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FEBRUARY 2014

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Their Clear Vision

At Home With Eric and Paige White

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ON THE COVER



McKayla Paulson is a powerful leader on and off the field.

Photo by Amanda Rooney.

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Editor's Note

Dear Friends,

It's the season of love, with candy, roses and cheesy cards. I remember my second date with my husband just happened to land on Valentine's Day. We were still getting to know each other, and a romantic date would have felt uncomfortable. He handled it with aplomb, however, and got me a few flowers with a stack of Batman Valentine's Day cards attached — it warmed my easygoing heart.

But, this season doesn't have to be just about treating ourselves to sweets and flowers. There are so many opportunities to encourage those who need to be reminded they are loved. Churches, nonprofits and caring neighbors abound in our generous city doing just that. I hope you'll join me this month to search for and encourage someone who needs a kind word. I bet you only good things will come.

Happy Valentine's Day!

Mikaela

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SHIN GUARDS *and* CLEATS

— By Mikaela Mathews





McKayla Paulson and her team were playing their rivals in a regional soccer tournament. The game was tied, overtime was scoreless, and now it was time for penalty kicks. Since her position on the team was defender, McKayla's forte was not in kicking goals. But, her team needed her, and she rose to the challenge.

Each team was allowed five penalty kickers, and McKayla was the fourth in line. When it was finally her turn, the other team missed two of their shots, which meant if she scored, her team would win the game. "So, I got up there, and surprisingly, I wasn't as nervous as I thought I would be," she shared. "I just said my little prayer, and thought, *All right, let's go!* And I shot it in the far left corner and made it. It was just the best feeling ever."

As both the captain of her high school soccer team and a Texas A&M University soccer team commit since her sophomore year, McKayla Paulson has proven a confident leader on and off the field.

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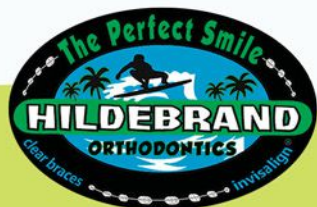
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Her love of the game started early when she exchanged ballet slippers for cleats. "I grew up in an athletic family, so I was encouraged to do sports. I thought I would try soccer, and I just really enjoyed it," she shared. "I kept going to the next level, and it just blossomed into something I love to do."

The fast nature of the game keeps her going. "I love the tempo of the game. You have to make a fast decision, so you don't really plan it out. You just read the other team. I really like that," she explained. Hands down (literally), her favorite part of the game is heading the ball. "I just feel powerful when I head the ball," she smiled. "The ball is in the air, and you jump up and snap it!"

After her elementary years, she continued soccer by joining a select team. She started on the Dallas Texans, a second-tier club team, but moved over to Sting in the seventh grade. McKayla credits this move to developing into a stronger player. "It was a challenge at first, working my way up to playing a lot. But, it's cool to look back at where I was and where I am now," she

explained. During this time, McKayla began thinking about her future as a soccer player.

Being on Texas A&M University's soccer team was a longtime dream of hers. She regularly attended A&M soccer camps during her middle school summers. "Back then, I didn't really see it as a possibility," she shared. "I just thought, *Oh, that would be so awesome to go there.* But, not until I really started to



come into my own as a player did I think it was a possibility."

During her freshman year of high school, however, McKayla decided to go after her dream. With emails and phone calls to the Texas A&M coach, she developed a relationship with the collegiate team. She was determined, even at an early stage in the recruiting process. "I just knew I needed to get a jump on it. Texas A&M is pretty competitive as far as soccer goes, and the more elite schools are, the earlier people commit. They want to grab the best players before anyone else can," she explained.

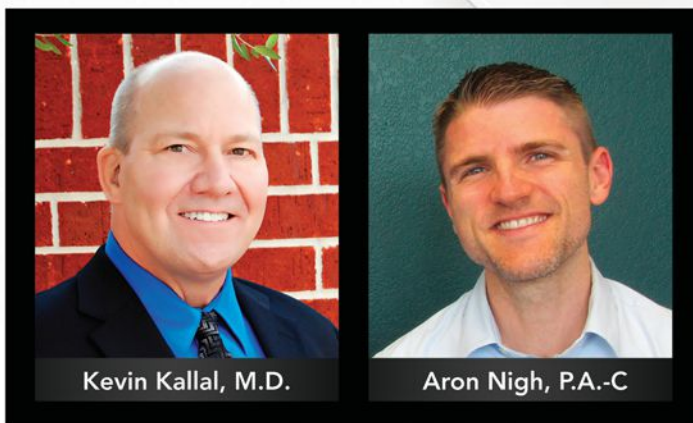
Before long Texas A&M made an offer to McKayla, but they weren't the only ones. "I was torn between Baylor University, Rice University and Texas A&M, because I received offers from all three of them," she said. Ultimately, however, she decided on Texas A&M, her dream school.

She was relieved to know that early in her high school career, she had one of her biggest life decisions already made. That was until the coach called her during her junior year to ask her to come a

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semester early. "There were three other girls who had committed to Texas A&M, and he said they all were going to come early. That was a huge commitment for me, and I was super stressed about it," she shared.

Going early would mean McKayla would be able to work with the team before the fall season, which is the most competitive season. But, the cons outweighed the pros. "I would miss out on a lot in high school. The coach said I could come back for prom and graduation. But, it just wouldn't be the same. So, I just told him it wasn't in the cards for me," she explained.

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14th in the nation. Although McKayla recognizes the fierce competition, she's confident she will learn and grow as a player. "It's a little intimidating, but I'm excited, and I know it's going to be great," she shared.

McKayla credits this confidence to walk into the college team largely to her faith. "I'm a strong Christian, and I feel God's glory when I'm on the field. I enjoy playing with that purpose," she said.

Her confidence also stems from her time as captain of her high school team. As only a sophomore, McKayla was voted the captain and has continued this role until her senior year. "It was pretty intimidating, because I was still an underclassman," she remembered. "I didn't want to step on toes or go over boundaries. I was leading by example and gaining respect on the field." McKayla used her sophomore year to learn about leadership and earn trust with her fellow teammates.

The following year, however, McKayla blossomed into a more vocal leader. Her leadership style changed a lot during her junior year. "I gained enough respect so I could branch out to being more vocal to people on the field. I'll tell them, 'Good job,' or 'Hey, try this next time,'" she described.

Thanks to the support from her coach, family and friends, McKayla has high hopes for her future. "I was listening to a sermon about when God called Moses from a burning bush. God told Moses to go out, and Moses didn't think that he could do it. That whole sermon was about God putting tasks in front of people they aren't necessarily up for," she shared. "I know I'm not going to be the strongest player at Texas A&M, but I think big things are going to happen. I don't know what, but I know it's going to be awesome." **NOW**



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You're ENGAGED... Now What?

— By Shannon Pfaff



He finally popped the question, and you said, "Yes!" Now it is time to plan your wedding. When you sit down to plan, you may be overwhelmed trying to figure out where to begin. Several things should be considered: the date, the location, the cost, etc. But one of the major tasks to think about is finding the dress. No matter how long the engagement, it is never too early to start shopping for your wedding attire.

One of the first things to decide regarding the perfect dress is budget. A good rule is to budget 10 percent of the overall wedding fund for the dress, accessories and alterations. Wedding dresses can cost anywhere from \$400-\$4,000 depending on the store and brand. Larger bridal stores will have less expensive dresses, whereas the bridal salons will have pricier designer dresses with handmade details. If your wish is to have a custom-made dress, expect to pay more. When you decide what your dress budget will be, factor in the cost of alterations. Alterations for your dress can cost \$100 or more. Remember, most dresses don't come with a bustle, so you will have to pay an alteration fee.



Another thing to consider when shopping for a wedding dress, is your body type. Some brides make the mistake of planning to shop for a dress when they have lost weight or ordering a dress in the size they plan to be for the wedding. It is best to shop early and purchase a dress based on your current size. You can always have the dress altered later if you lose weight. Body type is more than just dress size, you need to think about your body shape as well. Are you shaped more like an hourglass? A triangle-or pear-shape? An apple-shape? Or a rectangle-shape? Knowing your shape can help you determine which dresses will accentuate your best features and mask the ones you like least.

Shopping for your dress may be stressful, but it should be fun and exciting as well. Consider bringing a close friend or family member with you while you shop. Second opinions can help when you are trying to narrow down your





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For more help with planning your wedding, here is a timeline to keep you on track:

12 Months Before:

- Select a date.
- Think about the wedding type — formal or informal.
- Set a budget.
- Hire a wedding planner, if desired.
- Reserve ceremony and reception sites.
- Select attendants.
- Select and book caterers, photographers, videographers, florists, musicians, etc.
- Begin compiling guest list.
- Shop for wedding dress and accessories.
- Start planning honeymoon.

Nine Months Before:

- Order your dress and accessories.
- Create a wedding website.

Six Months Before:

- Send save-the-date cards.
- Sign contracts and place deposits for wedding services.
- Reserve rental equipment — tables, chairs, tents, etc.
- Meet with officiant to go over ceremony details.
- Choose attendants' attire.
- Order wedding cake.
- Book honeymoon.
- Begin planning rehearsal.

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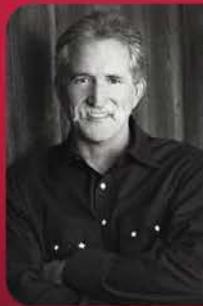
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WHO IS MARK GREGSTON?

Mark Gregston is the founder and executive director of Heartlight, a residential counseling center for teens in Longview, Texas where he lives with sixty high school kids from around the country. He is also the host of *Parenting Today's Teens*, a daily and weekend radio program heard on more than 1,400 radio outlets, helping parents across North America navigate through the turbulent waters of their child's adolescence. He is a popular speaker and author, combining humor and stories with insights and wisdom gained from his 39 years of working with teens and parents, and spends almost every weekend of the year leading a parenting seminar in various cities.

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Four Months Before:

- Schedule fitting.
- Schedule appointments for hair and makeup.
- Register for gifts.
- Purchase or reserve groom's attire.
- Book accommodations for wedding night.
- Choose and order favors.
- Choose gifts for wedding party.
- Order invitations, announcements and stationary.
- Arrange transportation for the wedding day.
- Compile a music list for your ceremony/reception.

Two Months Before:

- Go over final details with service providers — menu, flowers, etc.
- Address invitations and announcements.
- Make a list of readings for the ceremony.
- Complete the order of the ceremony and reception.
- Print programs.
- Purchase wedding rings.
- Send event schedule to the vendors.
- Shop for ceremony/reception accessories, such as a cake knife and the guest book.
- Schedule rehearsal and rehearsal dinner.

Six Weeks Before:

- Mail invitations.
- Discuss wedding photo ideas with photographer and videographer.
- Send announcement to newspaper.
- Prepare all of the necessary name change documents.

Four Weeks Before:

- Obtain marriage license.
- Make final payments to vendors.
- Arrange for final dress fitting.
- Confirm times with all vendors, including hair and makeup.
- Assign seating for reception.



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Two Weeks Before:

- Notify caterer or reception venue of the guest count.
- Address announcements.

One Week Before:

- Pick up wedding rings.
- Confirm details with all service providers, including arrival times.
- Verify that all attendants have picked up their formalwear.
- Delegate wedding day tasks — transporting gifts, bustling dress etc.
- Make sure attendants know when to arrive for the rehearsal, rehearsal dinner and wedding.
- Pick up your dress.
- Set aside final payments for vendors.
- Pack for honeymoon.
- Advise caterer of changes to guest count.

The Day Before:

- Review seating arrangements with the ushers.
- Make sure groom's attire is picked up.
- Rehearse ceremony.
- Rehearsal dinner.

The Wedding Day:

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THEIR CLEAR VISION

— By Carolyn Wills

A little over nine months ago, Eric and Paige White began searching for a new family home. While they loved their older, established home near Walnut Creek where they had lived since 2005, their children were now older, and it was time for more space, storage and a neighborhood filled with school-aged children.

“My family moved eight times before I was in high school,” Paige said. “Eric and I wanted a permanent home for our daughters, a place for them to grow up and build memories surrounded by family and friends.”

Clear vision proved to be their perfect homing device, because it wasn't long before the Whites were moving into a spacious two-story traditional brick home on a quiet Mansfield cul-de-sac. The 2,800-square-foot home was built in 1999, and in a wonderful way, it seemed the first and only owners had prepared it just for them. “Their colors were our colors,” Eric said. Stunning slate floors in earthy shades of tan, brown and gray with hints of maroon run throughout the downstairs, and the wall colors range from soft beige to burnt sienna.

The family's existing furniture fit perfectly into their new home, and in another serendipitous discovery, Eric and Paige



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found additional pieces accented with the same slate as their flooring. For the eating area next to the kitchen, they purchased a dark, round wooden table with a revolving center inlaid with slate. In their living room, they added a credenza of the same dark wood and slate.

"Eric is really the designer in the family," Paige smiled. "Sometimes I refer to him as 'Martha.' We agree on color and style. He knows what I like, and I trust him. It's great that we have the same taste."



Tasteful is the word for their beautiful home. Colors, comfort and style flow from the front room to the open concept den/kitchen/dining areas. "The front room was originally intended as a dining room," Paige explained. "We made it into a living room. Although we spend most of our time in the den, the living room has turned out to be a favorite for Eric and me. When the girls have friends over to watch TV in the den, we have the option of being in the living room. It's kind of a getaway. Some houses have man caves," she smiled. "Ours has a couples' cave."



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Since the house faces east, morning sunlight pours through the large-paned window above the front door, and the home's ample windows add to its spaciousness overall. Across the hallway from the front room are French doors opening to a space initially intended as an office. "We've made it into our workout room," Eric said. As district athletic trainer at Mansfield ISD, fitness and sports are important to him. "I work with sports medicine and coordinate athletic administration in all five high schools and six middle schools," he explained. The room, with doors on both sides and rubber matting covering the slate floors,

conveniently and quietly accommodates an impressive array of workout equipment.

The home's core includes an open den/kitchen/dining area. One wall of the spacious den is lined with tall windows, and another features a large gas-burning fireplace. The kitchen, bright



and airy with light-stained, solid wood cabinetry and a white-tiled backsplash, offers easy access to the new dining table. "We don't have a lot of heirlooms or antiques, but my grandmother's Desert Rose dinnerware and my grandfather's oil paintings are very special," Paige shared.

The master bedroom, at the back of the house and not directly below the upstairs bedrooms, is quiet and spacious. "Our walk-in closet is so big that all of our closets from our old house would fit in it," Paige smiled. More storage space is available in the attic, laundry room and attached two-car garage.

Beyond the landing at the top of the stairs is an open playroom, and to the left, are two bedrooms. "We let the girls pick their own furniture," Paige said. They each chose white, but in different styles. Eleven-year-old Morgan is a fifth-grader at Mary Orr Intermediate School, and 8-year-old Rylee is a third-grader at Willie Brown Elementary School. On the wall above her bed, Morgan has fashioned a big letter *M* out of decorative butterflies. Rylee's room is distinguished by a zebra-striped comforter and her

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shiny black and white drum set in the corner. Each has a walk-in closet, and in their shared bathroom, is a separate shower and vanity area.

"We wanted a house where Morgan and Rylee could have neighborhood friends for sleepovers," Eric said. "This is a great street with several kids around their ages, and our front door has become a revolving door."

A major attraction for family and friends is the backyard swimming pool. "We spend a lot of time on the back patio," Eric smiled. "We call it our second living room." The pool features a hot tub, and the patio is equipped with a TV, furniture and a chiminea. "I also have a smoker and enjoy cooking," he added.

Three other members of the White family include a 12-year-old Basset Hound, Roscoe; a 10-year-old Basset Hound, JoJo; and 3-year-old, 90-pound Great Dane/Labrador, Koal. "All rescues but, by no means, free," Paige grinned.

"Koal is a big, old baby. He's a lot of work, but a great dog."

Eric and Paige are native Texans both born at Fort Worth's Harris Hospital. They've been married for 12 years. Eric is a graduate of Baylor University and Paige is an associate graduate of Tarrant County College. "I work in commercial lending at Frost Bank and have been in banking since I was 19," she said. In 2012, she participated in Leadership Mansfield, an educational program in partnership with the Mansfield Area Chamber of Commerce to encourage

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civic leaders and develop individual skills. Eric currently serves on the board of directors for Leadership Mansfield.

When the White family is not enjoying their backyard or the comfort of home, they are likely sitting in the bleachers at an ice hockey game or outdoors enjoying sports. "Both girls play soccer," Eric said. "I'm a golfer, and we like to golf together."

Another family activity is a movie outing with Mom. "I'm not much of a shopper," Paige smiled. "At one time, Eric and I owned a video store, and I've always loved the experience of going to the movies."

When it comes to their home, it seems Eric and Paige's homing device could not have been more accurate. "We love it here and don't plan to move again," Eric shared. "This is our home." **NOW**



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Caring Hearts

— By Mikaela Mathews

It all started with a couple of phone calls. Concerned citizens in Mansfield just wanted to help their neighbors and decided it was time to do something about it. Chuck Wilson, president of Mansfield Cares, remembers how the 15-year-old nonprofit got off the ground. ‘Lance Walker, president of Mansfield Community Bank, called me and said, ‘Hey, I’m trying to get a group of people together that are community-minded and want to help raise money for the less fortunate,’” Chuck recalled. “So I said, ‘OK, let’s give this a shot.’”

At their first meeting, 16 people signed up to join this great cause, and the team started figuring how to best help Mansfield residents. “We were truly amazed at how welcomed we were,” Chuck explained. “We started with the intention of helping need-based



people here in Mansfield.” The nonprofit has since morphed into a fundraising organization to benefit other charities in the area.

In the beginning, Mansfield Cares offered food vouchers to families who shopped at the former Winn-Dixie grocery store in Mansfield. In order to reach these families, the team partnered with the Common Ground Network, another nonprofit organization. “The vouchers were cards we paid for in advance and brought to the Common Ground Network. They had already taken applications from people who needed assistance at Thanksgiving or Christmas,” Chuck described. “Common Ground put the vouchers in the hands of people who needed them.”

From the vouchers, the group met another need — back-to-school items. “We started a back-to-school program to help pay for school supplies and expanded it to help buy shoes for the kids also,” he said.

The more Mansfield Cares dug deeply into the community, the more needs emerged. Many single parents approached the organization asking if they could provide affordable/free child care. With the help of one board member, the organization was able to provide free child care at a local Montessori school for single parents who needed to leave for afternoon job interviews.

In 2000, the organization decided to raise funds with their first ever charity ball held that November. The event has grown into a glamorous social event, which has raised thousands of dollars. “We have always been really good stewards of the money collected.

And now, we’ve expanded to many other things,” Chuck remarked.

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Chuck Wilson and Jodie Owens are two of many who put the care into the Caring Place Clinic.



From the generous donations Mansfield Cares received, a new medical center called The Nix Family Caring Place was born in 2009. "The Nix Family Caring Place was a concept that started as a round-table discussion," he recalled. "At one of our board meetings, we asked the question: 'What is our mission? We can keep raising funds, but that's not enough.' So we came up with the concept of a no-fee clinic, where people who don't have health insurance or had been turned away from the hospital could go."

Dr. Wendy Collini, a geriatric doctor and Mansfield Cares Board member, agreed to help the organization get the free clinic open and graciously donated hours of her time on Thursday mornings to see patients as soon as the original clinic opened in 2002. "Dr. Collini made arrangements with the owners of a building to provide a suite for us free of charge," he said. For nearly 10 years, Dr. Collini was the only doctor on call at the clinic. Then Dr. Barry Cole, a dentist,

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and Dr. Kyle Cook, an ophthalmologist, joined her. Now, with the Nix Family Caring Place open, patients have a wider variety of no-cost services available. Dr. Cook even works to help children get glasses, should they need them.

Eventually, with the generous donations from donors and board members, the organization was able to purchase 3 acres of land, plus they received a donation of 2 acres from Randy and Valerie Hague, to construct the Caring Place. They knew they would be able to find more services to fill the building, and an opportunity quickly presented itself. Mansfield ISD approached the organization about using some of the space in the center's building for a site-based clinic with John Peter Smith Hospital (JPS). "JPS has site-based clinics where students who need medical attention and don't have insurance



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won't have to go all the way up to Fort Worth," Chuck explained. "The clinic was already set up in Mansfield, but MISD just needed the space. We thought it was a great idea to partner with them, so they came into the building in November 2010."



A few years after JPS came into the building, another organization approached Mansfield Cares for assistance. Harvesting International Ministries, a Mansfield nonprofit that offers free food for families in need, was losing their lease on their property where they had been located. Two local businessmen and supporters of Mansfield Cares approached the organization about using some of Mansfield Cares' property to build a new facility for their food bank. "They asked us, 'If we give you some seed money, would you raise the rest and help us build the food bank?' We did and dedicated it on October 8, 2013," Chuck smiled. The food bank is now located near The Caring Place. Although Mansfield Cares owns the building, Harvesting International runs the food bank and its day-to-day operations.

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Mayor David Cook, Alma Pressley and Mike Leyman enjoy the charity ball.



Klein Tool group of employees and their dates are all decked out to party!

The future for Mansfield Cares looks bright and exciting. Although future plans are still in the works, Chuck is encouraged Mansfield Cares will continue their hard work in Mansfield and beyond. To continue to do this, the Charity Ball will be held again this year on February 22 at Walnut Creek Country Club and will once again feature the band Le Freak.

Throughout the 15 years that Chuck has been dedicated to the organization, he has found great satisfaction in coming alongside both people in need and nonprofits. He recalled a time the organization helped a struggling single mom. "She couldn't work because she was having to take care of her kids, but we helped her get on her feet, get a place to stay and get money in her pocket," Chuck recalled. "Now, she's working full time. She has her life on track. You can't buy that."

Ultimately, Chuck has continued his work because he knows he is doing something worthwhile. "I just believe in what we're doing," he shared. "Because of what we do and where we're at, this charity is the nearest and dearest to my heart." **NOW**

Editor's Note: For more information on the Charity Ball or to volunteer with Mansfield Cares, please visit their website at www.mansfieldcares.org.



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— By Sara Edgell



Vincent Quilantan has experienced life in a way that not many people have. In 2006, this young man's world changed in more ways than one — he lost his father, but he gained his identity. At the age of 15, his father passed away, and Vincent made the conscious decision to selflessly forgo college. He made this altruistic choice in order to take care of and provide for his sister, Vanessa, and his mother, Emily.

Vincent set aside his ambitious dreams of going to a big university to study astronomy. He relinquished the visions of prestige and monetary success. Quite simply, he placed his family and their needs before his wants and desires. He decided to step up and help his mother provide for the family. He decided to take care of business. “Not once did I realize I would reap any sort of reward from this experience,” he admitted humbly.

After the death of his father, Vincent found himself approaching his high school graduation. And leading up to this monumental point in his life, he had considered many career paths ranging from astronomy to graphic design.

Having taken both art and astronomy during his high school career, he knew that art would remain a constant in his life regardless of his career direction. He also knew producing art by way of a career was not what he wanted. And while he did not pursue college, he did pursue work which provided him income and time to hone his craft.

Even at such a young age, Vincent knew art as a job would kill his passion, so he avoided that route like the plague. “I knew I didn’t want to turn my art into business so I could make money,” he said. “I wanted to keep it personal. I do it for fun now, but had I made a career



out of it, it probably wouldn't be any fun at all."

Despite the fact he didn't pursue a career in the field of astronomy, he never gave up his love for the sky either. The stars and the solar system have proven to be a great source of inspiration for his artistic outlet. It all began with a few crude self-designed stencils, a couple of cans of spray paint and canvas. What resulted was something amazing, original and quite unique.

Through the trauma and all of the unexpected tough life decisions, Vincent found his purpose in life. He found

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meaning. He found art. "Art has allowed me to express myself in ways I didn't know I could. It's given me focus — well, refocus in life."

In order to manage his grief and stress, Vincent turned to stencils, paint and canvas for therapeutic release. And over the years, his talent has evolved into a thoughtful and skillful technique, a passion. It's something that has transformed from therapeutic beginnings to conferrals of kindness. "I have never made money from my paintings," he confessed. "For me, just seeing the reaction of the person for whom I paint something is worth it."

Now the stencils Vincent designs and uses are layered and extremely intricate. Vincent captures an image then uses computer software to transform it into layers. Each layer is then printed off one-by-one onto card stock. Next, he carefully cuts out each layer using an X-Acto knife to ensure precision. Once all of the layers are complete, painting begins. Placing one layer of the print at a time on the canvas, Vincent uses spray



paint to recreate the larger image. He manipulates the paint to create interesting colors, unique textures and inventive effects. The finished masterpiece is something of pure originality, and as Vincent says, "My most freeing form of expression. Art is my release."

He specializes in "planetariums," but he also does portraits. Basically, he can and will paint anything. To date he has done about 80 to 100 different pieces, all of which he has simply given away. His work isn't about monetary gain, but rather sharing his gift, his vision. Each painting represents far more than a deconstructed image put back together again with great care, layer by layer. Each painting is a piece of Vincent and extension of his gentle and loving nature.

While it isn't exactly painting, one of the most impressive and imaginative works of art is his bedroom. Vincent spent countless hours covering every square inch of surface space with pages

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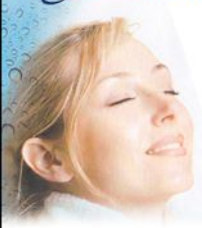
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"Art has allowed
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from comic books using découpage. The ceiling, the ceiling fan blades, the wall, the mini-blind slats, literally everything is covered in images of classic animated super heroes in action. "It was definitely a labor of love."

Although painting is Vincent's primary area of expertise, it isn't the only art form he's passionate about. Music is another ability he has spent time learning and producing. Specifically, Vincent plays the drums. With roots in punk rock and Bob Dylan, diversity is his muse. And although he only plays for fun, it is something he has enjoyed learning how to do. "I got a drum kit from a friend of mine," he shared, "and I haven't stopped playing."

But the fascinating thing about all of this is Vincent is self-taught. He has never had a formal lesson in either painting or music. Sure, he took the standard art course in high school where he was able to experiment with various forms of composition and types of mediums, but his designs and paintings are 100-percent original and authentic. Clearly, his talent exceeds his present artistic passions.

Somewhere along the way, he picked up yet another constant in life — coffee! It's safe to say concocting the perfect

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cup of joe is very much an art form in and of itself. From the right amount of flavoring to the perfect temperature to the espresso-to-cream ratio, it takes a skillful hand to achieve the ever-popular artistic concoctions. Currently, Vincent works in the Tom Thumb Starbucks as a store manager/barista. "I love my job. One of the things I love about working there is interacting with the customers. I've done it for so long now I don't even have to think as I make the drinks. I really get to enjoy the customers. It's really not even like work."

However, making coffee and homespun art isn't what Vincent envisions for the rest of his life. He still imagines the possibilities for the future. Considering his diverse array of talents, his possibilities are endless. From making fancy coffee to experimenting with music to producing original paintings, Vincent has both a wide palette of talents and impressive artistic flare. These things, when blended with his generous and selfless heart, produce a robust recipe for greatness. **NOW**

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Danny and Jacqueline Hughes, with daughter Kristin, are ready to serve you.

The Experience

Danny and Jacqueline Hughes serve their guests by making them look and feel amazing. — By Mikaela Mathews

Danny and Jacqueline Hughes have been creating unforgettable experiences for all of their guests at Avanté Salon & Day Spa for 10 years. For the past eight consecutive years, they have been voted the No. 1 salon in Mansfield by the local community. Guests can expect the highest quality of services in hair, nail, body and skin care so they can look and feel their absolute best. “We see it all the time — ladies with tears of joy at the front desk, because they’ve never felt that good in their life,” Jacqueline smiled.

The experience starts at the front desk where an upbeat and professional receptionist greets guests. Technicians are never on their cell phones and focus 100-percent of their attention on the guests. “For every guest who walks in, our goal is to make them feel like royalty. We serve completely and

100 percent from our hearts, so when they walk out the door, they feel like a celebrity. We have a very strong professional ethic, and privacy is of the utmost importance as we provide service to many celebrities, as well,” Jacqueline explained.

For spa guests, Avanté provides luxurious packages perfect for couples and just in time for Valentine’s Day. “Our couple’s packages are really wonderful, because people can get away without having to leave town. We have several couple’s treatment rooms for the full experience,” she explained. Spa packages provide options that include a butler system, where guests can push a button and the front desk will promptly refill drinks; a serenity steam shower with soft music and LED lighting; roses; chocolate-covered strawberries and sparkling beverages.

The stylists at Avanté have been trained to stay up to date on the latest trends and deliver exceptional service. "We train every member on our team with a program for a minimum of 10 months," Jacqueline explained. Both Jacqueline and her husband, Danny, also take continuing education classes each year and provide over 42 hours per year of training for their technicians. "Advanced education is often from New York and California celebrity artists," she explained.

"We see it all the time — ladies with tears of joy at the front desk, because they've never felt that good in their life."

Guests looking for highlights or extensions can expect a high-quality experience. "We provide a large variety of foiling techniques," Jacqueline said. Hair extensions are also applied using natural processes, instead of harmful glues that can damage hair.

Avanté is also highly regarded for its nail care. "Our pedicures are an hour long. Most people fall asleep. It's a true spa pedicure, like nowhere else," she smiled. Nail guests have several options of services, and guests are guaranteed a sterile, bacteria-free environment.

Along with their daughters, Danny and Jacqueline base their business on who they believe to be the ultimate role model. "Jesus got down and washed people's feet, and that's what we do," she explained. "We're not above anyone. We don't act pretentious. Everyone in the salon is very friendly, very sweet, very kind and very loving. Jesus is our role model. That's whom we want to be like. He's the truest servant on earth. So if we use Him as our role model, then we will be true servants." **NOW**

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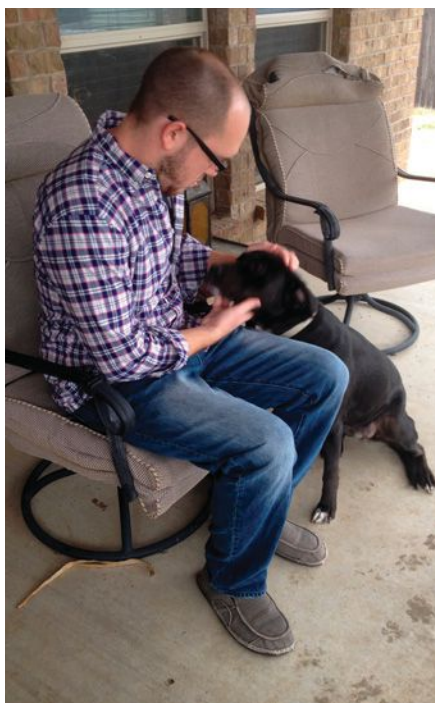
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Derek loves his dog, Lulu.



Chris Burgin, of Allies in Youth Development, teaches Russian to elementary students.



JT Ibe, Nathan McBride, Connor Ellington, Blake Shipman and Tommy Cleaves clean up nicely for the MHS Football Banquet.



Ashli Mayse, of KMP Plumbing; Barbara Crocker; Matt Crocker, CPA; and City Planner Art Wright at the Mansfield Historic Landmark Recognition Ceremony.



Amy and Steve Ellington beam as their son, Connor, is named most-spirited football player for 2014 at Mansfield High.



Joy Wilson-Smith, Rona Simmons, Teresa Banks, Becky Lobreto and LaDonnia White enjoy a girls' night out at a Winestyle's wine tasting event.



Jazzy Stack and Blake Shipman are all smiles at the MHS Football Banquet.



Warren Dorsey and his son, Troy, of Troy Dorsey Karate School show off the plaque they received recognizing the historic landmark building where the school is located in downtown Mansfield.



Jamie Hews at Legacy Salons styles Lesley Howell's hair for a special event.

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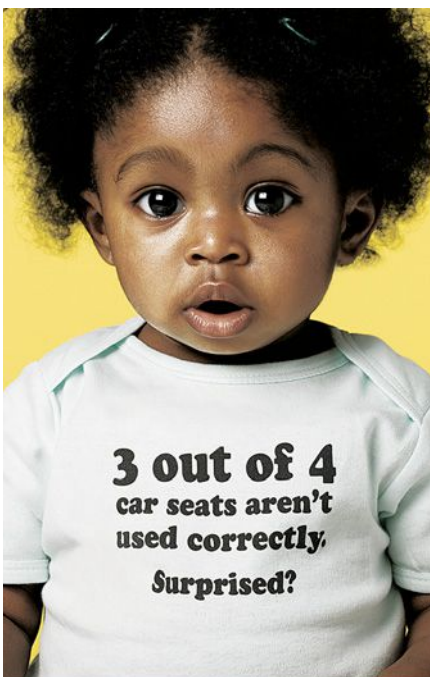
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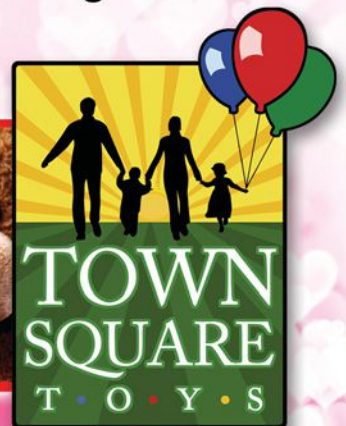
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What's Your Vision of Retirement?

When you start out in your career, you're probably not thinking much about retirement. At this point, your picture of a "retirement lifestyle" may be, at best, hazy, hidden as it is behind a veil of experiences you've yet to encounter. But as you move through the years, your view of retirement comes into clearer and closer focus — and this vision will have a big impact on your savings and investment strategies.

Consequently, to create and implement those strategies effectively, you'll need to define your retirement vision by identifying its various parts. Here are some to consider:

- **Travel** — If you're like many people, you may dream of traveling during your retirement. But what does "travel" mean to you? Do you envision taking a cruise or an international trip every year? Or is your idea of travel just a short jaunt to a popular destination, such as a lake or the mountains or the beach? The difference in costs between global and U.S.-based travel can be enormous, so you'll need to define your goals and estimate your expenses.

- **Second home** — Once you retire, you'll have to make some housing-related decisions. Should you sell your home and downsize? Or do you want to keep your current residence and possibly purchase a second home, such as a condominium, in another part of the country? Obviously, you'll need to factor in these choices when you think about how to invest before you retire and how to manage your withdrawals from your 401(k), IRA and other accounts during your retirement.

- **Volunteer activities** — You might think that your volunteer activities during retirement won't affect your finances much. But if you are particularly ambitious, and your volunteerism involves travel, renting space, purchasing equipment and so on, you might be looking at some large cash outlays. Furthermore, if you host people at your house, you may be incurring some

types of liability risk, which you might need to address through appropriate insurance coverage.

- **Hobbies** — During your working years, you may pursue your hobbies always with the thought that you can devote a lot more time to them after you retire. However, expanded hobby activities may involve expanded costs. For example, if you're good with cars, you might decide to invest in that foreign sports car of which you've dreamed. Or, if you're fascinated by genealogy, perhaps you'll start traveling to places once inhabited by your ancestors. These types of activities can be expensive, so you'll have to evaluate your saving, spending and investing habits to determine how to accommodate your increased expenditures on your hobbies.

- **Second career** — Many people look forward to retiring from one career so they can start another — opening a small business, consulting or even taking a part-time job. Clearly, if you were to start your own business, some expenses would be involved, so you'll have to plan for them. Even if you become a consultant or work part time, you could incur various costs, including travel. And, in relation to these types of work, you may also have insurance and health care issues to address.

By identifying the various components of your retirement vision, and estimating their respective costs, you can make those saving, spending and investment choices that can help you work toward your retirement dream. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Kyle Shelton is an Edward Jones representative based in Mansfield.

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Chronic Headaches? Take a Number.

If you suffer from chronic headaches you are not alone. Recurring headaches are one of the most common health problems noted in a recent survey by the American Academy of Pain Medicine. Maybe you were among the 45 million who missed an estimated 157 million days of work, school and life due to persistent headaches. Whether it's a pain in the neck, head or face, all headaches — tension, traction, inflammatory or vascular causes — are all a veritable headache. While sleep, stress management, diet, over-the-counter and prescription medications may alleviate some headaches, they can't eliminate all of them. And when traditional relief techniques don't work — and the doctors, co-workers and family can't understand why — where can the still-suffering patient turn?

Turns out there may be hope for those who've been told it's all in their head. New treatments are made to treat chronic headaches, right there where it hurts. The trigeminal nucleus, or "nerve root," located in the base of the cranium is the information hub that collects all sensory information from the face/head/mouth region. All pain experienced in those parts of the body are processed there. It seems no wonder then that a new technique, aimed at addressing that signal station, the nerve root, is proving effective at subduing chronic headaches. A new, cold-laser therapy targets the pain at the source for lasting relief rather than temporarily easing of headache symptoms. The painless techniques and their success at eliminating chronic

headaches is drawing an ever-increasing following of happy patients.

Dental professionals trained to offer headache treatments assess the needs of patients individually using computer imaging to identify specific problems. The gentle and painless laser treatment alongside muscle manipulation, electrical stimulation and sometimes with a custom orthotic mouth device, work together to address the pain at the root. In-office services combined with simple exercises to stretch and strengthen the muscles, restore the nerves and muscles to fuller function. While some traditional approaches leave patients dependant on costly regimens of pills and injections, a headache treatment program offers patients control and relief with an at-home care kit, so relief isn't only available in office.

While there isn't a cure-all for every case, the results of headache treatments are very promising. Average success rate is about 93 percent, with most patients feeling noticeable pain relief after one treatment. For those who have suffered enough, maybe there is hope for relief by turning to something new and treating the pain at the root. Take a number to join the growing fan club for this exciting and accessible new technique for chronic headaches and migraines. **NOW**

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February 1

Ginger Leigh & Wendy Colonna: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$15-20. Ginger was ranked No.1 in Reverbnation's Pop/rock chart for Austin and Wendy Colonna was named best singer-songwriter in Austin. For more information or tickets, visit www.farrbest.com.

February 6

Valentine's Preschool Craft Party: 9:30-10:30 a.m., Mansfield Activities Center, 104 S. Wisteria. \$5/child or \$4/child with MAC card. 3-4 years old. For more information, visit www.mansfield-tx.gov/departments/parks.

February 7 — 9

Disciple Now Weekend: 6:30 p.m., Walnut Ridge Baptist Church, 1201 SH 360. \$65/student. Three-day, two-night in-town retreat with special guest speakers and worship band. For more information and registration, visit www.walnutridgechurch.com.

February 8

Pauline Reese: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20. Pauline has won numerous awards as Texas entertainer and

Texas female vocalist of the year. For more information or tickets, visit www.farrbest.com.

February 15

Dads & Divas Disco Dance: 6:00-8:30 p.m., Mansfield Activities Center, 104 S. Wisteria. \$30/couple. Dance is geared toward 4-13 year olds, but all ages are welcome. Register by **Feb. 7**. For more information, call (817) 453-5420.

February 22

Men's Breakfast: 7:00-8:30 a.m., Mansfield Bible Church, 2351 Country Club Dr. Join us for a hearty breakfast and a powerful message for men on how to build a strong family. For more info, visit www.MBCchurch.com or call (817) 473-8980.

15th Annual Mansfield Cares Charity Ball: 7:30 p.m.-12:00 a.m., Walnut Creek Country Club, 1151 Country Club Dr. Black tie optional or "disco duds." Featuring the return of Le Freak. For more information or to purchase tickets, visit www.mansfieldcares.com

February 23

Tough Guys and Drama Queens: 2:30-5:30

p.m., Walnut Ridge Baptist Church, 1201 SH 360. \$10/person; \$15/couple. How to not get blindsided by your child's teen years. For parents and grandparents of preteen and teens. For more information, visit www.walnutridgechurch.com.

February 28 — March 4

Rhea Lana's Children's Consignment Event: **Friday**, 10:00 a.m.-8:00 p.m.; **Saturday**, 9:00 a.m.-7:00 p.m., **Sunday**, 10:00 a.m.-4:00 p.m. Half Price Sale: **Monday**, 10:00 a.m.-8:00 p.m.; **Tuesday**, 10:00 a.m.-3:00 p.m. Both events take place at K-Star Ranch, 6970 Dick Price Rd. For more information, visit southwestdfw.rhealana.com.

March 1

Chris Watson Band: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20. Chris Watson is a powerhouse Southern Soul group. For more information or tickets, visit www.farrbest.com.

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



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In the Kitchen With Katrina Warner

— By Mikaela Mathews

With cooks deep in her family history, Katrina Warner grew up cooking. “My grandparents came from Germany and had a delicatessen in New York City, then a dairy farm in the Catskill Mountains in New York State,” she explained. Her uncle eventually took over her grandparents’ business, and her brother went on to become an executive chef in New Jersey. Katrina followed a similar path in the food industry and now works as the culinary arts instructor at Tarrant County College, Southeast campus.

With her husband and two children, Katrina works hard to keep a healthy menu for her family. “I am an advocate for cooking healthy, fun choices at home,” she explained. “Cooking has always meant home, comfort and family to me.” **NOW**

Banana Bread

- 1/2 cup oil
- 1/4 cup buttermilk
- 2 eggs
- 2 ripe bananas
- 1 Tbsp. ground cinnamon
- 1 1/2 cups whole wheat flour
- 1 1/4 cups brown sugar (or powdered Stevia)
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 1/2 cup dried cranberries or raisins
- 1/2 cup dark chocolate chips
- 1/2 cup pecans or walnuts, chopped

1. Lightly grease one loaf pan; preheat oven to 325 F
2. Mix oil, buttermilk and eggs in a bowl. Once thoroughly mixed, add remaining ingredients. Mix until wet, but do not

- overmix. Pour into greased pan.
3. Bake for 40-50 minutes.

Italian Turkey Meatloaf

- 1 lb. ground turkey
- 3/4 cup tomato juice
- 1/2 cup quick (or old-fashioned) oats
- 1/2 cup onion, diced
- 1 egg, beaten
- 1 tsp. celery salt
- 1 tsp. Worcestershire sauce
- 1 Tbsp. dried Italian herbs
- 1/2 cup marinara sauce (divided use)

1. Lightly grease 1 loaf pan; preheat oven to 350 F
2. Mix first 8 ingredients and 1/4 cup of marinara sauce in a bowl. Pour into loaf pan. Top with remaining marinara sauce.

3. Bake for 50-60 minutes. Let cool for 10 minutes before cutting and serving.

Better Choice Macaroni and Cheese

- 1 oz. butter (or oil)
- 1 oz. flour
- 2 cups low-fat milk
- 2 oz. reduced fat cheese, shredded
- 1 cup whole wheat elbows, cooked
- 1/2 cup frozen peas, thawed
- Salt and white pepper, to taste

1. Heat butter or oil in pan over medium heat. When melted, add flour and stir for 1 minute. Cook the flour, but do not brown.
2. Add milk quickly, while stirring constantly. Flour will thicken. If there are lumps in the sauce, strain them out.
3. Sprinkle cheese into sauce while stirring; allow to melt but do not boil. Once cheese melts, mix in elbow noodles and peas. Season with salt and pepper.

Crispy Chicken Fingers

- 1/4 cup flour
- Salt, pepper and paprika, to taste
- 2 eggs
- 1/4 cup water or milk
- 4 slices of whole wheat bread, toasted, crumbled
- Italian dried herbs, to taste
- 1 lb. chicken tenders or boneless breasts, cut into strips or chunks

1. Preheat oven for 375 F
2. Mix flour, salt, pepper and paprika in a bowl.
3. Beat eggs with water or milk in another bowl. Put toast crumbs and Italian herbs in third bowl.
4. Dredge chicken through flour, shaking off excess. Dip chicken into egg mixture; allow excess to drain. Place into seasoned crumbs and press onto chicken. Place breaded chicken on lightly greased baking sheet.
5. Bake for 15 minutes or until chicken is cooked through.

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

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