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JANUARY 2017

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ON THE COVER



Raul Gonzalez devotes equal allegiance to MISD and the Cowboys.

Photo by Vanessa Polozola.

CONTENTS

January 2017 • Volume 12, Issue 1



8 Undying Passion

Raul Gonzalez's love of the Dallas Cowboys helped shape his entire life.

18 Running on Fish Power

Future generations are learning that healthy food can be grown in small spaces.

28 Mutual Admiration Society

At Home With Glen and Susan Smith.

36 Add Resolve to Your Resolutions

Make this the year you reach your New Year's goals.



44 BusinessNOW

46 Around TownNOW

52 CookingNOW

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Editor's Note

Dear Friends,

Here it is winter, and there's heaven indoors. My cozy office is filled with plants and birds. Most of the plants are gifts from family. All the birds — and their chirping, cooing sounds — are gifts from a friend, another crazy bird lady named Lori O'Connell. She knew better than I how much the lovebirds and parakeets would please my heart, keeping me positive and alert.

What keeps you mentally focused? How do you maintain balance as you work and manage your family? What techniques have you found for relieving your stress? Your wisdom would be welcome, as *MansfieldNOW Magazine* strives to give the community good stories about good people in our midst. Just pick up the phone, and tell me your ideas. Even if your suggestion is not about you but about a friend who inspires you, I'll be happy to consider turning your enthusiasm into another beautiful article. We all need the encouragement of our neighbors, and so I leave you with these words:

Stay in peace!

Melissa

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RAUL IS USING HIS LOVE AND CONNECTION WITH THE COWBOYS FOR MUCH MORE THAN SELF-GRATIFICATION.

UNDYING PASSION

— By Rick Mauch

Raul Gonzalez grew up in El Paso as an avid Dallas Cowboys fan just like his father. Then, when it came time to go to college, he seized his opportunity to live a dream and be near the team he loved. “I knew I had to go to The University of Texas at Arlington,” he said. “It made perfect sense. I could get my education and be right next to my Cowboys.”

That decision forever changed Raul’s life. It also changed the lives of many others, including the youngsters in the Mansfield Independent School District, as he strives to make their world better through his work as a school board member.

Now, at age 54, he’s been attending Cowboys games for nearly four decades. He’s even gotten to work alongside his heroes, all the while becoming a hero himself. Throughout the season, Raul was

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The Gonzalez family — Isabel, Raul, Andrew, Kerry and Patrick.

hoping to see his Cowboys make a run toward the Super Bowl. But there is another cause for celebration this month, as January is National School Board Recognition Month.

Raul has been a member of the Mansfield ISD Board for six years. He is most proud of what the Board of Trustees accomplished. "We adopted a balanced budget for the 2015-16 school year and lowered the tax rate," Raul stated. Other accomplishments include being among the first to deploy iPads to students in high school and junior high, developing one of the top fiscally responsible policies in the state and currently working toward establishing a STEM (science, technology, engineering and math) program. "I want to give back. There may not be a tomorrow," he said.

"He is a man who has not forgotten his roots and demonstrates that through his undying passion to advocate on behalf of all children, especially the economically disadvantaged and those students who are a higher risk for failure," fellow school board member and pastor, Michael Evans, said.

Combining his passion for improving the lives of youth and families with his love of the Cowboys, Raul is on The Salvation Army Advisory Council, an organization that works closely with the Cowboys organization. It's one of several projects he has worked on connected to the team, including being among those who worked to bring the Cowboys to Arlington from Irving in November 2004. "Back then, I



said I moved for the Cowboys, and now they are going to move for me,” Raul said with a laugh.

Raul is using his love and connection with the Cowboys for much more than self-gratification. But then, as those in Mansfield will attest to, that is simply what he does — always putting others first.

For example, the team’s work with The Salvation Army benefits the needy throughout the Metroplex. Also, the team’s support of the North Texas Youth Education Town (YET) in East Arlington has played a big part in helping youngsters from challenged backgrounds.

“His eyes light up, and there is excitement in his voice when he talks about the school district and what they are doing now, as well as their plans for the future,” Linda Richie, a neighbor of 25 years, said. “He cares very much about educating our youth. I have enjoyed watching him talk not only to parents but the youth themselves on their school experiences and their ideas on how to make it better.”

Raul’s passion for the Cowboys has taken him many places, including Super Bowls XXVII, XXVIII and XXX, all of which the team won. The first he attended with his late father. “I’m so glad I had the chance to share that experience with my dad before he passed,” Raul said. “When Dad died, they talked about that Super Bowl at his funeral.”

Raul lost his father on June 16, 2005, to prostate cancer. Ironically, Raul was diagnosed with the disease himself a few

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Beth Light, Michelle Newsom, Courtney Lackey Wilson, Raul Gonzalez, Karen Marcucci, Dr. Michael Evans and Dr. Jim Vaszauskas proudly serve on the MISD Board.

months later. "It was terrifying, especially after seeing what he went through," Raul said. "But unlike my dad, they found mine in time and were able to operate in a hurry."

Raul's grandparents were both immigrants from Mexico. His dad rose through the ranks at the El Paso post office to become a vice president, with only a high school diploma. And though his father worked hard to support his family, he always made time for his beloved Cowboys. Game day was a family affair, and like his father, Raul makes sure the family knows not to schedule any events at the same time as a Cowboys game. "Don't get married on game day, if you want me to be there," Raul said.

Raul is equally devoted to his work in the Mansfield ISD. Just as he grew up watching the Cowboys become America's Team, he wants the children in that district to grow up knowing they are also a part of the best team. "We're getting the reputation as one of the districts to come to for a top-quality education," he said. "The [state] commissioner of education came in and was very impressed. He said, 'Keep doing what you're doing.' Sometimes, I feel like public education is under attack, but it's not failing, and we're proving that in Mansfield."

It was while working with the Texas Rangers' concession department in 1982 that Raul met his wife, Kerry. They married in 1986, shortly after he got his first set of Dallas Cowboys season tickets through the law firm he works for. He will jokingly remind her from time to time that his agreement with the firm that he would get season tickets to the Cowboys home games for as long as he is on the firm's staff was in place before they exchanged vows, so the tickets are not community property.

"I had the letter about the Cowboys tickets before we got married," he said with a smile. "But then, I tell my children

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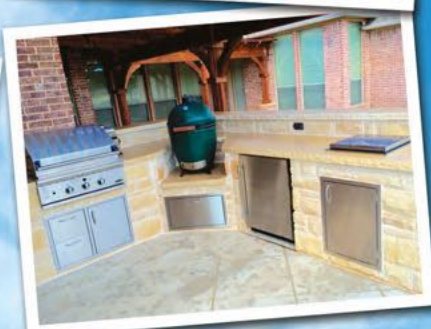
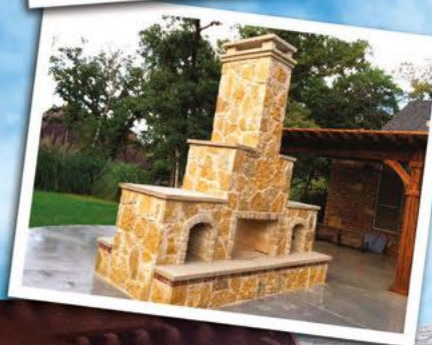
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that without the Cowboys I never would have [moved to the Metroplex and] met their mom."

Raul and Kerry have three children. Andrew is a graduate of Sam Houston State University with a degree in psychology. Patrick is attending classes at Tarrant County College and their daughter, Isabel, is a senior at Summit High School, from which her brothers graduated.

When Raul does anything in which he believes, he "gets hooked." The same is true with his career as director of administration for the law firm Passman and Jones in Dallas. He went to work for the firm in 1983 as an errand runner, after his roommate drove him to an interview.

Raul's career has also led him to some interesting connections. For example, he recalled a meeting with then President George W. Bush to discuss health savings accounts. "He was an everyday man. He gave Karl Rove a hard time about being on his Blackberry," Raul said, chuckling.

But certainly, no one is giving Raul a hard time, as he continues to work to help change the world, one child at a time. "Over the years, I have watched Raul become a father and a leader in the community," Linda said. But as she watches him keep an eye on the Cowboys and their quest for greatness and always have a critique of the games, the refs and the plays, she jokingly shares another way he could have an influence: "Jerry (Jones) should hire him as a consultant to the coach!" **NOW**



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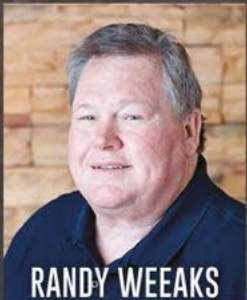
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RUNNING ON FISH POWER

— By Erin McEndree

An ancient system for producing organic food in a self-sufficient growing unit is emerging in popularity and becoming more widespread throughout Burleson and Mansfield thanks to Burleson resident, David Cohen, and Loretta Messinger. This relatively new design to the United States called aquaponics has David and Loretta partnering to create an experimental classroom. They share knowledge, collaborate with others and provide hands-on experiences at a farm on FM 2738 with a system running on fish power. "People can come here to DFW Aquaponics Farms to learn and be involved to see if they like it," David said. Families are bonding through their experiences with the garden, and children are learning a healthy way to grow produce.

The aquaponics system filters waste from fish, and the nutrient-rich waste water acts as a fertilizer that supplies herbs and vegetables with the substance they need to live and grow. Plants turn the waste the fish make back into clean water for the fish. It is the most productive form of agriculture per square foot that does not create waste products to pollute the environment. Grow beds can be 10 times the surface of the fish tank.

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my food comes from, with no GMOs or pesticides." Lizzy is Loretta's daughter and accompanies her to the garden often.

Aquaponics is a living system that depends on many parts working together to create a low-maintenance, environmentally friendly ecosystem. "There are no weeds, no chemicals or fertilizers, and no watering," Loretta said. "After the initial set up, there is minimal cost involved." Loretta lives in Arlington and feels very blessed to have found the Aquaponics Meet-Up group that allows her to combine her love of fish and gardening.

"God kicked open this door for me when I was searching for my purpose. It's the perfect marriage for my two passions," Loretta said. "I have learned so much from David. I'm like his apprentice." She and her husband also created a smaller aquaponics system at their home where they harvest tilapia from their tank to eat themselves.

Forms of aquaponics have been used for centuries. Ancient Chinese rice farmers experimented with aquaponics even before the 6th century. Their system included ducks, fish and rice. The ducks ate bugs and their excretions fed the fish and fertilized the plants. The Aztec system came about by necessity and consisted of floating movable islands in the swampy regions. Maize, beans and squash were planted that utilized a previously useless terrain. Aquaponics experiments began in the United States in 1969, with the first closed loop aquaponics system being crafted in 1980.

"My son, Adam, is a marine biologist who became interested in aquaponics seven years ago and asked me to help," David

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said. They learned from others at the local Aquaponics Meet-Ups and wanted to begin educating others. "We started building the greenhouse so people could participate with the process and learn to operate the system. It's like a community garden," David said. "I'm not the garden guru, but I want people to come learn and experience the garden." Ten to 20 people come each Saturday to help with the greenhouse. The first Saturday of the month is open to the curious public. Many people bring their children.

Logan, a 14-year-old with autism, has had a life-changing experience because of the hands-on responsibilities and knowledge that he gained. "My mind searched for the understanding to this new growing process. I would like to use my experience in ways that would enhance humanity, enhance me and possibly turn into a promising future," Logan explained.



David Cohen, Loretta Messinger and her daughter, Lizzy Messinger, enjoy watching plants grow through the aquaponics system.

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“Coming to the farm and being away from the crazy world has empowered me to make a difference in other peoples’ lives. I built my physical and mental strength as a result of paying attention to the projects.”

The Quonset-style greenhouse is 1,000 square feet and can produce 300-400 head of produce each week. There are two 300-gallon fish tanks holding about 60 catfish and approximately 80 goldfish. They provide enough nutrients to sustain the grow beds. David used channel cat and goldfish because they are hearty in the Texas climate. Styrofoam panels with holes float on top of the water. Special pots help the roots bathe in the nutrient-rich water underneath that serves as a constant food source.

Nate, a 9-year-old, comes with his father so they can spend time together. “I love Minecraft,” Nate admitted. “Getting to help build the greenhouse with a hammer and nails and craft something in real life is just about as cool as it gets.”

“Tanks for fish can be a variety of things,” Loretta said. “Be creative. You can use anything from a 55-gallon barrel or an old bathtub to a recycled food-grade tank or a swimming pool.” The grow beds are polyethylene-lined and hold a soilless medium. Crushed granite is the medium used to help plants with large stems and roots stand tall

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Lauren Vines and her grandson, Logan Brown, enjoy the hands-on experience at DFW Aquaponics Farms.

and secure. Other materials to choose from are gravel or clay pebbles that are lighter in weight. Loretta plans to add red wiggler worms to the grow beds to recycle the solid waste from fish excretions. A pump circulates the water through an intricate maze of PVC pipes that connect the fish tanks to the grow beds. The only water loss is evaporation.

The New Year marked a turning point for David and Loretta. This month, David is providing an agricultural training seminar for nine days with a completion certificate — one weekend for three consecutive months. “My intent is to give people the knowledge and experience they need to see if an aquaponics system is right for them,” David said. “Topics will include the basics of fish and plants, building a system, pest management, harvesting, maintenance and much more.” David and Loretta have worked hard on a curriculum that includes speakers and a chef to prepare a meal using the vegetables from the showroom garden. Some of the vegetables at the garden include broccoli, lettuce, spinach, cucumbers, tomatoes, pole beans and basil.

David has helped install 15 personal and commercial aquaponics systems including one at Wimberley High School that resulted in first place at the State FFA Convention. “These systems teach young people a healthy way to live,” David said. “I want to educate [the next generation] on this growing system that leaves a low carbon footprint, supplies local markets all year-round and helps the environment.” David and Loretta have mapped out a purpose and made goals to increase awareness to the community for years to come. **NOW**

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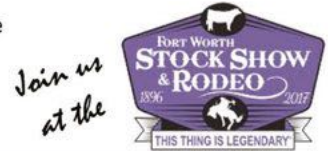


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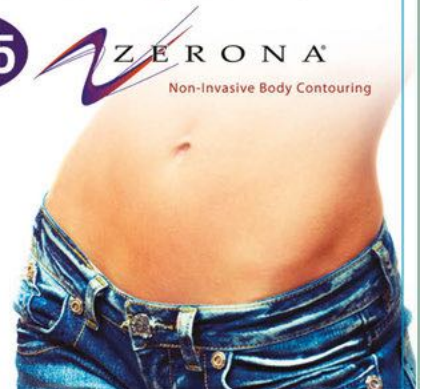
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AT HOME WITH GLEN AND SUSAN SMITH

— By Melissa Rawlins

Over 62 years of togetherness pleasantly comforts Glen and Susan Smith, as they enjoy their blessings in the house they bought new, only 16 years ago. This is a place where they choose to agree and, sometimes, disagree. They have loved each other while making it into what they want it to be. "Susie got the house. I got the backyard with the fish pond. And we got the home," Glen said, "where love lives and God guards over us."

Willow Tree angels also watch them from shelves throughout the family room and from the mantel over the immaculate brick fireplace. Some angels were gifts from Glen, and each means something to them. Since they garden, the first in their collection is called *In The Garden*. They have one with a little dog, in honor of their squirrel-chasing Shih Tzu, Sadie. And one is holding a little boy.

The couple's son, Gregg, has given them two granddaughters. One is 24 and now married, and the other is 21 and going to college. It was for their sakes Glen and Susan came to Mansfield

upon retirement. He had worked in the oil and gas industry, as well as in the military, and traveled enough that both were tired of being apart. They moved from Houston to be close to Gregg and his family. While Glen taught at Tarrant County College, he and Susan found themselves working together, customizing their new home and supporting their new community.

Volunteering regularly at First Methodist Mansfield and Wesley Mission Center, the Smiths work in the food pantry and help with Feed The Kids. "You'd be surprised how many children go hungry during the summer. We make sure the children have food that they can prepare, without needing to cook," Glen said.

In their own home, the Smiths make modifications, after talking their ideas through. "I love living in a house with Susie," Glen said. "She has a good eye and does a nice job decorating." Susie has replaced carpet with dark wood floors,





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added crown molding throughout and punctuated the windows with pretty curtains. Furniture accumulated throughout their marriage fits perfectly in each room. There is enough white space inside the brick walls that everything Susan displays shows nicely, without a feeling of imposition. And the ticktock of the clock, purchased when Gregg was in fourth grade, produces a soothing sound.

So does the bubbling of the water in the koi pond, near the patio and pergola they added the first year they lived in the house. Surrounding the lawn is a garden containing a bottle tree, a big, smiling sun sculpture and a sweet birdbath near a wrought-iron bench. Susan tends the pond and helps Glen keep all his trees and bushes trimmed. An engineer at heart, he enjoys shaping the hedges. His gnomish, mushroom-shaped shrubs give the house a happy look. The pansies she puts in every January give the wintery yard just the right touch of color.

"I love everything she does," Glen said. "She has good ideas."

"I think you've got pretty good ideas, too," she said, pointing out the



raindrop glass he added to the kitchen cabinet doors. Next to the newly installed chocolate granite counter and bar, she displays an old phone and an eye-catching sandstone plate that had belonged to Glen's mother. Below that is a lovingly restored trunk Glen pulled out of his mother's garage in Poteau, Oklahoma, where she reared him in the same home her father built after joining the Oklahoma Land Rush.

"He brought everything he owned from Ireland in that trunk," said Glen, whose mother hauled it out of the garage when she needed a place to put

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all Glen's baby clothes. "She painted it and, when I got older, it was stored in the chicken house. When mom was getting rid of a lot of stuff, I called Susie."

"He said, 'Mom's getting rid of the trunk. Would you like to have it?'" She recalled saying yes. "When he got home, it had chicken poop all over it, and the cloth was deteriorated. I took a toothbrush and toothpick and cleaned that thing for months before antiquing it, padding it on the inside and putting leather straps on it."

Susan enjoys combining industry with creativity. She turned the hallway between the formal and casual living areas into a gallery for the watercolors she painted when they first moved here. Although the lessons she took at the MAC resulted in beautiful art, and a prize for the field-and-mountains landscape, she quit painting after her hip surgery. "Now I've forgotten how," she laughed, "but I enjoyed it while I was painting."

She also produced the toile painting of a girl silhouetted next to a trio of baby portraits of Gregg in the couple's master bedroom, and it is her painting of flowers adorning the wall over the bed. Shades of green with brown keep this room calm and comfortable, and Susan always tops the bed with a tea-for-two tray. Near the bedroom window, Susan's favorite doll, Lorna, while away the time in a little wooden rocking chair.

Lorna was "resurrected" almost 25 years ago under Susan's loving hands. She





found just the glass-eyed head and the arms at a sale and made the body out of leather and sawdust. "I don't know how many trips I made to the sawmill to get sawdust," Susan said. She sifted it, baked it, and then stuffed it into the leather. She put the eyes back in the head, washed, rolled and braided its real hair, joined the arms to the body and then made clothes like the original doll wore. "I named her after my dear friend named Lorna, who had one eye a little bit off, and my doll's eye is like that, too."

Similar dolls made by Susan have been placed in the Smiths' guest bedroom, which is decorated in a very early American style. Glen made the quilt rack where she displays an antique crocheted hat and teddy bear. He also made the mitten box hanging above it that she uses to display her googly eyed doll and several others she bought. Working from a photo, she brought back from the library, he made the cradle for her dolls, too.

Quite the woodworker, Glen has carved many beautiful birds. The swan and ducks in the den, inscribed *To Susie * G&S Creations * 1984*, were carved out of beams the couple found in the woods at a spot where a boys military academy had been torn down. One of Susan's favorites is a fragile hummingbird feeding from flowers.

Knowing their love is most precious of all their creations, the Smiths keep a watchful eye on each other. Always ready to help, they are quick to praise each other, too. Such tenderness is the key to the serene home Glen and Susan made together. **NOW**

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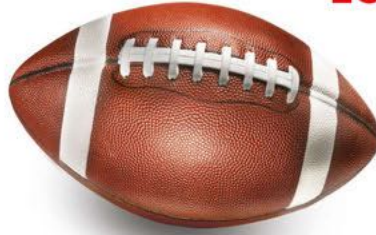
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Photo by Missy Gilbreath

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A person wearing a grey knit beanie and a dark red hoodie is shown in profile, looking towards the left. The background is a warm, golden glow, suggesting a sunrise or sunset. A large, bold, yellow word 'RESOLUTION' is overlaid on the right side of the image. The word is split into two lines: 'RESO' and 'TO Y' on the top line, and 'RESOLUTION' on the bottom line.

RESO TO Y RESOLUTION

A new year means new goals for people all over the world. With each new calendar, though, many find it difficult to maintain their resolve and hit their goals. If your resolutions typically fizzle out before the winter has lost its cold, here are some simple tips to do better as you try to live healthier in 2017.

SMALL CHANGES MEAN BIGGER RESULTS

- *Make incremental goals.* Instead of trying to lose 15 percent of your body weight, make a real, attainable goal that you can meet in four to six weeks. Losing five pounds in a month should be motivation to lose five more. But if you are thinking 30 pounds or bust, that five-pound loss might become a disappointment. And when making those goals, be sure to increase and extend them as you start hitting your desired marks.

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— By Zachary R. Urquhart

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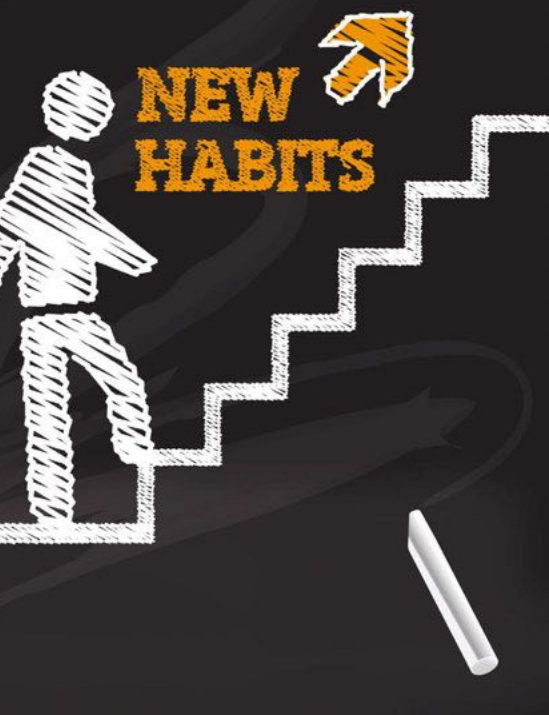


• *Take one step at a time.* If your current fitness level has you struggling to walk 1 mile without stopping, avoid resolving to run a marathon. Start with walking a length or time without stopping, and then add jogging or auxiliary exercises like pushups or jumping jacks. A good one-month goal for beginning runners is to complete a 5K run within six weeks of starting your training. The same principle applies for those who are already in better shape. If you can walk three miles without a problem, add incline runs or increase the distance to push your limits and increase your results, and try for a half or full marathon.

• *You do not have to overhaul your diet overnight.* Rather than cutting all sugar, fat and bread completely, start simpler. Substitute unsweet tea and black coffee for soda and a latte. Eat one less fast-food meal a week and opt for a homemade salad with a healthy dressing. If you cannot cut out dessert completely, make it a biweekly treat, and limit yourself to one helping. Instead of forcing yourself to eat nothing but kale and water, start with a smaller plate for portion control. As you get healthier, you can increase and adjust your goals accordingly.

MOTIVATION IS KEY

• *Have a partner.* Losing weight, eating right and exercising can all be difficult to do, especially when you go it alone. Whether it's your spouse, a sibling or



just a friend in a similar life stage, have a partner as you start your journey. It is best to have someone who wants to lose around the same amount of weight or hit the same mile time. That way you can push each other, instead of one person being the model for the other.

- *Set up rewards.* In addition to setting incremental goals, you should treat yourself when you hit those goals. You can give yourself a cheat day, a day of rest from running or even something like



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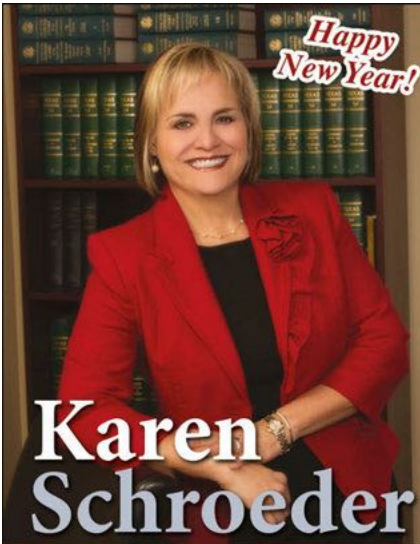


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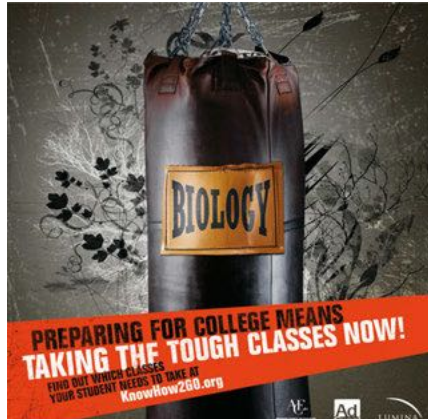
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going to a movie or buying a new belt for your smaller waist. You do not have to break the bank, and you can write yourself notes or send yourself cards to encourage yourself along the way.

- *Include healthy competition.* Having someone you are competing against might make you more likely to reach your marks, but do not get upset if you lose a weekly weigh-in. Be sure to give yourself a fair game though. Women typically lose weight at a slower rate than men, and age often slows metabolism. So a 50-year-old woman probably should not compare herself to a young man just out of college.

- *Make it fun.* Find a local group of runners to make your exercise social as well as functional. If you hate running, try lifting weights, cardio-rich workout videos or alternate exercise like CrossFit training. Change up your routine times and locations, so you are not looking at the same scenery every time you work out. Most cities offer recreational sports leagues, so you can get the work in playing soccer, flag football or basketball. If you enjoy what you are doing, you will be much more likely to keep it up throughout the year.

THE RIGHT TOOLS FOR THE JOB

- *Take out the guesswork.* People often think running is running, but when it comes to weight loss, there is a science involved.

Wishing you a

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With a good heart rate monitor, you will be able to maximize your workouts by staying somewhere between 55 percent and 85 percent of your maximum heart rate.

• *Work to scale.* If your plan hinges on losing a specific amount of weight, you will need to make sure you have a good scale. On the other hand, if you are simply trying to improve your strength and endurance, a scale may hinder progress. When your maximum lifts increase and your running times decrease, stepping on the scale and finding out you have not lost any weight can kill the momentum of your exercise success.

• *Have a plan and write it down.* When it comes to exercise, do not just throw weights around or run without purpose. There are varying ideas as to what the perfect workout regimen is, but you should use a workout journal no matter what plan you try. Have your workouts written down ahead of time, so you stay focused. Jot notes as you go to adjust intensity, as needed. The same goes for your food intake. You probably do not need a note to remind you how unhealthy donuts are, but keeping a record of calories, noting healthy recipes you want to attempt and listing what times you should eat each meal and snack will drastically improve your overall success. With these tips, you can make this the year you remain resolute. **NOW**

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Exerting creativity as he serves beautiful Vietnamese cuisine, Peter Nguyen's Sprout's SpringRoll and Pho keeps diners from all walks of life happy and healthy.

Be Happy

Fresh food and pho fun are all the fashion at Sprout's SpringRoll and Pho. — By Melissa Rawlins

For understated fun in a family atmosphere, come to Peter Nguyen's restaurant, which serves his favorite foods. Sprout's SpringRoll and Pho offers over 50 menu items for adventurous, hungry souls. Whether you need takeout, large-scale catering or small-scale delivery, you'll come back for more.

Peter's pure intent is to make people happy. The people he pleases every day include customers, employees and, most definitely, his family. It is for his sprouts — one daughter and one son — that Peter chooses to work hard seven days a week.

Developing such a work ethic while a youth, helping in his parents' restaurant, Peter busied, served and cleaned. "I learned how to cook there. It was just for fun, at first, but after a while I cooked for customers, and I enjoyed it," he said. "With all the food here, I always try to give my best from preparation to presentation."

Two chefs assist Peter, whose simple menu provides traditional Vietnamese meals with modern flair. Vegetarians and meat eaters alike will thrill at the choices.

"The food represents our team at Sprout's SpringRoll and Pho. Normally, spring rolls are simple pork and shrimp, but we have 14 selections with chicken, beef, pork, shrimp, tofu and even tilapia added to the options," Peter said. Their signature dish is Shaken Beef cooked on a wok. "It's filet mignon, marinated in our secret recipe containing oyster sauce and garlic. It's probably one of our best," he added.

Another fabulous new item is Killa Pho, pronounced "killa fuh." The chefs place a healthy section of tender oxtail atop rice noodles topped with cilantro and green and white onions. They drown it all in a zesty beef broth right before it's taken to the table with a

garnish tray of bean sprouts, basil, lime and fresh-sliced jalapeños.

The Veggie Pho is an option often requested at Sprout's SpringRoll and Pho, where there are also several gluten-free menu items. "I tell my workers to

"With all the food here, I always try to give my best from preparation to presentation."

make sure the customers are happy with their meal," Peter said. "If there is any dissatisfaction, they let me know, so I can redo it or help choose something else on the menu for them."

To his surprise, Peter sees a lot of kids eating pho. "That makes me feel good. It's pretty cool that kids from all walks of life are eating it," he said, divulging that chicken nuggets are available for those children who can't tolerate pho.

"Pho is what I remember eating as a child. To this day, I still eat pho every day. It's something that I love," he said. To encourage new customers to love pho, too, Peter offers a Super Bowl Challenge. "You have to finish five pounds of pho within 30 minutes, and you win a Pho Killa T-shirt. Every time you wear it, you get 10 percent off your entire bill. It's like a walking coupon."

Sprout's SpringRoll and Pho offers a fascinating alternative to dessert called boba tea. In a base of black, green or Thai tea mixed with fruit juice, jellied boba balls made of lychee, mango or tapioca starch are floated. This trendy tea is served in a sealed container with a straw fat enough to draw one boba ball at a time up and into your mouth.

When you're ready to try something fresh, served flawlessly in a calm atmosphere, try Sprout's SpringRoll and Pho. Peter and his staff are here to help *everybody* be happy. **NOW**

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Veronica Lane chats with Michele Gooch after a meeting of Mansfield Connects.



During Mansfield Womens Club's Festival of Trees, Jan Strickland, right, joins Barbara Gulledge, wearing a white gold snowflake necklace designed by Mansfield Fine Jewelry for the fundraiser.



Yogis getting their "om" on at the Mansfield Activity Center.



Frederick and Erica Jones keep their marriage as strong as their hearts with regular walks together at Rose Park.



The Sanchez family enjoys warm together time over lunch at Mellow Mushroom.



Michelle Willis discusses her mission trips while signing copies of her book, Journey to India, at Springcreek Barbeque.



Meranda Houston gives a mini-Mansfield Chiropractic massage to MansfieldNOW editor Melissa Rawlins during Third Thursday Downtown.



Lauren Brown, Jean Patton, Becky Koenigseder and Pat Anthony get busy with their duplicate bridge game.



Ann McCarthy and Isabelle give thanks for their friend, Veronika Townes, who made the skull as a gift for Ann.



Flor Magallanes serves a healthy borchata at Habaneros the Taco Revolution.



What Is Rosacea?

— By Betty Tryon, BSN

Diana, Princess of Wales, celebrated for her loveliness, had a facial skin condition expertly hidden from the world. Rosacea didn't care if she was royalty. That diagnosis made her one of many with rosacea. This skin condition typically occurs in people over the age of 30, and fair skinned individuals are most susceptible.

Small blood vessels under the skin swell and cause your cheeks, forehead, chin and nose to have a reddened or flushed appearance. It can resemble an acne breakout, allergic reaction or other skin conditions. The redness may come and go. Over time the color deepens and becomes persistent with spider web-like veins appearing in the face. If rosacea isn't treated, symptoms will worsen with pimples and bumps appearing on the flushed skin. Another rare complication is called rhinophyma in which the skin thickens and causes the nose to appear larger with a bulbous effect reminiscent of the comedian, W.C. Fields.

Another complication from rosacea is ocular rosacea where the eyelids become inflamed and irritated. Styes may develop, and the eyes may feel gritty and look bloodshot.

The cause of rosacea has not been established but there are contributing factors that may precipitate or aggravate the condition. Familiar history can be a factor if a close relative has the condition. Possible abnormalities in the blood vessels in the face could cause the flushing in the skin. Females are more prone to this disorder, but males typically have the worst cases.

Triggers of rosacea can be anything that causes the blood vessels to increase flow to the surface of the skin. Hot drinks and caffeinated drinks, such as tea, coffee or caffeinated soft drinks may be culprits. Sunlight, spicy foods, exercise and even some medications can be triggers. Alcohol does not cause rosacea but can aggravate the condition.

At this time, there is no cure for rosacea, but there are avenues for relief. Treatment focuses on lessening the signs and symptoms. Medications used may be oral or topical in nature with the aim of reducing the inflammation and redness in the skin to bring symptoms under control. Laser treatment to shrink the blood vessels in the facial area may be used. Someone with the skin thickening from rosacea may seek help from a plastic surgeon. Those with this condition have to be diligent with personal care in applying sunscreen for protection and to prevent flare-ups, dressing appropriately for cold or windy weather and taking care to use gentle skin care products. Because of the varying degrees of symptoms and severity of this disease, let your physician guide your treatment plan for best results. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

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January 9

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Through January 13

Christmas Tree Collection: 24/7, Home Depot, 1725 U.S. 287 Frontage Rd. You will find a self-service trailer next to the garden center where you can unload your dry trees. Flocked and fake trees will not be accepted, as they cannot be mulched. Call David Macias, (817) 728-3655.

January 5

Chamber Chat: 8:00-9:00 a.m., Mansfield Chamber of Commerce. Felix Wong, director of planning for the City of Mansfield, talks about the future with all interested. Call (817) 473-0507 or visit www.mansfieldchamber.org.

January 10

Upcycled Art at the Park: 10:00-11:00 a.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Turn something old into something new. \$5 each

with early registration. RSVP to tiffany.gorrell@mansfieldtexas.gov.

January 12

Business After Hours: 5:30-7:30 p.m., 2301 Hwy. 1187, Suite 201. Meet your neighbors, enjoy snacks and drinks and network at House of Hot Rods. Call (817) 473-0507 or visit www.mansfieldchamber.org.

January 14

Household Hazardous Waste Drop-off: 10:00 a.m.-3:00 p.m., 616 S. Wisteria. Bring your hazardous wastes, electronics and recyclables along with proof of Mansfield residency. Free! (817) 276-4239.

January 18

Quilting With Heart: 1:00-3:00 pm, First Methodist Church Mansfield, 777 N. Walnut Creek. Open membership with no dues for people interested in making charity quilts. qwhinfo@gmail.com.

January 20

Masquerade Ball: 6:00 p.m.-midnight, Walnut Creek Country Club. Call (817) 473-0507 or visit www.mansfieldchamber.org.

January 21

Caregivers Workshop: 9:00 a.m.-5:00 p.m., First Methodist Mansfield, 777 N. Walnut Creek Dr. Register at www.firstmethodistmansfield.org/events.

Stargazing with Astronomers: 7:00-9:00 p.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Questions? Email tiffany.gorrell@mansfieldtexas.gov.

January 26

State of the City Address: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club. Mayor David Cook provides the details during a luncheon sponsored by Elite Care 24-hour Emergency Room. RSVP to (817) 473-0507.

January 28

Run With Heart: 7:30-10:00 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. Register for either a half marathon, a 5K or a 1-mile fun run/walk at mansfieldrunwithheart.org.

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

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Consider Some New Year's (Financial) Resolutions

We've just opened the door to 2017, so you might be thinking about some New Year's resolutions. What's on your list this year? More visits to the gym? Learning a new language? Mastering the perfect beef bourguignon? All worthy ambitions, of course, but why not also include some financial resolutions?

By reviewing your needs and goals, you can identify some resolutions that are particularly relevant to your own situation. But here are a few suggestions:

- **Build an emergency fund.** If you needed a major car repair or a new furnace, or faced some other large, unanticipated expense, could you cope with it? If you didn't have the money readily available, you might have to dip into those investments intended for long-term goals, such as retirement. Instead, build an emergency fund containing three to six months' worth of living expenses, kept in a liquid, low-risk account.

- **Cut down on debts.** It's not easy to cut down on one's debt load. But if you can find ways to reduce your debts, you'll help improve your overall financial picture. Many debts are not "useful" — that is, they don't carry any tax advantages — so every dollar you spend to pay down those debts is a dollar you could use to invest for your future.

- **Boost contributions to your retirement plan.** If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Your earnings have the potential to grow tax deferred and your contributions may lower your taxable income. Plus, most plans offer a selection of investment options, so you can choose the investment mix that fits your objectives and risk tolerance. Therefore, if your salary goes up this year, or if you think you can find other ways to free up some money, increase your contributions to your retirement plan.

- **Review your portfolio.** Is your investment portfolio still on track toward helping you meet your long-term goals? If not, you may need to make some changes. You'll also want to study your investment mix to make sure it still accurately reflects your risk tolerance. Over time, and often without your taking any significant actions, your portfolio can "drift" to a place where you are taking on too much risk — or even too little risk — for your needs and long-term objectives. If this happens, you may need to rebalance your holdings.

- **Avoid mistakes.** None of us can avoid all mistakes in life and in our investment activities. But as an investor, you'll clearly benefit from minimizing your errors. For example, it's generally a mistake to jump out of the market in response to a period of volatility. If you wait for things to calm down before investing again, you might miss out on the opportunity to participate in the next market rally.

- **Think long term.** Keep this in mind: You're not investing for today or tomorrow, but for many years from now. Try to keep a long-term focus when making all your key investment decisions. By doing so, you can avoid overreacting to short-term developments, such as a sudden drop in the market or a "momentous" political event that actually decreases in importance as time goes by.

Try to follow these financial resolutions as best as you can. You could make 2017 a year to remember. **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.



In the Kitchen With Toni Gray

— By *Melissa Rawlins*

Prior to high school home economics classes, Toni Gary had no reason to cook. Her mother and her mother's six siblings handled the kitchen. "All recipes were verbally handed down," she said, "from German coffee cake to crusty loaves and creamy soups to braised meats with rich gravies. And pralines were Uncle Albert's specialty." To help her working mom, Toni pitched in, preparing pasta and red sauce for her first offering.

Now years later, she and her husband, Gary, travel frequently, and their palates have developed while incorporating food with life experiences. When sailing the Caribbean, for instance, they not only operate the boat but also barbecue the barracuda or make ceviche out of freshly caught lobster. Here, she shares easier-to-make family favorites to transition into Super Bowl game day. **NOW**

Gary's Ceviche

1 lb. fresh sea bass and/or gulf shrimp
2 pods garlic, minced
6-8 small limes, juiced
2 jalapeños, minced
1 green onion, diced
1/2 bell pepper, diced
2 medium tomatoes, diced
1/4 tsp. each: cumin, cayenne and oregano
Salt and pepper, to taste
1 bag corn tortilla chips or 1 pkg. corn tostada shells
1 cup fresh cilantro, chopped
2 fresh avocados, chopped

1. Clean sea bass and devein shrimp. Cut seafood into pieces a little smaller than bite size. Place in a non-metal container; add

garlic and lime juice. The seafood will "cook" about 3 hours in the acidic juice, until the flesh is opaque. Check after 2 hours and gently stir; the goal is firm and opaque, but not mushy.

2. When the consistency is as you desire, strain juice away so fish does not continue to cook.

3. Add jalapeños, green onion, bell pepper, tomatoes and spices. Let flavors marry for another hour or so.

4. Serve with chips or on a tostada shell, garnished with cilantro and avocado.

Jack's Brioche

Tasty bread perfected by Toni's father-in-law, Jack Gray.

1 pkg. yeast
1/4 cup warm milk

1 Tbsp. sugar
2 cups all-purpose flour
1 tsp. salt
1/2 cup frozen butter, cut into 8 pieces
2 eggs, lightly beaten

1. Proof yeast in milk with sugar.

2. In a food processor, mix flour, salt and butter for about 20 seconds; add yeast mixture, and mix for another 5 seconds or so. Add eggs and pulse until ball of dough forms.

3. Knead 1-2 minutes on floured board. Place in a greased bowl, coating all sides. Cover and put in warm place until doubled in size, about 1 1/2 hours.

4. Punch and knead again 1 minute. Shape into a loaf and put in a well-buttered loaf pan (again allow to double in size), maybe another hour.

5. Bake 35-40 minutes at 350 F.

Uncle Albert's Pistachio Cookies

Makes about 5 dozen.

3 1/4 cups sifted flour
2 tsp. baking powder
1 tsp. salt
1 cup butter, softened
1 cup sugar
2 eggs
2 Tbsp. milk
1 tsp. vanilla
1/4 cup chopped nuts
1 3.75-oz. pkg. pistachio flavored instant pudding
1 6-oz. pkg. chocolate chips (divided use)

1. Lightly grease a cookie sheet. Preheat oven to 375 F.

2. Sift flour, baking powder and salt together. Set aside.

3. Beat butter and sugar in a large bowl. Add eggs, milk and vanilla until creamy.

4. Add flour mixture until stiff dough forms. Remove 1/4 of the dough to a small bowl; add nuts to this small reserve. Set aside.

5. Add pudding and 3/4 of the chocolate chips to the large amount of dough. Shape rounded teaspoonfuls of pistachio pudding dough into balls, placing each 1 1/2 inches apart on the cookie sheet.

6. Shape nut dough mix into marble-size pieces. Place on top of flattened pistachio cookies. Decorate with remaining chocolate chips, one piece on top of each cookie. Bake for about 10-12 minutes.

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