Mansfieldn

The Joy of Being Together

At Home With Demetrius and Nicole Simmons

Featured Business: Jaremy James, DO, FACOI

In the Kitchen With Rachel Grossman

Back in the Saddle

Heather Humphries' favorite times are riding with her dad

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BACK IN THE SADDLE

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ON THE COVER

With guidance from Justin Ledbetter, Heather Humphries has become a champion.

Photo by Joy Elmore.

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



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Nelissa Melissa Rawlins MansfieldNOW Editor melissa.rawlins@nowmagazines.com (817) 629-3888

EDITOR'S NOTE

Hello, Mansfield!

As I sit drinking my green smoothie, I'm grateful for so many things. The kale, with its blood-building nutrients, keeps me strong. The garlic, with its allicin, keeps my immune system effective. Those I can grow at home. But the apple, which keeps the doctor away; the lemon, which provides my bone-building calcium; and the banana, so necessary for both my gut and brain health, are not fruits native to this area. So, I'm grateful for our global agriculture industry and distribution system and all the people who have, over the years, worked to make interstate travel possible.

One of my ancestors, in the earliest days of Lancaster, Texas, was appointed at the first ever meeting of the Dallas County Court — to investigate building a road between Dallas and Austin. I find that fact fascinating. We forget that at one time there was no road to travel with ease! Someone had to build a team of people who desired to fund construction of what became Hwy. 77. Day by day, year by year, many "someones" have broken ground, maintained, refurbished, rerouted and even elevated roadbeds. Now, there is a road to anywhere you wish to go. Where do you want to go, Mansfield? I believe you can get there!

Have a great month!









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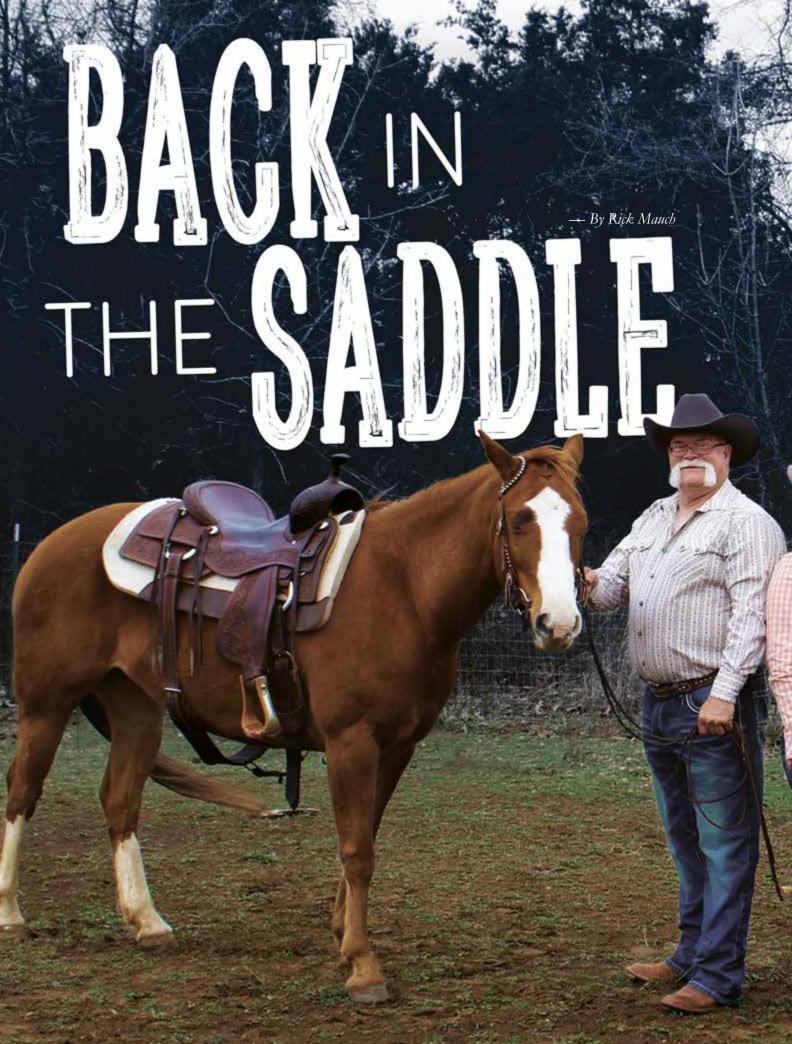


Miles was born on Dec. 29, 2010, at 28 weeks and weighed only 2½ pounds. A week after she was discharged from the hospital, Dianna Kleeman's health took a dangerous turn when she developed blood clots and was experiencing heart failure. Thanks to the advanced care of the Level III Neonatal Intensive Care Unit and the lifesaving specialists at Methodist Mansfield Medical Center, Diana and Miles are doing great. The family returns to the hospital every year on Miles' birthday with homemade food and gifts for the staff and is forever grateful. **Trust. Methodist.**

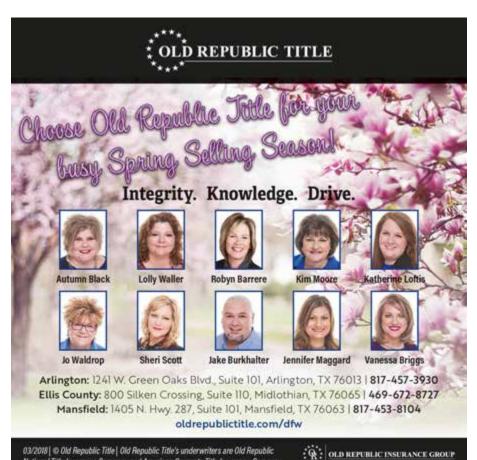
"They not only saved our lives, but they helped us in our time of need. I cherish every triumph we've had. We are alive because of Methodist Mansfield."

- Dianna Kleeman









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Around age 12, her dad sold the Shetland, as Heather had grown too old to ride it anymore. He replaced it with her first Arabian filly. "I remember I was so mad when he got rid of the Shetland," Heather said. "But he wanted other kids to enjoy it."

Heather loved her new horse, but it passed away when she was a freshman at Mansfield High School, from where she graduated in 2002. She got involved in other activities, such as volleyball and soccer, and the next thing she knew, riding was not even on her list of activities.





Then, she turned 25 and decided to rekindle her earlier love for riding. Her father had retired, and then her grandfather passed. Heather figured riding horses with her dad again would be something they'd both enjoy. "I went back to what we'd had so much fun with," she said. "He thought I'd lost my mind. He'd retired, lost patience with horses. But I said, 'It's happening."

Dwayne is now in his 60s. He's glad his daughter talked him into it. "As a dad, you never want to pass up an opportunity to spend time with your kids, no matter how old they are," he said.

So, they found a couple of horses and began riding again. Shortly after, Heather got the bug to start competing in sorting competition, a decision that, at first, proved to be quite challenging. "I was scared to death. I just knew if I broke my arm I was in trouble," said Heather, a beautician at Serendipity Salon. "My business is all on me, and I had this house and the mortgage."

But she persisted. She found Justin Ledbetter, and with his guidance she became not only competitive, but a champion. "I went up to him and said, I don't have the best horse, I have a \$500 horse, but will you train her for me?"

"A lot of people would have given up, but he said, We're going to do







this.' Justin taught me everything," she said. "Every day I'd get off work and rush over to that arena. He kept telling me, 'You're going to win this, Heather."

And she did. Soon she posted a second-place finish in a Southwest Team Penning Association event. Then, at age 30, she got a new horse, Rita, whom she would ride to her greatest success. "Rita has taken me to the top. She has been everything to me," Heather said. "I still have Rain, the previous horse. I trail ride, and I rode her in a parade."

Rita is Heather's equine partner in Ranch Sorting, an event that pits a team of two riders on horseback against the clock. There are variations with one or two riders on the team, but all require sorting cattle from one pen to the other in the correct order. "It is tough, and it is quick," Heather said. "You and your partner have to be on top of things."

Heather competes at Shepherd's Valley Cowboy Church in Alvarado. After a top-10 finish in 2016, she shot to the top in 2017, taking first place overall in the No. 3 Class (beginner division). She'll move up to Level 4 Class this year. "I'm ready for that challenge," she said.

"Heather had a lot of potential from the very beginning," Justin said. "She got better and better and better every day, a lot faster than most."



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HEATHER FIGURED RIDING HORSES WITH HER DAD AGAIN WOULD BE SOMETHING THEY'D BOTH ENJOY.

But the thing Heather still loves most is the weekly ride with her dad. Every Tuesday night they get together, but now it is Heather who has Dwayne's horse ready to go. "I take my dad's saddle and get that ready for him. I even have a stepping stool for him," she said. "And he can sort. I want him to compete with me someday."

Dwayne hasn't ruled that out. Now that he's riding again, he's having the time of his life, as well. "Heather had to convince me to get involved with this sport, but now that I am we are both having a really good time together," he said. "Her mom and I couldn't be more proud of her accomplishments with her horses. Her mom and I are her biggest fans." NOW





THE JOY OF BEING TOGETHER

AT HOME WITH DEMETRIUS AND NICOLE SIMMONS

One of the characteristics of a Tudor-style home is the curve at the bottom of each side of the tall gables. While the gables are upright and stately, the small curve adds a soft, welcoming appeal. This is the perfect style for Demetrius and Nicole Simmons. To meet them is to be overwhelmed by the joy and love of life that flows freely and bounces right into everyone around them. 'I met Nicole in September 1998, and by December of that year, I was head over heels for her! I knew early on she was one of a kind," Demetrius said with a smile.

"Demetrius is the yin to my yang. I feel blessed that God crossed our paths all those years ago. I'm thankful for the life we've built together and especially thankful for our two daughters that resulted from our union," Nicole beamed.

Ironically, both Nicole and Demetrius have seasoned careers in the insurance industry. Demetrius works at a large firm in Dallas in the commercial underwriting field, and Nicole owns a State Farm Insurance Agency right here in Mansfield. From the beautiful iron-scrolled front door to every part of this incredible home, both of their personalities come together to create a living space that accommodates their lives. Clean rooms and sensible, neutral tones reflect the business side of this couple. Thanks in part to Cheryl Umbles Interior Design, everything has its place and is in its place, leaving





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space to live, breath and enjoy the time they get to spend together.

The dining room hosts Nicole's unique collection of circular art deco mirrors that hang as a grouping of 12 over the buffet. A round glass table with a walnut base is surrounded by walnut, white padded chairs that have fleur-de-lis embedded into a circle that creates the back. The striking room is both welcoming and warm.

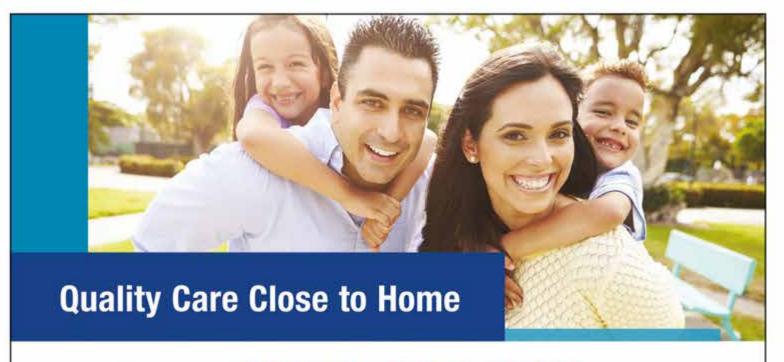
The office has wall-to-wall, builtin shelves extending about 12 feet up. The nearby wall holds pictures of the journeys the family has made, both domestically and abroad. This is one of Nicole's favorite places. "It is a room great for unplugging," she admitted. "Whether I want to take time to read a good book, work from home or just sit and chat, it's a room that I have found to be



really peaceful. It is also my favorite because of the travel theme. Short trips, long trips, local staycations — it doesn't matter, we have a great time together wherever we end up, and our study documents much of that time together. It makes the room a fun place to kind of go back down memory lane."

The kitchen is a masterpiece of ivory antiqued cabinets, complete







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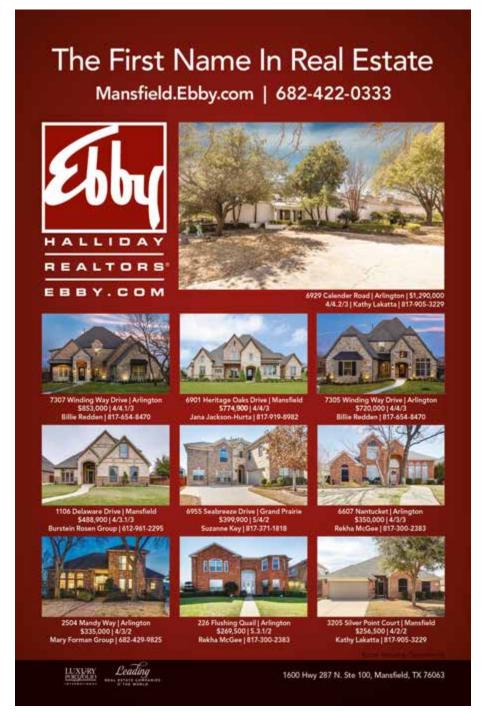
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with large molded trims and French wood overlays to add that perfect artistic flare. A walnut island, crowned with marble, rests in the middle of the kitchen and defines the space. Hardy, hand-scraped wooden floors provide a strong, soothing palette from which everything else rises.

The backyard is equipped with a large hot tub, swimming pool and a stone fire pit surrounded by chairs. Another seating arrangement waits under the oversized porch, and it all rests on clean, neutral tones of slate and stone. Completing both indoor and outdoor spaces for gathering and celebrating life together, the backyard is like another room.

A love for music characterizes the family. This connected the couple from day one of their relationship. "We've been making music ever since then!" Nicole said.

"We've known one another for almost 20 years and will have been married for 17 years on April 14. Throughout our initial courtship, music was a connection," Demetrius chimed in.

They would go to concerts, visit local venues to hear live bands perform, and even now, their home reflects their love of music. They have a home automation system





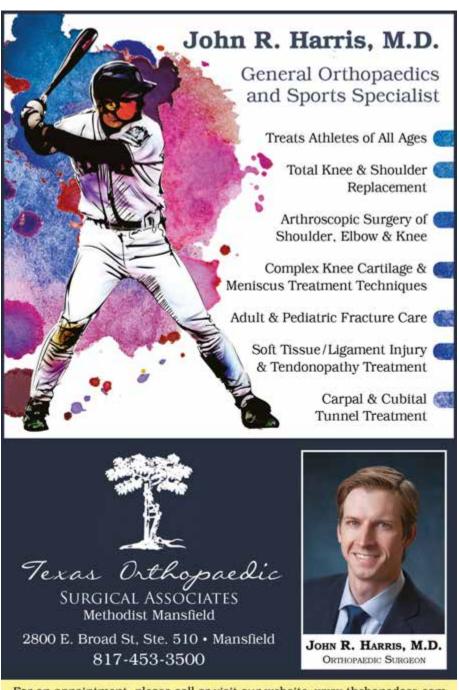
that allows them to indulge their love of music throughout the home. It also extends outside to enhance the enjoyment of the pool during summers or while snuggled up with a blanket on the patio or around the fire pit during the winter months.

"I'm the only male in our home. My wife and two daughters jokingly like to say that I like to escape to my man-hole, our media room and one of my favorite rooms in our home. When I want to have some guy time with my male friends, or time alone to watch some of my favorite sporting events, it's where you can find me," he shared.

Their daughters' rooms, both painted a light shade of gray, are furnished with sleigh beds and accented in pink and gray tones. Chandeliers, crystal doorknobs and a touch of soft, shimmering pink create the ambience necessary for personal havens of relaxation for each girl.

A loving family that works hard and loves adventure resides in this special home. Outside its walls, the family is actively involved in the community. Nicole is a member of the Mansfield Chamber of Commerce, a charter member of the Mansfield Centennial Lions Club and has even adopted a couple of streets in town as part of the Keep Mansfield Beautiful project which is one of the entire family's favorite community service projects. Wherever they find themselves, they enjoy togetherness and share the joy that fills their hearts and lives. NOW





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The Dancing Crossing Guard

- By Melissa Rawlins

Reginald McGill is known as the "Dancing Crossing Guard" by folks traveling through the intersection of Walnut Creek and Debbie Lane when school is getting out. Through three years of service to MISD, this charismatic, fun-loving gentleman has won the hearts of drivers and even been featured on a local television station because of his dedication to keeping kids alert and safe as they walk home.

After 20 active-duty years in the U.S. Navy, Reginald McGill no longer monitors the airwaves for radar signatures. He retired in 2007, just after moving to Mansfield. One of his children was a newborn. The other was 2 years old, and he was positioning them to benefit from Mansfield's educational programs.

He involved himself with his children's schools and was a YMCA coach. "My kids are primary. I want to make sure they have a better childhood than I did in Detroit, Michigan," Reginald said.

He always walked his kids to school and learned from a crossing guard about the opening MISD had posted for a crossing guard position. "Everything I've done in the past prepared me for what I'm doing now," Reginald said. "I had been out there protecting not only my home and my family, but our society's freedom and ability to do the things we do without even thinking about it. Now, I really appreciate the small things people do every day, like my crossing guard job. It's not a lot, but it is a necessary job."

On several occasions, Reginald has received pats on the back from adults. "Just recently," he recalled, "a man came over and said his brother passed away two years ago. He said he hasn't smiled since then, but when he sees me interacting with the kids, it makes him very happy." With such encouragement, Reginald continues making people's days better.

"My wife tells me constantly that I have not grown up," he said. "Way back when, I decided to only have two feelings

— to be happy or mad. I refuse to get mad. The only thing I can be is happy. Most of the time, children are happy and trying to have fun. So, I just mainly emulate them."

Sometimes his extreme funning irritates not only others, but even himself. So, he reels it in when necessary. "You gotta do what you gotta do," he said. "For example, I have attended Dallas County Community College District for Desktop Help Desk; Computer Forensic; Network Administrator; Personal Finance; Computer Accounting; and plan on going to TCC for culinary classes in the fall. Whatever it is I'm going to do, I'm having fun doing it."

Reginald's peak times at the cross walk are the half hour before school begins and the half hour immediately after school lets out. Each student is well aware of his foundational rules, which he explains at the beginning of the year. "First, I'm in charge in the cross walk. Second, press that button, so the traffic signal changes. Third, say, 'Good morning!' every morning. Fourth, no talking nor texting while in the crosswalk. Fifth, walk your bike if you have a bike," he said

In his 40-second interactions with each individual, he strives to enlighten. For instance, he'll ask them what day it is. When they tell him the name of the day of the week, he will add, "It's a great day!" They'll ask, "Why?" He'll respond, "Because it ends in the letter Y." And they'll say, "Every day ends in Y." And he'll affirm, "Exactly."

If a child looks unhappy, Reginald likes to ask them, "What's the greatest thing you can do?" Then, he'll tell them his favorite thing is breathing. "I take a deep breath, and let it out, and then I say, "That's the best thing on the planet!" It would appear this crossing guard's real job description is being happy, having fun and helping people smile. NOW

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The new onsite health clinic and fitness center are an important testament to Mouser's leadership in doing what is right by employees in the 21st century. The health clinic offers expedited medical attention and lower costs for employees who would otherwise need to schedule a doctor's visit off-site and maybe even lose a day of work in doing so.

"Both of these additions are receiving fantastic reviews from employees. The clinic offers prescriptions, so if employees have an illness or something like strep throat they can get in and see the nurse and be taken care of — and it's for their spouses, as well," says Tracey Mellenthin, Mouser's Vice President of Human Resources.



The fitness center is a state-of-the-art facility for cycling, weight training and endurance training, and contains just about every type of workout equipment found in commercial fitness centers, Mellenthin adds. Employees have 24/7 access with their badge and are even able to bring a guest.



With 22 offices around the world, Mouser currently has more than 2,000 staff members across three continents (with approximately 1,650 people in Mansfield). The company serves more than 600,000 electronic design engineers and buyers in the tech industry in more than 170 countries as an authorized distributor of semiconductors and electronic components for more than 700 manufacturer partners, including Texas Instruments, Intel and Microchip Technologies.

The job openings are a result of the company's incredible growth. The immediate need is for order pullers, warehouse supervisors, customer service assistants, web developers, pricing specialists and management.

Job seekers may start the interview process by completing an online application. Job candidates who speak multiple languages have an advantage, especially those who speak Portuguese.

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__ By Melissa Rawlins

Mansfield used to be a difficult place to get to, as Tom Ritter remembers. Born in San Antonio in 1940, reared in the Oak Cliff area, he came here around 1979 looking for a fresh start. "I played a lot of golf and stumbled across this town because of its hard-to-find golf course, Walnut Creek Country Club," Tom said. Although his back won't let him play anymore, it's only natural for Tom to continue making an impact from the golf greens.

Local charities see him as the golftournament guru, who can help them raise big bucks. That's why Bobby McCaslin approached Tom last summer, inviting him to join the golf committee for The Wesley Mission Center. By teeoff at Mansfield National on April 27, 2018, their tournament will have raised more than double the amount earned in prior years.

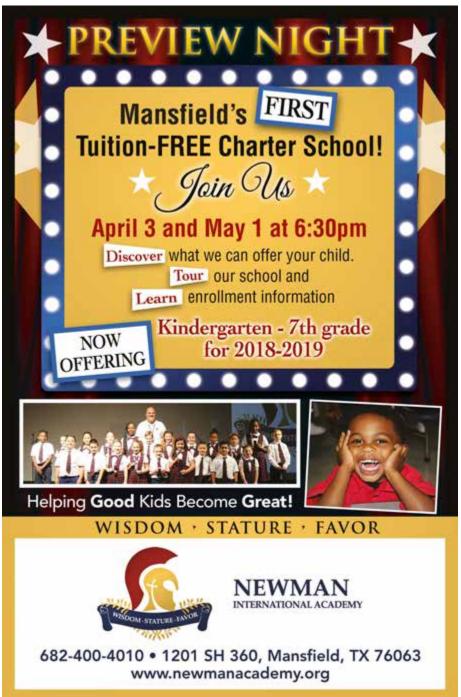
"It's a matter of putting together a good committee that, when challenged, will work hard to achieve our goals," Tom said. "Bobby McCaslin, Russ Chappell and myself are trying to outdo each other in obtaining sponsorships. I think Bobby is ahead." The co-chairs have led the committee to plan early and capitalize upon connections.



Tom built his Rolodex playing golf, which served as a distraction from the real estate business he entered in 1969. When he moved to Mansfield, he had just started working as a real estate agent for the Lutheran Church Missouri Synod. "I traveled for work, and then came back here and played golf," Tom said. In 1981, he decided it was important for him to become known locally to promote success here. "Part of my objective was to join the country club. I bought the fanciest cart they had for sale, a yellow Rolls Royce golf cart. I knew it would be noticed, and it got me into contact with a lot of people."

Over time, he helped other progressive planners change the face of Mansfield. "Tom has been involved in trying to make the city a better place for many years. In Tom's business he has encountered many prospective investors in our city. Our Realtors are critical to our success in promoting the positive aspects of living and doing business in the city," City Manager Clayton Chandler said. "Whether serving as a member of the City Council in the '90s or volunteering







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his time to help the Chamber or worthwhile charities, Tom has always promoted Mansfield as one of the best places to live anywhere."

A prime example of his impact is St. John Lutheran Church. "In Tom's six years as president of the congregation, our biggest accomplishment was building that church on Debbie Lane," said Bill Dasch, who pastored the congregation from 2004 to 2015. "It's amazing watching Tom work. He will out-bargain anybody and made amazing deals for our church that lifted us to a whole new level. When he takes on a project, he's all in. And when you fish with Tom, you learn that he's quite a competitor."

Founder and former president of Mansfield Bassmasters, Tom frequently got together with others who wanted to do some fishing. They met at the Filling Station BBQ on Main Street and had a monthly tournament, fishing for points and money and keeping track of it for awards. In the late '80s, Tom won the tournament at Joe Pool Lake, during which he fell out of his boat. Writing about that event jumpstarted his column, "At The Fishing Hole," which he published during the '90s in the *Mansfield News-Mirror*.

"Fishing and golf are similar in that everything else seems to shut

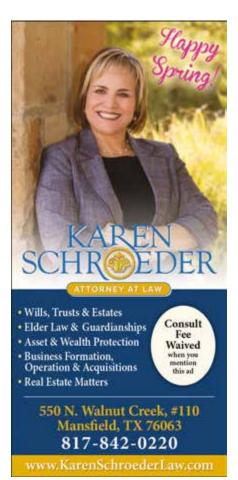


out. You forget all the little problems or work issues for that four or five hours. I wouldn't call it relaxing, since I worked real hard at both of them, but it did change your focus a lot," Tom said.

Focusing people's generosity toward those in need, charity golf tournaments engulfed Tom's energies a long time ago at the urging of Police Chief Steve Nooncaster. "He was a big guy, 6 feet 7 inches, who carried a gun. He said his department needed extra money. How do you say no to a big guy with a gun?" As president of the Friends of the Mansfield Police Department, Tom led the charge to fund items the police department needed but which weren't in the budget. Their main fundraiser was a golf tournament requiring both golf courses, since more than 200 players registered per year.

When Men for Mansfield started in 2000, Rob Schulz was its first president, and Tom was elected president in 2001. "We volunteered as a group to chair the Big Brothers Big Sisters golf tournament in Mansfield," he said. Tom also helped raise about \$50,000 per year for a widow and her four children, who were part of the congregation of St. John Lutheran Church.

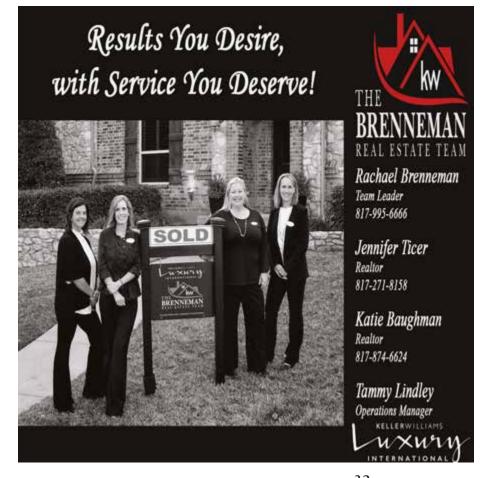
"I eat and sleep golf tournaments," Tom admitted. "My













wife, Bonnie, says I have an addictive personality, so that if I'm going to be a member of something, I end up being president. I would have to agree with her."

Tom once served as president of the U.S. Gin Rummy Association. "Something like this tournament for the Wesley Mission Center, for instance, is something I don't quit thinking about," Tom said. "I'll lay awake at night, get up and write a note about it, because I am always thinking about it."

"Tom has been such a huge advocate for the mission center, and as co-chair of the golf committee he is leading a wonderful team that has surpassed our fundraising goal for this tournament," Lindsey Trook, director of development for Wesley Mission Center, said. "We are so excited to use the funds raised to help more Mansfield ISD families."

As she has for the past two years, Lindsey runs the tournament efficiently at Mansfield National and Tom's counting on that. "At the end of the day, it's got to be a real good tournament — and it can't rain," Tom said. "That's part of the plan." NOW





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Rachel Grossman's life includes some amazing memories focused around excellent food. The fun times she has with family and friends usually involve a great meal. As a girl, she always helped her parents in the kitchen, would pretend to have a cooking show with her friends who came over to play and, in college, cooked on Sunday evenings for everyone.

"Now, my two sisters and mom live really close, and everyone has a night of the week they cook for the whole family. We load up the golf cart, head over to eat at whoever's night it is to cook and let the kids play," she said. "When I cook, I rarely use a recipe but just keep adding and adjusting until it is just right. Being in a family that enjoys hospitality and hosting others has contributed to my love for cooking." NOW

Roasted Red Pepper Dip

- 1 8-oz. log goat cheese
- 1 8-oz. block cream cheese
- 1 12-oz. jar roasted red peppers, drained
- I tsp. cayenne pepper
- 1 tsp. garlic salt
- **Crackers or French bread slices**
- **I.** Preheat oven to 400 F Add the goat cheese and cream cheese to a microwave-safe bowl; microwave for 1 minute, or until softened.
- 2. Stir in peppers and spices until blended.
- **3.** Add mixture to an 8x8-inch glass dish; bake for 15 minutes.
- **4.** Serve with crackers or French bread slices.

Orange Chicken

Chicken:

- 4 large boneless chicken breasts
- 1 15-oz. can Coco Lopez Cream of Coconut

2 tsp. minced garlic 2 Tbsp. olive oil

Sauce:

- 1/2 cup soy sauce
- 1/2 cup teriyaki sauce
- 7 navel oranges, juiced
- 1 tsp. pepper
- 1 tsp. Sriracha sauce
- I tsp. minced garlic
- 3 Tbsp. Mae Ploy Sweet Chili Sauce
- 1 tsp. Coco Lopez Cream of Coconut
- 2 tsp. fresh grated ginger
- 1 tsp. garlic powder
- 2 Tbsp. butter
- 2 Tbsp. cornstarch
- **1.** For chicken: Remove any extra fat from chicken breasts. Slice them in half horizontally; cut into 1-inch cubes.
- **2.** In a dish, add chicken, enough Coco Lopez to coat the breasts and minced garlic.
- **3.** In a large skillet, add oil; sear chicken breasts for 2 minutes on each side, or until golden brown. Remove chicken; set aside.

- **4.** For sauce: In the same skillet, add all the ingredients for the sauce, except the cornstarch. Cook on medium or low boil for 10 to 15 minutes.
- **5.** Once the sauce starts to thicken, take 1/4 cup of sauce and add it into a small bowl with cornstarch. Stir until all lumps are gone.
- **6.** Add mixture to the skillet to thicken the sauce
- **7.** Add the chicken; cook until it is cooked through (5 to 10 minutes). Serve with chopped green onions and rice.

Sweet and Spicy Turkey, Apple and Cheese Sandwiches

- 4 large croissants
- 1 5-oz. pkg. Alouette Crème de Brie
- 1 4-oz. pkg. Montchevre Herb Goat Cheese
- 1 10-oz. jar Tabasco Spicy Pepper Jelly
- 1 12-oz. jar Smucker's Red Raspberry Preserves
- 8 slices deli turkey meat
- 2 Granny Smith apples, thinly sliced
- **1.** Slice open croissants, evenly down the middle.
- **2.** Add a thick layer of brie and goat cheese to half of a croissant.
- **3.** To the other croissant half, add a thick layer of the pepper and raspberry jams.
- **4.** Place two turkey slices on each croissant half and several slices of apple to cover the turkey; bring the halves together. Repeat steps for each croissant.

Chicken Piccata

Chicken:

5 boneless, skinless chicken breasts

1/3 cup Italian dressing

2 cups flour

1 Tbsp. garlic powder

1 Tbsp. garlic salt

1 Tbsp. salt

1 Tbsp. pepper

1/2 Tbsp. crushed red pepper

1/4 cup olive oil

Sauce:

1 750-ml. bottle chardonnay

2 3.5-oz. jars capers, drained

2 14-oz. cans artichoke halves, drained

1 32-oz. box chicken stock

1 Tbsp. minced garlic

1 Tbsp. pepper

1 Tbsp. garlic powder

1/2 Tbsp. salt

8 Tbsp. butter

1/2 Tbsp. crushed red pepper

3 lemons, juiced

1 cup water

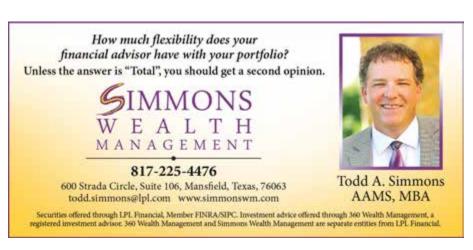
2 Tbsp. sugar, or to taste (optional)

- **1.** For chicken: Remove any fat; slice horizontally in half and then each half lengthwise again. (Pound chicken to flatten, if needed.)
- **2.** In a large dish, combine chicken and Italian dressing.
- **3.** In a separate large dish, combine flour with garlic powder, garlic salt, salt, pepper and crushed red pepper.
- **4.** Heat the oil in a large skillet on medium heat; dredge the chicken in the flour mixture. Place in the skillet.
- **5.** Cook each piece for 2 minutes on each side, or until golden brown.
- **6.** Remove the chicken, leaving drippings; place in ungreased 9x11-inch glass dishes.
- **7.** For sauce: In the same skillet, add all sauce ingredients, except sugar, and boil on high for 30 minutes, stirring regularly. (Sugar is needed if the sauce is too tart.)
- **8.** Once the sauce is finished, pour over the chicken breasts in the glass dishes. Cook on 350 F for 20 minutes, or until chicken is done and sauce is thickened. Serve hot with sweet peas, spaghetti noodles and French bread.

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









Jaremy James, DO, FACOI

— By Melissa Rawlins

Jaremy James, DO, FACOI

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A Fellow of the American College of Osteopathic Internists, Dr. Jaremy James is fascinated with helping adults resolve problems inside their bodies. Spying through a small handheld camera attached to a long tubular lens, he checks for diabetic eyes. To see internal tissues, he uses handheld ultrasound technology.

"There is a lot of variety in the body, and the deeper you go, the more variety there is," Dr. James said, explaining he

often meets patients for whom the typical treatment is not working. "So, you have to find a side door or back door to treat that patient. You have to, sometimes, dig deeper. Complex patients are interesting because it's new and different. Even run-of-the-mill illnesses present something different every time."

Each of Dr. James' areas of specialty requires lifelong management for his patients. In internal medicine, the focus is chronic care of diabetes, high blood pressure, cholesterol and heart failure, among others. His youngest patient is 16, and he serves people throughout their maturity.

He was young when inspired to become a doctor, while working in France with high school students. "A lot were handicapped or in wheelchairs because of mistakes other physicians had made when they were growing up. That got me interested in medicine," Dr. James said.

Over the eight years since completing his residency, Dr.

James spent five years at UNT Health Science Center. Leaving academics for general outpatient medicine in this community, he has spent three years in practice with Mansfield Medical Group. Here, he's emphasizing overall health and managing chronic illnesses, including specializing in obesity medicine.

"The chronic illness of having excess fat, which leads to more serious chronic conditions, has such a significant effect on all the chronic diseases I treat daily," Dr. James said. "If we can find one problem to fix that will resolve four or five other problems, I want to do that."

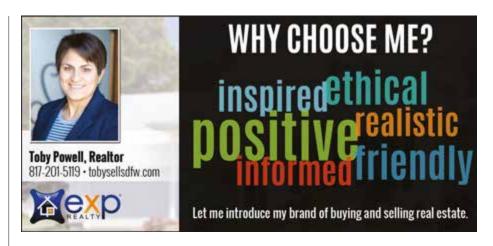
He will medically manage weight loss for patients who are looking for bariatric surgery but must first finish a required 6-month program of weight loss. "As little as 5-percent weight loss, which for most people is only 10 pounds, can make huge differences in people's health," Dr. James said.

Fairly conservative when it comes to treatment, Dr. James will not rush a person through diagnosis and treatment. "A patient may come in with high blood pressure, and be on the verge of diabetes. I suggest losing 5 or 10 pounds, so that their body may retreat from diabetes," he said.

He also educates patients. "I want patients to understand their illnesses, so we can work together," he said. "They will be able to take care of it on their own, and when they come visit me, they'll say things are better."

Dr. James' association with Mansfield Methodist Hospital provides his patients access 12 hours per day to Methodist NOW, a web-and text-based virtual health system that empowers patients to receive consultations and even prescriptions. Also, since Dr. James wants each patient to feel comfortable, he has built into his own schedule daily appointments for patients needing to be seen within 24 hours.

If you're in need of a physician focused on improving your health, Dr. James would like to hear from you. After your first consultation, you'll be on the same team.









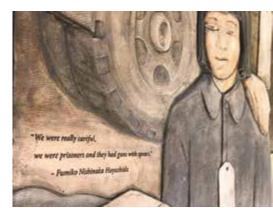












TravelNOW Hidden Gems

— By Allison Burdick

What do gold, Bruce Lee, and strawberries have in common? They're all part of Seattle's heritage shared through not one, not two, but three National Park Service sites that explore the area's history, culture and community.

History: Pioneer Square

All hail to the Klondike!

Situated within historic Pioneer Square (Seattle's original neighborhood) is a restored building known as the Cadillac Hotel. Constructed in 1889, it is now the home of Klondike Gold Rush National Historical Park, which shares stories from the 1897-98 gold rush in the Yukon Territory of Canada that swept gold-seekers through Seattle and up toward the Klondike gold fields. History buffs are exposed to Seattle and the Pacific Northwest's past through the eyes of stampeders looking to strike it rich, including John Nordstrom and how he managed to start a shoe empire. Kids can earn Junior Ranger badges by completing activities, while they explore the park. Short films and rotating exhibits are also part of the experience and help visitors delve deeper into the impact of the gold rush on Seattle.

Culture: Chinatown-International District

Enter the Dragon!

A short walk from Pioneer Square is the Chinatown-International District, a neighborhood rich in restaurants, shops and public art. The Wing Luke Museum of the Asian Pacific American Experience, an affiliated area of the National Park System, celebrates the art, history and culture of Asian-Pacific Americans through vivid storytelling and inspiring experiences. Learn how the neighborhood shaped Seattle's most famous martial artist and world icon, Bruce Lee. Take a historic building tour and catch preserved scenes of the everyday lives of the

hundreds of Chinese, Japanese and Filipino immigrants who once made this building their home. A menu of other guided tours takes you through the neighborhood — including one led by your stomach — with different seasonal dishes that may include dumplings, noodles, rice and barbecue.

Community: Bainbridge Island

Nidoto Nai Yoni — "Let it Not Happen Again."

A short, and extremely scenic, ferry ride from Pioneer Square takes visitors to Bainbridge Island, a community that encourages us all to learn from a dark chapter in our nation's history. Japanese immigrants first began arriving on the island in the 1880s, and strawberry farming was introduced in 1908. Many Japanese Americans went on to own and operate farms on the island and became integral to the community. However, immediately following the attack on Pearl Harbor, the United States government began arresting and facilitating the mass removal of all individuals of Japanese ancestry from the West Coast. The Bainbridge Island community was the first to have its members of Japanese ancestry forcibly removed from their homes. The Bainbridge Island Japanese American Exclusion Memorial, a unit of Minidoka National Historic Site, is an old-growth red cedar, granite and basalt memorial that honors all 276 Japanese and Japanese Americans who were exiled from the Bainbridge Island community. These were the first of what would become 120,000 individuals of Japanese ancestry — two-thirds of whom were United States citizens — forcibly removed from their homes and incarcerated during World War II. Visitors can check regularly for tour schedules.

Whether you are looking for stories, activities or new cuisine, the Seattle area is your destination with three National Park Service sites to visit, all easily accessible through public transit. For maps and other planning tools, visit www.nps.gov/state/wa/index.htm.

Photos courtesy of the National Park Service.





Better Safe Than Sorry

— By Zachary R. Urquhart

If it has not happened yet, you can expect to get the first tornado scare of the year any day now. Late spring to early summer is the height of storm season in North Texas, and you will want to be sure you are prepared for an emergency situation. Here are some ideas for what to stock up on and how to be as ready as possible if severe weather comes your way.

Have a Plan

• Know your home's safest spot. Depending on your house, this could be a simple one. You want to stay away from windows, ideally staying close to interior walls without much that could fall on you. Most importantly, make sure everyone in your home knows where to go in case of danger, so you do not have children panicking and missing if storms are happening.



- *Know how to leave*. One of the saddest sights when major storms hit are the thousands of cars along the freeways trying to find refuge. Be sure you know the major evacuation routes, so if you have to evacuate, you can get somewhere to stay for a while.
- Know if you can bunk with a friend. If your house does not offer a good safe spot, plan ahead to have a place you can go when severe weather is expected. You might

have friends who have a bunker, or at least a better safe spot than you do. Storm shelters are not the norm in this part of the country, but more and more contractors are offering to build or install them.



Have Supplies

- Get food and water now. If you want to avoid the price gouging that sometimes happens in a storm's aftermath, go ahead and stock up on bottled water and canned foods. One easy plan is to always have a surplus of those items, and every few months, consume what you have and buy replenishment. Be sure to include food for your pets when you are making your grocery list. And remember that your pets will increase the amount of water you need.
- There are other useful items. If you lose power, you may not be able to do much about your refrigerator and cold food, but you can be ready to stay warm with plenty of blankets. And just like you should have a stock of sustenance, be sure you have a supply of the





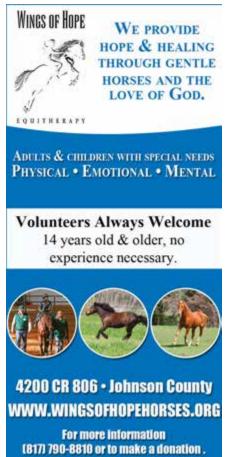
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batteries you will need for flashlights and any items that are essential for your family.



Have Information

- Use the radio in the mornings. Each morning, before you press play on your favorite CD or turn to your satellite music station of choice, tune into a station that includes regular news and regular updates. Forecasters never know exactly when storms might sprout up, but they usually have an idea at least a few hours in advance. In the same vein, keep a television turned on and tuned to a major network. You don't have to do anything more than watch for a break from regularly scheduled programming to bring a breaking weather update.
- Download a Weather App. There are many options, so many in fact that the only bad choice is not having one at all. Apps like WeatherBug or AccuWeather will not only warn you of tornadoes and extreme conditions, they also track lightning, so you know whether it is smart to be outside in less severe conditions.

Hopefully, you will never need any of these tips. But, if the worst does happen, your best plan is to be prepared.







Zoomed In: Jerry and Mary Whitt

By Melissa Rawlins

Packing gift boxes at Allies in Youth Development has become part of a joyful life for Jerry and Mary Whitt. Three years ago, they started volunteering together at the nonprofit Chris Burgin started to help provide hope and a future for children in orphanages in Russia. "I went with Chris in 2016," Jerry said. "Seeing kids get off the streets and get an education means so much to me."

Jerry is going to Russia again in October. Between now and then, he and Mary will continue sorting through donations for the care packages he then drives to UPS for delivery to Russia. "We provide them everything they don't have money to buy," Mary said. "We give them clothes, toiletries, shoes and, most importantly, special notes of affection."



Cheyenne Hoadley tastes spicy humus with Sandra Sanchez at Luna Grill's grand opening.



Thuy-Vi and Kim-Anh Le, students at Bradfield Elementary School, participate in a Lemonade War benefiting childhood cancer research.

Around Town



Caleb Daugherty enjoys the support of his grandparents, Jim and Ruby Daugherty, at the TA Howard Middle School McTeacher's Spirit Night.



Parker Marburger enjoys fresh strawberries at a gathering with his father, Scott, an Ambassador for the Mansfield Area Chamber of Commerce.



Marco Gamez, Nancy Garnica and Kevin and Jaky Gaytan fly kites at Julian Feild Park.



Jennifer Redmond and Teresa Sherwood wait for their lunch at Mary Lou's Sandwich Shop.



Maureen "Mo" Bergschneider meets up with Debi Thomas at the ribbon cutting for Legend Assisted Living & Memory Care of Mansfield.



Jasmine Clarkson, flanked by Maiz's owner Mike McMahan and manager Gerardo Lopez, serves up a crafty mole margarita.



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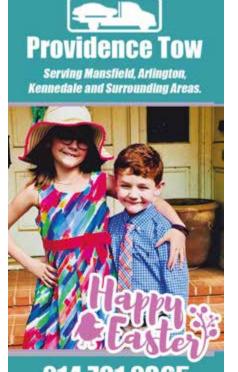
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Calendar

2, 9, 16, 23, 30

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

6

The Big Connect: 8:00 a.m.-3:00 p.m., The Center for the Performing Arts. Five area chambers host this business expo offering workshops on marketing, management, leadership and finance. Tommy Bowden presents keynote address at 11:15 a.m. \$15-\$400. RSVP (817) 473-0507.

7

Chunk Your Junk and Shred Day: 8:00 a.m.-noon, Chris W. Burkett Service Center, 620 S. Wisteria St. and 24 N. Mitchell Rd. From old televisions to tree limbs: call (817) 728-3655 to find out where to bring what.

7, 8, 14, 15, 21, 22, 28, 29

Scarborough Renaissance Festival: 9:00 a.m.-9:00 p.m., 2511 FM 66, Exit 399A and I-35E. Festival is set back in the time of King Henry VIII with arts, crafts, vendors, food and entertainment. For more information, call (972) 938-3247 or visit www.srfestival.com.

7, 14, 21, 28

Free Live Music: 7:00-10:00 p.m., The LOT Downtown. First weekend, Tejano honky tonk from Tejas Brothers with Apolonio Romero, Jr. Second, Italian-turned-Texan singersongwriter Giulia Millanta, with Jackson Christenberry. Third, get your blues and rock fix with Tony Rodriguez Band. Fourth, enjoy classic jazz and blues with Lady Diamond & The Ruff Rubies. Contact Executive Director Kat Orsak, (405) 250-1947.

10

Mansfield Garden Club meeting: 6:00-8:00 p.m., Rocky's Stone & More, Inc., 7973 Rendon-Bloodworth Rd. Hamburger social precedes session from Randy Eiler on rainwater storage. To RSVP or ask questions, call Tammie Pavese, (817) 453-5289 or Donna Mendenhall, (817) 475-4428.



11, 25

Mansfield Lions Club meeting: Noon-1:00 p.m., Mansfield Methodist Hospital, 2nd Floor Conference Room, 2700 E. Broad St. Service-minded citizens wishing to learn more about the Mansfield Lions Club mission are welcome to contact Nicole Simmons, (817) 453-1170.

12

Business Unplugged: 5:00-7:00 p.m., Cutting Edge Pediatric & Adult Therapy, 1707 Fountain View Dr. Free mixer: food, drinks and music. Call Mansfield Area Chamber of Commerce, (817) 473-0507.

13

The Magic & Mystery Show: 8:00-9:15 p.m., Farr Best Theater, 109 N. Main St. \$15. Contact Braden Daniels, (682) 422-4766.

14

Help to Heal Sharing God's Love Yard/Bake Sale: 8:00 a.m.-5:00 p.m., 670 Primrose, Midlothian. The event needs volunteers, garage sale items and baked goods. For more information, email Linda Miley at ldean@helptohealtx. org or visit www.helptohealtx.org.

M-pact in Concert: 6:45-9:00 p.m., Farr Best Theater, Historic Downtown. \$20 to be amazed by this internationally touring six-man a cappella sensation's vocal acrobatics. Advance ticket purchase: (817) 804-5768.

18

Better Together Luncheon: 11:30 a.m.-1:00 pm, Arlington Convention Center. \$25. Network and honor select community leaders with the Arlington Mansfield Area YMCA. (817) 299-9629 or www.amaymca.org.

Quilting With Heart: 1:00-3:00 pm, First Methodist Church Mansfield, 777 N. Walnut Creek. Open membership with no dues. Join us if you are interested in making charity quilts and would like to learn more about and share the art of quilting. qwhinfo@gmail.com.



19

Thirsty Thursdays 5K: 6:15-9:00 p.m., Steven's Garden and Grill, 223 Depot Street. Free, fun run for all ages and skill levels. All runners over 21 years of age receive two free beers at the

April 2018

finish line. Live music by Scott & Steve. Contact Steve Cosio, (817) 475-7210.

25

Chamber Business Luncheon: 11:30 a.m.-1:00 p.m., Tarrant County Community College Southeast Campus. Participate in a Mansfield City Council and MISD Candidates Forum. RSVP (817) 473-0507.



28
Farmers Market: 8:00 a.m.-1:00 p.m.,

206 Smith St. For more information about the cheeses, crafts, baked and canned goods, flowers, herbs, vegetables and meats available, visit www.mansfieldfarmersmarket.net.

Earth Day Mansfield: 10:00 a.m.-4:00 p.m., Chris W. Burkett Service Center, 620 S. Wisteria St. Fun, free family event presented by Keep Mansfield Beautiful and Mansfield Water Utilities. Email kmbc@mansfieldtexas.gov or call (817) 975-3197.

Touch A Truck: 10:00 a.m.-2:00 p.m., MISD Center for Performing Arts parking lot. \$10 per vehicle. Contact mecptafundraising@gmail.com.

29

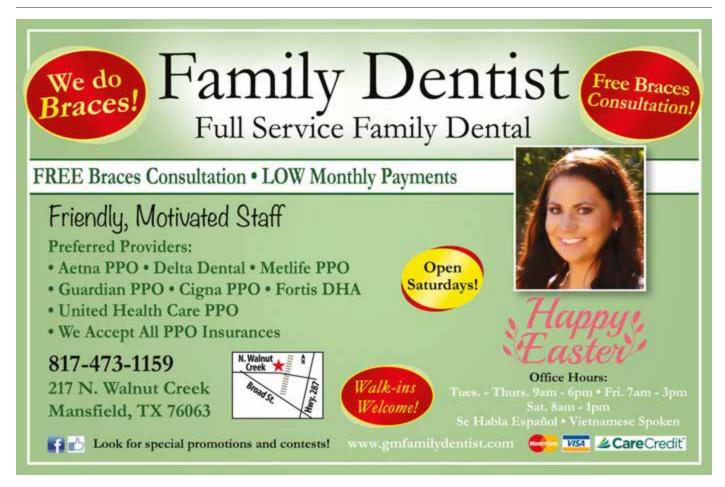
Spark Family Adventure: 4:00-5:00 p.m., First Methodist Church Mansfield,

777 N. Walnut Creek. Free for preschoolers who like hands-on science experiments. Register: www.fmcm.org/sparkadventure.

Ongoing:

Mondays — Fridays Mission Market: by appointment, Wesley Mission Center, 777 N. Walnut Creek Dr. To meet dietary needs, families may choose their own grocery and toiletry items. Call to make an appointment to shop: (817) 473-6650.

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



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HealthNOW For Men Only

— By Betty Tryon, BSN

There was a time when men rarely thought about their prostate. That was before the advent of the seemingly neverending parade of commercials promoting various drug treatments for prostate ills. With the increased focus on the prostate today, men are more aware of the risks associated with this gland. The prostate is part of the male reproductive system. Located in front of the rectum and below the bladder, it makes a slightly alkaline fluid that is the liquid part of semen. This fluid protects sperm cells in semen and aids in the motility of sperm. Although a gland, the prostate is also a muscular organ, which helps propel semen through the penis.

The anatomy of the prostate lends itself to possible problems as a man ages. Part of the structure of this organ is the urethra, which is the tube that transports urine and semen. The prostate gland grows until a man reaches adulthood, but often the inner part of the organ that surrounds the urethra continues to grow. This can set up the beginning of a condition called benign prostatic hyperplasia (BPH), which is an enlarged prostate.

In BPH, the surrounding tissue presses on the urethra, which

can cause difficulty in urination. On average, this issue does not occur until after the age of 50 in most men. Other than difficulty in passing urine, some additional problems associated with this condition are frequent urination, sensation of the bladder not being empty after urination, stopping and starting repeatedly during urination, dribbling urine and a frequent need to get up at night to urinate. Anyone with these symptoms should see their doctor.

When visiting the physician for a yearly physical or investigation of a complaint involving the prostate, a digital rectal exam is performed. The physician looks for lumps, tenderness and other abnormalities. Another part of the examination, the Prostate-Specific Antigen (PSA) blood test, also aids in screening for possible prostate cancer. The PSA is a protein found in the prostate cells. It is normal for all men to have low levels of PSA. A higher number does not automatically lend itself to prostate cancer. It may be cause for concern, in that you may be at higher risk for the disease. Your health care provider can weigh all of the factors and determine what level is normal for you. They can also recommend when screening is appropriate for you and if further tests or treatment are warranted. PSA is a great screening tool, but it is only the beginning. After that comes the rest of the story.

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



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