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JULY 2021

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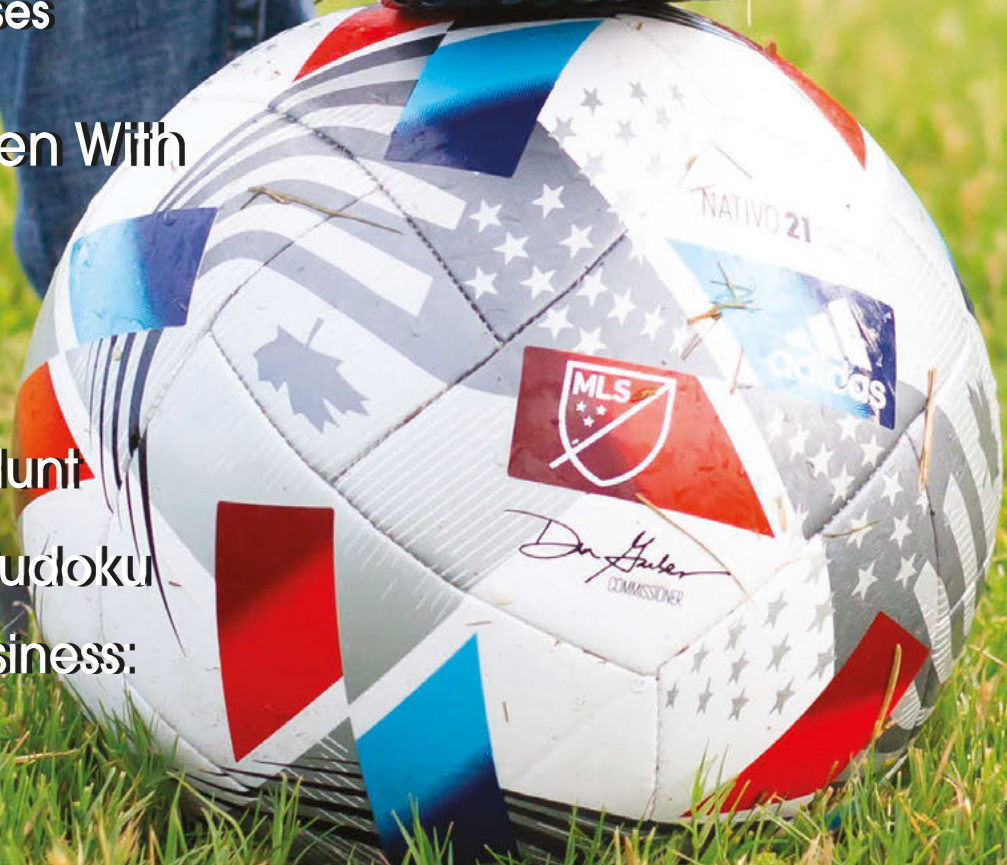
In the Kitchen With Sonja Love

Also inside:

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Crossword/Sudoku

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Publisher, Connie Poirier | General Manager, Rick Hensley

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*Managing Editor, Becky Walker | Mansfield Editor, Melissa Rawlins
Editorial Assistant, Lori Widdifield
Editors/Proofreaders, Lisa Bell . Rachel Rich . Virginia Riddle
Writer, Rick Mauch*

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, Lori O'Connell . Bryan Frye
Cherise Burnett . Dustin Dauenhauer . Linda Moffett
Constance O'Bryan . Keri Roberson Linda Roberson
Joyce Sebesta*

Billing Manager, Angela Mixon



ON THE COVER

The family that plays together stays together.

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EDITOR'S NOTE



Melissa

Melissa Rawlins
MansfieldNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888


Calling all free spirits . . .

"Right here, right now, there is no other place I want to be . . . watching the world wake up from history." So said the band Jesus Jones in a song that gave me wings a few decades ago. I was young and free, and at their concert one fine Manhattan night, I accepted the invitation. Body surfing in mosh pits became one of my favorite pastimes, one which only ended after I tried it at an outdoor Austin music festival headlined by Hole. The spirit in that crowd was anything but free.

Choosing wisely for the sake of liberty has become a theme in my mature life. Thankfully, right here in Mansfield is a place where I can explore my fascination with freedom through music. This month at Willie Pigg Auditorium, Main Stage Classic Theatre presents several opportunities to enjoy a live, dramatic version of the Richard Rodgers and Oscar Hammerstein II collaboration called *The Sound of Music*. Based on the true story of The Trapp Family Singers, this production promises that hope is possible even in the midst of war. *The Sound of Music* is a tale of a young woman who can't quite align herself with the expectations of nunnery and finds herself transforming the von Trapp family home with joy, laughter and, of course, music.

I remember one of my childhood pleasures was watching the musical version on television. *The Sound of Music* is one of the most inspirational pieces of art to me, and though I'm sure there will be no mosh pit at Willie Pigg Auditorium, I'm doubly sure I'll feel 30 years younger when I experience the joy reverberating from the performers.

May you, too, find your joy this month!



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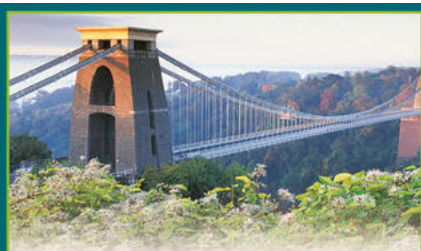
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Family



Soccer is more than a sport to this family. It is a cohesive activity that brings them closer together with each kick of the ball. Lately, they've been able to stay in shape with family practices in local parks, like Julian Feild Park on West Broad St. and Katherine Rose Memorial Park on North Walnut Creek Dr. Soon, they'll all be back to competitive playing.

Of course, the Reginas and the Lenoirs were already as close as any family could be. They live in the same house, share investments in the same business and, yes, love the same sports — especially soccer. “Even my mom has filled in for a game when she comes to town from Austin, and she’s 56,” Craig Regina, 36, said. “It’s just something else that we, as a family, can all enjoy doing together.”

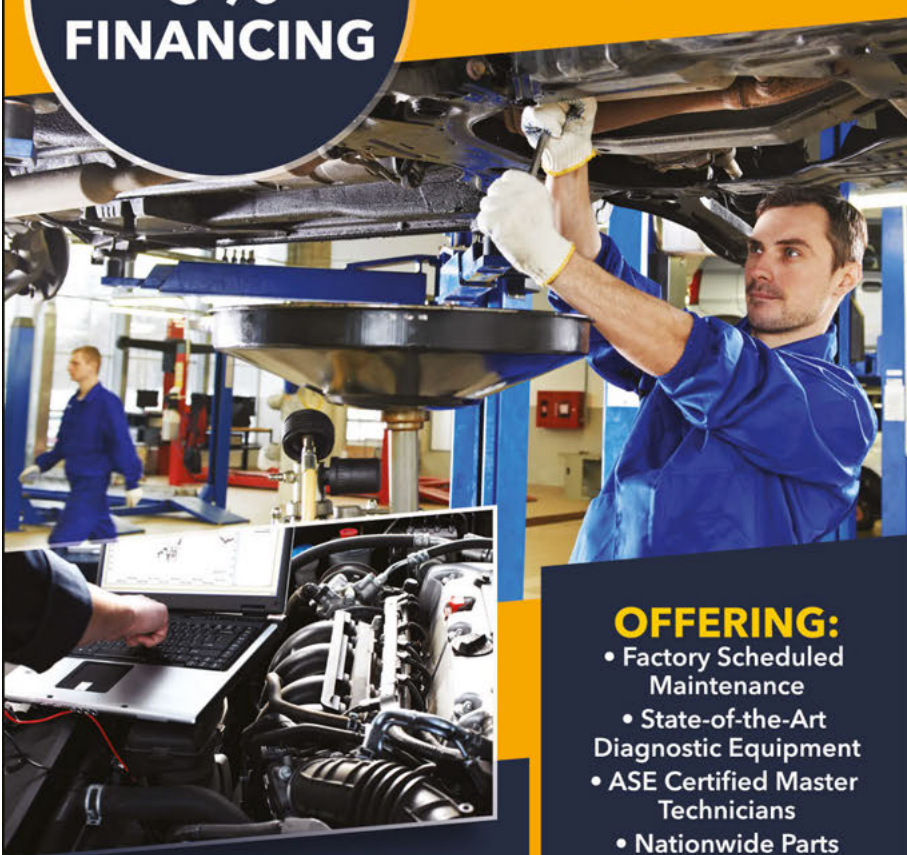
Living together into adulthood is nothing new for the family. Jay Lenoir, Misti’s husband and Craig’s brother-in-law, is in the Marines and travels a lot (though home base is their home in Mansfield). They believe it makes sense to share one roof with their children, Misti and Jay’s daughter, 16-year-old Trystan, and Craig’s son, 8-year-old Craig “CJ” Regina Jr. “It’s what you do. You come together as a family,” Misti said. “With Jay being in the military, it helps having Craig there. They say it takes a village to raise children, and we’re proof that it does.”

Kicks

— By Rick Mauch

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They also entered into business together a couple years ago, a business that is appropriately named Family Mattress and HomeStore. "We trust each other's ethics, so we said, 'Let's do it quality, and right,'" Misti said. "If I'm going to invest my money, I'm going to do it with my family."

Jay, 44, is in town frequently, however, enough to be on the same over-30 co-ed soccer team with Craig and Misti, 38, at the Apex Indoor Sports Center in Mansfield. Though they are not currently playing soccer competitively, as all their leagues were shut down during COVID-19, they are hoping to pick back up where they left off. A year ago, they were in their fourth season together on the team, while Misti also played on an outdoor co-ed team in Mansfield and Jay was on a men's outdoor team in Arlington. "We are definitely planning on starting an adult team again in the fall," Craig said.

The family members who never quit playing on a team were the kids. Trystan was on the Mansfield High freshman girls' team in 2019, and then she played again as a sophomore at MHS. "She's definitely progressed and become a quicker, better shot playing good offense and defense. It was good to see her team back out and getting to play in spite of COVID," Craig said. CJ, who recently turned 8, has played in leagues for 8-and-under and 7-and-under, and will be in the 9-and-under league next year. He's also been coached by Craig and Misti. "I learned to always pass to my teammates. My dad's a good coach," CJ said.

The family's interest in soccer began with Trystan, who started playing at age

5 in 2010. Jay picked up the sport in 2013 at the urging of some of his Marine buddies who started a team when he was stationed in New Orleans. "The guys were like, 'You're fast. Let's go.' So, I joined them," Jay said. "It's challenging, a lot of running, and I'm in the Marine Corps, so it goes along with that."

Misti followed in 2016, also with the encouragement of friends. "I'd been asked a few times to be in an adult league," she said. "They said, 'You're pretty athletic. It'll be easy.' It's not," she added with a laugh.

"It's just something else that we, as a family, can all enjoy doing together."

It was also around that time that Craig joined in, after seeing how much fun the rest of his family was having. He and the rest of his family were already athletes, him with a baseball background and Misti having played softball. Also, the family had played together on a softball team as adults. "I just saw them having fun and thought I'd give it a try, and it's been a blast," Craig said. "I went back to softball one summer, but then I went back to soccer. You don't run as much in softball."

The running is a big part of why they all play. Craig called it the ultimate workout after a hard day. "It helps us blow off steam, and it's a way to have fun and get some exercise," he said. "You blink, and you've run five miles."

Craig and Misti have two younger brothers who also love soccer and play. Aaron, 30, lives nearby and has a 4-year-old son, Hunter, whom Craig said will almost certainly play when he's old enough. "He's a good little dribbler now," Craig said.

Also, 29-year-old Nathan lives in Colorado and joins the team when he's home for a visit. In fact, since they play year-round, the family often plans holidays and vacations around soccer seasons. "He keeps cleats in a room at our house," Misti said. "When he comes home and wants to play, there's a spot for him." **NOW**



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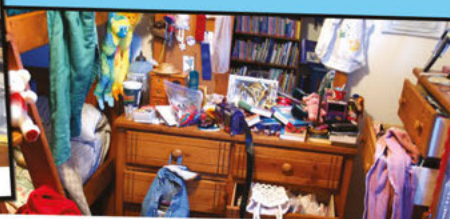
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BRIDE *and* BRIDLE

— By Melissa Rawlins

While we're all celebrating our freedoms, Matthew Janssen and Eliana Pires are exercising a newfound self-sufficiency. Since taking a COVID-influenced plunge and leasing land south of town, they're building up Angelheaded Ranch for rescuing, boarding and breeding sport horses. And thanks to her successful eight-year career in the feature film industry as a stills photographer, Eliana can lean into her network of friends, so she and Matthew can launch a reality TV show about what a modern homestead really looks like. The premiere episode will center around their September 2021, outdoor, horsey wedding.

What a difference from last year at this time, when the couple were newcomers at the neighborhood Fourth of July party. Hospitable neighbors asked the normal questions: Are you married? When are you getting married? What if he leaves?

How will you run your ranch without him? Eliana's response was always: "I'm pretty sure we'd be able to run it without him. But also, he's not going to leave."

Her confidence came from six years with Matthew and 26 years' experience with horses. Still, she and Matt are learning as they go. For instance, they'd never had chickens or sheep. He had never really dealt with horses before Eliana introduced him to her horse of 12 years, Tyson. She did not know how to weld, and he didn't know how to install a ballast on a fluorescent light. Together, they've renovated and improved the fencing and barns that allow them to care for approximately 10 equines at any given time.

"Anything you need to know, you can look up with this phone," Matthew said. And although he uses his device for little things, like learning to build a solid chicken coop, he treats it as purely functional. "I'm telling you, the pleasure of waking up every morning to this — 13 acres, where I don't have time to be on Facebook and digging my phone — has made me a better person. That and learning from Eliana. She knows everything there is to know!"

"Owning your own business with the person about to be your husband is weird," Eliana said, explaining the importance of handling the work/love dynamic. "He slowly started to realize, *This isn't just my girlfriend telling me to clean the stalls this certain way.* He realized I wasn't nagging him, but teaching him."

They've learned to overcome the trust issues each carried.

Originally from California, Eliana moved to Flower Mound to remove herself from a toxic relationship and live near her parents. Originally from South Dakota, Matthew had moved to Texas at the invitation of his aunt when he was 18. Thanks to a mutual interest in skateboarding, the two met in the Dallas skating scene.

Very much Matthew's "polar opposite," Eliana describes her married-forever parents as "amazing." Matthew's past, with its own complexities, translated into a very long wait for Eliana. "If you're going to ask somebody to marry you, you have to mean it," Matthew said.

Shortly after asking for her father's blessing, Matthew proposed with a note in her chocolate cake at a dinner with her parents. Deciding first to conduct the whole wedding in front of the barn, they then agreed to turn their lifestyle into a reality TV show. With filming and editing help from producers Brey Brown and Rachel Napolitano, plus a local production company, the proto-episode pitched to television networks focuses on the couple helping their first broodmare, Coeura, give birth to Ditalini AR (named after a type of pasta and intended for a high-level hunter-jumper career).

Matthew's sweetheart was Miss Patsy Cline. "We got her as a 1-year-old still weaning on mom. We found her a good home, and the lady is going to turn her into an eventer horse," Eliana said, explaining that Angelheaded Ranch does not take horses and turn them for profit. When they find off-track rescue horses in bad situations, they try with all their heart to give them new love, a new purpose, a new talent and a better chance at a perfect forever home.

"We limit ourselves to what we can take on. But help is help," Matthew said, remembering Miss Molly, who came as skin and bones and had to have a catheter in her neck to take medicine. "Now she's at a new home, spoiled rotten."

"The kid who owns her is a 17-year-old, who oils her braided mane with argan oil," Eliana said, smiling with satisfaction. She and Matthew understand they can't save every horse. But the more they try, the happier they become. **NOW**



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Zoomed In: Leah and Baronda Bradley

By Melissa Rawlins

The student body president of Early College High School, Leah Bradley, is one of their 54 success stories. She and her mother, Baronda Bradley, celebrated the first graduating class at the Cinemark in Mansfield, where ECHS enjoyed a private screening of the original *Mission Impossible*. A fitting flick, since the ECHS program opened in 2018 as an option for achieving students who, facing a variety of obstacles, might not otherwise continue on to college.

The University of Texas at Austin is Leah's destination at the end of summer. "Yeah, I'm your typical proud mother," Baronda said. "It has also been her teachers, the administrators and her principal who have supported her along her journey, and are helping her become the strong and capable person she is today—helping her discover her own brand of grit."



Thomas Hoke relaxes in a Carter BloodCare bus as Adriana Lambert prepares her equipment so he can donate blood.



Matt Hurley and his daughter leave Kidcreate Studio with their wonderful creations after a spring break art camp.



Dr. Kimberley Cantu and the Timberview High School administrators take great joy in helping MISD students graduate.



James Montgomery, in red, and Shawn Rambus with another parent spectator, Kathryn Garay, cheer on their daughters playing beach volleyball at NRG.



DR Southern Photography's Dalia Rivera photographs Hazael Rosales with his girlfriend, Lori Villarreal, at Elmer W. Oliver Nature Park.



Kiara Mullins croons beautiful tunes for the families cooling off at Shivers Snowcones.



Shane Webb and Ashley Compton enjoy a calm evening before a major thunderstorm on El Primo's rooftop.

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BusinessNOW

Storage Hut

— By Melissa Rawlins

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info@mansfieldstoragehut.com
www.mansfieldstoragehut.com

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Storage Access:

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Hal Mueller built Storage Hut in 1993 with a focus on customers and community. He and his wife, Kathy Mueller, had just purchased 5.5 acres near historic downtown Mansfield to start their dream of establishing a business with hometown roots. Together, the Muellers developed Storage Hut into a clean, efficiently run facility. Residential and commercial customers safely store their treasures here, where storage



units in varying sizes accommodate any storage need at an affordable price.

“We strive to make sure customers feel comfortable and content, like it’s your hut away from home,” Hal said. “We’ve got great customers, and Brooke and Chelsea really take care of every need they have.”

Manager Brooke Thompson and Assistant Manager Chelsea Roberts help customers find the right-sized unit for their unique situation. A chart viewable on their website gives helpful information for evaluating storage space needs. For example, a 10x5-foot unit likely can hold the contents from a one- to two-bedroom apartment.

Storage units range in size from small to extra-large, and several boast extremely high ceilings. Most are easy to access from broad and immaculate driveways. The coded entry gate, perimeter fencing and 24/7 video cameras secure the well-lit facility so customers can rest easy. Insurance

is also available for those items that are stored at Storage Hut. The climate-controlled units are perfect for commercial clients' files or occasionally used equipment, or for residential clients' holiday decorations, heirlooms and other climate-sensitive items.

"Some people would rather use their garage for cars instead of their overflow of everything. We are in the business of helping people solve their storage problems and committed to making their storage experience a positive one," Brooke said. "With our storage knowledge, we have solutions for even the most unique situations. Often when people need self-storage, they are dealing with a lot of moving parts and are feeling pretty overwhelmed. We try to be a calm spot in the storm. Sometimes, people just need a listening ear, and a few ideas."



We strive to make sure customers feel comfortable and content, like it's your hut away from home.



The caring professionals at Storage Hut are available Monday through Saturday. After 16 years' experience managing the facility, Brooke believes the recent pandemic only strengthened their service. "COVID-19 helped us streamline our rental capabilities online and made move-ins faster and more efficient," she said.

The Muellers encourage Brooke and Chelsea to spend time developing relationships with people who entrust their belongings to Storage Hut. Hal and Kathy, Brooke and Chelsea actively partner with the community, whether supporting local first responders, local churches, The Mansfield Mission Center and the Mansfield Women's Club. "We have lived here 32 years, raised five kids here and now have grandkids in MISD. Mansfield has been a great community for us and has taken care of us, so we want to do the same in return," Kathy said.

When you need help storing your belongings, call Storage Hut. They'll make sure you're taken care of. **NOW**



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In the Kitchen With

SONJA LOVE

— By Melissa Rawlins

Sonja Love has a thing for summer, and for the light, nutritious foods she serves her husband, son and niece during these hot months. Balancing out the savory with sweet, her desserts are made from scratch. She uses whole foods containing no processed sugars.

Now a nutritional coach, Sonja's nostalgia for summertime is rooted in lessons learned while growing up in New Hampshire. "Mom taught me to appreciate food and flavor and that being creative is always fun," Sonja said. "She was always making burgers or amazing steaks or chicken on the grill." The eldest child, Sonja remembers being in the kitchen with her mom starting at about 13 years old. The recipes Sonja shares here remind her of her family. "I look forward to some of these recipes whenever I go home to visit." **NOW**

Italian Pasta Salad

Dressing:

1 1/2 cups olive oil
1/4 cup white or red wine vinegar
1/4 cup water
2 Tbsp. coarse sea salt
2 cloves garlic, minced

1 Tbsp. sugar
2 tsp. each dried oregano and dried basil
Black pepper, to taste
1 Tbsp. each fresh parsley, basil or chives, minced (optional)

Salad:

1 lb. uncooked rotini pasta

4 cups water

1 Tbsp. salt

3 cups cherry tomatoes, halved

8 oz. fresh mozzarella cheese balls, halved

1 lb. salami or summer sausage, cut into cubes

3/4 cup kalamata olives, sliced

3/4 cup pepperoncini (optional)

1/2 cup sliced red onion

1/2 cup fresh parsley, chopped

1. *For dressing:* Shake all the ingredients together in a jar.

2. *For salad:* Cook the pasta according to the package directions (in salted water for more flavor). Allow to cool slightly; toss with a little oil to prevent sticking.

3. Re-shake the closed jar. Toss about three-fourths of the dressing together with all the salad ingredients. Save the remaining dressing to add to the leftovers.

4. Keep the salad in the refrigerator for 2-3 days.

Pecan Chicken and Wild Rice Salad

Serves 6-8 people.

Dressing:

- 1/2 cup rice vinegar
- 1/3 cup vegetable oil
- 2 large garlic cloves, minced
- 1 Tbsp. Dijon mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. sugar

Salad:

- 1 cup wild rice
- 4 cups chicken stock
- 1 lemon, juiced
- 2 whole chicken breasts, cooked
- 1 bunch green onions, minced
- 6-8 oz. snow peas, trimmed
- 2 ripe avocados, chopped
- 1 cup pecan pieces, toasted

1. *For dressing:* Combine all the ingredients in a jar with a tight-fitting lid. Shake to mix.
2. *For salad:* Combine the rice, stock and lemon juice in a saucepan. Bring to a boil. Reduce the heat. Simmer, covered, for 1 hour, or until tender; drain.
3. Chop the chicken into bite-size pieces, discarding the skin and bones.
4. Combine the dressing, rice and chicken, green onions and snow peas in a bowl 2 hours prior to serving; mix well. Chill, covered, in the refrigerator.
5. Add the avocados and pecans just before serving; mix gently.

Frosted Coconut Protein Cupcakes

Icing:

- 4 oz. fat-free cream cheese
- 1/4 cup coconut oil, melted
- 2 cups Xylitol confectioners' sugar

Cupcakes:

- Nonstick spray
- 1 1/2 cups oat flour
- 2 scoops vanilla whey protein powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup Xylitol brown sugar
- 4 oz. unsweetened applesauce
- 4 oz. Greek yogurt
- 2 egg whites
- 1 cup unsweetened coconut milk
- 1 tsp. coconut extract
- 1/4 cup flaked coconut

1. *For icing:* With an electric mixer, beat the cream cheese with the coconut oil and sugar until smooth; refrigerate.
2. *For cupcakes:* Preheat the oven to 375 F.

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Italian Pasta Salad

Spray a muffin tin with nonstick spray; set aside.

3. In a large bowl, combine the flour, protein powder, baking soda and salt. Whisk until well combined; set aside.

4. In a second bowl, combine the next 6 ingredients.

5. Add the wet ingredients to the dry ingredients; mix well.

6. Scoop 1/4 cup of the cupcake mixture into each muffin cup. Place in the oven on the middle rack for 20 minutes.

7. Remove to a cooling rack; let the cupcakes cool completely before frosting.

8. Garnish with flaked coconut.

Nana Cindy's Italian Chicken

1 cup butter

1/2 cup olive oil

6-8 large chicken breasts, boneless and skinless

2 cups fresh Parmesan cheese, grated

2 cups Progresso Italian Style Bread Crumbs

1 tsp. salt

1/2 tsp. pepper

1 tsp. basil (or any Italian herbs)

3 slices sharp cheddar cheese

1. Melt the butter with the olive oil; spread over the inside of a 9-x13-inch casserole dish.

2. Cut up all the chicken breasts into 1-inch-thick squares; add the pieces to the casserole dish. Coat well with the butter and oil.

3. Combine the Parmesan cheese, breadcrumbs and seasonings. Sprinkle half the mixture all over the buttery chicken; mix until coated.

4. Mix the remaining Parmesan cheese mixture all through the chicken.

5. Place the cheddar cheese slices on top of the casserole.

6. Cover with foil; bake on the middle rack for 1 1/2 hours.

7. Remove from the oven. Uncover the casserole; test a piece of chicken from the middle, checking for doneness. Do not cover, but return to the oven for up to 1/2 hour longer before serving.

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

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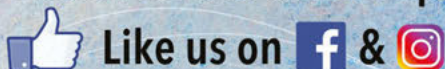
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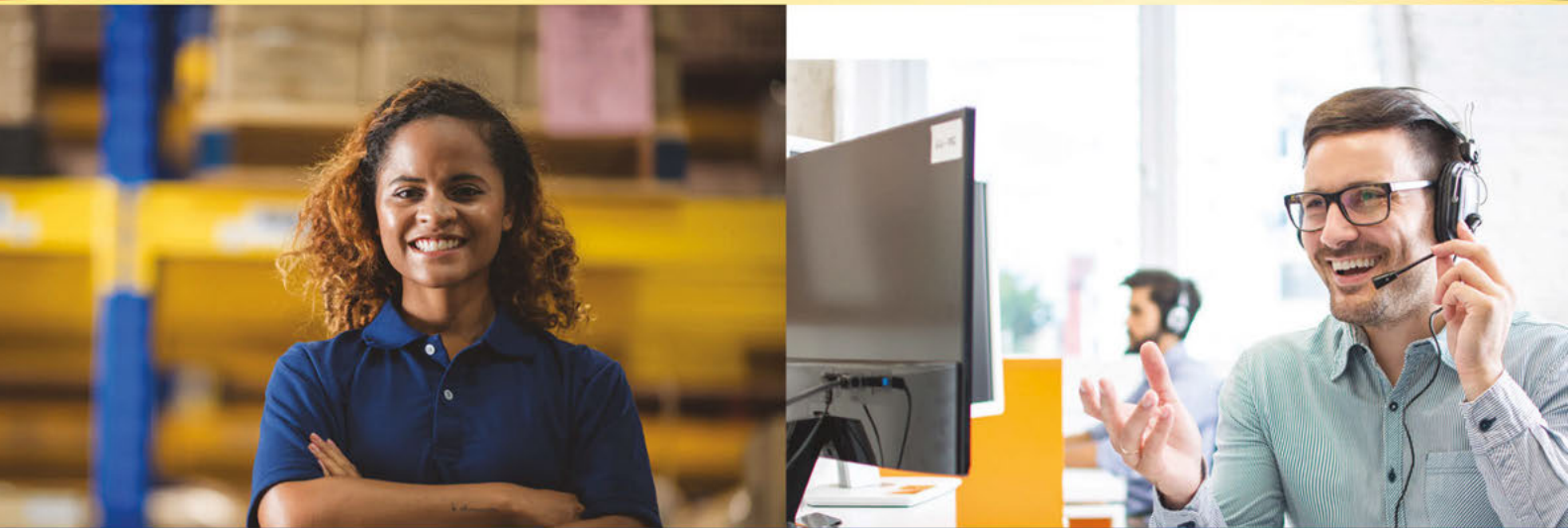
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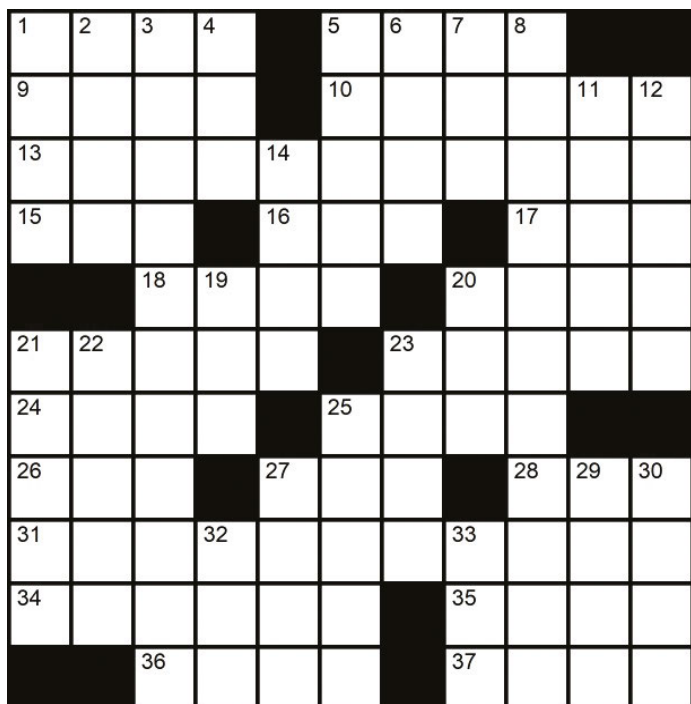
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Crossword Puzzle



CrosswordSite.com Ltd

Across

- 1 Honked
- 5 H's is 1, He's is 2, briefly
- 9 Linden tree
- 10 Aims pintos every which way
- 13 Amplify
- 15 Racket
- 16 Bon --- (witty remark)
- 17 Bovine bellow
- 18 Bald --- egg
- 20 Sonny, Cher's former partner
- 21 Betelgeuse is one, and Sirius, and Vega, and ...
- 23 Former Yankees' shortstop Jeter
- 24 Prominent personal comment article
- 25 90 degrees from rank
- 26 Basketball whistleblower
- 27 Graduation month for many
- 28 Needed by everyone, and anything in disrepair
- 31 Mundane
- 34 Shake awake
- 35 Guns won't fire without it
- 36 Military refectory
- 37 Obligation

Down

- 1 Ran off the margin
- 2 Julie Andrews film, "Darling ---"
- 3 Come out of
- 4 "Oh, what a tangled --- we weave" (Walter Scott)
- 5 Barbecue garment
- 6 Perfectly
- 7 Little louse
- 8 From the top
- 11 Odds ending, often
- 12 Derisive gesture
- 14 Five star General --- Bradley
- 19 Winter depression
- 20 Sound intensity unit
- 21 It comes from the heart
- 22 Third Reich architect
- 23 Impression
- 25 Overload blows them
- 27 Zooey's "New Girl" role
- 29 Innocent child
- 30 Congeal
- 32 Feel remorse
- 33 Admirably up to date

Solutions on page 36

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Sudoku Puzzle

Easy

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

Medium

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

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Solutions on page 36

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

JULY

7/2

Dog Days of Summer:

Free. 5:00-10:00 p.m., The LOT Downtown, 110 S. Main St.
<https://fb.me/e/1bNEv5xAO>.

7/3

Mansfield's Great American Picnic:

Free. Noon-9:00 p.m., The LOT Downtown, 110 S. Main St.
arts@mansfieldtexasarts.org.

Pinki the Clown:

A one-hour show for kids of all ages. \$6-\$10. 3:30-4:30 p.m., Farr Best Theater, 109 N. Main St.
www.magnificenttheatreco.com.

Independence Day Weekend Fireworks Spectacular:

6:00-9:00 p.m., Big League Dreams, 500 Heritage Pkwy. S.
angie.henley@mansfieldtexas.gov.

7/10

Meat, Mugs & Music:

Free. 10:00 a.m.-9:00 p.m., The LOT Downtown, 110 S. Main St.
<https://fb.me/e/1MmDzoXW>.

7/11-7/17

Organic Gardening Class:

Learn natural gardening practices online. Free. 6:00-7:00 p.m. www.mansfieldtexas.gov/Calendar.aspx?EID=3172.

7/15

Summer Sidewalk Sale:

Support your neighbors. 10:00 a.m.-6:00 p.m., Mansfield Mission Center Thrift Store, 703 E. Broad St. (817) 473-6650.

7/9, 7/10 and 7/11

The Sound of Music:

\$15-\$20. Friday and Saturday: 7:00 p.m.; Sunday: 3:00 p.m., 1520 N. Walnut Creek Dr.
www.mainstageclassictheatre.org.

7/24

Smart Women Finish 1st:

\$20-\$150; free for youth. 1:00-4:30 p.m., 6765 Rendon Bloodworth Rd. RSVP to teamcooper@icloud.com.

Viva Las Mansfield:

Benefits local charities. \$125-\$500. 6:00-11:00 p.m., El Primo's, 2300 Matlock Road. Order tickets at mansfieldcares.org.

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



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Crossword - Sudoku Solutions

1	B	L	E	W		5	A	T	N	O	
9	L	I	M	E		10	P	O	I	N	T
13	E	L	A	B		14	O	R	A	T	E
15	D	I	N			16	M	O	T		
						18	A	S	A	N	
21	A	S	T	A	R		23	D	E	R	E
24	O	P	E	D		25	F	I	L	E	
26	R	E	F			27	J	U	N		
31	T	E	R			32	R	E	S	T	
34	A	R	O	U	S	E		35	A	M	M
						36	M	E	S	S	
						37	D	E	B	T	

Easy

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

Medium

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

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