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## ON THE COVER



*For Allora, Jillian and Logham Dawson, life essentials are an important part of scouting*

*Photo by Joy Elmore.*

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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](http://www.nowmagazines.com).



## Editor's Note

Dear Friends,

Historically, the daytime temperatures in October range from the 70s to the 80s. With such mild temperatures, the Mansfield Fire Department and its Safety Clowns will be comfortable while hosting the community-wide Fire Safety Palooza the second Saturday of this month. As part of its National Fire Prevention Week observance, the firefighters are making learning about fire safety fun. Families can enjoy entertainment, food and family

activities, while visiting interactive and hands-on demonstrations teaching fire safety skills and showing kids how to prevent fires in the home.

I'll never forget the heart-pounding moment I was interrupted in my fire-making experiment by a brawny man wielding a hammer. I was a second-grader in Poquoson, Virginia, and was squatting down inside the raw framework of an under-construction home in our subdivision using matches I had stolen from my dad to see whether I could make some scrap two-by-fours catch fire. I'm sure that construction worker's heart was pounding, too!

Thank goodness for the Safety Clowns!

*Melissa*

Melissa Rawlins  
MansfieldNOW Editor  
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Volunteers from South Oaks Baptist Church organize donations and prepare to drive and deliver the much needed supplies to their neighbors in Houston.



Nathan Castle, owner of Aria Grace, is printing Texas Strong T-shirts and caps, and 100% of their sales benefits south Texans through the American Red Cross.



Lindsey Richardson helps ANBTX Insurance's Jeff Key fill one of Revolver Brewing's trucks with supplies for Hurricane Harvey assistance.



Casey and Tosha Davidson help people in Port Arthur, Texas.



Corey Gaither and Amber Bush, owners of College Hunks Junk and Moving, hosted a Stuff the Truck event and drove needed supplies to South Texas.



Mansfield Wal-Mart store Manager Jessica Santana celebrates the store's success in helping the company reach the \$10 million goal toward Hurricane Harvey relief.



Students at Charlotte Anderson Elementary learn how to give heartily with donations for Hurricane Harvey disaster relief.



Tasha Conley-Turner and Diana Mendoza, both financial coaches at Wesley Mission Center, help sort donations and prepare to give them to the hurricane evacuees they are meeting with.



Michael Cheatham, of UTEX Industries, helps Mansfield move supplies down to south Texas.



David Penn, Mansfield Wal-Mart assistant manager, and Airita Devers, join area associates to relieve overwhelmed Houston area associates.





# Texas Strong



The past few weeks have been emotional ones, as image after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of *Texans*. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities mobilized to assist. People loaded

up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong! **NOW**

*Becky Walker • Managing Editor • NOW Magazines*

---

## State and National Organizations:

Red Cross of North Texas • (214) 678-4800  
<http://www.redcross.org/local/texas/north-texas>  
Text Harvey to 90999 to make a \$10 donation.

Salvation Army • [helpsalvationarmy.org](http://helpsalvationarmy.org)  
1-800-SALARMY • Text \$10 to 50555

North Texas Food Bank:  
Donations of food and funds to replenish their available food supply are needed. Contact [ntfb.org](http://ntfb.org).

Save the Children Flood Fund • [SavetheChildren.org](http://SavetheChildren.org)

The Texas Lions Foundation:  
The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800  
[texasbaptistmen.org](http://texasbaptistmen.org) • Text HurricaneHarvey to 73256, then click on the link sent to you to complete your donation.

## Community Organizations:

Open Door Church Emergency Relief Operations  
Contact Barry Gee at [odcemergencyreliefoperations.org](http://odcemergencyreliefoperations.org),  
[bg.odcrelief@gmail.com](mailto:bg.odcrelief@gmail.com) or (817) 988-1685.

Community Emergency Response Team (CERT):  
*For Burleson:* Contact Jessica Eiswald at (817) 426-9177.  
*For Joshua:* Contact Lani Whiddon at [LWhiddon@cityofjoshuatx.us](mailto:LWhiddon@cityofjoshuatx.us).  
CERT programs usually take 6-8 weeks of training. You can sign up for the training, and then you'd be able to help where needed during the months ahead.

Johnson County Emergency Management Coordinator  
Jamie Moore • (817) 556-6346

Harvest House • 349 NW Renfro • Burleson, TX 76028  
[www.yourharvesthouse.org](http://www.yourharvesthouse.org).

Crowley House of Hope • 216 Magnolia • Crowley, TX 76036  
[crowleyhouseofhope.org](http://crowleyhouseofhope.org).

Tarrant County Administrator's Office  
Office of Emergency Management  
David McCurdy, Emergency Management Coordinator  
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Wesley Mission Center • 777 N. Walnut Creek Dr.  
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*Note: Be sure to do your research before making donations to ensure you know how your donation is being spent.*



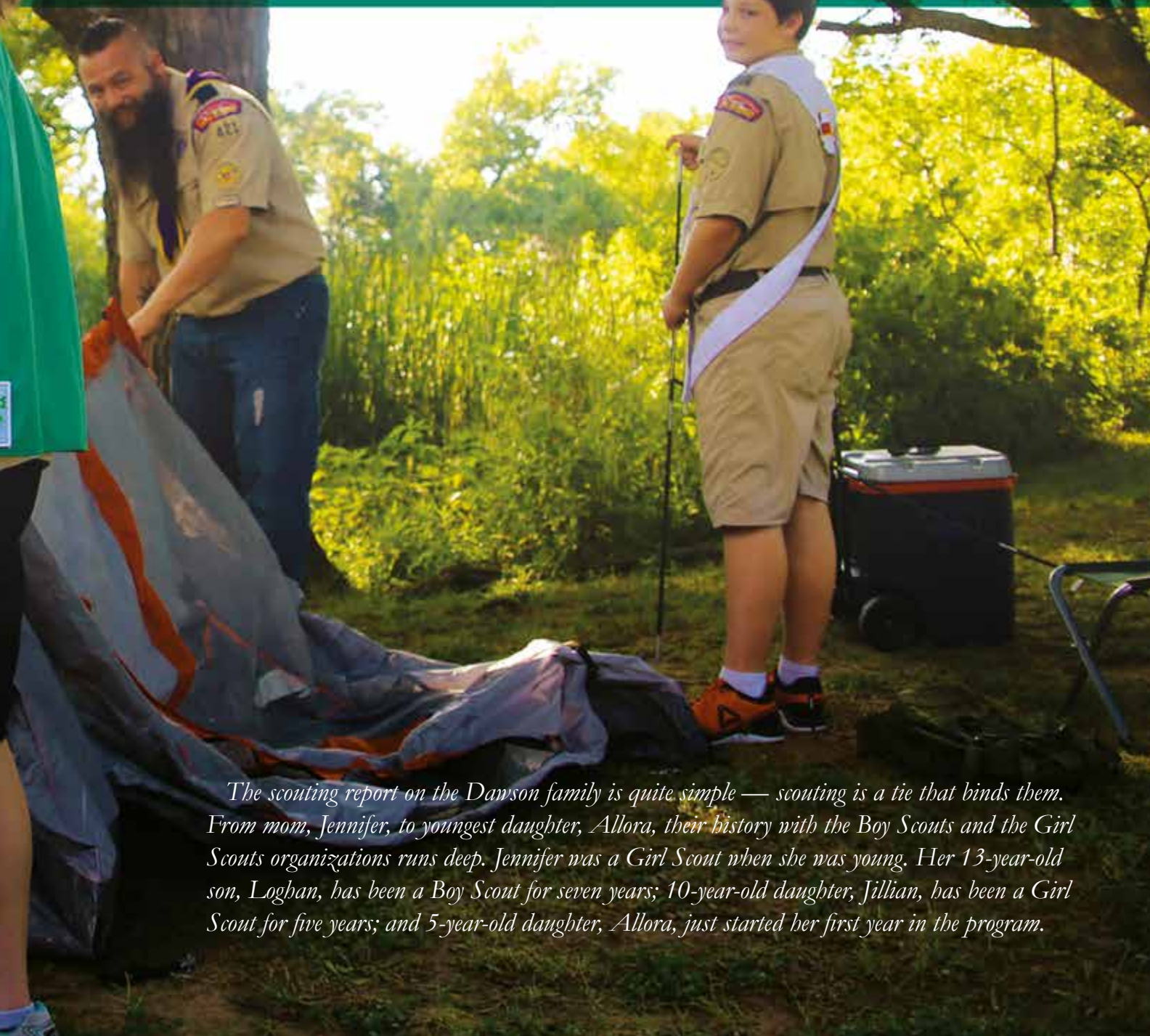
# A FUN WAY TO





# OLEARN

— By Rick Mauch



*The scouting report on the Dawson family is quite simple — scouting is a tie that binds them. From mom, Jennifer, to youngest daughter, Allora, their history with the Boy Scouts and the Girl Scouts organizations runs deep. Jennifer was a Girl Scout when she was young. Her 13-year-old son, Logan, has been a Boy Scout for seven years; 10-year-old daughter, Jillian, has been a Girl Scout for five years; and 5-year-old daughter, Allora, just started her first year in the program.*



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# Fall Forecast



Clyde, husband and father, though not a Scout while growing up, is a Scout leader, as is Jennifer, and both have been for nine years. He is also chaplain of Logan's troop. Clyde and Jennifer served in the U.S. Army, both finishing duty in 2003. "Being ex-military, we knew Scouts would be a way to keep that tradition going," Clyde said.

"My mom was a single mother, and scouting was great for her and us," Jennifer said. "My sister and I met other girls and learned a lot. It was different back then. You'd learn home skills, but we also learned how to build a fire and how to whittle."

Jennifer is also a preschool director for Living Church. The things she learned from scouting have helped her in that position. "It really instilled teamwork, but it also taught me there can be fun in learning," she said.

Clyde, an MRI and CT technologist at Envision, was raised in Montana. He learned a lot about the outdoors growing up, which has helped him now that he is involved in scouting. "I got used to camping when I was young," he said. "We camped almost every single weekend. My dad is Native American. He taught us so much, and I passed it on to my kids."

Logan camps the most of anyone in the family. In fact, his first campout was at 4 months of age when his parents took his older godbrother, Ethan, on a Cub Scout outing. "I saw all that Ethan was doing, so I knew that I wanted to be a Scout," Logan said.





Jillian, likewise, was a tagalong when Loghan participated in Cub Scouts. Now, she has her own scouting adventures. The girls camp a few times each year. There is also the Miss Universe Twilight Camp at Camp Wooded Acres they enjoy participating in each summer. "My favorite part of camp and Scouts altogether is working to help the community," Jillian said. "We collected school supplies to help the kids in Mansfield."

Jillian loves helping her community at every opportunity, as do all the family members. In fact, she has an idea for helping with a garden at the community center as part of her Bronze Award for community service. "I think we could forward it by having a lemonade or tea stand," Jillian said. Jillian and her fellow Scouts teamed with the Boy Scouts to work in the Serenity Gardens at Julian Field Park recently. They cleaned the garden and put



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in fresh mulch. "I really enjoyed that. I like nature," she said.

"They get the younger ones like Allora to help them with projects," Jennifer said. "Allora likes to help with the flags each year [Memorial Day, for example]. We put them in the Mansfield Cemetery."

Loghan recalled helping with a flooding problem at Scout camp last year. He and his troop built a dam. "I love the challenging aspect, working together to find a solution to a real problem," he explained.

"Any community project we can find, they do," Clyde said.

"For me, our greatest community project is the Feed the Kids program," Jennifer said.

Allora also likes the craft part of scouting. She recently created her own little planet, which was named, appropriately, Planet Allora. "Yeah, that was the name," she said, giggling as she described part of the process. "We got a paper plate, and we put glitter on it. I like getting to do things by myself, but sometimes the big kids will help us."

Loghan and Jillian also enjoy being creative. He helped a friend with an Eagle Scout project by helping him build some bookshelves. "He's made shelves and installed them. He can make fire out of flint or eyeglasses," Clyde said. "Jillian is learning the same things. She's right behind him."

Loghan is close to becoming an Eagle Scout himself. He is only a couple of badges away. And he is a proverbial chip off the old block. He's a chaplain's aide for his troop. "He'll pray before meals at campouts and at the beginning and end of meetings," Clyde said.

Jillian recently wrote a story as a project. It was about an alien who landed on earth. "Mine was named Heidi," she said, chuckling. "She was here because she crashed from an asteroid. She was turquoise, and she had these funny antennas."



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Along with creativity, life essentials are an important part of scouting. Loghan knows CPR and has a first-aid badge among his many badges. "Probably my favorite is first aid," he said. "We learned CPR, about genetic disorders, diseases and heart attacks. Knowing these things can help save lives."

Jillian recently received her World of Water badge, along with an art badge. Allora earned a Rocket Ship badge. "We got to launch water rockets," she said with excitement. "It was fun."

Jennifer said the project was aided by professionals from Lockheed Martin at the Twilight Camp. It was one of numerous projects that businesses from the community assist with. "We get people from Lockheed and the planetarium people from UTA to join us," Jennifer said, listing examples. "And Oliver Nature Park does a lot with Scouts."

Loghan is at a stage in scouting where he is now taking the skills he's learned to help teach younger members. Jillian will do the same in a few years. "It's fun. I show them how to progress through the ranks," he said.

"He's a leader. He pulls younger ones aside and helps them," Clyde said. "It's great to see. And he's doing this on his own."

Scouting keeps the family very busy. However, they'd have it no other way. According to Clyde, there's a commonality among Scout families that brings a comfort. "We're all same-minded people. We want our kids to grow up and be successful, and to build each other up," he said.

"It's hard sometimes, but it's definitely worth it. As a family, it's a lot of fun," Jennifer added. "Scouting is for every boy and girl. It teaches such great values." **NOW**



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# STAND — By Melissa Rawlins TA

*Future-thinking Yolanda Jones spent a lifetime building her team. They unite every October to enable her mission to support lives all around us. This month, while a village of strong people stand tall with their beloved daughter, mother, sister, colleague and friend, Yolanda hosts the 3rd Annual Black Tie Formal Gala honoring North and Central Texas domestic violence shelters and organizations, as well as victims and survivors of domestic violence. Sara Campos and Brandy Smith spoke at the first gala, benefiting Brighter Tomorrow's Domestic Violence Shelter, and continue to attend, along with Yolanda's encouragers: Robert and Ada Watley; Roy Mack; and Benjamin and Diane Singleton, Yolanda's parents.*



# ING LL

Although I may have scars and wounds that remind me of my past, they do not define my present and cannot set up shop for my future.

This year, special guest speakers from the beneficiaries, Hopes Door/Genesis Womens Shelter, share the stage with Yolanda, who presents her original high-energy, dramatic monologue inspiring people to call themselves to lives of integrity every moment of every day. A domestic violence conqueror, Yolanda was blessed by people placed in her life to help her and her children through the ordeal. Now she passes on the blessings.

Event coordinator Erica Jackson, owner of EliteGroup, met Yolanda in

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Yolanda Jones with combat veteran Ivory Edwards, who was her battle buddy during the War in Iraq.

2008 while both were volunteering on a special project for the homeless in Dallas. One by one, as Yolanda wrote three books, Erica read them. First she read, *Scarred but not Broken: My Personal Experience as a Single Mom Deployed to Iraq in Support of Operation Iraqi Freedom 2003-2005*, and then *Life Goes On After The War: From Uniform to Classroom and Living With PTSD and Other Service-Connected Injuries, Whether Major or Minor*. "It seems like the last book, *Domestic Violence Does Not Discriminate*, inspired her even more," Yolanda said.

Choosing to be part of something bigger than herself, Erica supports Yolanda's invitation-only charitable event. Each year, the gala benefits a different agency helping individuals in need of a fresh start.

A fresh start is the last thing Yolanda thought she'd require when she was a senior at South Grand Prairie High School in 1989, creating and performing with other theater students. But after finding herself in an unhealthy relationship, a fresh start was exactly what she needed. Yolanda recovered beautifully, because she was sheltered by a caring community. That is her motivation for helping others. All the while, she continues to help herself.





She joined the Army National Guard as a private first class in 1992 and eventually attained the rank of sergeant. In 2003 she met an integral member of her current life-support team. That year, she was transferred to the 420th Engineer Brigade to be deployed to Iraq as a cross-level member with the 980th Engineer Battalion Company A-Engineer Heavy Maintenance. That's when she met her battle buddy, Ivory Edwards, who now flies from his home in Enterprise, Alabama, to help her produce each annual gala.

"When we were in Fort Hood, just before getting on the bus to go to the airport, my dad (who is a minister) pulled him aside and asked him, 'Do one thing for me: Protect my daughter.' In other words, I had an angel with me in Iraq and did not even know it," Yolanda said.

They both returned to the United States in 2005, and not a month goes by that they don't speak to each other. "It means a lot when you go to war with someone, and they protect you and you protect them. It's a bond that can never be broken," Yolanda said.

At first, Yolanda looked for work, and then decided to pursue her graduate degree. During this time, she plugged into the community and worked with



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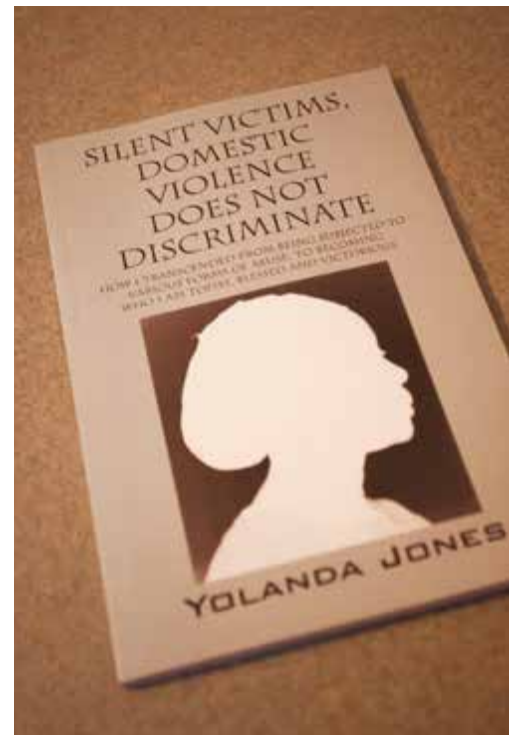


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a homeless shelter and with domestic violence survivors. Eventually, she took a job allowing her to help her daughter, who was in high school at the time, to go to college. “Now she’s 28 and a licensed clinical social worker,” Yolanda said. “I’m glad I took the job, putting myself on the back burner, so she could pursue what she wanted to pursue.”

Four years ago, Yolanda told her battle buddy she wanted to give back to the community and help the next mother with a child or children get on their feet and be self-sufficient. Ivory said he wanted to be part of her annual galas. Last year, he spoke for the first time about his personal experience with domestic violence.

Yolanda’s 31-year-old son always attends his mother’s gala to help her. His sister looks forward to attending this month’s gala. They both saw their mother go through so much when they were little and then rise above her past, go to Iraq, come home, pursue her graduate degree at Texas Woman’s University and write three books. They know she’s strong, like a tree.

During days off from her job, the huge oaks at Elmer W. Oliver Nature Park have sometimes been Yolanda’s muse. She decided to write a poem based on the thought, *Through it all, the tree stands tall*. And when flowers show their glory, she is likewise inspired. “Although I





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may have scars and wounds that remind me of my past, they do not define my present and cannot set up shop for my future," Yolanda said. "I am that wilted flower, nourished by my own might and determination to become that beautiful, blossoming flower — full of vitality and lots of flourishing love to give."

Strength is in Yolanda's blood. "There's strength, hope and positive attitude in the native Indian from my paternal grandfather. My paternal grandmother was African-American. Her mother, Big Mama, was a slave when she was little, and hearing the stories she would tell of the strength of her mother, I realize I inherited a domino effect where the women are strong and independent. My maternal grandmother was black and my maternal grandfather was Irish. Irish men are family-oriented and believe in keeping their family together and protecting the women, while at the same time, allowing the women to have their own individuality," Yolanda said.

Though her journey has seemed bumpy, she eventually got to where she needs to be. "I believe that's because of my roots all connecting," said Yolanda, whose firm foundation gives her courage to write and perform this year's tribute to the spirit of warrior women. Like her description in the monologue, which she proclaims in a mighty, melodious voice, Yolanda is a woman of substance, who is fierce. She is one very special diamond, whose résumé consists of putting up a good fight. **NOW**





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# At Home With Eddie and El Dorado Holmes



## Touch Wh

— By Carolyn Wills

*It took a lot of looking for Eddie and El Dorado Holmes to find just the right place in Texas, particularly with time and distance as factors. When they discovered the large two-story with enough room for family, entertaining and visitors, they knew they were home. Built in 1997, the 3,000-square-foot, red and white brick beauty borders a golf course, has a pool, a family-perfect and gathering-friendly floorplan, stunning architectural details and one breathtaking interior. From the start, it was beautiful, but thanks to El Dorado's exceptional skills, it became extraordinarily beautiful.*

It's been two years now since she and Eddie made the move from California to Mansfield. They had lived, worked and raised a family in the San Francisco Bay area over the course of 50 years, mostly in the lovely coastal community of Hercules, so to leave it was a major decision — a decision that ultimately came from the hearts of a husband and wife who have been together for 63 years. It also was inspiration for their two daughters and granddaughter to each sell their California homes and move to Mansfield, too. "It was just time to be closer to family," El Dorado shared. "Eddie and I are originally from Arkansas and still have family there, but we also have folks in and around Mansfield."

El Dorado is a remarkable woman with an amazing eye for design. Hers is a grand style, tasteful, sometimes whimsical and, for sure, befitting of a beloved 83-year-old matriarch affectionately known as "Big Mama." She instinctively combines exquisite furnishings; accents of silk, crystal, silver, gold and





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bronze; and lovingly-selected art, photos, statues, figurines and antique dolls. To describe her home as Victorian, Tuscan and/or French is simply not enough, for it is truly best described as "signature El Dorado." "I buy what I like and go on from there," she said with a grin.

Their home is stately and distinguished, its neighborhood a collection of large homes on pristinely landscaped lots. Step inside, though, and it's quickly clear that the couple's home is extra-special. The entrance is a tall-ceilinged foyer centered by one enormous crystal chandelier. "We brought many of our things from California, and then I also shopped locally for the house," she

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wood. Amid its elegance, the room's delightful surprise is a large, wooden armoire displaying El Dorado's collection of antique dolls.

Surprising, too, are French doors connecting the sitting room to a small office richly furnished with dark wood cabinetry; a stately desk; and whimsical accessories like the bronze horse and colorful peacock statues and one-of-a-kind, free-standing lamp. Another set of French doors accesses a small alcove before entrance to the main hallway.

To the left of the foyer is the formal dining room with its crystal chandelier, beautiful dining table and an enormous buffet that spans the distance of the wall. A side door offers access to the kitchen with custom cabinetry, brown and black granite counters, travertine backsplash, an island and a peninsula, plus a breakfast area large enough to accommodate a big table.

El Dorado loves to entertain. "I can cook just about anything," she smiled. "We always have New Year's Day at our home, and it's a big sit down/walk around dinner with everything from

turkey and dressing, ham, my specialty gumbo, potato salad, potato pies, peas — you name it, I've made it."

The kitchen opens to a great room with a view of the backyard pool and its perpetual fountain. The great room is designed for comfort and conversation with a luxurious overstuffed sectional sofa. A gorgeous fireplace, guarded by a statuesque silver panther on the mantel



explained. "I found the chandelier for the foyer locally, and also, a smaller one for the dining room and a matching lamp."

To the right of the foyer is a formal sitting room furnished with European-style, upholstered sofas and chairs, each exquisitely framed in scalloped-carved

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and two formidable bronze-gilded lions on either side of the hearth, serves as a focal point. Custom shelves display family photos, as well as some of El Dorado's favorite china figurines. One amazing figurine entitled *Cinderella's Carriage* is a depiction of the fairytale carriage, plus all the trimmings and characters. "It was a gift from my son," she said with a smile.

The master suite, which could only have been decorated by El Dorado and, in fact, appears brilliantly dressed as she would for a special occasion, is toward the back of the house and right of the great room. Large, platinum-stained, European-styled furniture; mocha-colored walls; a richly embroidered, white silk bedspread; and a stunning mirror embellished with pink crystals; and a huge master bath with soaking tub and walk-in closet are just some of its highlights.

On the opposite side of the house is another dramatic bedroom. Eddie's retreat is all about dark wood, masculine furnishings and a place for rest and relaxation. The room is elegant, comfortable and, above all, soothing. Last but not the least, on the main floor is the laundry room where bright green walls and a black and white checkered floor make doing laundry not quite the chore.

Two separate stairways lead to the upstairs where there are two bedrooms, two bathrooms and a game room. One bedroom belongs to the Holmes' 23-year-



old grandson, Patrick, while the other belongs to their 15-year-old adopted son, Joshua. "The game room has a refrigerator and sink, and the upstairs is perfect for the boys," Eddie said.

Through the years, Eddie and El Dorado have had many, many blessings, including five children, an adopted daughter and son, 10 grandchildren and 11 great-grandchildren. Eddie, a veteran of three foreign wars, served in the Army for 27 years before becoming a government contractor. El Dorado spent her working years as a home care specialist — experience that continues to serve as Eddie faces health issues.

"I'm enjoying Texas," El Dorado said. "My granddaughter lives just up the street, and two daughters are each about 10 minutes away." She also has two sisters in Arkansas and a big extended family. Reunions, a frequent, long-standing



family tradition, have been known to attract up to 300 attendees.

The Holmeses moved to Mansfield to make it easier to visit, and now, they're always having company. "Family is so important," Eddie shared. "When the moving truck arrived at our house on a July day in Texas, the family came to help."

"And I didn't have to lift a finger," El Dorado shared. "Everyone lined up and passed things to each other." In fact, if she could change anything about her extraordinarily beautiful home, it would be for it to be even bigger to always have room for more. **NOW**



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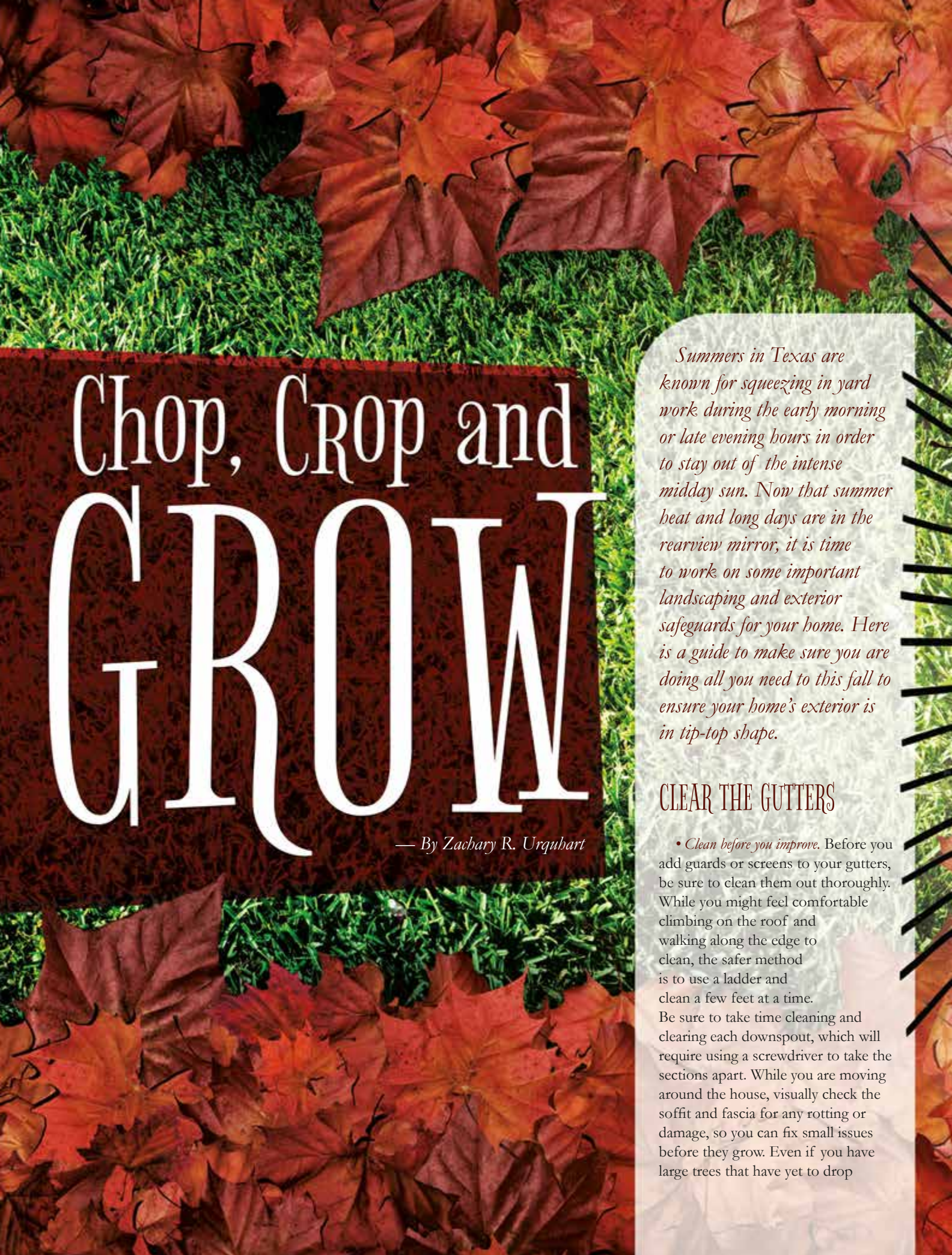
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# Chop, Crop and GROW

— By Zachary R. Urquhart

*Summers in Texas are known for squeezing in yard work during the early morning or late evening hours in order to stay out of the intense midday sun. Now that summer heat and long days are in the rearview mirror, it is time to work on some important landscaping and exterior safeguards for your home. Here is a guide to make sure you are doing all you need to this fall to ensure your home's exterior is in tip-top shape.*

## CLEAR THE GUTTERS

- *Clean before you improve.* Before you add guards or screens to your gutters, be sure to clean them out thoroughly. While you might feel comfortable climbing on the roof and walking along the edge to clean, the safer method





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is to use a ladder and clean a few feet at a time. Be sure to take time cleaning and clearing each downspout, which will require using a screwdriver to take the sections apart. While you are moving around the house, visually check the soffit and fascia for any rotting or damage, so you can fix small issues before they grow. Even if you have large trees that have yet to drop their leaves, think about clearing spouts, so that small blockages do not become bigger problems.

• *Make your gutters better.* There are two primary ways to make improvements to your gutter system. Splash guards in key spots are a quick and inexpensive fix for gutters that sometimes allow water to pour over, which can damage plants below. Usually, though, water coming over the gutters is a sign that you have blockage. Adding gutter screens, or guards, will cost anywhere from \$100 to several hundred dollars, but it should stop clogs, and that will allow your gutters to do their job more effectively.

## TO TRIM OR NOT TO TRIM

• *Fewer limbs mean fewer leaves and more problems.* One of the most tedious chores each fall is raking and bagging fallen leaves. Some people may want to cut branches while foliage is full, so they can see trees in their fullest form. However, it can harm trees to cut limbs before the dormant winter season. While it does mean you will have the arduous task of raking and bagging leaves, your trees will be healthier in the long run. One suggestion is to mark limbs that you will cut with tags or spray paint. This way you are sure to trim the right spots come winter.

• *Know what to cut.* Though you are waiting to do any major pruning, figuring





out what to cut can be difficult. Any limbs that look dead or dying should be removed, as they take energy away from the more thriving parts of your trees. And if limbs are growing into each other, you will want to cut one to save the other. Aside from that, though, what you trim, how much you keep and how high you start the canopy is largely your choice. However, trimming a limb or two from your trees to ensure safety for kids in the yard or to prevent damaging property is an acceptable exception to the rule of not trimming in the fall.

- *Shrubs need time.* When it comes to bushes and shrubs, be sure not to cut in the late fall. Trimming in the summer allows shrubs to recover before the freeze season. Cutting limbs in the late fall can be detrimental to your plants. Major cutting is recommended for the dormant winter.

## WHAT TO PLANT

- *Winter grass helps your lawn.* Whether your lawn is full of carefully maintained Bermuda or St. Augustine or is just full of wild grasses and flowers, the winter

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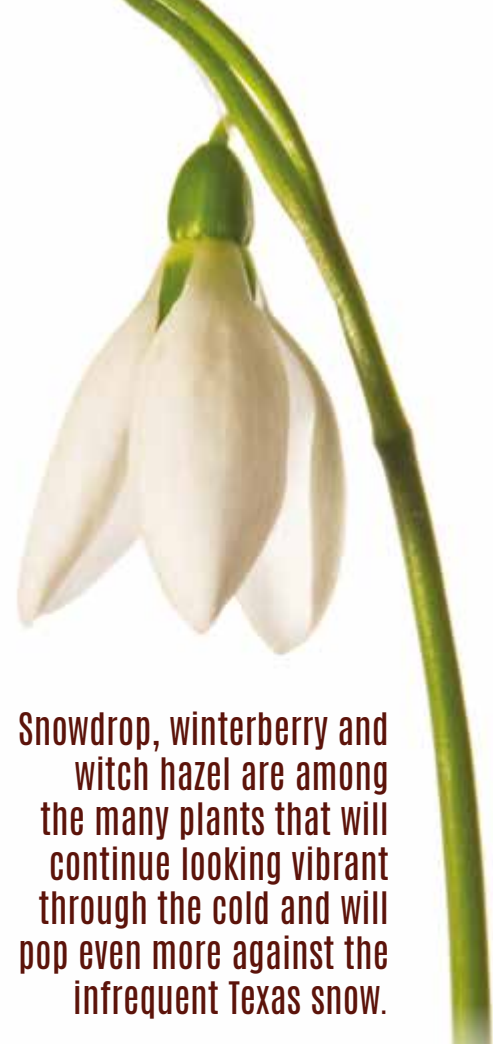
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**Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.**

months can be harsh, making it hard to regain the green beauty you want in the spring. Rye is the most common winter grass, but you can also opt for bentgrass, bluegrass or fescue, if you desire. Just be sure to take into account different growing speeds, as well as the amount of shade you will have, as not all winter grasses are created equal. As Texas temperatures tend to be mild, you should be alright planting into the early winter, but you will want to be sure to get your seeds down before the coldest part of the season, for the best results.<sup>1</sup>

• *Make this season count.* Aside from just maintaining your yard's health, you might be looking for some ways to keep it looking beautiful, even in the colder months. There are many varieties of plants specifically suited for this. Pansies are available in many colors, and can survive temperatures below zero. Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.<sup>2</sup>

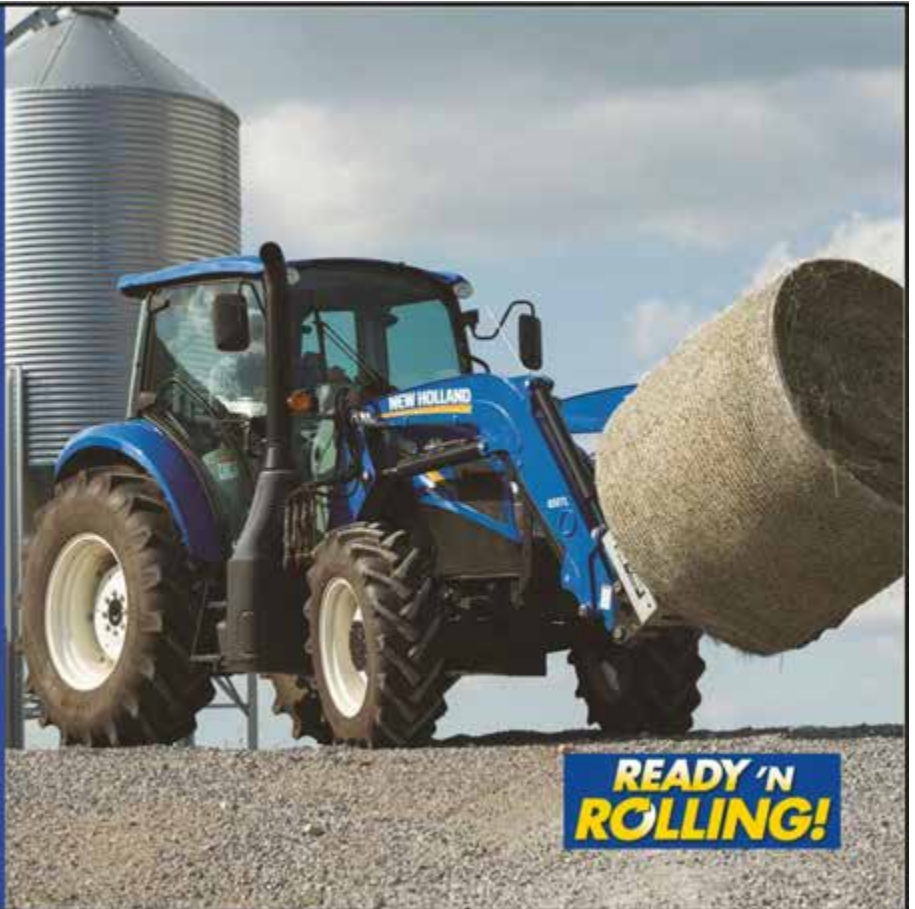




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• *Get ready for what comes next.* In addition to having a garden that looks good now, fall is the ideal time to plant some things that will pay-off several months later. Blue stars are a perennial that will give some yellow foliage in the fall, but their beautiful spring flowers are what you will love the most. Species, Darwin and Parrot Tulips should be planted in the fall, as should Dutch Irises, which will give you a deep purple flower in the spring.<sup>3</sup>

So, whether you are maintaining or making big changes to your lawn and garden, be smart about what you might chop, what you will crop and what you hope to grow. When spring comes, you will be glad you did! **NOW**

### Sources:

<sup>1</sup><http://homeguides.sfgate.com/types-grass-can-planted-late-fall-early-winter-27552.html>

<sup>2</sup><https://www.houselogic.com/photos/yard-patio/winter-plants/slide/flowering-quince-chaenomeles/#slide/4>

<sup>3</sup><http://www.sunset.com/garden/flowers-plants/bulbs-to-plant-in-fall/view-all>

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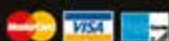
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Kay Ray and Susanne Engelbert invite you to experience Lavender and Lace, the boutique they've nested within Eterna Health Food Store.

# Beyond Supplements

*Eterna Health Food Store teaches clients how to make choices to improve their overall health.*

— By Melissa Rawlins

Only seven years ago, friends Susanne Engelbert and Kay Ray made it their mission to make the Mansfield community healthy, one person at a time. Listening to solid advice from family, friends and experts in the health food industry, they turned their business plan into a storefront in April 2011.

Operating as a peaceful partnership that is debt-free, Eterna Health Food Store focuses on teaching people how they can make choices for their health. Susanne and Kay also act as liaisons between clients and those other professionals — whether a chiropractor, a therapist or a regular MD — who will help them.

A certified nutrition counselor with a Bachelor of Science in biology, Susanne constantly improves her education and passes it along to clients. Through the years, she has offered free classes about how to manage weight loss, gut health, good fat, stress, thyroid health, preparation of probiotic foods and chemical-free sanitation.

Beyond supplements, Eterna Health Food Store sells food, both fermented and refrigerated. Fresh eggs, provided by chicken farmers in Lillian, are available every day. The centrally located store also offers products for pet nutrition. Human health and body aids, like deodorants, essential oils and soaps,



## Business **NOW**

are sold alongside funky jewelry by local artists and clothing made by Nepalese women. To fulfill the every-so-often need we all have, Susanne and Kay even offer free notary public services.

These business owners pride themselves on putting customers' needs first. They also focus on helping clients make decisions to improve every level of overall health. "Mainly what we do is show people what's possible," said Kay, who created a seminar series called *What's Possible* that she presents in prisons and, also, for the public. Through Eterna, Kay provides life coaching.

"One of the things we pride ourselves in doing is talking to our customers and finding out what is going on in their lives. That's the best way to find out if they need anything from our store," Kay said. Whether they need emotional support or nutritional guidance, Susanne and Kay's goal is to help each customer create a life that they truly want.

Susanne and Kay listen to people to get to the root need they have. "Our mission is centered around education over supplementation, and we accomplish that by listening to our customers, asking good questions and then giving good feedback," Kay said. "After getting our customers to open up and talk about their lives, we often see some alternatives, and they often leave our store with a spark in their eyes because they realize life isn't going to eat them."

Working to empower people, Susanne and Kay find ways to give people hope for healing. This month, Eterna Health Food Store is taking donations for residents of the Texas Baptist Home for Children. "We get a list of items of the children's wants, so people can shop here and provide Christmas for those children," Susanne said. "This helps our customers who want to teach their children about giving back."

This is a store that also welcomes young mothers. While they shop, their children can remain occupied with attractive toys arranged under a credenza visible from almost every corner of the store. Such a simple gesture is evidence that building people up just comes naturally at Eterna Health Food Store. **NOW**



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*At the Snow Palace on Broad Street, Katy Carter hands a cherry cola sno cone to Kit Van Arsdale, youth pastor at First Baptist Church.*



*Scott Marburger greets Jordan Kuhn at a recent Mansfield Connects.*



*The Sanchez family enjoys a festive summer vacation.*



*Tonya Davis takes time out from running B&M Auto to spend time with her daughters, Lauren and Megan.*



*Scott Meek, owner of Mansfield Sand and Select, earns kudos for the Boston Tea Party float he built and drove in Burleson Lion Club's 4th of July Parade.*



*Summit High School Senior Jacob Hanes waits in the sidelines with his father, James Hanes, before singing The National Anthem for a Mansfield crowd.*



*After a one-year hiatus, AJ Passini returns as an Ambassador for Mansfield Chamber of Commerce with Lori Williams and Kathleen D'Agostino.*



*Season passes make visiting Hawaii Falls Mansfield a breeze for Holli, Kamryn and Raket Brandt and their friend Ava Mikulecky.*



*Emery Betts gives his testimony at Freedom Life Church, which launched last month.*



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**Heather Martin  
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Heather has loved being able to buy new clothes, incorporate exercise back into her daily routine (and enjoy it!) and be able to keep up with her two sons.



**Jan Clark reached  
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## Consider Your Investment Strategy ... at Each “Season” of Your Life

Fall is almost officially here — and if you’re like most people, you’re probably wondering how summer went by so fast. Those trips to the lake or the beach are fading in memory now, giving way to helping kids with homework, raking leaves and the other rites of autumn. And just as your day-to-day tasks change with the seasons, so, too, will your money management and investment activities at different phases of your life.

Here’s how these scenarios might look:

**Phase one: Planning for possibilities.** When you’re young and you’re starting out in the working world, your most immediate financial concerns may be to pay off student loans and then, possibly, save for a down payment on a house. To address both these goals, you’ll need to budget carefully. And yet, even at this stage of your life, you should start thinking about saving for retirement — because time is your biggest ally. Consequently, if you work for an employer who offers a retirement plan, such as a 401(k), contribute what you can afford. At the very least, put in enough to earn your company’s matching contribution, if one is offered. You may also want to open an Individual Retirement Account (IRA).

**Phase two: Gearing up for other goals.** As you move through life, and possibly begin a family, you’ll likely develop other financial goals, such as helping your children pay for college. You may want to consider investing in a tax-advantaged college savings vehicle, such as a 529 plan. Also, it’s important to have enough life insurance to protect your young family.

**Phase three: Ramping up for retirement.** When you reach the mid-to-later stages of your working life, you may find you have more financial resources available, as your earnings

may have increased significantly, your children have grown and your mortgage may even be paid off. If you are not already doing so, “max out,” if possible, on your 401(k) and IRA. And if you still have money available to invest, you may want to look for other tax-advantaged retirement vehicles.

**Phase four: Reaping the rewards.** Now it’s time to enjoy the results of your lifetime of hard work and your many years of saving and investing. You may have to tap into your retirement accounts, so you’ll need to choose a sustainable annual withdrawal rate. The amount you withdraw each year from your IRA and 401(k) depends on a variety of factors: how much you’ve saved, the lifestyle you’ve chosen, your estimated longevity, how much you have available from other sources and so on.

**Phase five: Examining your estate plans.** During your retirement years, if not sooner, you’ll want to review your estate plans, so that you can leave the legacy you desire. If you have a need to create or update your legal documents, such as a living trust and durable power of attorney, you should consider consulting a qualified estate-planning attorney.

You’ll need to make the appropriate financial and investment decisions at many different times over the years. This may sound daunting, but with diligence and discipline, you can discover the paths to take as you move through the seasons of your life. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Trentham is an Edward Jones representative based in Arlington.*



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### October 5 — 8, 20 — 22, 27 — 28

MISD High School Theatrical Productions: 2:00, 3:00 and 7:00 p.m., varying locations. Early October, Mansfield High presents *Lost Boy* and Legacy High presents *Faith County*. Mid-October, Lake Ridge High presents *Drowsy Chaperone*. Late October, Timberview High presents *James and the Giant Peach*. RSVP to [CristiGlover@MISDmail.org](mailto:CristiGlover@MISDmail.org).

### October 7

Creekside Cleanup: 9:00-11:00 a.m. and 6:00-7:00 p.m., Chris W. Burkett Service Center, 620 S. Wisteria. Register at [www.creesidecleanup.com](http://www.creesidecleanup.com).

### October 12

Business After Hours: 5:30-7:30 p.m., 1071 Country Club Dr., Suite 101. Wear a costume if you desire. RSVP to (817) 473-0507.

### October 13

All Star Equestrian Clay Shoot: Lunch at Noon; Shooting at 1:00 p.m., Alpine Shooting Range, 5482 Shelby Rd., Fort Worth. 10-12 stations for sporting clay shooting. Come with a 4-man team or come single and join another team. Contact Cynthia Amodei, Program Director, (817) 371-1958.

### October 14

Fire Safety Palooza: 10:00 a.m.-2:00 p.m., Mansfield ISD Center for the Performing Arts. Free. Contact Wes Jones, (817) 276-4778.

### October 19, 20

Ghost Tours: 6:00-8:00 p.m., Downtown Mansfield. Support this fundraiser for the Mansfield Historical Museum and Heritage Center. Tickets are \$10 for adults, \$5 for children, when purchased in advance at [mgt2017.eventbrite.com](http://mgt2017.eventbrite.com). Contact Vern Raven, (817) 473-4250.

### October 21

Fall Festival: 9:00 a.m.-4:00 p.m., St. Gregory's Church and Pre-School, 1091 Country Club Rd. Contact St. Gregory's Church, (817) 473-6205 or Kathy Walker, (325) 214-0680.

Get Growing Mansfield: 10:00-11:00 a.m., The Garden Tent (next to the snow cone stand), Mansfield Farmers Market, 703 E. Broad St. [water@mansfieldtexas.gov](mailto:water@mansfieldtexas.gov).

### October 26

Quarterly Chamber Luncheon: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151

Country Club Dr. (817) 473-0507, Ext. 302.

### October 27

Boo Bash: 6:00-9:00 p.m., Mansfield Activities Center, 106 S. Wisteria. Register online early to pay less than the \$10 at-the-door ticket price. (817) 728-3680.

### October 28

22nd Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Admission is free. Call the Waxahachie CVB at (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

Fall Festival: 5:00-9:00 p.m., Katherine Rose Memorial Park, 303 N. Walnut Creek. Hosted by Mansfield Police Department, (817) 276-4725.

Trunk or Treat: 4:30-6:00 p.m., First Methodist Mansfield, 777 N. Walnut Creek Dr. Contact Donnette Plumlee at [donnettep@fmc.org](mailto:donnettep@fmc.org).

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*

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## In the Kitchen With Deanna Sneed

— By Melissa Rawlins

Moving from Ft. Worth to Kennedale when she was 12, Deanna Sneed never imagined moving to Mansfield when she matured enough to get a place of her own. But her folks came here, and she found a home down the street from them. Her son graduated Mansfield High School, playing football for the Tigers. And Deanna found a great job with Byrne Brothers Foods.

A permanent part of the community, she's been cooking since the age of 6 when her mother trusted her with a knife and gave her potatoes to peel. By her 20s, people were complimenting Deanna on her food. As we enter the cooler fall season, Deanna is making healthy, homemade beef stew, casseroles, chili and Mexican food for her husband and, occasionally, for her American Legion Post 624. **NOW**

### Texas Caviar

- 2 15-oz. cans black-eyed peas
- 1 15-oz. can black beans
- 1 15-oz. can shoepeg corn
- 1 15-oz. can whole kernel corn
- 3 fresh tomatoes, chopped
- 1 bunch green onions or chives
- 1 Tbsp. minced garlic
- 1 4-oz. can chopped green chilies
- 1 bell pepper, chopped
- 2 jalapeños, seeded and chopped
- 1 bunch fresh cilantro, chopped, to taste
- 1 16-oz. zesty Italian dressing

1. Mix together all ingredients. For best results, marinate for 3 days. Enjoy as a side dish or as a dip with corn chips.

### Crock-Pot Chicken and Rice

*This is my 8-year-old grandson, Colten's, favorite meal.*

- 2 large chicken breasts, or 14 oz. dark meat, uncooked

- 2 8-oz. cans Campbell's Cream of Chicken Soup

- 1 8-oz. can Campbell's Cream of Onion Soup

- 2 cups chicken broth

- 1 1/2 cups Minute Rice or real rice, raw
- Salt and pepper, to taste

1. Mix all ingredients together and cook in a Crock-Pot on low for 6-8 hours.
2. Stir well about halfway through and break up the chicken. Let the flavors simmer all day.
3. Serve with Fresh Green Beans.

### Fresh Green Beans

*Let your grandchildren help snap the beans!*

- 2 lbs. green beans (approximate amount)
- 2 tsp. olive oil
- 2 Tbsp. garlic, minced

1. Wash green beans thoroughly.
2. Heat oil until toasty. Place the green beans and the garlic in the oil and cook over low

heat until they are just barely crunchy, or to your liking.

### Mexican Chicken Avocado Salad

*Lime Dressing/Marinade:*

- 2 Tbsp. lime juice
- 1 Tbsp. honey
- 1/4 cup olive oil
- 1 garlic clove, minced
- 1/2 tsp. salt and black pepper

*Sliced Chicken:*

- 1/2 tsp. each salt, pepper, chipotle powder and oregano
- 1/4 tsp. cumin powder
- 2 small chicken breasts
- 1 Tbsp. olive oil

*Avocado Salsa:*

- 1 avocado, diced chunky
- 1 cup cherry tomatoes, halved
- 3/4 cup corn kernels, drained
- 1/2 red onion, finely chopped
- 1/4 cup cilantro, finely chopped (divided use)

*Salad:*

- 5 cups cos lettuce, cut into bite-size pieces

1. *For dressing:* Place ingredients in a jar and shake well.

2. *For chicken:* Put 2 Tbsp. of the lime dressing in a Ziploc bag. Add spices; mix well. Add chicken; seal bag, and massage to coat meat. Marinate 30 minutes or overnight.

3. Heat oil in a skillet over medium-low heat. Cook chicken to taste, until it achieves a nice brown crust. Let chicken rest 5 minutes; slice.

4. *For salsa:* Place first 4 ingredients into a bowl. Add all but 2 Tbsp. chopped cilantro. Mix remaining cilantro into the lime dressing and shake. Drizzle dressing over the salsa and toss gently.

5. *For salad:* Place lettuce in a large bowl, drizzle with a bit of lime dressing; toss. Top with avocado salsa and sliced chicken. Drizzle with remaining lime dressing.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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