gift Card to Brian Norgaard (not pictured).



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2/1

Resonance:

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2/6-2/8

Household Hazardous Waste Dropoff:

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

2/8

Craft My Valentine:

Make a heartfelt card for free. All ages and levels are welcome. No registration is required. 11:00 a.m.-1:00 p.m., Community Room, Mansfield Public Library, 104 S. Wisteria St. (817) 728-3690.

2/11

Mansfield Mission Donor Brunch:

Come hear how your donations make a difference for families in MISD. 11:30 a.m.-12:30 p.m., Mansfield Mission Center Thrift

Store Multi-Purpose Room, 703 E. Broad St. For more information, call (817) 473-6650 or visit www.mansfieldmission.org.

2/13

Mansfield Historical Society Meeting:

Join us for a presentation by lack Crowder, Fort Worth-based author of several books on the American Revolutionary War. 6:00-8:00 p.m., Mansfield Historical Museum, 102 N. Main St. RSVP to Marilyn Gerloff. (817) 692-6668.

Business Unplugged:

Sophisticated individuals with like minds who will all unplug from their Social Networks to get some Face to Face Networking done are welcome. Free. 5:00-7:00 p.m., American National Bank of Texas, 2500 E. Broad St. Kathleen D'Agostino, (817) 864-8771.

2/14

Bark Ranger:

Tail waggers are welcome with their leash-carrying best friends to become certified park stewards. 10:00-11:15 a.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Pre-register at (817) 728-3680.

2/15

Cupid Shuffle:

Register early for this familyfriendly 5K and Fun Run. 8:00-11:30 a.m., Midlothian ISD MultiPurpose Stadium, 1800 S. 14th St., Midlothian. Pre-register at www.raceplace.com.

2/20

Financial Literacy Class:

Learn how to budget before you get into debt. Class is free, and registration is required. 6:00-7:00 p.m., Community Room, Mansfield Public Library, 104 S. Wisteria St. (817) 728-3690.

2/28 & 2/29

Mark Twain's Tom Sawyer:

This play, about learning to be a "stand-up" person even in the face of tremendous danger, draws some of its material from The Adventures of Huckleberry Finn. \$16 (MISD students are free at the door with ID.) Friday: 7:00 p.m.; Saturday: 2:00 p.m., Willie Pigg Auditorium, 1520 N. Walnut Creek Dr. MCTinfo@ MainstageClassicTheatre.org.

2/29

MISD Multi Cultural Event:

Students and community members are invited for food, fun and all forms of artistic expression. 11:00 a.m.-2:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. (817) 299-1230.

Evening by the Campfire:

We'll be making s'mores, stargazing and listening to the stories behind the common

constellations. For all ages. Bring a camp chair or a folding chair. Preregistration is required. \$10/person; \$2 discount with early registration; \$2 discount with MAC card. 5:30-7:30 p.m., Katherine Rose Memorial Park, 303 N. Walnut Creek Dr. Register at https://apm. activecommunities.com/ mansfield/Activity_Search/11503.

By Appointment

Mansfield Mission Market:

Families, seniors or anyone in MISD who needs access to food are welcome to call. Pets are provided for, as well. 8:00 a.m.-4:00 p.m., Mansfield Mission Center, 777 N. Walnut Creek Dr. For more information, call (817) 473-6650 or visit 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 at no charge for people with any issues and teach others to pray for healing and wholeness. 10:30 a.m.-1:30 p.m.. The Healing Place, 600 Strada Circle, Ste. 210. Bill Dasch, (817) 319-0129.

WPT Poker Tournament:



2/22

3 Redneck Tenors: Classically trained artists will have you rolling in the aisles with their musical comedy. \$30. 7:30-9:30 p.m., Farr Best Theater, 109 N. Main St. Register at www.mansfieldtexasarts.org.

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.

DivorceCare:

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

First Mondays

Mansfield Area Marines:

Active duty, retired, honorably discharged Marines and FMF Corpsman are welcome. 7:00 p.m., Fat Daddy's Sports and Spirits Café, 781 W. Debbie Ln. George Miller, (817) 705-7984.

Third **Mondays**

Mansfield Art Association Meeting:

Enjoy a demonstration of technique while networking with local artists. 6:30-8:30 p.m., Chris Burkett Service Center, 620 S. Wisteria St. (817) 313-6327 or www.mansfieldart.org.

Second and Fourth Wednesdays

Mansfield Lions Club meetings:

Come early to fellowship and eat, and then learn how to become a Lion. Noon-1:00 p.m., Spring Creek BBQ, 1724 Hwy. 287 RSVP to Jane Jones, vice president, (817) 723-3817.

Third Wednesdays

Quilting With Heart:

Join us if you are interested in making charity quilts and would like to learn more about and share the art of quilting. Open membership with no dues. 1:00-3:00 p.m., First Methodist Church Mansfield, 777 N. Walnut Creek, Bldg. C, Room 11. qwhinfo@gmail.com.

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



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Crossword Sudoku Solutions

'н	² T	3 T	⁴ Ρ		5 S	⁶ М	⁷ A	*R	⁹ T	
10 T	Н	R	U		"c	Α	Р	Е	R	
¹² M	Α	L	N	13 C	0	U	R	S	Ε	14 S
15 L	1	В		16 L	Т	D		17 _P	Α	C
		18 U	19 _P	Α	Т		20 R	1	Т	A
0	²² P	Т	E	D		23 F	1	R	S	Т
H	E	Α	Р		25 G	Α	G	Α		
26 N	0	R		27 M	0	W		28 _T	²⁹ B	30 A
0	Р	1	32 N	1	0	N	В	0	L	L
	34 L	Ε	Α	R	N		35 E	R	0	S
	36 E	S	Т	Ε	S		37 A	S	Т	0

Easy

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

Medium

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

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