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ON THE COVER

Ethan Whitt competes this month at the Chisholm Challenge in Fort Worth.

Photo by
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EDITOR'S NOTE



Melissa

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Hello, Mansfield!

All things are new again come the new year? Surely not *all*. Certainly we spend energy, time and money maintaining cherished possessions, lifestyles and even ideas pristinely “as is.” Whether we’re dedicated to polishing the beautiful home we’ve built, improving our physique or preserving our career, maintenance requires clearing out the less-than-desirable debris of life that so subtly encroaches upon our treasured space.

My career, for instance, is based on the strengths I identified early in life — strengths I’ve purposely developed. I am pleased to say that although I may not be where my childhood friends might have predicted, I am doing what they all knew I’d be doing. Journalism was my cup o’tea since I was in ninth grade. I started the Broadcast Club in my high school, getting the local public television station involved in helping a few of us students tell school news every morning while the principal gave his announcements. Now, it’s an entire community whose horns I get to toot.

Thank you, Mansfield, for the privilege of telling your stories!

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it. Cheers!



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Living Life to the Fullest

— By Derek Jones

Ethan Whitt is charming, charismatic and determined. Despite being diagnosed with Down syndrome at birth, 21-year-old Ethan has accomplished more than many his age, and he is just getting started. Ethan knows no boundaries or limitations when it comes to living life to its fullest. "I love a competition!" Ethan said, referring to the many awards he's won riding horses, and underscoring that he welcomes any challenge life may throw his way.

When it comes to living his life, Ethan is an eager participant rather than a spectator. His senior year at Mansfield High School, his classmates nominated him for Homecoming King. Ethan grinned at this memory. "My mom was very proud of me because my friends voted for me," he shared.

During his senior year, he also served on the school's Bell Guard. "I carried the flags up and down the field whenever the Tigers scored a touchdown," he said. "I also carried the flags at AT&T Stadium when the Tigers went to the playoffs." Ethan held his head high as he reflected on running up and down the same field as the Dallas Cowboys.

**"I love showing others what
I have learned in my classes."**



Ethan's accomplishments in high school are only the beginning of this young man's success. He currently attends Green Oaks School where he's learning life skills. "I am learning to become a productive adult," Ethan said. "I love it so much there." Ethan also participates in Special Olympics where he competes in bocce ball and basketball on the Tarrant County Texans team.

On Sundays, he serves as an usher at St. Jude's Catholic Church,



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where he is also a member of the Knights of Columbus, a fraternal organization focused on charitable acts. Twice a month, he attends Club 321, a special needs social group, where he connects with others. According to Ethan's mom, Beverly,



"We have sports, social interactions and academics covered. Ethan keeps us very busy." Ethan grinned and nodded his head in agreement.

Few things have had as big an impact on Ethan's growth and accomplishments as his involvement with All Star Equestrian Center. Ethan has been riding horses at the therapeutic riding center for 17 years. His riding instructor, Veronica Wolfe, explained why horses are important to those who are mentally or physically challenged. "The horses are large and many shy away from them. However, children with disabilities tend to have no fear of the horses," she said. "The bond forms quickly between rider and horse."

Ethan's mom explained the benefits of riding horses as therapy, in relation to her son. "When he was young, Ethan was not very outgoing and had trouble making friends. As his confidence grew on the horse, he became more vocal and outgoing." She was quick to point out that riding horses did not just help Ethan socially. "When he was really

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Ethan Whitt's mom, Beverly, expresses her joy for Ethan's success.

young, riding horses even helped him walk better.”

Various horses have helped Ethan through the years, therapeutically and competitively. “The names of the horses I ride now are Rebel and Pandora,” Ethan said. He competes every year at the Chisholm Challenge, a riding competition for those who are mentally or physically challenged, hosted at the opening of the Fort Worth Stock Show and Rodeo.

Today, Ethan is an accomplished rider, which is evident by the collection of champion belt buckles he has won. For all his winning, however, Ethan does not hesitate to give credit to others. “I love my instructor, Veronica, because she’s always there to teach me how to look good by having good posture and balance on my horse,” Ethan noted.

“Currently, we are working on the perfect smile,” Veronica said, and if awards were given for smiles alone, indeed, Ethan would win the grand prize. “I have the perfect smile,” Ethan said with his trademark grin.

What does Ethan most appreciate about being an equestrian? “I love the feel of sitting on my horse and hearing my name called when they announce the winners,” Ethan reflected. “I love showing others what I have learned in my classes.”

Ethan’s riding lessons will continue, with additional focus “on confidence while riding and handling the horse,” Veronica said. However, when it comes to life, Ethan seems to have all the confidence he needs. “Around

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here,” Veronica added, “he is known as Awesome Ethan.” Speaking with anyone who knows him, it is clear this is a title his friends and instructors believe Ethan has earned.

Whether it is being elected Homecoming King, competing in Special Olympics, serving with the Knights of Columbus or winning belt buckles riding horses, Ethan provides an example that individuals should not be defined by limitations. When talking about his ability to control his horse, Ethan pointed to himself with both hands and proudly exclaimed, “The cowboy!” When he competes this month at the Chisholm Challenge, Ethan will once again demonstrate what it means to turn dreams into reality, as he continues living his life to the fullest. **NOW**

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An Elegant Balance

— By Melissa Rawlins



Two winters ago, making their second house in Mansfield feel like their true home, Rollin and Sarah Ewart created a natural play area in their wild backyard. Their sons, Ethan and Joshua, helped, too, beating sticks against tree trunks while their parents pulled thorny vines out of a half acre's worth of oak, elm, cedar and hackberry trees. "We transformed those woods from a threatening background green space to a welcoming escape from real life," Rollin said.

"He's my city guy, and I'm his country girl," Sarah said. This lot balanced her need for trees and space and his for proximity to civilization. As a traffic engineer currently designing the reconstruction of Hwy. 360, Rollin enjoys a short commute to work and back home again. With the addition of their daughter, Clara, the Ewart family is growing while they develop their organic farm in the city. Thirteen different fruit trees, including olives, plus beds containing seasonal vegetables, surround the grassy area between their woods and their elegant



interior. In both spaces, Sarah gives their children logical lessons in everything from colors to math to the cycle of life.

Modeling patience, the Ewarts are rearing their children to be good stewards. Rollin waited for his wife. Though they had a lot of mutual friends at Texas A&M University, his first memory of Sarah is from after graduation, in the summer of 2003. "We were attending a wedding," he said. "I found how amazing it was to talk with her and to laugh with her." Two years later, while he was getting his start building up the DFW Metroplex highways, Sarah was a buyer for Zales and Michael's. She joined her roommate at a Rollin's Sunday school social, and he was struck anew by her elegance and confidence. He began cooking dinners for her and, on other occasions, placing sunflowers on

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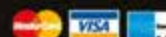
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her windshield. After a seven-and-a-half month courtship, they married on May 13, 2006, a date commemorated every year in Rollin's thoughtful manner. Besides being a tradition-loving husband, he is just as creative as his musically inclined wife, who writes and paints.

A painting of a lighthouse she made when she first accepted Christ as the light in her life hangs not far from a print of a lighthouse Rollin gifted her on their first anniversary, signifying the importance of their Christian faith in their marriage and family. Around the corner is a homemade clock, incorporating seashells they collected near Rollin's hometown, Corpus Christi.

On an anniversary trip to Florida, they visited theme parks by day and, by night, went to the national sea shore to watch sea turtles lay eggs. The Ewarts document all their special trips on the travel map in their office, painted in colonial blue on one side and tan on the other. In their home's decor, Sarah and Rollin try to honor each other. They inherited several fine pieces of heirloom furniture from each side of their families, and mixed them in with paintings by artists one or the other loves.

Two bright oils by Carl Bork, an artist in Colorado where Rollin's family has a lot of history, punctuate open spaces downstairs. Both impressionistic paintings were made using a palette knife, and they remind

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Rollin of Monet, Sarah's favorite artist. Bork used salmon as the base color behind the stand of aspen trees portrayed in the stairwell, and in the master suite, another aspen painting captures sunlight with surprising uses of turquoise and orange paint.

At the other end of the beautifully appointed bed is Sarah's grandfather's WWII-era chest, now filled with pictures and family memories. French provincial furniture, some originally purchased by her grandmother and most over 100 years old, seems to match the recently electrified oil lamps that were once in use at Sarah's grandfather's childhood farm. "I'm trading the new for the really old," said Sarah, who re-dyed the boudoir chair's faded turquoise velvet back to its original color.



Such skilled handiwork is evident in the upstairs guest suite, children's rooms and playroom where Rollin and the boys spend hours building elaborate, double-decker train tracks. The entire family created a humongous wall painting together. Since Sarah was a teacher who specialized in reading, she's organized books for her children by reading level and interests. In this place for celebrating imagination and learning sits a little rocker, once owned by Sarah's grandfather, that is incorporated like all the Ewart heirlooms.

Where family or friends visit, the guest room displays warm quilts sewn by Sarah's great-grandmother and watercolor paintings Sarah made while studying art and architecture in Tuscany. The pale blue wall in Clara's

room is decorated with materials stretched on hoops, representing all the women in the Ewart family. The dresser below is where Sarah's grandmother and her two sisters had their hair done every morning, and Clara uses it for her own. Her brothers' bedroom, painted in bold, youthful patterns of navy, gray and chartreuse, is outfitted with furniture once belonging to their Pop. A dresser holds the LEGO race car made by Rollin, Ethan and Joshua.



They gather for holiday meals at the dining table once owned by Sarah's civic-minded grandmother, who traveled and owned Bavarian china and Venetian paintings. The Ewarts' beloved handmade, redwood grandfather clock is a nice segue to the living room, where stands a circa 1940 piano that Sarah's grandmother always invited her to play with her, side by side. "Now my children play with me," Sarah said. Atop the piano are her grandparents' brass candelabras. "They require regular polishing. We had to retune the piano. The clock had to be recalibrated and fixed up. We're very honored to take care of these family heirlooms because they remind us of the rich and caring family heritage we have been blessed to be a part of."

Clara, Joshua and Ethan will say the same thing when they become the proud owners of the back-porch rocker purchased by Rollin last year. They may or may not recall helping him put it together, but while they rock they'll certainly feel the solid compassion Rollin and Sarah have for their family. **NOW**



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Photos by George Olsen



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Where Are They NOW?

Nolan Simmons

— By Melissa Rawlins



Imagine being six years into life beyond Mansfield High School and experiencing intense satisfaction in your occupation. That's the reality of artist Nolan Harris Simmons, for whom art is everywhere and everything.

"Art is creation and, sometimes, art is destruction," he said. "Anything we do is an art — the way we dress, communicate, paint, drive, cook, clean. We give art its meaning.

"What I do now is art, because I use my skills to transform materials into something that holds meaning and value for me and also for other people," Nolan said, speaking from his residence in Bossier City, Louisiana, where he has lately been producing some pretty fantastic creations.

Most of his original work is artistic carpentry backlit with LEDs. He has recently put stained glass into his wood designs, too. The geometric lamps he designs are visible on his Facebook and Instagram pages. In the fall, he worked for Bruce Allen and Jim Hayes with the L.A. House of Props on a few jobs inside the new, downtown Shreveport Aquarium. "We are making one of the rooms look like the inside of a sunken ship," Nolan said. "I'm working with

my hands, sharpening my skills and making artwork, all while paying my bills."

Nolan improves himself every day. That process started when he was born into the Simmons and the Harris families, who are the biggest collectors of his artwork and his marketing team. They have invested in his future in many ways over the years, including buying a few of his ever-burgeoning collection of tools. When he visits Mansfield now, he focuses on spending time with his parents, Todd Simmons and Rona Harris Simmons. "We cook, go out to eat around town, talk about life," Nolan said, giving them credit for his success. "In fact, I have no clue what I would be doing or where I would be without my parents and grandparents."

His parents brought him to Mansfield from Shreveport when he was about 7 years old. They joined Walnut Ridge Baptist Church, where Nolan still visits whenever he's in town with his family. His best memories of Mansfield are the cookout parties with his family and everyone's friends. He also recalls playing football his freshman year at Mansfield High School. "I had to get out while I still had all my ligaments intact," he said, grinning.

“So I tried out for the golf team my sophomore year and made it, but I decided it wasn’t for me. I tried out for soccer my junior year. That was a much better fit, so I stayed through graduation.”

Throughout his schooling, he took art classes, challenging himself to finish the AP art program as well. He received a scholarship to Centenary College of Louisiana, and graduated with a Bachelor of Arts in studio arts in 2016. “I never really considered myself a good artist until the end of my college career,” he said. “When I was in my last semester of advanced studio, I really started to feel a flow happening. Things began to click, and I started having a lot of fun with it.”

“Anything we do is an art.”

Now, other than drinking good water, and lots of it, Nolan focuses upon healthy eating, working hard, creating things that inspire positivity and having fun. “I want to be the best that I can be for me, my family and those around me,” he said. Recently, Nolan exposed his work to a nationwide audience at Homegrown on the River in Ozark, Arkansas; Okeechobee Music Festival in Okeechobee, Florida; and Gem & Jam Music Festival in Tucson, Arizona. One of his pieces enlivens meals for customers at El Primos Mexican Grill here in Mansfield.

Anyone interested in experiencing a hint of Nolan’s world is welcome in The Agora Borealis, a gallery on Lake Street in downtown Shreveport, where some of his bigger pieces are installed. And afterward, it wouldn’t hurt to visit the Shreveport Aquarium and submerge yourself in Nolan’s shipwreck handiwork. **NOW**

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STRONGER TOGETHER

— By Rick Mauch

Laurie Harris was watching her 12-year-old daughter, Natalie, grow up. Problem was, because of their busy schedules, Laurie was watching from a distance. The only quality time they were spending together was in the car when Laurie was driving Natalie to her various middle school activities. And when Natalie wasn't busy, Laurie was hurrying off to volunteer for a community activity. Solution? Find a project they could work on together.

In April, Laurie began investigating the National Charity League, Inc. By July, they formed a local chapter in Mansfield and Burleson. The mission of NCL, Inc. is to foster mother-daughter relationships in a philanthropic organization committed to community service, leadership development and cultural experiences. "Time passes so fast, and we get so busy," Laurie said. "Between career, school and activities, the only time we had to connect was on our way somewhere."

Along with her volunteer work, Laurie is a full-time analyst in the health care industry. Natalie, a seventh-grader at Brooks Wester Middle School in Mansfield, is in Girl Scouts, swims, plays softball and plays euphonium in the band. "There were too many people playing the flute," Natalie said with a laugh.

"I like to volunteer, but they [her children] never get to do it with me," Laurie said. "They see me sometimes at school [when she volunteers through the PTA], but it's not like we're together."

"It's a great experience. A lot of people don't get to spend much time with their mom, and here we are doing these wonderful things together."

ETHER

NCL, Inc. began in Los Angeles in 1925 with a group of women supporting the American Red Cross by making layettes and assembling food baskets for the hungry during holidays. The women then included their daughters, and by 1938, the daughters formed their own group. In 1947, the groups merged to become what the organization is today. "We're an expansion chapter. We have a year to build membership," Laurie said.

And so far, that's working out wonderfully. Laurie is the vice president in charge of membership, and in no time, they had 45 mother-daughter teams come onboard — nearly double the 25 needed to qualify for expansion. "We got out and spread the word," Laurie said. "It



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started with nine of us, and I'm the most introverted."

Laurie began by filling out an online form. She thought it would be quite a while before she heard back, but she was surprised. "A couple months later, they emailed me and said, 'We're working on boundaries for your chapter,'" Laurie recalled. "Our chapter? They were already forming a group for us. I was excited.

"We met with the national organization, found out how it works and got started. Another person was interested, and she brought some friends. It just grew." The next step is to officially charter their local chapter. Laurie said that will likely happen in the spring.

The mothers in the organization are called patronesses. The daughters are nicknamed ticktockers because, being children, they would often look at watches and clocks to hurry their moms along.

Natalie loves working alongside her mom and is satisfied when they take all the time necessary to help someone. "We all contribute. No one stands there," Natalie said. "I really like helping the community. I like having done something to make this city a better place."

Natalie and Laurie's community effort has involved working with Rachel's Hope Resale in Burleson,



which benefits the Burleson Pregnancy Aid Center. They also help at Isle at Watercrest in Mansfield, which is a memory care/assisted living facility, and Wesley Mission Center in Mansfield, which serves families in the Mansfield School District. "It's a great experience. A lot of people don't get to spend much time with their mom, and here we are doing these wonderful things together," Natalie said. "You only have one mom. Do as much with her as you can."

Natalie also appreciates her grandfather who is coping with a loss of memory. Working with people experiencing this challenge is especially close to her heart. "Natalie loved him the most. If he was in the room, she wasn't interested in anybody else," Laurie said.

Laurie and Natalie still visit her grandfather regularly. It's tough, sometimes, but they cherish the time with him. "He'll smile when he sees me, but sometimes he doesn't know who I am," Natalie admitted. "We usually go out and eat lunch with him."

"The last time, Natalie started talking about what he did for a living, and he came around," Laurie added. "I have a cousin who works with memory loss patients, and she told me as we go through this journey to

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focus on the moments of joy. Like last time, we had a ballcap, and he remembered. He wanted that ballcap. That was a moment of joy.”

NCL, Inc. also brings joy by exposing daughters to cultural experiences. They will learn about the arts, fashion and more as part of the curriculum. “By the time these girls get to college, they will have held jobs, held important roles, know how to resolve conflict and learned by working together,” Laurie said. “In the workforce, everything is team-based.”

The ticktockers gain additional experience by holding their own meetings. They discuss their community work, plan for activities and talk about what big cultural event they want to experience. “That’s another thing that’s hard to do — cultural activities,” Laurie said. “But it’s so important to do these things together. As we grow our membership, we want to grow our community partners,” Laurie continued. “The more people we have, the more we can do.

“This is the sweet kind of busy,” she said. “I know it seems like a large time commitment, but we’re doing things together, great things, for our community.” **NOW**

Editor’s Note: For more information about the NCL, Inc. Burleson Mansfield chapter, contact Laurie at membersburmanncl@gmail.com or visit the NCL Web page at www.nationalcharityleague.org.



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CookingNOW

In the Kitchen With KAITLIN PHILLEY

— By Virginia Riddle



Kaitlin Philley describes herself as a “self-taught copycat cook” who really became interested in cooking in her mid-20s. “I started watching some of the cooking shows on Food Network and the Cooking Channel,” she recalled. Several noticeable benefits have prompted Kaitlin’s interest. “Cooking is an easy way to make sure I know what’s in my food, and it’s a way to do something nice for others, showing you care. Cooking also opens one up, in a small way, to different cultures by preparing and trying different ethnic cuisines.”

An estate planning, probate and guardianship attorney, Kaitlin’s work can be stressful. “I have a pretty large sweet tooth and am partial to baking,” she said. “Baking can be just what I need to end my day on a happy note.” **NOW**

Lemon Bars

Crust:

1 cup butter, softened at room temperature for approximately 2 hours
2 2/3 cups all-purpose flour
1/2 cup sugar

Filling:

6 eggs
2 1/4 cups sugar
7 Tbsp. all-purpose flour
3/4 Tbsp. baking powder
9 Tbsp. Minute Maid lemon juice
Confectioner’s sugar

1. *For crust:* Preheat oven to 350 F. In a large mixing bowl, combine all ingredients; mix on low speed for one minute, or until blended. Pat into a 13x7x2-inch ungreased glass dish.
2. Bake near the oven’s center for 15-20 minutes, or until crust’s edges are golden brown.
3. *For filling:* While the crust is cooking,

prepare the filling by combining all ingredients, except the confectioner’s sugar.

4. Mix on medium speed for 2-3 minutes; pour over partially baked crust. Return to oven for 18-20 minutes; turn heat down 25 degrees after the first 10-15 minutes. Cook until filling “sets” or has a jellied appearance. *Note:* Watch carefully since filling can burn easily. It should be only slightly golden brown around the pan’s edges.
5. Remove and cool before cutting into bars; sprinkle with confectioner’s sugar before serving.

Banana Nut Cake

Makes 3 loaves.

1 cup shortening
4 cups sugar
6 eggs
8 large bananas, mashed
2 tsp. baking soda
1 cup buttermilk or sour milk

5 cups flour
1/2 tsp. salt
1 1/2 cups nuts, chopped
2 tsp. vanilla

1. In a large bowl, cream the shortening and sugar together. Add eggs, mixing well; set aside.
2. In another bowl, mix bananas, baking soda and buttermilk or sour milk; set aside.
3. Sift together the flour and salt in another bowl; set aside.
4. Alternating between the flour and banana mixtures, add them to the shortening mixture using an electric mixer between additions; mix well.
5. Add nuts and vanilla; mix by hand.
6. Grease 3 loaf pans with shortening; flour pans’ sides and bottoms.
7. Fill loaf pans 2/3 full of batter; bake at 325 F for 1 to 1 1/2 hours until inserted toothpick or knife comes out clean.

Brownies

1 cup butter
4 Tbsp. Hershey’s Powdered Cocoa
4 eggs, slightly beaten
2 cups sugar
1 cup flour
2 tsp. vanilla
1 cup pecans, chopped

1. Preheat oven to 325 F. In a medium pan, melt butter and Hershey’s Powdered Cocoa together over medium heat.

2. In a bowl, stir the eggs, sugar and flour together; add to the cocoa mixture.
3. Add the vanilla and pecans; mix well.
4. Pour brownie mixture into a 9 1/2x13 1/2-inch buttered pan; bake 30-35 minutes. Cut into squares while warm.

Pecan Pie

- 1 cup light corn syrup
- 1 cup dark brown sugar
- 1/3 tsp. salt
- 1/3 cup unsalted butter, melted
- 1 tsp. vanilla
- 3 whole eggs, slightly beaten
- 1 9-inch unbaked pie shell
- 1 heaping cup pecans, shelled and chopped

1. Preheat oven to 350 F. In a large bowl, mix well the syrup, sugar, salt, butter and vanilla.
2. Add the eggs; mix well. Pour filling into the pie shell.
3. Sprinkle pecans over the filling; bake for about 45 minutes.

Pumpkin Bread

- 3 cups sugar
- 3 1/2 cups flour
- 1 1/2 tsp. salt
- 1 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 2 tsp. baking soda
- 1 cup pecans or walnuts, chopped
- 4 eggs, well beaten
- 2 cups pumpkin puree
- 1 cup canola oil

1. Preheat oven to 350 F. In a large bowl, add sugar, flour, salt, nutmeg, cinnamon and soda together; sift into another bowl.
2. Add nuts; mix well. Add eggs, mixing well again.
3. Add the pumpkin and the oil to mixture; mix well.
4. Pour batter into 2-3 loaf pans, filling each to 2/3 full. Bake 30-45 minutes, or using cupcake liners, fill each 1/2 full; bake 30-35 minutes.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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— By Melissa Rawlins

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Whether you need pre-party preparation or after-party cleanup, Imelda Franco and her staff are ready. Many customers in the area depend upon Perfect House Cleaning weekly, monthly or any in-between routine. Robin and Chris Jenkins hired them upon a neighbor's recommendation four years ago. "The girls have been very easy to work with," Robin said, "and quick, charming, efficient, trustworthy and just so sweet."

Dispatcher Maria Hernandez handles every concern with care. "It's important to make sure our visits work best with the customer's schedule," Maria said. Her friendly understanding sets the tone for excellent communication, once Perfect House Cleaning's team arrives at the customer's venue.

Two uniformed employees — all highly recommended by Imelda's family or friends — clean together and bring their own supplies. Perfect House Cleaning charges by the hour, and the team thoroughly and efficiently produces a spotless house. Details like ceiling fan blades and HVAC grills are kept dust-free, as long as they are accessible. "I find a way to say, 'Yes,' if the customer asks for deep cleaning," Imelda said. "Window shades, too."

A full menu of services is available on their website. "We have customers who are at work from 8:00 a.m. to 6:00 p.m. Others are pregnant women who cannot clean, and some are people with children who just need an extra pair of hands with their house," Maria said. Their goal is that every customer feels satisfied when they come home at the end of their day.

Keeping a spotless house comes naturally for Imelda, who grew up with a very organized mother and helped with dusting, mopping, sweeping and laundry. She started this business in 2012, putting fliers at every door she passed by in Mansfield.

Now, Imelda not only cleans but also supervises the work of no less than four people and always presents customers with a house that would meet her own mother's standards. After the cleaning is complete, the team plumps cushions on couches, turns beds down perfectly, and folds toilet paper to a point and towels symmetrically.

Their goal is that every customer feels satisfied when they come home at the end of their day.

Her team members also cover their shoes with plastic and use non-toxic solutions when cleaning for customers with allergies. "I like to make the customer comfortable with our presence in their house," Imelda said. Perfect House Cleaning is bonded and insured, and Imelda has trained her detail-oriented team to be very meticulous — even putting china and crystal back in its original positions.

"The customer can feel confident they are leaving someone they can trust at their home. They can leave the key with them, and their pets won't feel threatened by their presence," Maria said. "Their work is always guaranteed." Customers who refer Perfect House Cleaning to their friends are helping Imelda's business grow.

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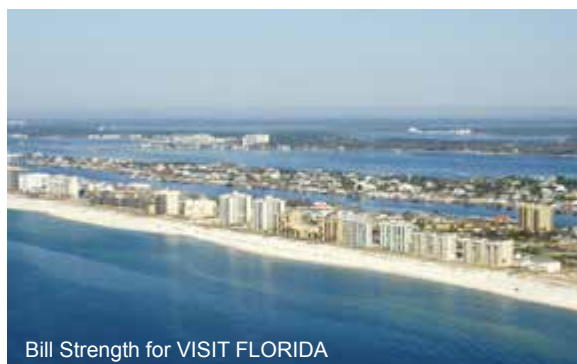
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TravelNOW Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't

miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique

artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.

Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**




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A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.



Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.



Heart Healthy³

- *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

- *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose



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good proteins like lean ground meat or poultry, eggs and legumes.

- *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**

Sources:

1. “Is Eating Gluten-Free Healthier” obtained from <http://www.eatingwell.com/article/9943/is-eating-gluten-free-healthier/>
2. “Diabetes Diet: Create your healthy-eating plan” obtained from <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>
3. “Heart Healthy Diet: 8 Steps to prevent heart disease” obtained from <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>



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Zoomed In: William Roy Dorrough

By Melissa Rawlins

William Roy Dorrough, 85-years-young, poses with his hard-to-miss Dodge Challengers. “The first car I purchased after Vietnam was lime green,” William said. “I accepted a dare to lay rubber on base with that Roadrunner. The next day, we were all told there would be no racing on base.” After six years in the Army, and then 17 serving with the Seabees, he retired as an E6 petty officer first class.

Anyone who’s driven on Broad Street has likely wondered about the owner of these dual Dodges. “I enjoy taking the 2011 for a spin every now and then,” William said. The 2015 came equipped with the Scat Pack and is made for racing. But laying rubber is no longer his style, believe it or not.



Jennifer Dodd and her daughter help Creekside Cleanup volunteers pull 35 bags, nearly 700 lbs., of trash from Mansfield’s local waterways to protect local water quality.



Heisman Gordon talks financial services with his business partner and fiancée, Shaquanna Hargrow, during a date at Starbucks on Debbie Lane.



The crew from JJ Construction takes their lunch break from pouring the new concrete slab at 703 E. Broad St.



Imelda Carrillo and Vicki McCoy, Realtors for REMAX Associates of Mansfield, Teixeira Realty Group, hang the sign for their new venture on Oak at Main.



Tayler Sheban enjoys a thorough scalp massage from Heather Humphries, her stylist at Serendipity Salon.



Tito loves his trips with Ashley St. Clair to Tractor Supply, where the employees always give him treats.



J'amar Poole buys some sodas from Endy Pluviose at CVS.

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Christmas Tree Collection: 8:30-11:30 a.m., 24 N. Mitchell St. Residents are welcome to drop off their Christmas trees to be recycled into mulch. Flocked and fake trees will not be accepted. howard.redfearn@mansfield-tx.gov.

8 - 10

13th Annual Chisholm Challenge: 8:00 a.m.-9:30 p.m., John Justin Arena, 3401 W. Lancaster Ave., Fort Worth. Watch extraordinary people living with special needs compete in the Will Rogers Equestrian Center at the beginning of the Fort Worth Stock Show and Rodeo. (817) 371-1958.



8, 15, 22, 29

Sunrise Toastmasters Club: 7:00-8:00 a.m., Methodist Mansfield Hospital, Canedy Community Room, 2700 E. Broad St. Become the speaker and leader you want to be. kevinorsak@mhd.com.

9

Yoga: 6:00-7:30 p.m., Mansfield Public Library, 104 S. Wisteria St. This all-levels yoga class teaches adults 18 and over to breathe and develop strength and flexibility by focusing on alignment, balance and mindfulness. Free; bring your own mat. Email faria.matin@mansfield-tx.gov.



10, 24

Mansfield Lions Club meeting: Noon-1:00 p.m., Mansfield Methodist Hospital, 2nd Floor Conference Room, 2700 E. Broad St. (817) 453-1170.

18

Chamber Chat: 8:00-9:00 a.m., Mansfield Chamber of Commerce. Mayor David Cook talks about balancing his business life with service to the City of Mansfield. Call (817) 473-0507 or visit www.mansfieldchamber.org.

Third Thursdays: 5:00-8:00 p.m., Historic Downtown Mansfield. All ages are welcome to this free mini-festival, featuring live music, restaurants, food trucks, a brewery and shopping. downtown.mansfield.texas@gmail.com.

New Year, New You: 6:00-7:00 p.m., Mansfield Public Library, 104 S. Wisteria St. Join Methodist Mansfield's weight management specialist in learning tips and tricks in cooking healthy, balanced eating

and exercising. Program is free. Registration is required. www.morelibrary.org.

Thirsty Thursdays 5K: 6:15-9:00 p.m., Steven's Garden and Grill, 223 Depot St. A free fun run for all skill levels. Runners 21 and over receive free beer at the finish line. Live music by Scott & Steve. Contact (817) 475-7210.

25

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 fine luncheon. RSVP to Mansfield Chamber of Commerce, (817) 473-0507.

27

Run With Heart: 7:30-10:00 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. Support cardiology services via a half marathon (\$65), a 5K (\$25) or a 1-mile fun run/walk (\$15). mansfieldrunwithheart.org.



Voter Registration: 10:30 a.m.-12:30 p.m., Mansfield Public Library, 104 S. Wisteria St. Register or update your voter information in less than a minute with help from volunteer deputy registrars. faria.matin@mansfield-tx.gov.

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Mansfield Area Marines: 7:00 p.m.,

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Mondays — Fridays
Senior Lifestyles Program: 9:00 a.m.-2:00 p.m., Mansfield Activities Center, 106 S. Wisteria. If you're age 55 or older, enjoy vital services, as well as life-enhancing activities. Contact (817) 728-3680, ext. 3687, for details or to ask how to volunteer in support of local seniors.

Thursdays
Rotary Club of Mansfield Sunrise: 7:00-8:00 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. Meet with others living by the motto Service Above Self. www.mansfieldrotarysunrise.org

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Open Food Pantry: 10:00 a.m.-2:00 p.m., Wesley Mission Center, 777 N. Walnut Creek Dr. For more information, call (817) 473-6650 or visit www.wesleymissioncenter.org.



First Fridays
Mansfield Connects: 11:30 a.m.-1:00 p.m., Mansfield Chamber. Educational program relevant to any business, followed by lessons in how to make connections vs. old-school

networking. \$5. Contact Mansfield Area Chamber of Commerce, info@mansfieldchamber.org or (817) 473-0507.

Sundays through March 11
Jubilate Community Children's Choir: 5:30-6:30 p.m., Room 1-130, A Building, First United Methodist Church, 777 N. Walnut Creek. Students grades 3-6 from Mansfield and surrounding communities are welcome. No fees, nor auditions. Contact Beth Lamee, bethl@fmcmm.org.

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Wash Your Hands

— By Betty Tryon, BSN

Hepatitis A is a great example of why it is so important to wash your hands. Someone infected with the disease can transmit the virus to others via contaminated food or water or by direct contact if good hygiene is not practiced. Complicating matters is the fact that the infected person will be contagious for at least a couple of weeks before they are aware they have the disease. If their personal hygiene is poor, meaning if they get the virus on their hands after using the bathroom, neglect to wash their hands and then handle food that others will eat, they can easily infect many people before they become ill.

The hepatitis A virus (HAV), found in the stool and blood of an infected person, causes an infectious disease of the liver. Some of the symptoms of hepatitis A are jaundice (yellow skin), dark urine, pale or clay-colored stools, fatigue, nausea, stomach pain and poor appetite. A physical examination for any tenderness, a thorough investigation of symptoms, blood tests and a medical history are all usually part of any visit to the doctor for diagnosis. The doctor will also want to know if you have been exposed to hepatitis A or if you have been traveling.

There are no specific medications to treat hepatitis A. Rest

and avoiding vigorous exercise are recommended. One may need to take an absence from school or work if performing those activities requires too much energy. It is important to try to eat a balanced diet during this period and to drink plenty of fluid. Because of the gastrointestinal upsets with this virus, sometimes eating several small meals a day is better than three large ones. Because the liver is where substances are broken down, it is important to avoid those that are toxic to it, such as alcohol. Even Tylenol, which may seem benign, can cause serious damage to the liver if not taken properly. Consult with your health care provider before taking or stopping any medication if you have hepatitis. Symptoms last an average of two to six months.

The greatest control measure in preventing the transmission and spread of this disease is for people to wash their hands. This does require vigilance on an individual's part — particularly those who work in day care centers with all of the frequent diaper changes.

Speak to your physician about receiving the hepatitis A vaccine to avoid this disease. If you have been exposed, an injection of immune globulin (IG) given within two weeks may prevent you from getting hepatitis A. **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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valued over \$4000
Not valid with any other offer.

All offers expire January 31, 2018.

Gift cards
available



- Breast Augmentation • Robotic Hair Transplantation • Eyelid Lift Surgery • Tummy Tuck • Liposuction
- Mini Facelift • Body Contouring after Massive Weight Loss • Vaginal Rejuvenation • Laser 360/Paragon Liquid Laser Lift
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Wrinkle-Free Tuesday
10am-5pm • Botox \$12/unit
Wrinkle-Free Wednesday
9am-7pm • Botox \$12/unit
- Above Offers Available at -
1101 Matlock Rd.
Mansfield, TX 76063

Wrinkle-Free Monday
10am-5pm • Botox \$12/unit
Wrinkle-Free Thursday
10am-5pm • Botox \$12/unit
- Above Offers Available at -
1203 S. White Chapel Blvd., Ste. 150
Southlake, TX 76092



Mark A. Bishara, M.D.
Harvard Fellowship trained
in Aesthetic & Reconstructive
Plastic Surgery
Diplomate of ABHRS



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