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M A G A Z I N E

AUGUST 2022



An Open Book

Dr. Kimberley
Cantu recounts
her journey

Talk Like a Texan

How to use slang
like a native

In the Kitchen With
Karen Danage

Also inside:
Scavenger Hunt
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Mika and Bailey in the Mansfield Office have been very friendly, kind and so encouraging. They give us recipes, info on brand names for sauces, toppings and even have ideas for easy sugar-free desserts. They also offer shakes, bars, cookies, chips and other snacks that are made with special ingredients to benefit weight loss.

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Managing Editor, Becky Walker
Mansfield Editor, Sandra Walters
Office Assistant, Kristin Bato
Writer, Angel Morris
Editors/Proofreaders, Lisa Bell
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,
Lori O'Connell . Bryan Frye
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EDITOR'S NOTE



Sandra

Sandra Walters
MansfieldNOW Editor
sandra.walters@nowmagazines.com
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Mansfield Family ...

It's an exciting time! Parents are looking for new clothing, school supplies, after-school programs and making arrangements for picking up and dropping off their children. It can be hectic.

I advise you to enlist the aid of your village. You don't have to be a superhero. If you don't have a village, start interacting with parents who share your family's beliefs. Set up a group. I recall setting up a carpool with parents of gymnasts from this area to travel to Lancaster, Texas, for practice almost every day of the week. It was really beneficial that we created a schedule, and we became like family.

Make a daily calendar for your kids that includes their academics, so they know what is expected of them when they return home from school. For instance, take 30 minutes to relax and eat a snack prior. Next, take a seat at the table and start your homework. Third, spend 30 minutes reading a book if there is no schoolwork. Once finished, record the key points of each chapter in a reading log. Fourth, use handouts or online resources to practice math concepts. Finally, parents, review Skyward weekly to ensure your child isn't missing any work and to see grades. A schedule is crucial because it emphasizes the importance of education. Establish a good rapport with your child's teacher as well. They're spending time with him or her every day, so it won't benefit you or your child to have a bad relationship with their teacher or teachers.

As the school year begins, I pray much protection over our schools, students, teachers and staff. Make it a great year!

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DR. KIMBERLEY CANTU
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An Open Book

— By Sandra Walters

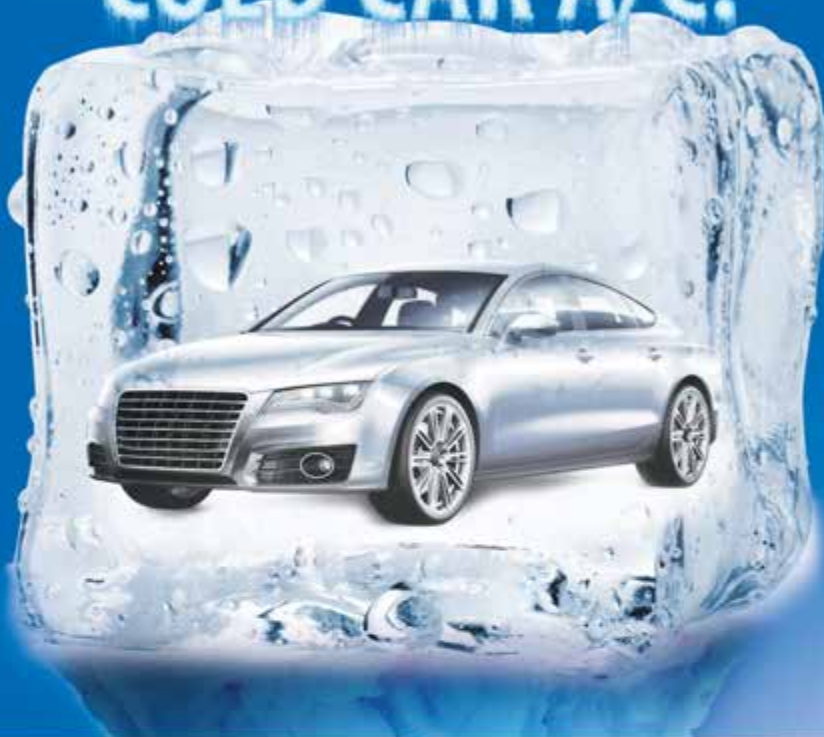
Dr. Kimberley Cantu is genuinely transparent. Ironically, she said, “I didn’t originally dream of being a teacher. I imagined myself reporting the news, so I first declared journalism as my major while attending Tarleton State University. However, later I changed my mind but continued to major in English and even gave being an attorney some thought. My college advisor suggested the idea of becoming a teacher, and I replied, ‘OK.’ That’s how this journey started.”

While attending Tarleton State, her advisor continued to speak into her life. As she worked on attaining a Bachelor of Arts degree in English, the same individual challenged her to get a master’s degree in English and become a freshman English graduate instructor at Tarleton. Due to having been an athlete most of her life, Dr. Cantu was accustomed to being coached, so she never questioned him. She simply listened because she felt he had her best interests at heart. “That’s the story of my life,” she said. “Great leaders have saturated me with knowledge, and I’m here because of those people. I’ve been blessed with amazing leaders encouraging me. I listened and took action to bring greater impact during each venture. I said, ‘Yes,’ to possibilities and opportunities.”

Her career as an educator began at Llano High School in 1992. Describing the Llano area as her “Green Acres moment,” Dr. Cantu acknowledged, “I’m a city girl who grew up in Fort Worth, Texas, and I knew right away I might desire to return to the DFW area. This was going to be an adjustment, but this district offered me a position first. I accepted it immediately because I needed a job. Shortly after, I received an offer from Mansfield ISD, but I had already replied to an administrator in Llano. I’m a woman of my word, so I moved forward with that commitment.” She did, however, keep the contact information provided by the MISD Human Resources Department — just in case she desired to return closer to home.

As the year ended, Dr. Cantu reached out to Debbie Weems, a now-retired educator and the namesake of the MISD natatorium, to inquire about an opening for the upcoming year. There was an English and coaching job available. She applied and obtained a position at Mansfield High School the following year and worked there for five years as a teacher before rising to the position of assistant principal and then academic associate principal. She secured a promotion as a head principal in another local school district after serving 11 years in Mansfield ISD.

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Dr. Cantu held the positions of principal, executive director of human resources and director of curriculum and instruction. She later came back to the school system she considers "home," Mansfield Independent School District, in 2012 as a director of human resources, where she served in several executive capacities before being named the district's deputy superintendent. After being named the sole finalist in the district's search for a new superintendent, Dr. Cantu, MISD's second female superintendent, was formally named to the position on December 17, 2019.

Before the pandemic, Dr. Cantu had only been superintendent for 18 weeks. Because this was a first, she admitted, "No one knew what to do, so superintendents and administrators talked about virtual learning daily, trying to create solutions for the ending school year and the upcoming school year. We were all in the starting blocks together, and nobody had an advantage. It was an unfamiliar experience."

Some might question why she continues in this career path. "I know it sounds cliché, but I love the kids," Dr. Cantu said. "The majority of those who work in education want to help children and families. I aim to make a difference, and maybe the athlete in me drives my desire to contribute and support the team of Mansfield. I have an amazing group of leaders whom I work with, and we strive to make kids feel safe, loved and happy. That's why I'm here."

Dr. Cantu holds three degrees: a bachelor's, a master's and a doctorate, which is a significant achievement.





She ascribes her strong work ethic to watching her parents work hard, even though they didn't have the opportunity to attend college. Her parents and Nana (grandmother) put a lot of effort into raising her, which inspired Dr. Cantu to move forward and never turn back. She mentioned, "I recall beginning my first job at the age of 13, and I've been working since that time. My drive is a mixture of innate ability, watching my hardworking family members, playing sports and being a lifelong learner. The question, 'Where can I make an impact?' is ingrained in my DNA."

Without her supportive family, Dr. Cantu could not do what she does. Her husband, Jerry Cantu, is a retired educator who works for EECU. They have four girls and two grandbabies. Their 11-year-old daughter, Harper, currently attends one of the Mansfield ISD schools of choice. "Right now, it's cool to have your mom as superintendent, but I know as she gets older, that will change. She says she wants to live with us forever. However, we'll see," Dr. Cantu added.

As the superintendent of Mansfield Independent School District embarks on her 30th year in education, she concluded, "I don't take this assignment lightly, and neither do the dedicated educators I work alongside. It is with great honor and excitement that we show up each day to maintain quality instruction, execute high standards for safety and security, offer student program options and retain quality teachers. I don't know how to be any other way than to simply be myself. Therefore, I will use my gifts to positively affect my community for all students by upholding the heritage and excellence built long before." **NOW**

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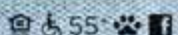

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While every corner of the world may claim its own dialect, Texas goes big toward its own communication style. People from other parts of the country have probably heard many typical Texan phrases, while some slang is purely local. Here's a beginner's guide for any recent transplants trying to acclimate to the language of the Lone Star State.

Howdy — A less fancy way of saying, "How do you do?" the greeting, *Howdy!* is even the official greeting of Texas A&M University, the state's largest university with about 70,000 students. *Howdy* is often followed by the word, *y'all*, which leads us to ...

Y'all — A contraction that means just what it clearly says: You all. *Y'all* can address two or more people, but a very large group (or multiple groups) requires a pluralized plural. That's where *all y'all* comes in. (Yes, Texans know that means "all you all," but groups can be really, *really* big here, so we don't consider it redundant.)

Fixin'ta — Although foreigners might think you're about to repair something when hearing this phrase, it actually just means you are about to *do* something. Whatever you're about to do, however, never ever say it with a *g*. *Fixing* still means repairing something, even in Texas.

Ain't — A contraction meaning: I am not, I have not, he/she has not, we are not and that is not. Certainly not exclusive to Texas, but common for natives who ain't fixin'ta use more syllables than absolutely necessary. Used in a Texas sentence: "This ain't my first rodeo!" (meaning I've actually done this before/I'm not new to this). Further abbreviations include *y'aint* (y'all are not) and *aintcha* (aren't y'all?).

Git — Because get is just plain uppity, Texans slip *git* into all kinds of phrases: *Git-r-done* (meaning to accomplish something); *all git-out* (meaning very or extremely); or *git-to-gittin'* (meaning to get started). For example, a warning between siblings about chores: "You bes' git-r-done before Pa gits-to-gittin' home or he'll be mad as all git-out."

As those examples suggest, individual words are often partnered with other phrases for emphasis in Texas. Here are some common phrases one might use to show they are Texan through and through.

Bless your heart — While this one can be sincerely stated in regard to something bad happening to someone else: "Your horse got loose? Bless your heart!" it can just as easily be meant sarcastically: "You think you know what you're doin'? Bless your heart."

Dadgumit! — A Texan's way to curse around children, suitable for use wherever a swear word is intended. Derived from *darn it* or *dang it*, *dadgumit* works well in conjunction with *shoot fire* and *son of a gun!*

Don't have a cow! — While lots of Texas-centric language actually has roots in other places, this phrase is

originally attributed to a Denton, Texas, newspaper, where a writer quoted a subject saying someone would “have a cow” if they knew about something unacceptable he had done. When telling someone, “Don’t have a cow!” you’re telling them not to overreact. Similar cattle-themed sayings include: *Till the cows come home* (meaning for a long, long time); and *Take the bull by the horns*, encouraging someone to tackle something head on. And, let’s not forget ...

All hat, no cattle — Every state probably has its own version of Texas’ slang for someone who considers themselves important without reason. Perhaps a derogatory reference to city-folk imitating the fashion of actual cowboys, it can also describe a person who is all talk but little action. “That politician never keeps his promises. He’s all hat, no cattle.”

While many other words and phrases are commonly associated with Texas, the state’s unofficial motto may be the most famous of all ...

Don’t mess with Texas. Launched in 1986 as an anti-littering slogan, it is widely accepted as a reminder of a Texan’s toughness and a warning for anyone who might forget.

Portraying former President George W. Bush on TV’s *Saturday Night Live*, actor Will Ferrell reminded 9-11 terrorists they should not have messed with Texas. Further proving how iconic the reference had become, it is also listed in the Advertising Hall of Fame.

Ironically, the official motto of Texas is just one word: *Friendship*. *Tejas* was the Spanish pronunciation of *teyshas* or *thecas*, the Caddoan word for ally. So, while Texan talk may be full of swagger, it tries to keep that motto in mind ... as long as you don’t make a mess while you’re here. **NOW**

Sources:

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2. <http://wheretexasbecametexas.org/texas-state-moto-friendship/>.
3. <https://blog.tmlip.org/dont-mess-with-texas-the-story-behind-the-slogan>.
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Zoomed In: Andrew McInnis

By Sandra Walters

The courteous behavior of recent Lake Ridge High School graduate Andrew McInnis did not go unnoticed, as he awaited the order of a 3-year-old boy in the restaurant where Andrew works. The young patron's mom watched as her son changed his order three times, and Andrew's patience continued. While eating, she noticed how Andrew meticulously cleaned the restaurant. Then, as a surprise, he delivered an ice cream cone to her son. As a result, the impressed mom shared her thoughts of Andrew on Facebook.

In response, Andrew admitted from whom he learned such compassion. "My mother. She's the kindest person I know," he noted. Andrew hopes to continue to extend kindness in his lifetime, explaining his plans to major in pre-med. He will be a freshman at Austin College this fall.



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— By Sandra Walters



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Johnnie Morine's father detailed cars and worked in county services, then lawn maintenance for a living, so his dream for his son was for him to get a desk job and work in an office. Johnnie said, "I had no plans of going to college. Therefore, I worked in a local tire factory after graduating. Cooper Tire was the most sought-after job in the community. It only lasted two weeks, then I realized my dad's dream didn't sound too bad. I immediately realized I needed to go to college."

"There was no freedom in being stuck in a sweat factory — I called it. Two weeks later, I told my parents that I had to enroll in college." No one in his family had attended college, so he would be the first. Johnnie is the oldest of six, so he paved the way for his siblings. He majored in computer engineering, and his parents supported him.

Eventually, he graduated and attained a technology job at Siemens, a Fortune 500 company. Johnnie perfected his technology skills in engineering and data center management while being mentored by his supervisor. This man allowed him to thrive beyond his imagination. He didn't stifle his intellect or ambition.

While working in corporate, Johnnie started a side business named ALC Services, and his supervisor authorized him to sell to the corporation. Ironically, the company sent him business. One day, his boss called him into the office and asked, "Why haven't you asked for a raise the entire time you've worked here?" Johnnie replied, "You can't pay me what I'm worth, so just keep it coming." He could have stopped working for

corporate America long before his exit, but his bond with his supervisor kept him working. "I enjoyed being mentored by a great guy," he said.

When Johnnie did leave, he was determined to take the limits off. As he used his business mind, he thought about how he could work smarter and make a profit by empowering others. While developing his new venture, he sold his technology business and decided to get into real estate a few years later because his youngest son wanted to attend TCU. He created a five-year business plan and ordered his real estate course — which he finished in six consecutive days.

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Soon after, he launched The Morine Group to support real estate agents who needed more support than they were traditionally given. He sincerely asked how he could help, and the business organically grew. Johnnie said, "If they have a question, they can call me. I'll answer."

While networking, he met Brittnee Thornton. She said, "I worked in the real estate industry, but my growth was limited. I wanted more. I noticed The Morine Group, Realtors and was intrigued. After contacting Johnnie, I told him the position posted was for me." Johnnie wanted to help her pursue her goals with unrestricted ability to access her talents. He hired Brittnee and said, "Do your thing because I believe in you." Brittnee is now the vice president of business development and recruiter for The Morine Group, Realtors, where the Realtors have great customer service skills and knowledge because they are well trained. The Morine Group, Realtors are a S.P.E.C.I.A.L. (Swag/Self-image, Persona, Excellence, Common Goals, Integrity, Attitude, Alliances, Audacity and Latitude) group of people. If you're looking for a special experience, reach out to The Morine Group, Realtors. **NOW**

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CookingNOW

In the Kitchen With

KAREN DANAGE

— By Sandra Walters

Karen Danage's love of cooking began when she was 9 years old. Being the oldest of six children, she used to pretend to own a restaurant by cooking breakfast for her younger siblings. Karen explained, "I grew up in Memphis, Tennessee, and Los Angeles, California. Living in the South exposed me to fantastic Southern cuisine, and living in California presented a diverse range of delicacies from a variety of culinary marketplaces.

"I feel that food unites people. My family always had Sunday family dinners after church while I was growing up, and I continue the tradition by using many of my mother's, father's and grandparents' recipes." Eventually, the kitchen became her spa, as it is a place for Karen to relax and unwind. **NOW**

Stir Fried Kale

3 bunches kale
2 Tbsp. olive oil
2 tsp. onion, chopped
1 Tbsp. garlic, chopped
1 pkg. Goya Ham Flavored Concentrate
1/2 tsp. cane sugar
1/2 tsp. black pepper
1/4 tsp. Lawry's Seasoned Salt

1. Wash the kale; cut it into bite-size pieces.
2. Heat the olive oil in a large frying pan on medium heat.
3. Add the onions and garlic to the oil; stir and cook until soft.

4. Add the kale, Goya Ham Flavored Concentrate, cane sugar, black pepper and Lawry's Seasoned Salt; stir kale until wilted.
5. Serve hot or cold.

Southern Fried Corn

6 ears corn
4 Tbsp. butter
1 Tbsp. olive oil
2 Tbsp. red bell pepper, chopped
2 Tbsp. green bell pepper, chopped
1 Tbsp. garlic, chopped
2 tsp. celery, chopped
2 Tbsp. onion, chopped
1/2 cup heavy cream

Black pepper, to taste
Sugar, to taste
Onion powder, to taste
1/4 tsp. Lawry's Seasoned Salt
1/4 tsp. celery salt

1. Shuck and clean the ears of corn; place them in a large bowl. Run a sharp knife down the cobs to cut off the kernels. Make sure to scrape the cobs to get the starch.
2. Heat the butter and olive oil in a cast-iron skillet on medium heat.
3. Add the bell peppers, garlic, celery and onions to the skillet; cook until almost fork tender.
4. Add the corn; stir for approximately 5 minutes.
5. Add the heavy cream, black pepper, sugar, onion powder, Lawry's Seasoned Salt and celery salt.
6. Stir all the ingredients together for 15-20 minutes on medium heat until the corn is creamy and tender.

Turkey Burgers

1 1/2 lbs. Jennie-O ground turkey
(83% lean 15% fat)

1/4 tsp. black pepper
1/8 tsp. Lawry's Seasoned Salt
1/2 tsp. Knorr Selects Beef Bouillon Powder
2 Tbsp. olive oil
1/4 tsp. onion powder
PAM Canola Oil Spray

1. Place the turkey in a large bowl. Add the black pepper, Lawry's Seasoned Salt, bouillon powder, olive oil and onion powder; gently mix the ingredients until they are cohesive.
2. Divide the turkey mixture into 4 equal portions; carefully form them into patties.
3. Place the patties onto a baking sheet. With your thumb, press a divot into the middle of each patty; this will prevent the patty from shrinking.
4. Place the patties in the refrigerator; let them chill for about 30 minutes.
5. Preheat a large cast-iron skillet or indoor grill; generously spray with the PAM to keep the burgers from sticking while cooking.
6. Place the patties in the skillet or indoor grill. Cook for approximately 4-5 minutes until the internal temperature reaches 165 F.
7. Allow patties to brown on each side, or until the patty has grill marks; then gently flip them. If you like cheese on your burgers, add cheese during the last minute of cooking.
8. Serve on your bread preference with your favorite toppings.

Breakfast Quiche

1 Tbsp. onions, finely chopped
1 Tbsp. celery, finely chopped
1 Tbsp. red bell pepper, finely chopped
2 Tbsp. butter (divided use)
1/2 tsp. celery salt
1/2 tsp. black pepper
1 1/2 cups Jimmy Dean Maple Sausage (divided use)
2 cups spinach, uncooked
Pinch of salt
4 large eggs
2 cups whole milk
1 1/2 cups sharp cheddar cheese, shredded (divided use)
1/2 cup Monterey Jack cheese, shredded
1 deep-dish piecrust (Wal-Mart brand)

1. Cook the onions, celery and bell pepper in 1 Tbsp. of butter until almost fork tender. Add the celery salt and black pepper. Add 1 cup of Jimmy Dean Maple Flavored Sausage; stir until the sausage is fully cooked. Place ingredients in a bowl.
2. In the pan, add remaining butter. Add the spinach and a pinch of salt. Stir until the spinach wilts.
3. Remove the spinach; place it in a bowl.
4. In a large bowl, crack the eggs; add the milk, 1/2 cup of cheddar, the Monterey Jack



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BACK TO SCHOOL

cheese and the sausage/vegetable mixture. Wisk the ingredients until blended.

5. Preheat the oven to 400 F. Bake the piecrust for approximately 7-10 minutes; remove from oven. Pour the batter into the piecrust.

6. Brown the remaining sausage. Garnish the top of the quiche with the spinach and browned sausage.

7. Bake for approximately 35-40 minutes. The quiche is fully cooked if you insert a knife in the center, and it comes out clean.

8. Garnish the quiche with 1 cup of the cheddar cheese.

9. Allow the cheese to melt before serving.

Grilled Lemon Salmon

5 Tbsp. butter

1/2 tsp. Lawry's Seasoned Salt

1 tsp. paprika

1/2 tsp. lemon pepper seasoning

1/2 tsp. garlic powder

4 6-oz. salmon fillets



Stir Fried Kale
Southern Fried Corn
Grilled Lemon Salmon

Nonstick cooking spray

2 tsp. parsley flakes, for serving

4 sliced lemons, for serving

1. In a bowl, melt the butter until almost liquid. Add Lawry's Seasoned Salt, paprika, lemon pepper seasoning and garlic powder.

2. Score the salmon fillets by making parallel 1/4-inch-deep cuts. Spoon the rub seasoning mixture all over the fillets, as well as on the skin.

3. Preheat the grill to medium heat; spray with a nonstick cooking spray. Place the fillets skin-side-up on the grill. Cook for 5-6 minutes; flip the salmon. Cook for 2-4 more minutes.

4. Sprinkle the cooked salmon with parsley; place a slice of lemon on each individual piece to be squeezed prior to eating.

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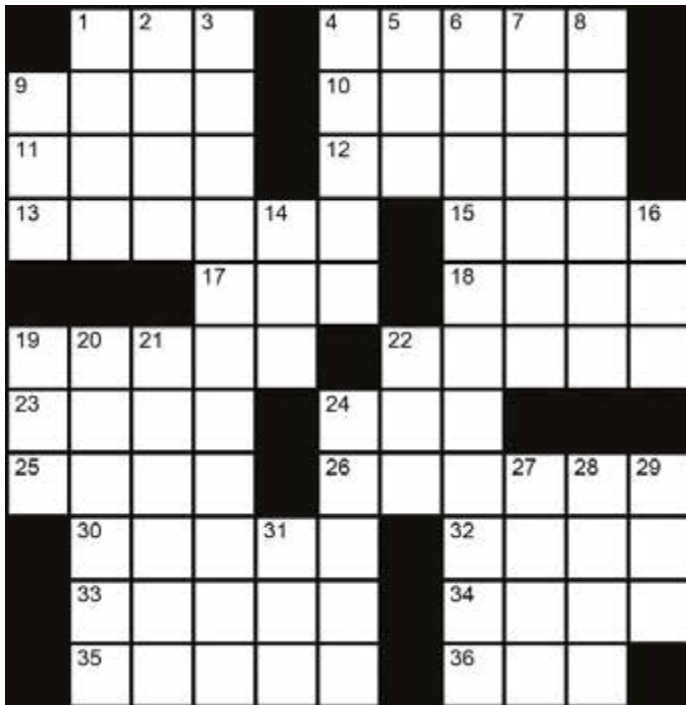


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Across

- 1 Out of whack
- 4 Brass groupings
- 9 Running great --- Devers
- 10 In plain view
- 11 Approximately
- 12 More recent
- 13 Where landlubbers are found
- 15 Drink greedily
- 17 Rotation period
- 18 Wingless parasites
- 19 Sacked out
- 22 Al --- (pasta order)
- 23 Shuck
- 24 Short Egyptian boy-king?
- 25 "Avenger" Mrs. Peel
- 26 Birl
- 30 Gem State capital
- 32 Czech track champ --- Zátopek
- 33 Orange Muppet
- 34 Pestored persistently
- 35 Takes five
- 36 It can be the limit

Down

- 1 Rowers in a boat
- 2 Angle
- 3 Bad places to build houses
- 4 Thin as a rake
- 5 Reverential salutation
- 6 Publications from special groups
- 7 Became shorter
- 8 Hard-and-fast
- 9 Former Portuguese colony in India
- 14 Backstabber
- 16 "Aw, heck!"
- 19 --- who must be obeyed
- 20 Surplus furniture
- 21 "Rum Punch" writer --- Leonard
- 22 Batman and Robin, for example
- 24 Corners
- 27 Out of control
- 28 In apple-pie order
- 29 Catastrophic occurrence (abbr.)
- 31 Command to Rover

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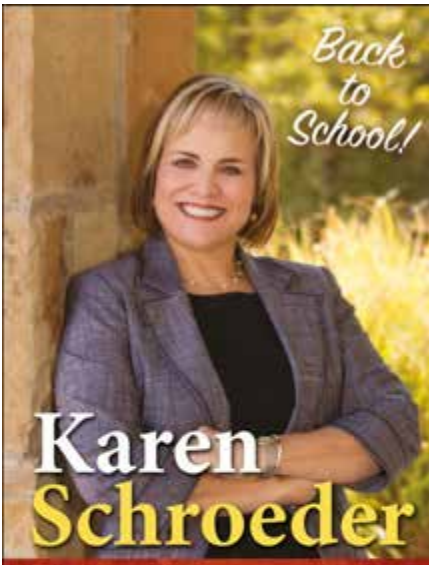


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Welcome BACK TO SCHOOL

AUGUST

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.

8/1-8/31

Foster Care and Adoption:

Adults interested in fostering and/or adopting children are invited to a live online session with Presbyterian Children's Homes and Services. Free. Call (512) 212-5700 or write to FosterAdopt@pchas.org.

8/4

Life Under the Pond (5 years-plus):

Learn about what animals and plants live in the pond by dip netting while searching for micro- and macro-organisms.

Look at the organisms under microscopes, learn to ID them and more. Free; registration required. 9:00-10:00 a.m., Elmer W. Oliver Nature Park. Call (817) 728-3680.

8/6

Back to School Bash:

Mansfield ISD will host its annual back-to-school bash with a variety of activities and games, school supplies, student health services and more. Completely free of charge to all Mansfield ISD students. 7:30 a.m.-noon, Dr. Jim Vaszauskas Center for the Performing Arts, 1110 W. Debbie Lane.

8/7

Back to School Bonanza:

Special Kids Service: 10:00 a.m.; family-friendly blowout for all ages after church with hamburgers, snow cones, water games, activities and giveaways. Please bring swimwear and/or extra pair of clothes: Noon-2:00 p.m., The Lighthouse Church, 1400 N. 9th Street, Midlothian.

8/13

Slide Outta Summer:

Send off the summer with music, snacks and fun! Inflatable water slides to cool off on, free activities, music and snacks for purchase.

Come wrap up the summer at this fun, family-friendly blowout. Registration Required. 11:00 a.m.-2:00 p.m., Mansfield Activities Center, 106 S. Wisteria St.

The Fleetwood Project Presents Henry V:

This is a re-imagined take on the Shakespeare classic. Henry IV is dead, and Hal is King. With England in a state of unrest, he must leave his rebellious youth behind, striving to gain the respect of his nobility and people. \$8-\$15. 2:30-4:00 p.m., Farr Best Theater, 109 N. Main St.

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



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