MansfieldNC

MARCH 2025



Learn simple safety measures to help keep kids safe

In the Kitchen With Christopher Sunderman

Family Heritage

A mother and daughter explore their Irish past

Also inside:

Scavenger Hunt

Crossword

Featured Business: **CBD** Lifestyles

GIR TRIBIN GIMI XT EALING

Postal CustomerECHM28 EDDW



Happy St. Patrick's
Day

Dr. Alan M Taylor II

Martha B., Mansfield, TX

I began my millionth weight loss journey. The difference has been working with the staff at Diet Solutions. Having these caring people there every week to teach and encourage me has made this time my most successful time. I have learned what works for my body and what doesn't.

I have achieved my most significant weight loss these past months, and it has made changes in my life that were totally unforeseen – like walking greater distances, reducing back pain, playing with my grandchildren, and, of course, a new wardrobe. If you are thinking about how to begin your weight loss journey, let me invite you to give DSC an opportunity to change your life.



Martha lost 53 lbs.*

may yary

\$99 OFF

1st Month of GLP-1 Plan

Expires 3/31/25

MANSFIELD • BURLESON • WAXAHACHIE 817-453-3438

www.dietsolutioncenters.com



PROUD
TO BE YOUR
PLANT AND
TREE CARE
PROFESSIONALS.

We Bring Your Soil

BACK TO LIFE

with Our Natural & Organic Carbon Based Fertilization.

SAVE 50% OR MORE ON WATERING.

- · Sick Tree Specialist
- Weed Control (that won't hurt your trees)
- Tree and Shrub Fertilization
- Disease Management
- Grub Control
- Fire Ant Control
- Perimeter Pest Control
- Borer Treatments
- Mosquito Control
- · Lawn Fertilization



LICENSED AND INSURED.

FREE

Tree Consultation

(\$100 Value)

Expires 3/31/25

FIRST SERVICE

with Paid Annual Program (New Customers Only.)

Expires 3/31/25





Ken Hewlett Certified Arborist TX-3265A

Veteran Owned



On Staff







LOWEST TAX RATE IN 35 YEARS

HOMESTEAD EXEMPTIONS ARE UP

ReflectMayorEvans.com



- OVER 20 YEARS OF EXPERIENCE
- NO HASSLES NO CONTRACTS
- FREE SPOT CHECKS BETWEEN TREATMENTS
- NOW IS THE TIME TO PREVENT WEEDS!

MANSFIELD'S LAWN CARE **COMPANY!**

- Custom-blended Fertilizers 🛸
 - Weed Control 38
 - Lawn Aeration 🞇
 - **Grassy Weed Control**
 - Tree and Shrub Care 🞇
- Lawn, Pest & Insect Control 🛸

FREE

WITH PREPAID ANNUAL LAWN PROGRAM



817-692-7693 www.weedsolutionsinc.com

ON THE COVER



Kelly Hopkins and Mary Bridget O'Donnell honor their Irish culture.

Photo by Lori Baur.

Publisher, Connie Poirier General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker Mansfield Editor, Sandra Walters Office Assistant, Kristin Bato Writer, Todd Simmons Editors/Proofreaders, Rachel Rich Virginia Riddle

GRAPHICS AND DESIGN

Creative Director, Chris McCalla Artists, Kristin Bato . Beth Davis Martha Macias . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla Photographer, Lori Baur

ADVERTISING

Advertising Representatives, Bryan Frye . Cherise Burnett Dustin Dauenhauer. Kelsea Locke Linda Moffett . Linda Roberson Karen Schaefer . Jeremy Young

Billing Manager, Angela Mixon

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2025. All rights reserved. MansfieldNOW is published monthly and individually mailed free of charge to homes and businesses in the Mansfield ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



MEDICAID, CHIP & MOST INSURANCES ACCEPTED 2880 N. FM 157, Ste. 102, Mansfield, 76063 | 817.473.6200 WWW.ALLURESMILEDENTAL.COM





Sandra

Sandra Walters MansfieldNOW Editor sandra.walters@nowmagazines.com (682) 554-1743

EDITOR'S NOTE

Hello, Mansfield Family!

This month, we will experience fascinating things, such as a change in time and weather, St. Patrick's Day and spring break. March is a time of transition and celebration, where we embrace the vibrant energy of spring and take a moment to enjoy a well-deserved break.

For many, March means spring break — a time to hit pause, recharge and make unforgettable memories. Whether you're planning a relaxing getaway, exploring new adventures or simply enjoying a staycation, it's the perfect opportunity to shake off the winter blues and welcome the season with a fresh perspective. Maybe, when it was cold, you chose to exercise inside. However now, you can take a journey walking, biking or running outside.

Of course, we can't talk about March without mentioning St. Patrick's Day! The 17th is a day to wear your green attire, celebrate Irish culture and share in the joy at the Mansfield St. Paddy's Pickle Parade & Palooza. Whether you're attending the parade, cooking some corned beef and cabbage or just enjoying the St. Patrick's Day activities it is a reminder to savor the lighter side of life.

As we march forward into the season of renewal, let this month be a time to learn about Irish history, take a break, enjoy the spring climate and spring forward on Sunday, March 9. Here's to longer days, warmer weather and all the excitement March brings!

Cheers to the fresh start of March!

Re-Elect Tamera Bounds to Mansfield City Council Place 2



As your current council member, I am dedicated to lowering the tax burden on our residents, ensuring public safety, fostering economic growth, supporting local businesses, upholding fiscal accountability, and investing in our infrastructure!

I am committed to reflecting our city's rich culture and hometown values while creating spaces that celebrate our unique community. We have the best park and trail systems and have been voted the best midsize city in the country to live in. Our community offers good-paying jobs and excellent schools for our children!

Mansfield is a thriving and stable community, making it a wonderful place to live, work, and play, both now and for future generations!

Please visit my website at reelecttamerabounds.com. VOTE Tamera Bounds on May 3rd or VOTE EARLY April 22nd through the 29th.



ReElectTameraBounds.coi





We work our tails off to save yours.

March is dedicated to bringing awareness to this leading cause of cancer death in the United States. With over 100,000 new cases each year, there is no doubt that colon cancer is a big problem. Fortunately, the disease is highly preventable, treatable and easy to detect.

Have you scheduled your screening?

If you're over the age of 45, it's important to have a colonoscopy every 10 years. A colonoscopy is a colon cancer screening that can help find and remove polyps before they become cancerous. In other words, this test could save your life. Don't let fear or procrastination keep you from taking charge of your health because getting screened is one small step that can make a big difference.





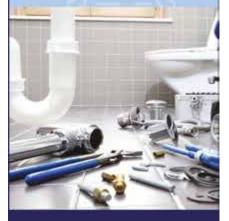


Serving our local community for 25+ years, Cables Plumbing is here to help with

ANY AND ALL PLUMBING REPAIRS.

SERVICES INCLUDE:

- Leaky Faucets
- · Clogged toilets
- Traditional and tankless water heater installation and maintenance
- Slab water leak/sewer leak detection and correction
- Gas leak detection and repairs
- · Cast Iron Pipe replacement
- · Bath remodels



For fast, reliable service, call us today at

817-517-9185

3916 Heritage Ct. Burleson

www.cablesplumbing.com

ACCEPTING NEW PATIENTS





Start a healthier and a happier life @ DivineTouch!



Dr. Tomi Ola-Peters MD, DipABIM, DipABLM American Board of Obesity Medicine Diplomate

Women's & Men's Health • Sick Visits • Physical Exams Wellness Exams . Chronic Disease Management Allergy Treatments • Supervised Weight Loss Program



** * * PATIENT CARE RATING

"I have been trying to find a doctor that cares about my health care needs for a while now. Dr. Ola-Peters has proven to be a great doctor that cares about her patients needs and overall health care."

"Dr. Ola-Peters listens to what you say. I have no issue with calling and leaving a message, she responds back within the same day. Very professional. I am very impressed"

Committed to Providing Compassionate Care

682.422.9950

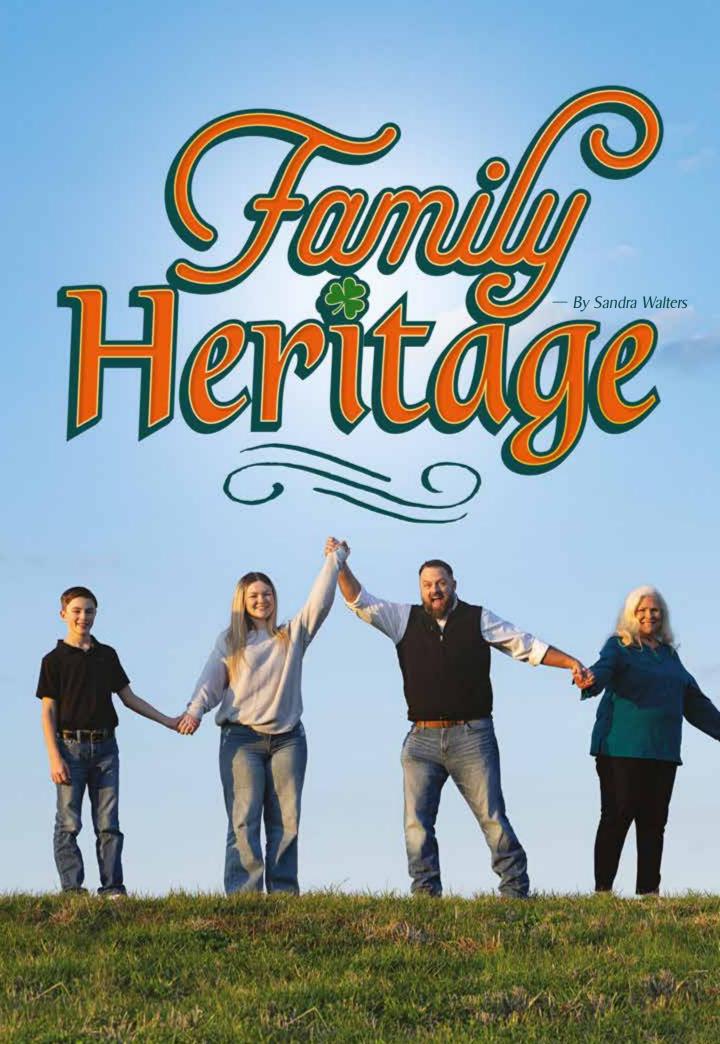


304 N. Mitchell Rd., Mansfield, TX
Located behind the new Mansfield H-E-B

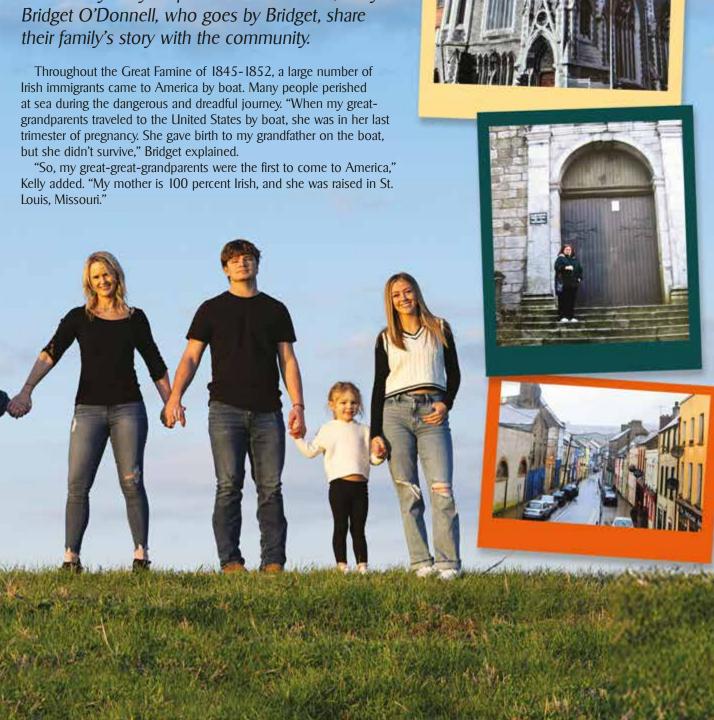
divinetouchmedical.com







The history of Irish immigration to America is a complex and multifaceted story that spans centuries, marked by hope, hardship and resilience. On March 17, St. Patrick's Day is celebrated annually. This is a cherished tradition in the United States. While rooted in Irish culture and honoring St. Patrick, the patron saint of Ireland, the holiday has evolved into a vibrant celebration of Irish-American heritage and is a testament to the enduring cultural influence of Irish immigrants in this country. Kelly Hopkins and her mother, Mary Bridget O'Donnell, who goes by Bridget, share their family's story with the community.





Bridget proudly remarked, "My mother made corned beef, cabbage, Irish soda bread, shepherd's pie and eight different types of potatoes. On St. Patrick's Day, my mother, who didn't drink, would have a beer. We also had family reunions during this special time while I was growing up. It thrilled me to learn more and more about my family and their fiery personalities. Irish people are known to be pretty feisty."

Bridget's best friend went to Ireland when she was a teenager and came back full of stories about her trip. This piqued Bridget's curiosity, and she couldn't stop thinking about the chance to increase her knowledge about her family's past. She and other family members studied their ancestry for years. Finding out about her greatgrandparents and other extended family excited her. Eventually, she began gathering information from Ancestry.com while getting ready to travel to explore.

She scheduled her adventure of discovery in 2007. "On that big day, I arrived in Ireland via a flight that took around six-and-a-half hours," Bridget said. "After arriving there, I discovered that many people go to Ireland on St. Patrick's Day to celebrate or grasp more about their history. However, many locals left at that time since they believe it to be a holy day. I was eagerly awaiting the opportunity to observe my history. I discovered that my dad' side of the family was born in Dublin, and my mother's side — the Kellys — lived in Cork."

"I was named after my grandmother's side of the family," Kelly added.

While there, Bridget toured the Butter Museum. Ireland's fertile lands and temperate climate made it an ideal country for dairy farming. For centuries, butter was not only a staple in Irish households but also a major export commodity. The Butter Museum offers a unique lens into Ireland's agricultural history, highlighting how a seemingly simple product like butter became a cornerstone of Irish life and an international commodity. It's a must-visit destination for history buffs, food lovers and anyone curious about Ireland's rural traditions. The Butter Museum captures the essence of the past while celebrating its enduring legacy in dairy production, making it a delightful and educational experience for all.

"I also toured the brewery in Middleton, which has a 24-step process for making whiskey. I just wondered why there were so many steps to create this drink," Bridget laughed.

The decor in Bridget's home also highlights her Irish heritage, and includes a display of Mr. Jigs, a well-known comic strip figure that symbolizes an Irish immigrant becoming affluent in the United States. It is around the size of a toddler and holds an ash trav outwardly. This is something she recalls from her childhood home. She has a collection of Irish items — some pop culture, some historical and some genealogical — in her possession. These include a newspaper article about an uncle getting into a political altercation; Bishop O'Donnell's writings of Catholic news; Belfast crystal; an Irish flag: numerous crests: news articles; typewriter-written letters with old markings from family members, updating relatives in Ireland about those in America; Irish Barbies; and Irish blessings. Her research, which dates back to the 1600s and 1700s, also contains letters from World War I.

Bridget's father kept the flowers from her grandfather's funeral, which she now retains. She preserves this keepsake from 1920 in remembrance of her family's voyage to America. "My grandfather went on to become a fire captain and a hero. I have to keep Papa's flowers because my dad kept them for eight decades. Family is so important," she emphasized, while tears streamed down her cheeks. "And when I return to Ireland, I look forward to hearing, 'Céad míle fáilte,' which means, 'A hundred thousand welcomes,' in Irish."

"My mother has been doing research for a very long time," Kelly said, "and we have celebrated St. Patrick's Day for as long as I can remember. I now listen to Irish music with my family all day on that special day. We do the Irish jig; wear green T-shirts; say a special toast like, 'May the road rise to meet you, may the wind be always at your back'; and color our hair red because we're blondes but my mom was a natural red-head. We also go to the World's Only St. Paddy's Pickle Parade & Palooza in Mansfield to celebrate. Since we moved here, this is how we honor our culture. We hope to see you there!" NOW

PAIN MANAGEMENT **ASSOCIATES OF TEXAS**

817-442-6482

1770 East Broad Street, Suite 102 Mansfield txpaindoctors.com



Dr. Chris Dyer Interventional Pain Management/Anesthesiology

CONDITIONS TREATED:

- Neck Pain
- Back Pain
- Spinal Stenosis
- Herniated Discs
- Vertebral Compression Fractures
- Failed Back or Post Laminectomy Syndrome
- Sciatica
- Joint Pain (Shoulder, Hand/Wrist, Hip, Knee, Ankle)
- Nerve Entrapment/Pinched Nerves
- Neuropathy
- Complex Regional Pain Syndrome (CRPS)

MOST INSURANCES ACCEPTED

If you suffer from pain ... Hip, Back, Knee, Foot, Elbow, Shoulder and more Get back to moving, PAIN-FREE with



- · Faster recovery and healing
- · Reduced inflammation & pain
- Non-invasive & drug-free
- Precise 15-min treatments



the time to think about SPRING 2025 is NOW.

HERE ARE PROVEN TIPS FOR GROWING A HEALTHY LAWN THIS COMING SPRING:

- Scalp & Bag Lawn
- Fertilize Trees
- Apply Flowerbed Weed Control
- Cover Water Faucets



PROMO CODE: MAR

11/1

Subscribe TO OUR CHANNEL!

UglyWeeds.com





1-800-LawnCare LAWN CARE .

PEST CONTROL

SCAN THE QR CODES TO LEARN MORE



TURF GRASS







Your place, your pace.

Wilshire gives you the freedom and confidence to live at your own speed.

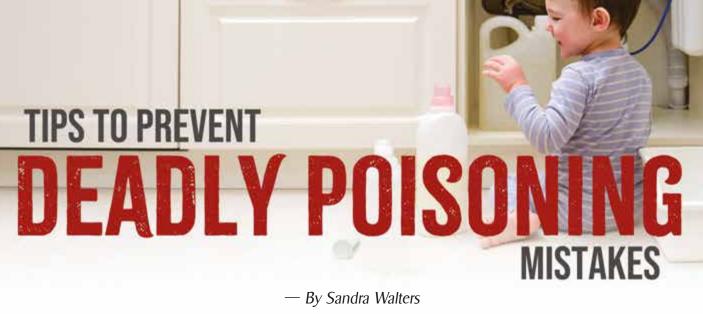
Our perfect blend of tranquility and activity provides the ideal catalyst for building your lifestyle. Enjoy a private apartment, socialize in our communal spaces, and explore Wilshire at your leisure. We are dedicated to providing exceptional senior living experiences for those seeking the best in life.

We understand that a fulfilling life revolves around community, activity, engagement, and choice. Wilshire offers opportunities for you or your loved ones to live an exciting, adventurous, social, and enriching lifestyle with top-of-the-line amenities and services to accommodate our residents' lifestyles. Indulge in on-site dining, a fitness center, a salon, and weekly housekeeping. The more we do for you, the more free time you have to enjoy everything our community offers.

Come visit us and experience it for yourself!

\$500 off first month's rent when you mention this ad!





National Poison Prevention Week is observed annually during the third full week of March. The dates for this year are March 16-22. This observance serves as a vital reminder of the importance of poison safety and prevention, aiming to raise awareness about the dangers of poisoning, particularly for young children, who are most at risk. The Aspirus Health website states, "According to the American Association of Poison Control Centers, 92 percent of poisonings happen at home, and 43 percent of poisonings involve children under the age of 6. Poisoning is the third leading cause of unintentional injury death among children ages 1 to 19 years." Fortunately, many of these emergencies are preventable with a few simple safety measures.

One of the most effective ways to prevent poison exposure is by keeping hazardous substances out of children's reach. Common household items such as cleaning supplies, medications, pesticides and cosmetics can pose significant risks. Keep items in their original containers. Never transfer chemicals or medications into unlabeled containers that could confuse children. Use child-resistant packaging. While not entirely childproof, these containers add an extra layer of protection. Store all toxic substances in high cabinets or locked drawers, and ensure that access is physically restricted.

Medications are one of the leading causes of unintentional poisoning in children. Even small doses of adult medications can be extremely harmful to young ones. Count every pill. Keep track of all medications to ensure none are missing. Avoid calling medicine "candy." This might encourage children to seek out pills when unsupervised. Dispose of unused medicine properly by using drug take-back programs or follow FDA guidelines for safe disposal.

Cleaning products often contain harsh chemicals that can cause severe injuries if ingested, inhaled or spilled on skin. Read the labels and always follow instructions and warnings on cleaning product labels. Clean up immediately. After cleaning, ensure you securely store products, even during short breaks. Choose safer options by looking for non-toxic, eco-friendly alternatives to harsh cleaners when possible.

Carbon monoxide (CO) is an invisible, odorless gas that can cause poisoning and death. CO poisoning is a silent killer and a significant safety risk in homes. Install CO detectors. Place them near sleeping areas and fuel-burning appliances. Service appliances regularly, and ensure gas furnaces, water heaters and fireplaces are inspected annually by professionals. Never use generators or grills indoors. These devices produce CO and must be operated in well-ventilated outdoor areas.

Some household and garden plants are toxic to children if ingested. Popular plants such as lilies, philodendrons and poinsettias can pose risks. Know your plants by identifying all plants in your home and yard, and remove any that are poisonous. Educate older children. Teach kids not to eat any part of a plant unless an adult has confirmed it's safe.

Food poisoning can occur when perishable items are not stored or handled correctly. Follow expiration dates. Discard expired food items, even if they appear fine. Refrigerate food promptly. Store perishable food items in the refrigerator within two hours of cooking. Separate raw and cooked food. Prevent cross-contamination by keeping raw meat away from readyto-eat food.

Empowering children with knowledge can go a long way in preventing poisoning accidents. Explain what's off-limits, while teaching children not to eat or drink anything without permission. Use visual aids. Show them labels or symbols on hazardous products to recognize danger. Role-play safety scenarios to help kids understand what to do if they come across something suspicious.

Despite taking precautions, accidents can still happen. Acting quickly in the event of poisoning is critical. Save the number for The Poison Control Hotline, 1-800-222-1222. This is a 24/7 free resource for poisoning emergencies and prevention advice. The signs of poisoning include nausea, vomiting, confusion, difficulty breathing and burns or stains around the mouth. Call, don't guess! If you suspect poisoning, call the hotline immediately instead of trying home remedies or waiting for symptoms to worsen.

During National Poison Prevention Week, take the time to inspect your home for potential poisoning hazards, and implement these safety tips. By doing so, you can create a safer environment for your children and significantly reduce the risk of accidental poisoning. Remember, prevention is always better than cure, and your vigilance could save a life.

Constant adult supervision is one of the simplest ways to prevent poisoning accidents. Young children are naturally curious and may explore potentially dangerous substances when left alone, even for a few moments. Let's use this week as a reminder to make poison prevention a priority not just for seven days but all year round. Your actions today could make all the difference in protecting your loved ones. Now

Sources:

1. https://www.aspirus.org/ poisoning-prevention-substancemisuse#: text=According%20 to%20the%20American%20 Association, ages %201% 20 to %20 19%20years.

2. https://www.poison.org/. 3. https://www.texaschildrens.org/ content/wellness/national-poisonprevention-week-keeping-ourchildren-out-harms-way.





By Sandra Walters

Zoomed In: Zayne Denver

Zayne Denver sits at his desk with a smile on his face because he recently turned in his last final. "He did it!" his mother said. "His time in high school is officially over, and he completed enough credits to earn a Distinguished Level Achievement Diploma. In May, he will graduate from his homeschool co-op."

Zayne completed high school one year and four months ahead of most students his age. After applying and being accepted to college months ago, he started his online education March 1, with plans to pursue a bachelor's degree in business finance.



Ebony Turner, Jandel Crutchfield and Laurance Bogar are all smiles following Mansfield I.S.D. 's Parent University.

Around Town



Matthew Wynn loves to fish in the neighborhood.



Tonya Willis, a high school counselor at Timberview High School, motivates and offers a listening ear to students.



Kinley Brown enjoys a Starbucks treat.



Natalie Lawson loves playing with her little brother, Max.



Lincoln Schroeder and Owen Skinner sign to play baseball at the collegiate level.



Caden and Bella Hutchinson embrace the spring season.





ACCESS MANSFIELD

Current Projects, Current News

Mansfield Scores - Multi-Sport Stadium Breaks Ground in Staybolt Street

Entertainment District

The City of Mansfield kicked off a new era for sports and entertainment with the groundbreaking of the Mansfield Stadium project in December 2024.

This exciting facility, set to open in 2026 will serve as the new home for North Texas Soccer Club, the reigning 2024 MLS NEXT Pro champions.

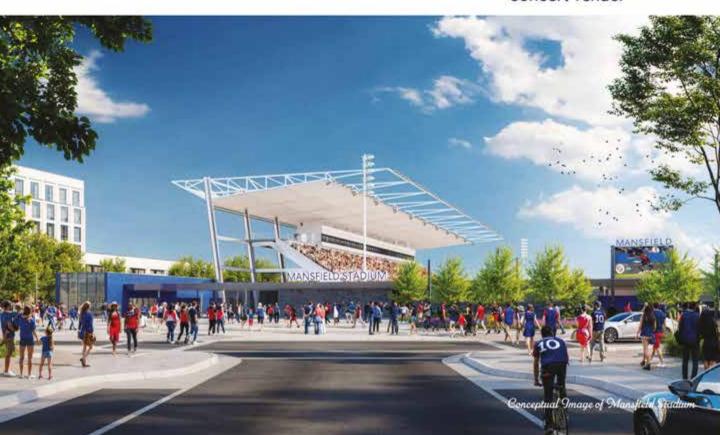
North Texas SC will serve as the primary tenant for this multi-sport stadium, featuring approximately 7,500 seats. The venue will be owned by the City of Mansfield. REV Entertainment and FDC Management, the facility and soccer complex

management affiliate of FC Dallas and a subsidiary of Hunt Sports, LLC, will operate the venue upon completion and act as consultants during the design and construction phases.

Mansfield Stadium will anchor the new 100-acre Staybolt Street Entertainment District, which includes family entertainment, retail, residential, a hotel and conference center and entertainment venues. FDC Management will oversee all sports programming at the facility, including youth soccer and international tournaments.

"Mansfield deserves a state-of-the-art facility and championship caliber team and that's what we're getting with Mansfield Stadium and North Texas SC," said Mayor Pro Tem Todd Tonore. "I look forward to Mansfield having a team to call our own, in a stadium that brings us together."

The future Staybolt Street Entertainment District is set to bring additional entertainment for families with the addition of the High 5 Entertainment venue slated to open in late 2025. High 5 is scheduled to have bowling, mini golf, laser tag, and a rooftop concert venue.



Mansfield Kicks Off Multi-Sport Stadium Project



"Mansfield has needed a space for families to have fun together and make memories together," Councilman Brent Newsom said. "Mansfield Stadium and the Staybolt Entertainment District will be that space, not only for our residents, but for the region."

Check out the new home for North Texas SC, by scanning the QR code below.









BusinessNOW

CBD Lifestyles

CBD Lifestyles

Owners: Rico and Ienee Simmons 805 N. Main St., Ste. 107 Mansfield, TX 76063 https://www.akanstandard.com/ (469) 297-4402

Many people have been curious about the new business, CBD Lifestyles, located in downtown Mansfield. "We are a beacon of hope emerged for those seeking relief from chronic pain, anxiety and a myriad of ailments that modern medicine sometimes struggles to soothe without side effects," Rico Simmons said. "CBD Lifestyles is a local dispensary, not just a store." He believes their business represents a testament to the power of personal stories driving wellness.

Founded by Rico and Jenee Simmons, CBD Lifestyles was born from a place of necessity and love. Their journey began at the bedside of a family member, battling the disorienting side effects of pharmaceutical medications. Witnessing a loved one lose their bearings while driving due to medications was the catalyst for change. Rico and his wife embarked on a quest for natural alternatives, leading them to



the profound potential of CBD and THC products.

"Our story is about a family's commitment to health, safety and community well-being. After I left my career in mechanical engineering, my wife and I poured our hearts into research, experimentation and, ultimately, into establishing a business that could serve others in similar predicaments," Rico stated. Their dedication culminated in the opening of CBD Lifestyles in DeSoto in 2019, which, after navigating the tumultuous waters of the global health crisis, has now found a new home in Mansfield.

What sets CBD Lifestyles apart in the burgeoning world of cannabis-based wellness isn't just their product range — from edibles and teas to oils and tinctures — but their ethos. They've positioned themselves as educators first, understanding the legal landscape around cannabis products is complex and often confusing. By strictly adhering to legal guidelines and providing education, they ensure their clients understand the benefits and limitations of CBD.

The Simmons' family story reflects a broader narrative in America: a shift toward natural health solutions, especially

among older adults grappling with arthritis, PTSD and sleep issues. This goes beyond making sales. They believe in fostering a community where wellness is accessible, informed and respected.

Their resilience during the early days of the COVID-19 pandemic, when deemed essential by local authorities, speaks volumes. "Serving people is what kept our doors open. When traditional medical services were strained or unavailable, many depended on our products for relief," Rico added.

As CBD Lifestyles celebrates over five years in the DFW community, their partnership with the Mansfield Area Chamber of Commerce signifies a deep-rooted commitment to local business and community welfare. They've shown with compassion, knowledge and a bit of entrepreneurial spirit, it's possible to turn personal adversity into communal advantage.

"We are a beacon of hope emerged for those seeking relief from chronic pain, anxiety and a myriad of ailments that modern medicine sometimes struggles to soothe without side effects."

In an era where we're increasingly questioning the side effects of our pharmaceuticals and searching for holistic health solutions, CBD Lifestyles offers products as solutions for many looking for another remedy. It's a reminder that sometimes, the most profound innovations in health and wellness can come from the heart of communities, driven by families like the Simmons, who see beyond profit to the potential for profound healing. Visit or call CBD Lifestyles to learn more about supplements and alternative solutions. **NOW**







Cooking NOW IN THE KITCHEN WITH CHRISTOPHER SUNDERMAN

By Sandra Walters



"Every Christmas, my mother always cooked pierogies, so I learned to make this dish and passed it on to my son. One Christmas, we left pierogies on the table, and my dog, Apollo, ate a dozen of them in a swift and silent manner. When I returned to the kitchen, I asked my wife, 'Where are the pierogies?' We exchanged glances, and I let out a large curse word!" Christopher Sunderman stated.

Chris learned many dishes from his mother and brother-in-law, and he took one cooking class provided by a grocery store. His family's favorite dishes are enchiladas, lasagna, pierogies and his macaroni and cheese. Despite only taking one lesson, many people appreciate his cooking. Now

Pierogies

Dough:

24 oz. Semolina Flour

1/2 cup regular white flour

2 tsp. salt

1 pt. sour cream

2 Tbsp. melted butter

2 eggs

I egg yolk

2 Tbsp. vegetable oil

Potato and cheese filling:

5-6 medium russet potatoes, quarter-size

1/2 cup melted butter

1 cup cream

1/2 lbs. white aged cheddar cheese, shredded

1/2 tsp. salt

1/2 tsp. pepper

1. For the dough: Place the first 3 ingredients in a mixer: combine. In another bowl, mix the wet ingredients. Slowly add to the mixer. After making a pliable dough, cover; let it rest for 15 minutes.

2. For potato and cheese filling: Boil the potatoes; drain and mash them. Add the butter and cream. Add the cheese, salt and pepper; mix well.

3. Roll the dough on the counter to about 1/8-inch thickness. Using an empanada press, cut out circles for each pierogi. Add 1 oz. filling to each circle; close tightly.

4. Boil the pierogies for 10 minutes in multiple batches; drain on paper towels. Lastly, melt some butter in a skillet; fry the pierogies for 2-3 minutes on each side.

Super Lasagna

5 lbs. ground beef
1 lb. sausage, Italian or breakfast
7 1/2 lbs. spaghetti sauce
1 tsp. salt per lb. of noodles
2 boxes lasagna noodles
1 lb. Parmesan cheese, shredded
5 lbs. mozzarella cheese, shredded
1 qt. farmers or ricotta cheese

1. Brown the beef and sausage; drain. Place the meat in a large container; add the spaghetti sauce. Mix well.

2. Boil the noodles in salted water according to the box directions. Cook in small batches, so the noodles don't stick. Lay the noodles flat on parchment paper. Mix the cheeses in a large bowl.

3. In 11x16x3-inch pan, add one layer of meat sauce, one layer of noodles, one layer of cheese and another layer of noodles. Repeat, until three layers of cheese and 4 layers of meat have been used.

4. Cover with foil. Place in the oven on 350 F for 1 to 1 1/2 hours. When the top layer bubbles, remove the foil. Spread the

remaining cheese on top. Cook for 10 more minutes.

Four Cheese Mac and Cheese

- 1/2 tsp. salt
- 1 Tbsp. olive oil
- 8 oz. large elbow macaroni
- 4 Tbsp. butter
- 4 Tbsp. flour
- 1 pt. cream
- 2 lbs. shredded cheese (1/2 lb. aged cheddar, 1/2 lb. non-smoked gouda, 1/2 lb. mozzarella, 1/2 lb. sharp yellow cheddar)
- 1/2 to 1 cup milk
- 1. Preheat the oven to 350 F.
- **2.** Place salt and olive oil in a pot. Boil the pasta until al-dente; drain. Put the pasta in a casserole dish.
- **3.** In another pot, melt butter over mediumlow to medium heat. Add the flour; stir continuously, making a light-yellow roux. Add the cream while mixing for 2-3 minutes. Reduce heat to low. Add the cheeses, 1/2 lb. at a time. If it gets too thick, add 1/2 to 1 cup of milk. It should make a gravy-like consistency.
- **4.** Combine with the pasta; stir. Cover the casserole dish with foil. Bake for 30 minutes. Uncover; cook 5 additional minutes. *Optional: Add panko breadcrumbs or cheese on top; cook until melted/toasted.*









WWW.LIVINGSPRINGMEDICALS.COM

We help our patients live long and well because we believe the quality of life is just as important as the quantity of life.

SERVICES OFFERED:

- Executive Health Screenings
- Adult Annual Physicals/ Wellness Check Ups
- Well Child Exams
- Same Day Sick Visits
- Remote Chronic Care Management for the Elderly
- Pharmacogenetic and Nutrigenomic Testing
- Genetic Testing
- Pap Smears/Gyn Exams
- Contraception Management IUD & Nexplanon Placement
- Telehealth Appointments
- Vaccines
- Urgent Care Services
- Weight Loss Management
- JOIN US LIVE WEEKLY

- Genetic testing
- Plant Based Supplements
- HIV Treatment
- Labs Done in Office
- Care for the Whole Family
- Medication Management
- Mental Health Management
- Minor Surgery Care
- ADHD Testing
- Immigration Physicals
- And Much More

Care, Sincerely

817-717-9597

3807 E. Broad Street, Suite 101 Mansfield, TX 76063

OFFICE HOURS: Monday to Friday 8:30 AM - 5:30 PM Virtual Visits on Saturdays

9:00 AM - 12:00 PM BY APPOINTMENT ONLY

FOLLOW US ON



THE LOCAL TABLE

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

- Virginia Woolf

Waxahachie

Cedar Hill
 Dallas

(Oak Lawn)







Buy one drink, get one free of equal or lesser value. Limit one use per customer. Discount cannot be combined with any other offer. Valid at 6801 Matlock Rd, Arlington, TX and 721 E Main Street, Midlothian, TX locations only. Offer excludes any pre-packaged beverages sold in cans, bottles, or cartons. Not eligible for use with "order ahead" mobile app orders. Expires 03/31/25.

Need More Business?

Advertise your restaurant here.

For information, call:

817-477-0990



Expires 3/31/25 MAN

CampuzanoMexicanFood.com

Bringing the best of the community home.

FinanceNOW

Do I Need a Budget?

Do you ever wonder where your money goes each month and why you never get ahead? If so, you may want to establish a budget to help you keep track of how you spend your money and help you reach your financial goals.

Before establishing a budget, review your financial goals. Start by making a list of your short-term goals like a new car or a vacation and your long-term goals like your child's college education or retirement. Next, determine the importance of the goal and how much you need to save. Armed with a clear picture of your goals, you can work toward establishing a budget that can help you reach them. To develop a budget that is appropriate for your lifestyle, identify your current monthly income and expenses. You can jot the information down with a pen and paper or use one of the many software programs that are designed specifically for this purpose.

Start by adding up all your income. In addition to your regular salary and wages, be sure to include other types of income, such as dividends, interest and child support. Next, add up all your expenses. Divide monthly expenses into two categories: fixed expenses like housing, food and transportation, and discretionary expenses like entertainment,

vacations and hobbies. Also, identify any out-of-pattern expenses like car and home repairs or gifts. A review of canceled checks, credit card bills and other receipts from the past year will help. Finally, as you list your expenses, always remember your financial goals. Whenever possible, treat your goals as expenses and contribute toward them regularly.

After adding up your income and expenses, compare the two totals. To get ahead, you should be spending less than you earn. If this is the case, you're on the right track, and you need to look at how well you use your extra income. If you find yourself spending more than you earn, you'll need to make some adjustments. Look at your expenses closely, and cut down on your discretionary spending. And remember, if you do find yourself coming up short, don't worry! All it will take is some determination and a little self-discipline, and you'll eventually get it right.

Monitor your budget periodically, and make changes when necessary. Keep in mind, you don't have to keep track of every penny spent. In fact, the less record keeping you have, the easier it will be to stick to your budget. Above all, be flexible. Any budget that is too rigid is likely to fail.

Todd Simmons is a registered representative with, and securities are offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Simmons Wealth Management, a DBA of Advisor Resource Council, a registered investment advisor. Simmons Wealth Management and Advisor Resource Council are separate entities from LPL Financial.





Imagine your home totally ORGANIZED!

Custom Closets, Garage Cabinets, Home Office, Pantries, Laundries, Wall Units, Hobby Rooms, Garage Flooring and more...

Closets byDesign

closetsbydesign.com

Call for a **FREE** in-home design consultation and estimate

972-361-0010







40% + 15% Off* Plus FREE Installation

Special Financing Available

*40% Off any order of \$1000 or more, 30% off any order of \$700 -\$999 On any complete Closet, Garage or Home Office. Take an additional 15% off any complete unit order. Free installation with any complete unit order of \$850 or more. With incoming orders at time of purchase only. Offer Expires in 30 days. Offer valid in DFW area only.









Locally Owned and Operated 2025 © All Rights Reserved Closets By Design, Inc.

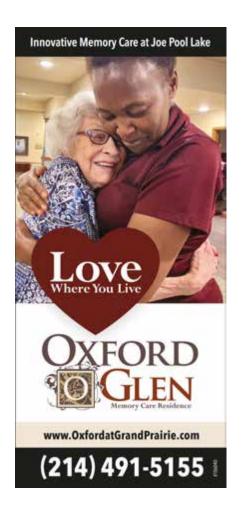
















Crossword Puzzle

1	2	3	4	5		6	7	8	9	10
11	T	T	T	T		12	T			t
13	T	T	T	T		14	\vdash	T	T	H
15	+	\vdash		16	17			18	+	t
		19	20		T		21		1	t
	22		T	\vdash	T	23		t	\vdash	
24		T	\vdash		25	T	\vdash	\vdash		
26	t	T		27		T		28	29	30
31	T	T	32			33	34			t
35	T	T	T	\vdash		36	T		T	t
37	+	\vdash	+	\vdash		38	+	+	+	+

Crosswordsite.com Ltd

- Serengeti equine
- 6 Reduces
- 11 Sewing machine inventor ---Howe
- 12 Slender boat
- 13 Manhattan Project product
- 14 Violinist and conductor ---Rieu
- 15 Fall behind
- 16 Flow away
- 18 Doctrine
- 19 "The --- of Tralee*
- 21 "Dead man's hand* pair
- 22 Kind of infection

Down

- 24 Retained 1 Ardor
- 25 Civil wrong 26 Mathematical degree?
 - - 4 Plow into
 - 5 "We did it --we could"
 - 6 Strikebreaker
- 33 Mollycoddle sin badly
- 35 Political house
 - cleaning
- 36 Character originally played by Jay Silverheels

27 "Monday Night

28 Comcast, for

example

31 Spheres of

interest

Raw" channel

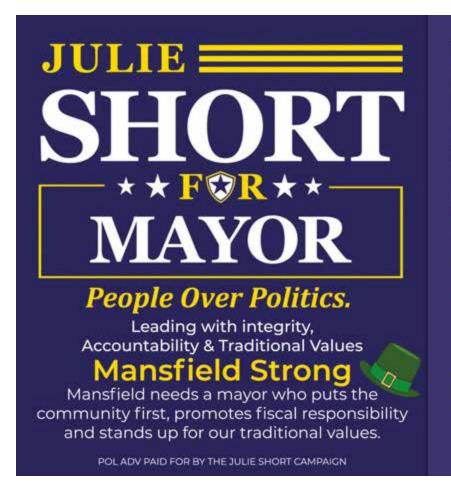
- 37 Kale South of the Border
- 38 Showing attitude

- 2 Boney's exile
- 3 "Life" writers

- 7 PC linkup
- 8 Signs idiot can
- 9 Tasty bit
- 10 Appears
- 17 Borscht base
- 20 National Popcorn Poppin' mo.

- 21 Ventilate
- 22 *To thine own self --- " (Shakespeare, "Hamlet")
- 23 Friars Club events
- 24 The ---Commission on alleged N Y P D corruption
- 27 Plays for a idiot
- 29 Takes a breather
- 30 Ruse
- 32 Gone by
- 34 "You must ask us how much it costs"

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Features tab. Click on the Crossword-Sudoku tab. Click on a puzzle to view solutions.





As your current council member, I am dedicated to serving Mansfield with integrity and accountability. My commitment to traditional values, fiscal responsibility and community unity make me the leader Mansfield needs.

Julie Short







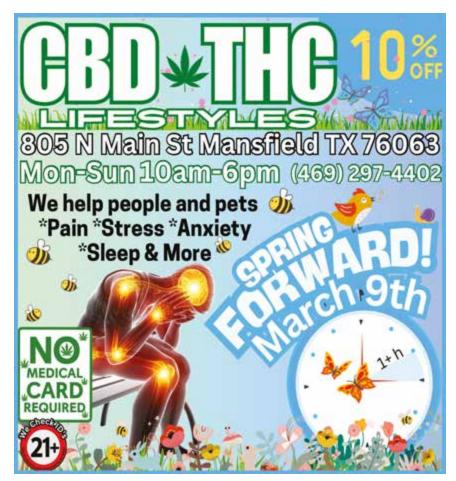














ST. PATRICK'S DAY Sorbe events may have been cancelled or rescheduled writtle we were at press. Check with individual organizations or your, fifty or Charmher websites to werity dates and times. WARCH

3/1

The Lottery:

This unusual play has won more contests than other short plays. The play starts as people are assembling for the lottery. The tension and thrill of the play is built into its very structure. What family will it be this time? Which member? Cost: \$20. 2:00 and 5:00 p.m., Farr Best Theater, \109 N. Main St.

3/2

A Celebration of Chamber Music:

Presented by the Mansfield Philharmonic. 7:00 p.m., Farr Best Theater, 109 N. Main St. 3/14-3/17

Arts Week 2024:

It's the Seventh Annual Arts Week!
Four days of live theater, music,
arts exhibits, hands-on experiences
and, of course, Kids Day! Costs
and times vary. Farr Best Theater,
109 N. Main St. Visit: https://
www.mansfieldtexasarts.org/
calendar/events/arts-week-2025.

3/15

FANsfield:

Join us for FANsfield, a celebration of all things pop culture, gaming, K-pop, comics and more! Enjoy a full day of excitement at the Mansfield Activities Center, featuring: live entertainment, meet and greets and vendor shopping.

Cost: Free, with items to purchase. 4:00-10:00 p.m., Mansfield Activities Center, 106 S. Wisteria St.

3/22

The World's Only St. Paddy's Pickle Parade and Palooza:

Mansfield's historic downtown area will serve as the setting for this event. This family-friendly event includes tons of activities for all ages. Cost: Free. Saturday: 8:00 a.m.-6:00 p.m., Downtown Mansfield.

3/29

The Shining Star Talent Show:

"Shining bright to see ... who

you can truly be!" Join the stage to showcase your gifts. \$25 to participate. 1st, 2nd and 3rd place prizes will be awarded to the winners. Come out to be entertained and support the nonprofit, Prison to Purpose. Cost: \$10-\$15. 7:00 p.m., Willie Pigg Auditorium, 1520 N. Walnut Creek Dr. https://www.simpletix.com/e/shining-star-talent-showtickets-202962.

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



TAX SEASON MADE SIMPLE.

AT HAVINS BUSINESS SERVICES, WE MAKE TAX SEASON SIMPLE-SO YOU CAN FOCUS ON YOUR GOALS, WHETHER YOU'RE RUNNING A BUSINESS OR FILING INDIVIDUALLY.

WE CAN HELP WITH:

- **BUSINESS TAX FILING & PLANNING**
- **INDIVIDUAL TAX PREPARATION**
- **M** BOOKKEEPING & PAYROLL SERVICES
- ✓ CUSTOM FINANCIAL SOLUTIONS TAILORED TO YOU

WE'RE NOT JUST ABOUT CRUNCHING NUMBERS.
WE'RE ABOUT HELPING YOU BUILD YOUR LEGACY –
BECAUSE YOUR SUCCESS IS OUR BUSINESS.

CALL 817-769-4032
OR VISIT WWW.HAVINSCONSULTING.COM
TO SCHEDULE YOUR CONSULTATION TODAY!





REACH OUT TO US TODAY!

972-937-8447



NEW PROMISE NEUROPATHY





Covered by Medicare & Most Medical Insurance





"I've had neuropathy pain for several years and it took several years for me to recognize that's what it was. I feel almost like it was a blessing to come across New Promise Neuropathy. The staff here are amazing. They display service with care and concern, which are very hard to find. Please get a hold of New Promise Neuropathy and get your healing started". - BJ Hornbostel

682-323-5904 919 W Randol Mill Rd, Arlington, TX 76012

Follow us online facebook Google yelp*
newpromiseneuropathy.com









NOW OFFERING STATE-OF-THE-ART PHYSICAL THERAPY GYM & ON-SITE X-RAY SERVICES

A day of community, wellness, and excitement featuring special guests, family-friendly activities, health resources and local vendors!

√ Food Trucks
√ Celeb Meet & Greet
√ FREE Health Screenings

√ Great Info!



DATE SAT. MARCH 22, 2025



TIME AT 11.00 AM - 5.00 PM

O 1006 LEGACY RANCH RD I WAXAHACHIE I TX





Special Guest – Texas Rangers MLB Player!



www.eclipseclinic.com

469.290-7246

www.ecxray.com

THANK YOU TO OUR SPONSORS







TIME TO JPDATE OUR KITCHEN?

MTM Countertops





American Made

Granite, marble & quartz fabricator for kitchen & bathroom countertops.

Extensive color selection combines beauty. function & elegance for any bathroom or kitchen!

- FREE Estimates Competitive Pricing
- Up to 15-year Warranty on Some Products

2460 Hwy. 287 N. • Mansfield (Northbound service road – between Callendar Rd. & Turner-Warnell)

For more info call 817.477.8663





RABIES VACCINE

NO EXAM FEE

*With the purchase of a basic set of vaccines for a cat or dog. Limit one per household. Cannot be combined with any other TCAP coupons, specials, discounts, or offers.

Coupon Code: NOW



BASIC VACCINE PRICES*

TCAP \$25

LOCAL PROVIDER \$196**

*Rabies, DAPPv & Bordetella

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





THE STAFF AND THE SERVICE HERE IS AMAZING. WE DEFINITELY HAD A GREAT EXPERIENCE WITH THEM. THEY **TOOK CARE OF OUR ANIMALS LIKE** THEY WERE THEIR OWN. DEFINITELY RECOMMEND THIS PLACE.

- ERIK SILVEY

106 Conveyor Dr. Suite 100 | Joshua, TX 76058 texasforthem.org | 940-566-5551