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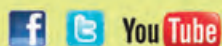
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ON THE COVER



Joni Cato has traced over 100 years of her family's steps.

Photo by Vanessa Polozola.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



Editor's Note

Dear Friends,

March is one of my favorite months. As the flowers bloom and the winter weather thaws, March bustles with activity with St. Patrick's Day, spring break and March Madness.

For some of you, it might be time to bust out your gardening tools to plant your favorite flowers. If you're spending your spring break in town, the Mansfield Activities Center promises fun events. Find more in our calendar in the back. Also, remember to hug your favorite woman as we celebrate National

Women's History Month.

For me, March will be a whirlwind. I'll be slipping on running shoes for my first ever 5K and then, my high heels to watch my brother become a married man.

So, whether you're rooting on your favorite team, digging in the dirt or soaking up the rays on a spring break trip, may March be pleasant for you!

Mikaela

Mikaela Mathews

MansfieldNOW Editor

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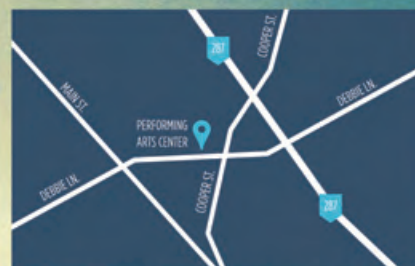
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A Rich Family Heritage

— By Rick Hope

Joni Cato is very proud of her heritage. But up until a few years ago, she did not know the true depth of her family lineage. Joni was born in Seminole, Texas, and always heard stories from her grandmother about their family heritage. Some of the stories seemed a little too far-fetched. "Truth is, they seemed unbelievable," Joni said with a laugh. But they would always listen with rapt attention every time they were told. One of the stories tells of them being part of Stephen F. Austin's Old Three Hundred.

The name Old Three Hundred refers to the settlers who received land grants in Stephen F. Austin's first colony in Mexico. The Father of Texas arranged for settlers to come to Texas in exchange for land. In payment for his services, Austin would collect 12.5 cents an acre in compensation. Austin returned to New Orleans and sought willing colonists, and



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by the end of the summer of 1824, most of the Old Three Hundred were settled in Texas.

According to the terms of the 1823 Imperial Colonization Law of Mexico, each family engaged in farming was to receive one labor (about 177 acres) and each ranching family one league (about 4,428 acres), for which the family would have to pay the state \$30 within six years. An additional caveat was that the land had to be occupied and improved within two years. Those who accepted these terms are considered to be the beginning population of the colonization of the Republic of Texas.

One of those original settlers was a man named Christian Smith who is a direct ancestor of Joni. However, Joni didn't find this information out overnight. In fact, had it not been for a conversation with a cousin, it may not have ever happened at all.

At her grandmother's funeral in 2003, Joni ran into her cousin, Donna Hilburn. Joni had not seen Donna much since childhood, but at the service, they began reminiscing about their grandmother's stories. They decided to investigate the Old Three Hundred to see if there was any truth to be found.



The first step was to write to the Austin Old Three Hundred Club and see what it would take to become a member of the organization. When Joni e-mailed the registrar of the organization, she received a two word response — “Happy Hunting.”

Obviously, becoming a member of this organization wasn't simple. To apply for membership, extensive proof must be provided that your ancestor was one of Austin's Old Three Hundred. One acceptable item of proof would be a copy of his/her land grant. “Names, dates and places must be given for both father and mother of all generations connecting you to your Old Three Hundred ancestor,” Joni explained. “Each relationship, date and place must be proven by birth certificate, marriage license, death certificate, census records, wills or other acceptable documents.” As you might guess, it's a very time-consuming process. However, it was a project Joni and Donna took on gladly. “We became research assistants,” Joni shared.

Joni and Donna soon found themselves crisscrossing the state in search of information. One of their visits was to their 93-year-old great-aunt Margaret. When they first asked her about their family heritage, Aunt Margaret simply replied off-handedly, “Oh, I doubt I have anything that could help you.” In spite of this, she graciously agreed to let the ladies peruse some of her letters and old records. “We found a plethora of stuff!” Joni remembered. One of the finds was a family Bible which helped give more information and ideas of where to look. The Bible also spurred them on to continue in their search.

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to the Mayflower.
One of our earliest
ancestors was Stephen
Hopkins who signed
the Mayflower
Compact.”**



Their research proved very fruitful, and in fact, Joni found out they were qualified for the Old Three Hundred through Christian Smith. Another ancestor had been part of the Mier Expedition, which was the most disastrous of all of the border confrontations between Texas and Mexico during the days of the Republic. Still, another had fought in the Battle of San Jacinto, which proved to be the decisive battle of the Texas Revolution.

“We have relatives going all the way back to the Mayflower. One of our earliest ancestors was Stephen Hopkins who signed the Mayflower Compact,” Joni stated proudly. Joni even found, through her research, a direct kinship to Jacqueline Kennedy Onassis.

On another occasion, Joni remembered her grandmother telling of a home on Lipscomb Street in Fort Worth. After much research, she finally found where the house would have been located and discovered it had been torn down. In its place is one of the Travis Avenue Baptist Church’s parking lots. However, a conversation with the church secretary led to her receiving a picture of the original house.

Obviously, Joni had all she needed to gain membership in the Old Three

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Hundred Club. However, she also found out she qualified to be a part of another organization, too. Founded in 1891, The Daughters of the Republic of Texas (DRT) is the oldest patriotic women's organization in Texas and one of the oldest in the nation. To be accepted, you must have a lineal descendent of a man or woman who rendered loyal service for Texas prior to February 19, 1846. Joni and Donna qualified 12 times over. One of those ancestors was Solomon Barrow, a very close friend of Sam Houston. They are both now members of the Charles Calvin McCoy DRT Chapter in Arlington.

The time of digging and research has not only opened doors for Joni, but she has also been able to use it to open doors for others. One time, Joni brought her friend, Tammy Newbern, to a DRT meeting. Tammy told Joni she was part of a great thing, but that she, herself, did not have that deep of a family heritage. Joni took that as a challenge and began to do some research in Tammy's family history. She found out that Tammy was an ancestor of Samuel Lewis who fought in the Texas Revolution. "Now, Tammy is also a DRT card-carrying member of the Arlington Chapter," Joni smiled.

On the bookshelf in her house are several binders full of information of Joni's family history. But there are more places to research and many more binders to fill. "I am extremely proud of my family heritage," Joni confessed. "I would encourage everyone to look into their own. You never know what you might find." As for Joni, she now knows, and has the documentation to prove her grandmother's stories were true. **NOW**

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Role Reversal

By Jeremy Agor

As a parent, it is generally expected that you will watch your children and help them learn. As Michael Morton, Connie Hannon-Rabel and Greg and Debbie Crook learned, however, sometimes the children become teachers.

"Every week, we'd be gathered at the Mansfield Activities Center watching our kids' tae kwon do class, and finally I decided to talk to the teacher, Master Yang, and see if he'd teach an adult class," Greg recalled. "He said if I could get a group of at least six together he'd consider it, so I asked everyone, and they all said, 'Yeah!'"

Each adult had his or her own reasons for wanting to take tae kwon do. Debbie had taken the martial art in high school and college and finished one belt shy of her black belt. Greg



needed to become more flexible to heal a bad back. All four wanted to get into better shape, and all agreed it is a great way to spend time with their children.

The hardest part of getting started was stretching and getting their bodies used to the strenuous workouts. A certain amount of humility was necessary to be in a class with children far more advanced than they were. "It was humbling because we were in class with three girls with advanced black belts," Greg said.

"They were so graceful. It was beautiful. It was like a ballerina at her craft," Connie added.



He enjoys the martial art because it provides a CHALLENGE and is good exercise.

Then Michael put it in perspective, "It certainly gave us something to work for. A nice thing about having the kids in front of us was they already knew the forms and the movements, and if we had trouble, we could ask them for help."

For Debbie, the experience was different. She had to start over because 20 years had passed since her last tae kwon do class. "We'd be watching the boys and I'd see them do something and think, *Wow*, I remember that," she said. "The kicks and punches came back pretty easily, but I wasn't as flexible as I used to

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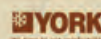
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be, so that was a challenge.” Her black belt came after 10 years of training, with those 20 years in between.

The children have been in tae kwon do since first grade, about four years. Michael’s son, Alec, is 10 years old. His favorite part of tae kwon do is learning new forms. He enjoys the martial art because it provides a challenge and is good exercise. “It’s an honor to have my black belt, and I like spending time with



my dad,” Alec said. “I think the discipline has made a difference in how I act at school and at home.”

Connie’s son, Michael, is 11 years old. He enjoys sparring because of the strategy involved. “I was excited to finally get my black belt so I could tell my

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friends, and I was happy because I could defend myself,” he said. “It does make a difference because even though some kids may say they have a black belt, if you really do it means a lot, because it means you’re worth something. It takes a lot of time and a lot of concentration. It’s amazing for me.”

Greg and Debbie’s son, Zachary, is also 11 years old. He likes to learn all kinds of fighting moves and said having his black belt makes him feel safer because if someone grabs him, he knows what to do. “I was excited to earn my black belt because a lot of people don’t stay with taekwon do (or any martial art) long enough to get a black belt. It was a big thing for me to accomplish,” he said.



After the boys earned their black belts, they continued taking classes as their parents advanced closer to their goal. When it came time for the adults to take the test, Master Yang had a surprise in store. Most times, he is the sole judge of whether or not

a person has earned a belt, but in this case, he brought chairs for the boys and made them sit with him and critique their parents. It was a sign of respect and a big moment for parents and children alike.

“I thought it was a really neat thing to have Zach critiquing us at first, but then I

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remembered that he was pretty tough on us when he was tutoring us, so he might be a tough judge,” Debbie laughed. She had no reason to worry.

“We practiced every night before the test. At the beginning I knew they’d do very well, but there were a couple parts where I was a little nervous. They did very well,” Zachary said.

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more rigorous calisthenics that night. We had to do something like 70 sit ups and 50 push-ups at the end after completing all the tae kwon do forms. I was thoroughly exhausted,” Michael Morton said. “I remember looking at the kids during the test and they were really into it. They took their responsibility seriously.”

For Alec, the experience gave him insight into his parents’ lives. “It was really weird watching my dad test, because in every other way parents watch over their children, but this time it was us looking at our parents,” he explained.

Michael Rabel also found out what it is like to be an adult while watching his mother test. He learned the pride of seeing someone you care about do their best. “When Mom got her black belt it



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was easy judging her because she gave it her all. It was an amazing experience judging a black belt," he said with pride.

For parents and children, the experience of earning a black belt and working with each other has been one they will always remember. They all continue to study under Master Yang and have moved into the study of weapons such as staffs, swords and nun chucks. Teaching and learning roles continue to



**"When Mom got her
black belt it was
easy judging her
because she
gave it her ALL."**

move back and forth between children and adults as well. "If we don't execute our moves adequately, they're not shy about telling us. They can be critical," Connie laughed.

All of the parents have seen positive changes in their sons. Increased confidence, better focus and discipline are all traits they have seen improvements in since the boys began training in taekwon do. All of the friends, young and old, will continue their studies for the foreseeable future, not just for the experience, but also because of the friendships formed. **NOW**



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Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche, and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

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Serendipity

At Home with

John & Teresa Banks

— By Carolyn Wills

Serendipity is the playful act of a happy accident. It will either go unnoticed or favor those who are open to its possibilities. Years ago, and quite before they met, serendipity found John and Teresa Banks. It eased them through tough times, guided them to each other and ultimately led them home. Today, John and Teresa live in a large country home located barely inside Mansfield Independent School District and surrounded by lush properties and national grasslands.

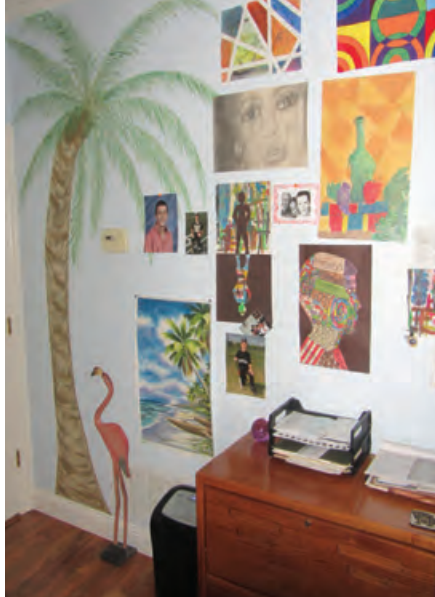


The three-bedroom, traditional home with its three-car garage sits on a narrow and deep 2.5-acre lot. The exterior is finished in a beautifully variegated orange/rose brick, and the interior is detailed in fine oak cabinetry, exquisitely carved moldings and stunning leaded glass.

The Banks' home is one of 10 houses in a unique one-street neighborhood bordered by ranches of larger acreage or grasslands. "We're blessed with great views and the comfort of knowing that the 100 acres of grassland are protected," Teresa said. "Our house is one of four constructed in 1995. The builder owned and lived in this one, and, not only did he attend to quality, but he must have been tall," she smiled. "John and I are both 6-foot, and the counters are perfect. There were so many things that were yes about this house. John had created a floor plan in case we ever wanted to build, and we were surprised by the similarity in the designs."

In addition to John and Teresa, the Banks' family includes 16-year-old son, Zach Weaver, family dogs, Hershey and Bosco, a cat named Chelsea and an ever-present attitude of welcomed possibilities (aka serendipity). John and Teresa were married in June 2001. "At the time, I owned a house in Coppell, and John owned a home in Arlington," Teresa said. "We wanted to live near a lake, but could never find the right place so, as the wedding approached we abandoned the house hunt and settled on living in Coppell."

Actually, serendipity had another idea. "Sometimes when you stop looking for something, that's when you find it," she smiled. "The day John's oldest daughter and husband were due home from the hospital with their new baby, we set out to deliver a casserole to them. We were early, so we decided to take a drive." As they drove down County Road 511, Teresa spotted an interesting group of brick homes in the distance. The singular



neighborhood called for a closer look, and they discovered a For Sale sign.

"A man wearing sunglasses and a hat approached us on a tractor," Teresa grinned. "John rolled the car window down, and the two of them realized they had once worked together. Imagine the odds? He gave us the homeowner's phone number, and she met us that evening."

Two days later, the house was theirs. "We still had two houses to sell,"



she added. "Between August 5 and September 21 — 9/11 happened yet — amazingly, both of our houses sold."

Over time, the square footage of the home has grown from 2,300 to nearly 3,000. "We finished the upstairs, adding a bathroom and game room for Zach to hang out in with friends," John said. "We've also added an outside workshop, greenhouse and above-ground pool."

"I love the openness of the kitchen, living room and dinette," Teresa shared.

"I tend to be at the sink most of the time, so when we entertain I can still be plugged in. I also enjoy the office, which is large enough for us to share and has its own outside entrance."

The house speaks of quality and taste while also revealing the heart of its family. The office is painted blue, John's favorite color, and its walls are a gallery of Zach's art throughout the years, as well as a palm tree painted by Teresa. "I love contrast and color," she said, "and

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John is a native Texan with an aerospace degree. He works in mechanical engineering at Lockheed in Grand Prairie. In his home office, above the desk that he built is an impressive display of his U.S. patents.

Teresa was born in Florida and moved to Texas at age 11. She has a teaching degree in biology, but her gift and passion is sales. "I've been an advertising representative for 18 years," she said, "and I love my job."

The Banks are active with a passion for motorcycles, cars and sailboats. "We also enjoy traveling," Teresa said. "John and I go to the Caribbean every year."

They're also fond of their gorgeous Great Dane, Hershey and his buddy Bosco. "They're throwaways," Teresa shared. "People in the country do that, but along with Chelsea the cat, they're part of our family. I never had a dog bed in my life before we moved here, and now we have four!"

Where the next happy accident takes John and Teresa is yet to be seen. For now, they are grateful for each other, family and their beautiful home. "We collect memories," Teresa smiled, "memories and family." **NOW**

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THE ECONOMY OF CHARITY

— By Mikaela Mathews

One routine question from many high school students is: How do I earn extra credit? Completing an extra assignment or answering a particularly difficult question on a test typically earns students a few extra points to bump up a grade. But for Mike Gallaher and his dual credit program classes, the extra credit option is far from ordinary.





Blair Levesque, Calum Rodriguez and Kate Koch have taken Mike Gallaher's community service challenge to heart.

"A few students came to me last fall and asked, 'How can we earn extra credit in your class?' I explained to them that in college, you don't have extra credit. That's not how they do it," Mike explained. But, he would still give them an opportunity: community service for extra credit.

"I can teach you how the economy works. I can even teach you how to become wealthy. I really can. It's not rocket science," Mike smiled. "The

truly successful people in this world aren't the ones with the biggest houses and the most toys. The truly successful people are



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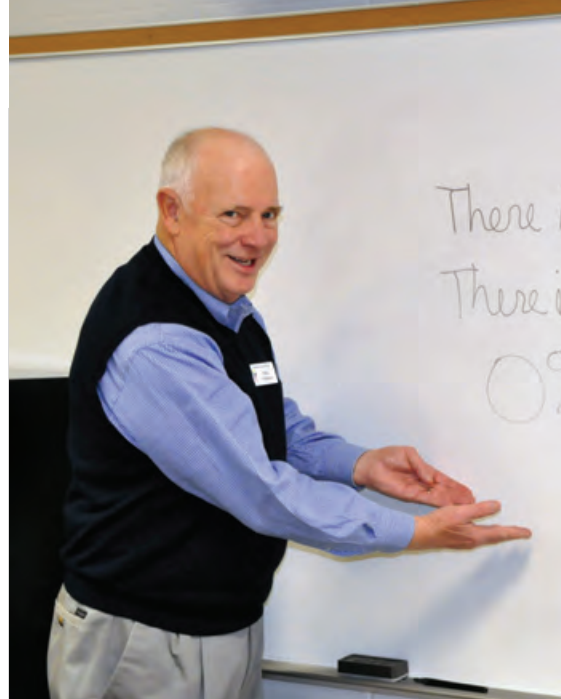
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the ones who give back and make a difference in other people's lives." With this philosophy, Mike sent his students off on a mission of community service.

Mike himself has learned about making an impact. As an economics professor with Tarrant County College (TCC), he never thought he would enjoy teaching until he started teaching a few classes. His adventure began in 1997 while he worked his day job with Equipment Technologies, a company he had helped start. He began teaching as an adjunct instructor at TCC (called Tarrant County Junior College at the time).

The experience for him has been life-changing. "I've done a lot of things in my life, had a lot of different opportunities to earn income," Mike described. "But, I've never had a job as rewarding and as fulfilling as what I do now. I finally figured out that helping out other people is a whole lot more important than maxing out your income."

Before becoming a teacher, Mike had owned and operated three companies. Those opportunities give him real-life experiences to teach in the classroom. He is also a history buff and likes to pull in history lessons to teach economics. "I love history, and I lecture on the Lewis and Clark Expedition," Mike explained. "I bring in a lot of history of economics into the classroom because it's part of our heritage."

Mike believes it is important to also teach students about surviving financially after college. "There are three things that I say: 'If you get nothing else out of the

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course, remember this: there is no free lunch out there. There is no such thing as zero-percent financing. And thirdly, beware of businesses offering anything free," he remarked. "In other words, I encourage them not to be naïve."

With the dual credit program, Mike is employed by TCC, but has classrooms at both Mansfield High School and Legacy High School in order to teach the dual credit classes. His relationship with the schools isn't new. He was also on the Mansfield school board from 1989 to 1995 and encouraged the development of

"But, I've never had a job as rewarding and as fulfilling as what I do now."

the dual credit program. "I'm proud to say as a board member I helped to get the program started," Mike said.

With the program, students can complete 24 hours of college credit from TCC during their junior and senior years, then move over to TCC after graduation to complete their associate degree. Students only need to earn 16 more hours of class credit to get their associate degree. Afterwards, students can progress to The University of Texas at Arlington

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"It's an extraordinary program for students, many of whom had never dreamed of going to college had it not been for this program," Mike said. He would even put himself in that category, as he was the first in his family to go to college. "I went to the Navy and to Vietnam and made up my mind that if I survived it, I would go to college," he explained. "And I did survive. I went to college on a GI bill. I can relate to what these kids are going through. I can reach them."

Many of his students are feeling the impact of their extra-credit community service projects. "These kids just make you proud. They're exceptional kids," Mike said, smiling.

One of these students is Blair Levesque, who participated in the Susan G. Komen 3-Day, which is a three-day, 60-mile event to raise awareness and funds for breast cancer cure. She participated in honor of her mother. "My mother is a breast cancer survivor after having a lumpectomy in 2010," Blair explained. "It occurred to me for a split second that I might have to live without her."

Fortunately, Blair's mom survived, but it inspired Blair to still help to raise \$2,400 to help find a cure. "Cancer is a horrible illness, and no one on the earth deserves to lose someone because of it," Blair shared. "I am hoping one day

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there will be a cure, so there are no more painful losses. Everyone deserves a lifetime."

Calum Rodriguez is another of those students. For his Eagle Scout project, he built three benches in front of his church. "I built the benches where I did because after Mass gets out, people don't have a place to gather and socialize. So, with the benches and the shade of some trees outside of our church, people can now talk in comfort," Calum explained.

Mike also described how a whole varsity baseball team got involved. "One boy on the varsity team got his entire team to go out for a whole weekend to work with special education children. They taught them the fundamentals of baseball," he said.

Kate Koch, a senior at Legacy, also took the extra-credit challenge seriously and started to volunteer her time with the special education program at her school. One boy in the program with whom she worked, Ben Hart, has become one of her closest friends. "Ben doesn't judge, he doesn't gossip, and he is never mean, which makes him an amazing best friend," she explained. She has also learned some meaningful lessons from him. "Ben made me realize that you literally choose if you want to be happy or not."

When talking about his students, Mike can't help but gush. "It's heartwarming. I still get goose bumps talking about it," Mike smiled. "These kids have made me so proud. They have gone out and done great things." **NOW**

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It's easy to see why so many trails and themes can coexist within such a vast region. The Texas Lakes Trail's collaborative vision and work have served up an abundance of adventure, excursions and field trips celebrating and exploring North Texas's diverse history and culture.





Doug Harman, a leader in the organization promoting the Texas Lakes Trail, often gives tours inside the Fort Worth Public Library. Wearing a Stetson and looking just like a cowboy in the stories he tells, Doug recently guided a group of more than 1,400 school children through an exhibit called "Comanche Nation: The Story of Quanah and Cynthia Ann Parker."

Costumed in an authentic Comanche beaded vest, Doug's moccasin-clad feet moved soundlessly across the library's

THE TEXAS LAKES TRAIL IS ONE OF THE 10 HERITAGE TRAILS ESTABLISHED BY THE TEXAS DEPARTMENT OF TRANSPORTATION IN THE 1960s.

marbled floor. His passion for history is evident, ensconced in the cases and frames comprising the "Quanah Parker" exhibit. A majority of the artifacts were lent from his personal collection: war chief headdresses, peace pipes, spears and tomahawks, drums, ceremonial gowns, jewels and feathers. Doug spent his life collecting tangible pieces of the past, the Quanah Parker story being one of many interests among his collection.

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So, why have all this cool stuff if no one can see it? That question motivated Doug to take a leadership role in the Texas Lakes Trail, an organization that has given him and countless others among the nonprofit's membership the chance to bring history alive for others in fun and memorable ways.

The Texas Lakes Trail is one of the 10 Heritage Trails established by the Texas Department of Transportation in the 1960s. The Texas Heritage Trails Program divides Texas' 254 counties into 10 regions that collectively showcase "real

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places telling real stories" to millions of heritage, cultural and recreational travelers visiting Texas. Visitors step into landscapes unchanged by the march of time, stand in century-old, majestic county courthouses and stroll around



vibrant town squares and early-era residential districts. For example, 86 Main Street communities in Texas have preserved their original architecture and restored their downtowns to pulsing city centers once again. Within the trail regions are 700 historical museums, more than 15,000 historical markers, monuments and cemeteries, plus hundreds of designated historic landmarks. Each one tells part of the grand Texas story people are hungry to experience, whether they travel from across the sea or right next door.



The 31 counties within its regional borders realized long ago the name, Lakes Trail, is a bit misleading, because lakes are only a small part of the North Texas story. But this makes the Lake Trails unique among the Heritage Trails. Doug Harman pioneered the concept of themes, like the “Quanah and Cynthia Ann Parker” exhibit. Others have since followed, the region

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western areas of the Lakes Trail region's sandy loam soil foundation. Thousands of lush, sprawling acres and billion-dollar empires gave this pocket of Texas the name Horse Country USA, and people from all over the world have visited to



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museums and landmarks keep the historic trails alive across unspoiled rural Texas and through the heart of what are modern metropolises today. With their imaginations ignited, cultural adventurers can "see" how the cowboys' and cattle trails' stories unfolded and, in the process, find surprising places and faces in the mix.

"The Texas Lakes Trail is the sum of all these other trails," Doug said. "Architecture, festivals, music, food, art, dinosaurs, gardens and courthouses — these are the themes we turn into experiential trails are as infinitely varied as Texans and the people who visit us here." **NOW**

By Kim Phillips, Vice President Denton Convention & Visitors Bureau. Photos used with permission. Interested in history and travel? Contact Jill Campbell at the Texas Lakes Trail headquarters in Granbury at (817) 573-1114 or by e-mail at jill@texaslakestrail.net.

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— By Angel Morris

While Kevin and January Seeton service surrounding cities through their business, Weed Solutions Inc., the Mansfield natives take special pride in their own community. "Living in Mansfield, my wife and I make a point to drive by our customers' lawns and check their conditions. We spot treat at no charge as a perk for doing business with us," Kevin said.

As a smaller business, the Seetons are able to offer personalized care. Along with fertilization and weed control, their company provides tree and shrub treatments, lawn and landscape insect control, core aeration, seeding, organic top dressing and lawn treatments. Perhaps more importantly, however, they offer a neighborly touch.

"If trash cans or recycle bins are empty when we arrive at a property, we take them up to the homeowner's door. If the newspaper is on the sidewalk, we take it to the porch," Kevin said. "That may not be the norm, but why not take the initiative?"

There are other examples of Weed Solutions Inc. going the extra mile. Have you ever forgotten to leave your gate unlocked on lawn service day? "If we cannot get into the back, we will make a note for the customer and ask them to call us, and we will come back at no charge," Kevin noted.

A career firefighter, Kevin's inclination is to help others, and he expects the same mentality from his employees.

"First and foremost, we take care of our customers. We're not trying to be the biggest company around, just the best," Kevin said. "Our goal is to make Weed Solutions a well-known name in Mansfield. I want the citizens to know they can have total trust in our company and our employees."

In business 13 years, Weed Solutions is known for attention to detail. "We don't just check the grass and leave. Our technicians are trained to look at trees and shrubs for insect and fungus damage. People are extremely busy these days, and they appreciate when we make them aware of landscape problems before they get out of control," Kevin said.

Nonetheless, the Seetons do not believe in pushing customers into services they may not want. "You will never get a call from me or my wife trying to sell you an extra service. This totally interrupts your family time and is annoying. If we notice something that needs to be addressed, we write it on an information sheet and leave it at your door," Kevin said.

Technicians leave reminders throughout the season to let customers know about insects, such as grub worms and fire ants, or services, such as deep root fertilizing trees and shrubs. "We inform our customers and let them make the decision if they would like the extra service."

If you spot a brightly-colored, tropical-themed work truck in your neighborhood, you can guess Weed Solutions is at work. And Kevin and January, along with their daughter, Makenzie, love the way their family business is part of the beautification of their hometown.

"Homeowners and business owners in Mansfield take great pride in the appearance and upkeep of their properties. This makes it very easy for us to assist them," Kevin said. "We service all of DFW, but Mansfield is our favorite city to make beautiful!" **NOW**

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Kinwanian Jerry Gray presents Guy of the Month award for January 2013 to Minh Tran of Summit High School.



Andrew, Colleen and Jack Marsh finish the Winter Walk.



New Member, Craig Speck, is inducted into the Kinwanis Club of Mansfield by Lt. Gov. Tom Denny of Div. 39 and President Darryl Haynes.



Kinwanian Gerald Cloud presents Teacher of the Month to Lakeita Richardson, Leadership and Athletics Instructor at T. A. Howard, while Principal Donna O'Brien looks on.



Emma Anderson and Sierra Smith enjoy a Sunday morning at Walnut Ridge Baptist.



Dr. Steven and Kristen Machicek of Walnut Ridge Orthodontics flash their smiles.



Everyone has a fun day at the park.



Taylor Spurgin and McKenna Symank of the Mansfield Softball Association tend their booth at the Winter Walk.

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When Investing, “Face to Face” Beats Fingers on Keyboard

These days, you can purchase just about anything you want on the Internet. However, you can still benefit from a human, face-to-face experience for some purchases — such as your investments. And that’s why you may want to work with a financial professional. Unlike a computer interface, a financial professional will take the time to truly know your situation today — and then help you make adjustments tomorrow.

Let’s first look at two key areas a financial professional will consider today:

- **Your risk tolerance** — By asking the right questions, a financial professional can help you determine if you’re a moderate, conservative or aggressive investor, and then recommend those investments that are suitable for your risk tolerance.
- **Your time horizon** — If you’re saving for a down payment on a new home you expect to purchase within two or three years, you may want an investment that offers significant preservation of principal. But if you’re saving for retirement, and you’re three decades away from it, you’ll likely need investments that offer the potential for growth. Your financial advisor can help you choose the mix of short- and long-term investments that can help you make progress toward all your goals.

Now, let’s look at the types of milestones a financial professional can help you with as your life progresses:

- **New child** — When you bring a new child into your life, you also add new responsibilities. Do you have sufficient life insurance? Do you plan on helping the child pay for college? If so, what college funding vehicles should you consider? A financial professional can help you answer these questions.
- **New spouse** — Whether you’re getting married for the first time, or you’re

remarrying, you’ll have to reconcile your financial picture with that of your new spouse. A financial professional can review both your situations and possibly recommend ways for you to reduce debt, eliminate redundancies in your investment portfolios and consolidate insurance coverage.

- **Career change** — When you change jobs, you may have to make many investment-related decisions: Should you move the assets from your old employer’s 401(k) to an IRA? Or should you roll over your old 401(k) to your new employer’s plan, if a rollover is allowed? Knowing your options when you leave your job can help you make the right choice for your retirement savings. A qualified financial professional can help you review and understand your rollover options.

- **Retirement** — Once you retire, you’ll have several issues to consider: How much can you withdraw from your investments each year? From which accounts? Should you rebalance your portfolio to provide more potential sources of income? What about the transfer of your wealth? A financial professional who is familiar with your situation can help you make the right moves to enjoy the retirement lifestyle you’ve envisioned.

So, when you really want to invest, leave the “virtual” world behind. Connect with a financial professional — someone who has gained insight into your individual needs and who has the experience and expertise to help you build, maintain and adjust a portfolio that can help you move toward your goals. **NOW**

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

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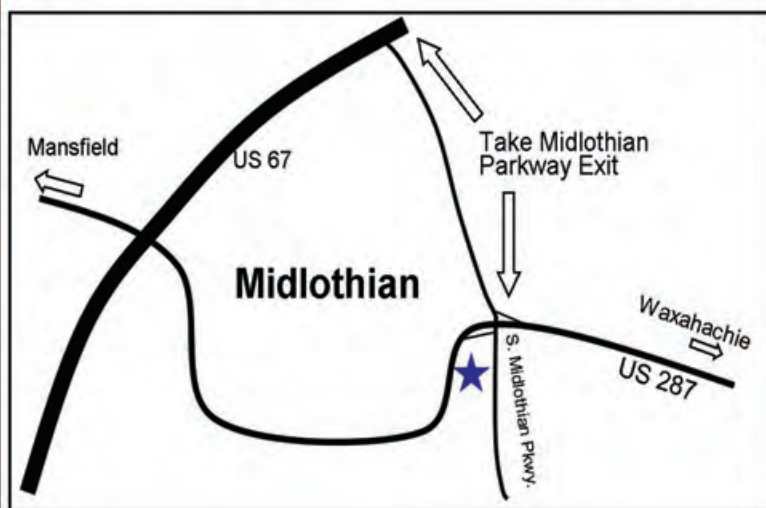
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CRYO-WHAT?

Whole Body Cryotherapy is a hyper-cooling process that lowers a person's skin temperature to approximately 40° F for a period of up to three minutes.

HOW IT WORKS

The cryosauna is a tall, cylindrical chamber inside which the client stands. Within the chamber, the body is surrounded by hyper-cooled air at an average temperature of -220 F for two-and-a-half to three minutes.

Cold sensors in your skin send a signal to the brain causing blood to rush to your core. As blood is circulated through the core, toxins are flushed, and the blood becomes enriched with oxygen and all the necessary enzymes. The temperature levels in the cryosauna are brisk but tolerable. Many compare the sensation to standing in front of a freezer door.

During and immediately after Whole Body Cryotherapy, all crucial life processes are accelerated. Any deficiencies in the performance of organs and muscles are remedied as much as possible by this enriched blood. Recovery time is shortened and energy levels are dramatically increased, which lead to higher performance and a competitive edge.

Muscles are rejuvenated, and fatigue and soreness are significantly reduced or eliminated. Also, lost time due to injury is greatly reduced through the acceleration of the healing process in the body. Many feel significant benefits after just one session. For continued benefits, one session per week for one month with continued sessions one to two times per month is recommended. For relief of significant pain or skin disease, 10 sessions in close succession is recommended for maximum results.

Cryotherapy accelerates the body's ability to restore and recover. The process is now being used by numerous chiropractors, medical professionals, dermatologists, athletic trainers, rehab clinics and professional sport franchises around the nation. Everyone from elite athletes to the average person looking for pain relief or recovery is using Whole Body Cryotherapy for its therapeutic effects. Midlothian Spine & Sport is proud to feature this innovative process designed to support the body's natural and unique ability to heal. Decades of studies from numerous institutions have shown cryotherapy to be safe and effective for treatment of a staggering variety of conditions.

SOME BENEFITS OF CRYOTHERAPY:

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IMPROVE SKIN:

Reduce cellulite, tighten skin, treat dermatitis and psoriasis and repair tissue.

ASSIST ENDORPHINS:

Improves depth of sleep, resolves stress and PTSD and relieves depression and anxiety.

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March 2

Fresh Grounded Faith: The Avenue Church, 1761 N. Hwy 77. The event features best-selling author, speaker and Bible study teacher Jennifer Rothschild. For more information, visit www.FreshGroundedFaith.com or call the church office at (972) 937-5301.

Skillz & Drillz Basketball Competition: 9:00 a.m., Mansfield Activities Center, 106 S. Wisteria St. \$15. For ages 7-14. Advanced registration required. Register at the Mansfield Activities Center. No MAC card required.

March 2 and 3

Texas Independence Day Celebration: 9:00 a.m.-6:00 p.m., historic Granbury square, 123 E. State Loop 426, Granbury. **Saturday** at 11:00 a.m., world-renowned Hardin Simmons University Six White Horses lead the parade. Vendors and music. For more information, contact texashubbard@hotmail.com.

March 9

Ridge Run – 5K/1K Fun Run: 8:00 a.m.-noon, Walnut Ridge Baptist Church, 1201 SH 360. Proceeds benefit Mansfield/Arlington Pregnancy Center. For more information, visit www.walnutridgechurch.com.

March 12

Mad Science Demonstration: 3:00-4:00 p.m., Mansfield Activities Center, 106 S. Wisteria St. \$5/child, \$6 at the door. Discover the power of air pressure through hot air balloons and the Mad Science Hovercraft. Parents are free but required to attend. Register at the Mansfield Activities Center. For more information, visit www.madscience.org.

March 14

Animal Extravaganza: 3:00-4:00 p.m., Mansfield Activities Center, 106 S. Wisteria St. \$5/child, \$6 at the door. Join us while Critterman takes us down Discovery Trail. Register at the Mansfield Activities Center. For more information, visit www.animaled.org.

March 16

Ellis Junction Jazz Orchestra St. Patrick's Day Dance: 8:00-10:00 p.m., Venus Civic Center, Venus. For more information, contact Eddie Cowand at (214) 566-8901 or edcowand@yahoo.com.

Pickle Parade: 2:00 p.m., Downtown Mansfield. The parade will celebrate St. Patrick's Day, Mansfield's pickle industry and fun. Parade, fun run, children's activities and

vendors. For more information, visit www.pickleparade.org.

March 23

Buddy Whittington Band: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20. For more information and tickets, visit www.FarrBest.com.

Tennis Play Days: 9:30-11:30 a.m. Chandler Park, 1530 N. Walnut Creek Dr. Free admission for ages 12 and under. Kids will play against opponents with similar level skills. No experience required. No advanced registration required.

Revving for the Ribbon Antique Motorcycle and Auto Show: 3:00-6:00 p.m., Quick Trip Park, 1600 Lone Star Pkwy, Grand Prairie. Event will raise funds for breast cancer awareness while highlighting motorcycles and cars from all over the region. For information, visit www.revvinfortheribbon.com or call (682) 422-3973.

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

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In The Kitchen With Karen Dotson

— By Sandra Strong

Karen Dotson is a wife, mother and student, but she will soon add certified nutritional therapy practitioner (NTP) to her list of accomplishments. “I’m studying through the Nutritional Therapy Association,” Karen said. “Our bodies have an innate ability to heal when fueled with what they need. Each person is different and driven by their own bio-individual needs.” As an NTP, Karen looks forward to helping others reach their health goals.

When one of her four sons was diagnosed with food allergies, Karen’s mission to find the best way to feed him began. This prompted a change for the whole family. “A diet rich and balanced in whole foods is key to a healthy body,” she shared. “We try to eat as much local, organic and seasonal foods as possible.” **NOW**

Taco Seasoning

- 2 Tbsp. chili powder**
- 1 Tbsp. garlic powder**
- 1 Tbsp. onion powder**
- 1 rounded Tbsp. ground cumin**
- 1 Tbsp. oregano**
- 1/2 Tbsp. salt**

1. Mix all ingredients together. Store in an airtight glass container.

Avocado Chicken Salad

- 1 avocado**
- Squeeze of lemon juice, to taste**
- Salt and pepper, to taste**
- 3-4 chicken tenders, shredded**
- 1 Tbsp. cilantro, chopped (optional)**
- 1 dash cumin (optional)**
- Celery sticks (optional)**

- 1.** Peel, seed and mash avocado; add lemon juice and salt and pepper. Mix in chicken and cilantro.
- 2.** If you like guacamole flavor, add in the cumin or taco seasoning (recipe at left). Scoop it with celery sticks if desired.

Chewy Mocha Macadamia Nut Cookies

- 1 cup blanched Honeyville almond flour**
- 1/2 cup unsweetened Dutch process cocoa powder**
- 1 tsp. baking powder**
- 1/2 tsp. salt**
- 2 Tbsp. coconut flour**
- 1 Sweet Riot Organic 85-percent dark chocolate bar, chopped**
- 1 individual-size pkg. Starbucks Via coffee**

- 1 stick Kerrygold grass-fed unsalted butter**
- 1 cup local raw/unfiltered honey (North Dallas Honey Company)**
- 2 large pasture-raised eggs, room temperature**
- 1 tsp. gluten-free vanilla extract**
- 1 cup Mauna Loa macadamia nuts, chopped**

- 1.** Preheat oven to 350 F with top rack in middle of the oven. In a medium bowl, mix almond flour, cocoa, baking powder, salt and coconut flour; set aside.
- 2.** In a double boiler melt chocolate bar; add coffee. Mix well.
- 3.** In a stand mixer, beat butter and honey until very creamy. Add eggs one at a time, until well incorporated; mix in vanilla. Slowly add chocolate/coffee mixture on low speed until well combined.
- 4.** Add flour mixture to wet ingredients a small amount at a time until well incorporated; fold in nuts.
- 5.** Drop dough by teaspoonful onto parchment-lined cookie sheet. Bake for 15 minutes. Remove, let cool on cookie sheet for 5 minutes; move to cooling rack until completely cooled.

Tex-Mex Avocado Eggs

- 1 whole ripe avocado**
- 2 eggs, pasture-raised**
- Taco seasoning (recipe at left)**
- Cheddar cheese**

- 1.** Preheat oven to 350 F. Halve avocado; remove the pit. Scoop out some of the meat so the egg will fit. Put avocado into oven safe dish, make sure it’s stable and doesn’t fall over (ramekins work nicely).
- 2.** Crack egg into each halved avocado; sprinkle each egg with taco seasoning. Bake 15 minutes.
- 3.** Top the eggs with cheese; bake another 10 minutes.
- 4.** Broil 2 minutes.

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

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