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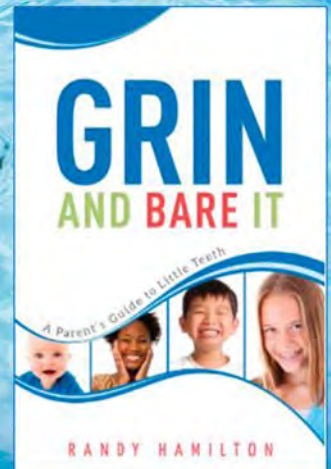
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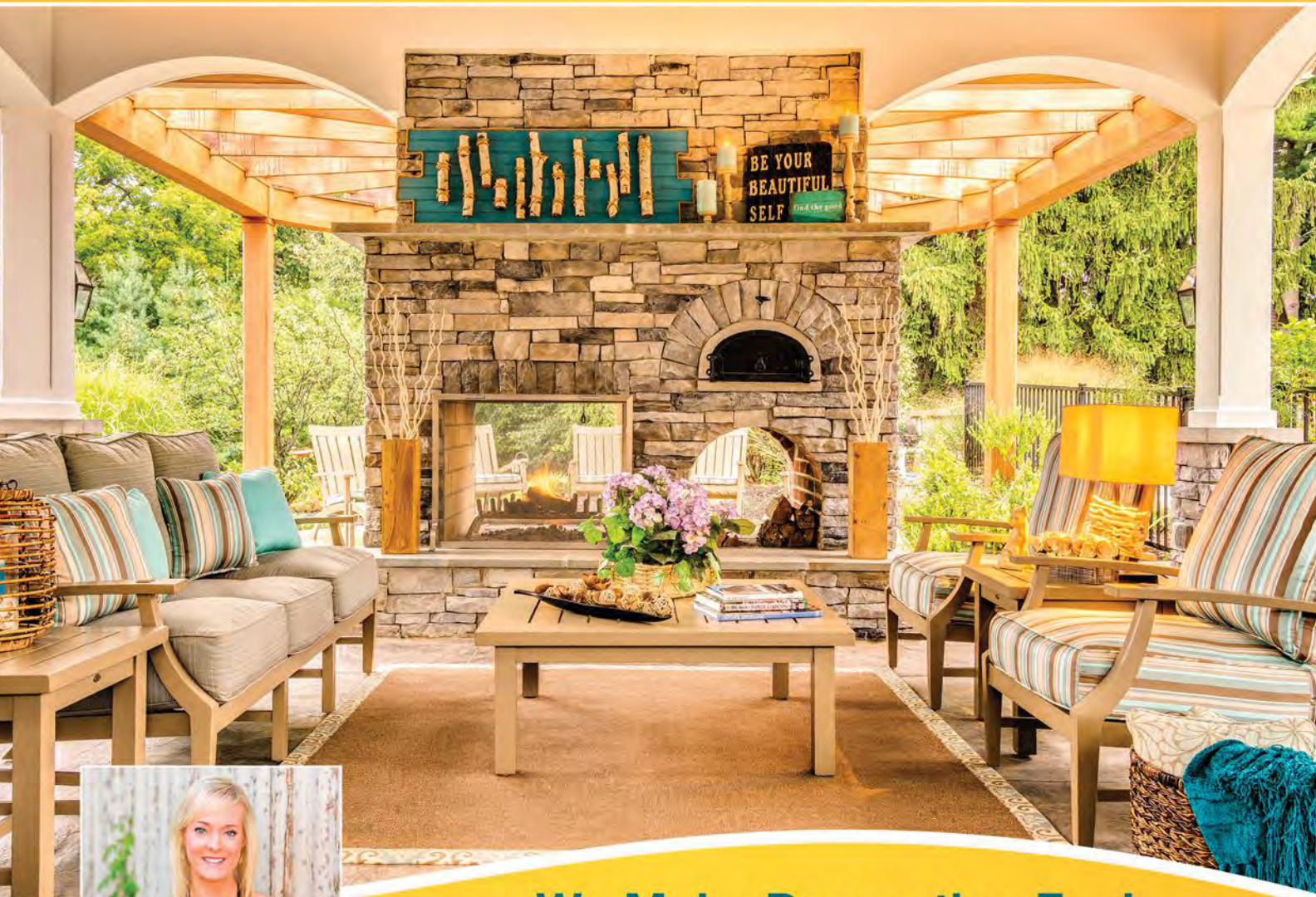


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CONTENTS

June 2014 • Volume 9, Issue 6



- 8 The White Gazebo**
One special landmark on Walnut Creek Drive holds a lot of history.

- 18 Motorless Flight**
State records and international travel are only a few of Mike Westbrook's accomplishments.

- 28 A Prayer Answered**
At Home With Will and Kerrie Eubanks.

- 36 Directional Detour**
Life has a strange way of changing one's path.

- 44 Wagging Tails**
There are several different reasons for becoming a pet parent.



52 BusinessNOW

54 Around TownNOW

56 FinanceNOW

60 CookingNOW

ON THE COVER



Lucretia Mills has cared for this gazebo for over 20 years.

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,

It all started with one patriotic teacher's great idea in 1885. Bernard Cigrand encouraged his students to observe the U.S. flag on June 14, which was the 108th anniversary of the adoption of the Stars and Stripes. The students latched onto the idea, now officially known as Flag Day. For years, Flag Day snowballed into a community, state and, eventually, nationwide event honoring not only our flag, but also the values behind it.

I'm inspired by this teacher's enthusiasm. Although it took over 60 years for Flag Day to become a national holiday, he believed in his cause and spurred on others to care as well. The Fourth of July might be right around the corner, but on June 14, remember the Stars and Stripes and be grateful for the freedoms that we have.

Happy June,

Mikaela

Mikaela Mathews

MansfieldNOW Editor

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The

White Gazebo

— By Mikaela Mathews

To anyone living in Mansfield, it's no secret that the city is growing. New restaurants, businesses and schools pop up regularly within Mansfield's booming city borders. One might think a growing town would have an attitude of abandoning the past to pursue the future. But, Mansfield has been able to maintain a healthy balance — one of respecting the past while bustling into the future — and one white gazebo, supervised by a longtime Mansfield resident, perfectly represents this balance.

Lucretia Mills and her family found themselves moving to Mansfield in 1981. "We moved here because of the school district, and because it was a small town," she smiled. "I think there were only two fast food places here at the time." Before long, the Mills family became involved in the small community. Her children wanted to start playing soccer, but there was no soccer league, so her husband, Gary, helped start the Mansfield Soccer League.





***“I love
that people
in the
community
enjoy the
gazebo.”***

In the '80s, Lucretia joined the Women's Division of the Mansfield Area Chamber of Commerce. She remained an active member for over 20 years. During this time, the Women's Division held annual auctions to benefit the Chamber. In 1990, the white gazebo was born from one of these auctions. “We decided we wanted to do something really big. So, we chose to donate a gazebo to the auction. Someone donated the materials and time to build it,” she explained. “We ended up getting so excited about it that the Women's Division bought it at the auction.”

But, with a gazebo in hand and no place to put it, the Women's Division donated it to the school district, which positioned it on Walnut Creek Drive, where it remains to this day. The Women's Division, which commissioned Lucretia as its supervisor, maintained the gazebo until last year, when the Keep Mansfield Beautiful Commission took over its supervision. Lucretia continues to oversee it as a member of the KMBC.

The gazebo on Walnut Creek has seen many people, decorations and events during its lifetime. Most memorably for Lucretia was a group of 17- to 24-year-olds enrolled in a correctional facility that gave troubled young adults a second chance before going to jail. “I saw male trainees from the facility come out and work on projects around



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the community," Lucretia recalled. "So I called them and asked if we could get a few of them to come out and help keep the gazebo nice. But when they came out, they were female trainees. I was surprised but thought this was perfect since it was a Women's Division project."

The relationship Lucretia created with many of these female trainees was deep and long-lasting. "The joy of the whole gazebo project was working with those young ladies. I would invite them up to the gazebo and even went to their graduations. It was the only time that the ladies were allowed off-site," Lucretia recalled. Working on the gazebo proved life-changing and therapeutic for many of the ladies. "I remember one day while we were working, one of the trainees made a comment, 'I have never started



something and finished it. Today, I've finished what I've started.' It was a lesson for her that built her self-esteem, and it was neat she was able to experience that through the gazebo."

Even years after trainees left the facility, these young ladies would visit Lucretia at the gazebo. "One night, Gary and I were out at the gazebo watering flowers, and a car pulled up. A woman walked over to us, and we realized she

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was one of the former trainees,” Lucretia smiled. “She was just driving by and saw us out there at the gazebo. She recognized us and stopped to say, ‘Hi.’ Interacting with those women was the most rewarding part.”

In addition to maintaining the landscaping, Lucretia also decided to give the young women a new and creative project: decorating the gazebo. The trainees were tasked with devising decorations for each major holiday. “One of my favorite decorations they came up with was for St. Patrick’s Day,” she explained. “They had the idea to spray paint CDs gold to act as a pot of gold. We suspended the CDs from the gazebo and placed them all around. I gave them the responsibility of doing that, and it was their project. It created pride in them for their work.”

The gazebo decorations have remained throughout the years. Easter is Lucretia’s favorite holiday to decorate for. Pastel-colored ribbon is woven through the pillars of the gazebo to create a larger-than-life Easter basket, and wooden eggs are scattered all around. Christmas was also a special holiday for the gazebo for many years. When Santa Claus would come visit the gazebo, the line to meet him stretched all the way to the street.

A few small weddings have even happened at the gazebo, as well as a number of family portraits. “There was one time last year, when Gary and I were out at the gazebo, and a man and his two kids rode up on their bikes. We started talking to them and realized we had known him when he had played soccer as a kid,” she smiled. “Turns out, he was bringing his kids to the gazebo to take their picture, because his mom had brought him there to take pictures.”

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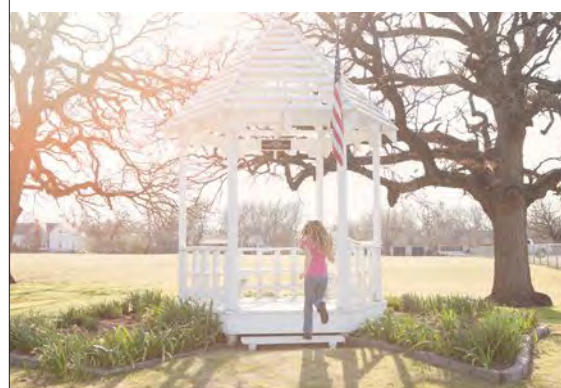
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to the Mills family. "The community has really supported us, even when things were a challenge," Lucretia shared. When their son, Greg, was 10 years old, 18 percent of his body was burned in a horrific accident. "We were in Oklahoma for a family reunion when the accident happened. Parkland Hospital sent a plane to pick him up and transported him down here," Lucretia explained. "The community was there for us during that time, so it's important to us to give back to them." He was in the hospital for two weeks, but recovered and is now living a healthy life.

The gazebo means much to Lucretia and to the Mansfield community. Throughout the years, it's been a place to rebuild self-esteem or create family memories. For Lucretia, it's been a passion. "I love that people in the community enjoy the gazebo," she smiled. "One of my friends said, 'You know, when I drive by and see the gazebo, it just puts a smile on my face.' This is just my way to help beautify our community." **NOW**



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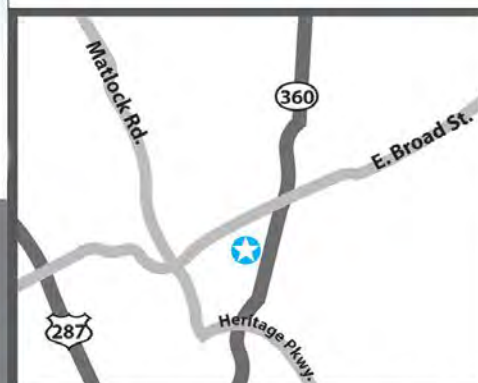


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Motorless Flight

— By Mikaela Mathews

If you ask most people if flying 10,000 feet in the air in a plane with no motor sounds like an exhilarating experience, most would respond with a resounding yes. But for pilot Mike Westbrook, this is everyday life. "I grew up at the airfield, so I was always interested in aviation. I was 13 when I started taking soaring lessons and have been doing it ever since," Mike explained.

Soaring is the fine art of motorless flight inside gliders. A tow plane pulls these one- or two-seat gliders with a long rope until it is comfortably flying. From there, pilots navigate their motorless plane through the clouds by shifting the ailerons on the wings and paying close attention to the atmosphere. "Unlike power flying, everything in soaring is dependent on the weather and the decisions you make with that," Mike shared. Just like water bubbles rise to the top in a boiling pot of water, so does air in the atmosphere throughout the day. Glider pilots use these pockets in the atmosphere to navigate.

According to the Texas Soaring Association's website, the sport of soaring became popular during World War II. "During the war ... training for military glider pilots required a significant production of two-place training gliders, and exposure to natural up drafts opened up many minds about the fun of staying aloft using nature's power. Thus, after the war, cheap gliders were available, and since launching was a team effort, it also provided a built-in social group for these people of like interests."



With a pilot for a father, Mike spent his childhood either in the cockpit of an airplane or on the tarmac runway. "I'm a third-generation pilot, and my other family members were aircraft mechanics," he said. At 13 years of age, Mike started soaring. At 14, he took his first solo flight. And, at 16, he earned his soaring license. When he was 15, Mike also started to serve as a crewmember at soaring competitions across the country.

As Mike continued to grow in his soaring abilities, he participated in soaring competitions that took him around the world. He traveled to nine states for competitions and was even honored to join the 2005 US Junior Soaring team in England, and later, the 2007 US Junior Soaring Team in Italy.

While in Italy, Mike had his most harrowing soaring experience. Flying with another pilot, the two were challenged with flying near a mountain peak.



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Neither pilot had much experience with mountains. “We were climbing in the air, and as we got to the top of the mountain, the other pilot went too far over on the other side,” Mike recalled. Going over to the other side of the mountain was not a part of the plan. The opposite side had a lot of “sink,” as Mike puts it. Mike hurried over to the other side to help her, but both pilots were plummeting 800 feet a minute. Soon, however, they were able to climb back up in the air. “When we returned from our flight, the Italians told us we were the first to ever fly over the mountains and make it back without landing by the sea,” he said.

Despite this experience, however, soaring is a rather safe activity. Very few accidents occur each year, and pilots must



"I like to share the experience with people who are learning. It's always fun to see them progress from not knowing what to do to being able to fly."

earn their licenses through numerous tests regulated by the Federal Aviation Administration. For those who work consistently, glider pilots often earn their license in about a year.

While Mike was still learning how to fly his glider, he would occasionally find himself stranded in a field. "The first time I landed in a field, I was 14 or 15," he laughed. "I landed in the middle of a farmer's field that was about a mile square. We couldn't take the van into the field to get the glider, so we had to carry the wings out to the road in the middle of 100-degree heat."

Nonetheless, Mike has created an outstanding career for himself in aviation. In high school, he secured a college scholarship and attended the University of North Texas. He transferred to Embry-Riddle Aeronautical University after his freshman year and graduated with a bachelor's degree in professional aeronautics, later adding a master's degree. He has been teaching people about planes and flying ever since.

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Mike finds great pleasure in teaching others how to soar. "I like to share the experience with people who are learning. It's always fun to see them progress from not knowing what to do to being able to fly," he shared. Mike also teaches pilots at the Big Q Aviation based at Mid-Way Regional Airport, located between Midlothian and Waxahachie.

Mike is able to meet and teach a wide variety of people through his soaring lessons. "We have a lot of former military and commercial pilots who want to learn to soar, as well as other professionals like lawyers, teachers and engineers. It's an interesting mix of people who want to learn," Mike shared.

Following his love for soaring, Mike is also on the board of directors for Texas Soaring Association, one of the oldest and the largest nonprofit gliding clubs in the nation. "As the safety director for the club, I make sure we are operating safely and look at any issues that we may have had in the previous year," he explained.



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Mike has had great success in his soaring career. He has earned three Texas state soaring records in his solo flights and five New Mexico state soaring records. He also has a goal to set a new multi-place US record with his dad this summer. Soaring competitions last for several days. Each day, contestants are given a task to complete. Using GPS recorders, pilots are scored based on distance and speed over the task. "The contest will set the earliest time you're allowed to start. You can start at any time after that, but your goal is to choose the best time to fly. You may have a four-hour window, but if it's a three-hour task, you have to figure out when is the best time of day," Mike explained.

Growing up with a pilot for a father, Mike credits him for his career. "My dad was always encouraging to me to start going to contests when I was young," he shared. "He has been my biggest influence in flying." **NOW**

Editor's Note: Visit TSA's website, www.texassoaring.org for information about the club and the 2014 Sports Class Nationals in July.

Keep Calm and Vape On

Mansfield resident Toby Gooch and his wife, Sabrina, along with Beverli Sumrall and her husband, John, all had a passion for eCigs and a desire to help others break the bad habit of smoking. The result was the opening of Jaded Vapors in March 2014 at 7221 Matlock Road in Arlington. With a strong belief in competitive pricing, they are helping their customers save money and stop smoking at the same time. Happy Hour E-Juice is available Mon.-Sat. from 1-5 p.m. They also believe in paying it forward and have sponsored a local bowling team. Visit their website at www.jadedvapors.com and like their Facebook page for special deals and promotions.

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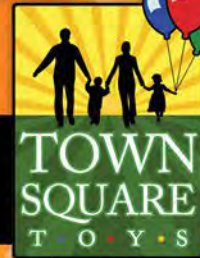


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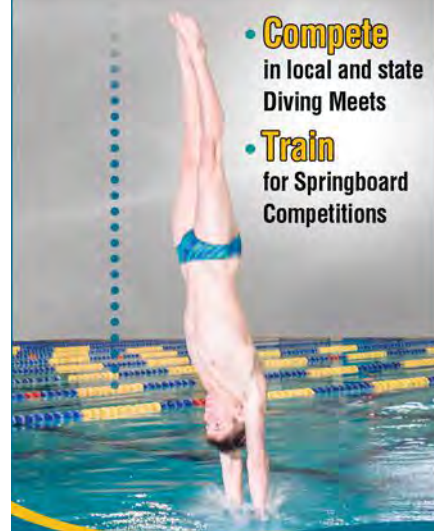
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A PRAYER ANSWERED

— By Carolyn Wills

The long driveway leading to Will and Kerrie Eubanks' white, colonial-style home widens to a large platform for parking, turning and easy access to the side garage. The breathtaking two-story home, framed by pristine white-fenced pastures and fronted by a beautiful slate-floored patio, is the picture-perfect

American home, which for this family, is truly an answered prayer.

In 2012, after Will and Kerrie had been searching for a new home for nearly a year and verged on buying a lot and building, a new listing for a home on five acres suddenly popped up. "It really was a prayer answered," Will said. "We love entertaining, and I feel like God gave us this house to share and use for a good cause."

Appropriately, the nearly 5,000-square-foot home had been initially envisioned for a good cause. In 2008, *American Idol* winner and country music star Kelly Clarkson had three homes constructed on adjoining acreage — one for her mother and sister, one for herself and one for her brother. "This was her mother and sister's home," Will remarked. After Kelly and her family moved to Nashville, the property was divided into four parcels and sold. "The land to our right is now a 50-stall Arabian/Quarter Horse training barn," he added. "They're beautiful animals and great neighbors."

AT HOME WITH WILL AND KERRIE EUBANKS





Will and Kerrie have been married for 10 years and are proud parents of 6-year-old twins, Emma and Addison, and 4-year-old, Averie, aka Goose, plus the family's beloved 9-year-old Chocolate Lab named Nellie. "It's all about dress up and glitter around here," Kerrie grinned. "I love the space and the windows in this house. Even from the inside, it feels like we're outside, and it's a great place for our girls to grow up."

Lively and happy describe both this young family and their beautiful home. From the foyer, the main floor opens into the living room with a clear view of a large breakfast nook lined with windows. "The eating nook is one of our favorite places," Kerrie said. "The girls sit at the table doing homework while watching hummingbirds and hawks, and



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hand-scraped wood floors. “Most of the walls were a tan color when we moved in,” Kerrie explained. “We changed them to a lighter shade.” The abundance of natural light and brighter walls contrasts beautifully with the rich wood floors. Thanks to a mix of furnishings and accessories, the home is a testimony to Kerrie’s eye for rustic elegance with a modern twist. “All of our living room furniture is from a consignment store,” she smiled. “I like pieces that look like home and are not too perfect to touch,

this is where we eat most of our family meals.” The nook is furnished with a long farmhouse table and cushioned chairs with white-slatted backs. The windows are bordered by beautifully patterned drapes that once belonged to Will’s grandmother. “The chair backs mimic the outside fences, and the roses in the drapes are like the roses that bloom along the fence,” she smiled.

Kerrie describes her style as rustic elegance with a touch of modern. She loves both warm and cool colors, and like Mother Nature, she’s accomplished

at using both. “Teal is my favorite,” she smiled. Inspired by slate-covered porches and walkways, the home is filled with variations of gray, blue, green, cream and orange.

A large, stunning kitchen, flanked by the eating nook and formal dining room, facilitates family meals and formal entertaining. The dining room is painted a soft blue and accented with a handsome gray-washed dining table, cushioned chairs, white chair rail and ample ceiling and base moldings.

The main floor features dark-stained,



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especially while the girls are still young.”

“Other than repainting, we didn’t need to do a lot,” Will added. “We refaced the fireplace in the living room with slate and glass tile and also converted the downstairs study into a media room with a 120-inch screen and stadium seating.”

The upstairs features the girls’ rooms, a media room, guest room and a separate tile-floored living area complete with a small kitchen and stairs to the main floor, which is

large enough to be private quarters or a future teen hangout.

“The home was built with dual master suites,” Kerrie said. “Ours is downstairs and the twins love sharing the one upstairs.”

A Peter Pan theme decorates Emma and Addison’s room, while Averie’s is filled with art and homemade quilts. “My mother made bedding for all of the girls’ cribs,” she added.

Downstairs, the master suite is a happy mix of oranges, blues and whites. The orange was inspired by the discovery and purchase of a cheerful couch. Kerrie made the blue and white headboard and found the perfect curtains. A unique inclusion in the bedroom is an office nook with windows for looking out to the sunroom, which doubles as the girls’ arts and crafts room. “We want this to be the fun house for kids to come to, as well as a place to share with family and friends, so we purposely have a lot of entertainment options,” Will explained.





Whether it's a Bible study or retreat, rehearsal dinner, outdoor barbecue and fundraising concert, birthday party or holiday celebration, the Eubanks' home is a welcoming step away from city life and busy schedules. "We prayed for a home off of the highway with land," he added. "We have five acres with the feel of 30 acres." The backyard features a swimming pool and a workshop turned into a playroom with pool table and

games, plus an outdoor putting green and fire pit.

Will's real estate appraisal business is located on Main Street. "We love the historic part of Mansfield," he said. "We moved here from Grand Prairie and are blessed to have a small town feel in a vibrant

community, easy access to Fort Worth and a home in the country. We have fun exploring local restaurants and parks."

Will and Kerrie met when they were students at Dallas Baptist University. Will's father is pastor of Grand Prairie Bible Church, and faith has always been central to the couple's marriage and family. "Will is very good about seeing others' needs," Kerrie smiled. "In a humble way, he meets those needs, sometimes without them even knowing he's doing it."

Inscribed on an art piece in the Eubanks' home are the words *Above all, love each other deeply*. This is a family whose lives are filled with light and happiness, and whose mission is to share with family and friends. **NOW**



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— By Sara Edgell

Life is unpredictable, and no amount of hoping, planning and thinking will change its capricious nature. Traci Green thinks of her life as a figurative flight to an expected destination. Instead of heading to romantic and exciting Paris, she landed in beautiful and intriguing Holland on July 27, 2005, when her son, Ashton, made his grand entrance into the world and her life. "Little did I know my course in life had suddenly been diverted," she said. "Drastic change would dramatically alter the direction my life would take from that point on."





Traci and her husband, Jeremy, married and had their first child, a daughter named Jordan. In 2005, the family of three became a family of four as Ashton was welcomed into the world and the family with love and excitement. Ashton came home with a feeding tube, and at 2 weeks old, he had a duodenostomy, which is a formation made through

surgery in the first section of the small intestine. Next, he also fought meningitis.

As the days grew into months and then years, Traci began to notice Ashton wasn't progressing developmentally as expected. She knew from experience with her daughter that he should be reaching basic milestones, such as: crawling, talking and walking, yet he wasn't. After several years of being told by doctors to just take Ashton home and love him, Traci had had enough. Deep down, she knew something was just not right, so she switched pediatricians and pursued genetic testing. Finally, she found some answers. "We were just happy to finally have an answer," she explained. "Our goal has always been to make his life the very best we can, which meant we needed to know exactly what we were dealing with."

The results of the genetic testing concluded that Ashton had Pitt Hopkins Syndrome. Caused by a mutation in the TCF4 gene, it is an extremely rare genetic disorder that affects a significantly small number of individuals across the world. When diagnosed in 2010 at age 5, Ashton was the 11th individual in the United States with the disorder. At the time,

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there were only 64 total cases worldwide. The numbers, however, have gone up. Currently, there are 300 cases worldwide. Because the disorder is so rare, there is very little information, resources and support concerning treatment and general awareness available to the public.

Pitt Hopkins is characterized by both intellectual disabilities and developmental delays. Consequently, children with the disorder typically have a very happy demeanor, smiling and laughing seemingly nonstop. "One of the characteristics is a happy disposition," Traci stated. "So, I guess if you're going to have to have a syndrome, this is the one to have. That's him — he is happy



and laughing most of the time."

Ultimately, Ashton's diagnosis was more than just an answer for Traci concerning how to best help her son grow and develop. It became the catalyst that determined her life's work. Finding child care that was more than just adequate proved to be nearly impossible. Ashton had very specific needs, requiring not only a skilled and knowledgeable



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individual, but one with a heart for working with children with special needs. Traci was also concerned with finding a place she could trust, where her son could learn and be safe. "This search made me realize how significant of a hole there was in educating children like my son. I chose to begin filling this gap myself," she said.

Before Ashton was born, Traci had worked in the business world for many years. Her bachelor's degree is in public relations. When she started working at the child care facility and school where her son attended, she meant business. Traci was so impressed with the school that she decided to obtain her alternative certification to become a special education teacher. "I wanted to be the kind of teacher I desired for Ashton. I wanted a teacher who had empathy and could understand what it meant to drop



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my child off, knowing he wouldn't be able to come home and tell me how his day went, what happened, what went good or what may have gone bad," Traci explained. "Honestly, that's what motivates me every single day."

Fast forward five years later, and that's exactly what Traci is doing. Traci approaches her students like stories, mostly unwritten. Her goal is to help them write the next chapter of their story one day at a time. Similarly, her story is largely unwritten, as well. With compassion and determination, they write their days together without limitations in the four walls of her classroom. Currently, she is a special education teacher at Mary Jo Sheppard Elementary School for grades first through fourth. However, she is far more than just a teacher — she is an advocate. Recently, Traci's hard work and dedication received the most prestigious of acknowledgements — she was named Teacher of the Year at her school. Her passion and heart for what she does

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clearly hasn't gone unnoticed.

Despite the odds Ashton has faced because of Pitt Hopkins Syndrome, Traci and her family work hard to give him every chance to succeed. Although the doctors said he would never walk, Traci helped him defeat those odds. They worked relentlessly with Ashton, and at age 6, he began to take steps on his own. "It was the best ever," recapped the proud mom. Speech is another skill that people with this disorder are not characteristically able to do. However, Traci continues to work extremely hard with Ashton using technology and techniques to help him learn verbal skills. Through physical therapy and love, Ashton's future looks bright. "In everything I do, my son is always in my thoughts and actions. What is best for him? What can I do to help him lead a better life? I want to continue learning and empowering myself to be a better mother to my son and a better teacher to my students," she stated.

Paris may have high fashion, delectable cuisine, the Eiffel Tower and other impressively extravagant architectural attractions, but guess what Holland has? Tulips in every shade of the rainbow, handcrafted windmills and a cultured history rooted in beauty and hope. So even though Traci never made her figurative trip to Paris, her memories remain vivid from her trip to Holland. Her life may not have included that trip to Paris or turned out exactly as she had planned, but she got Holland, something far better than anything she could have expected. Instead of being hindered by the predictableness of life, she has happily embraced the directional detour and wholeheartedly accepted the change in destination. In Holland, Traci found the true meaning of her life, and **NOW** lives

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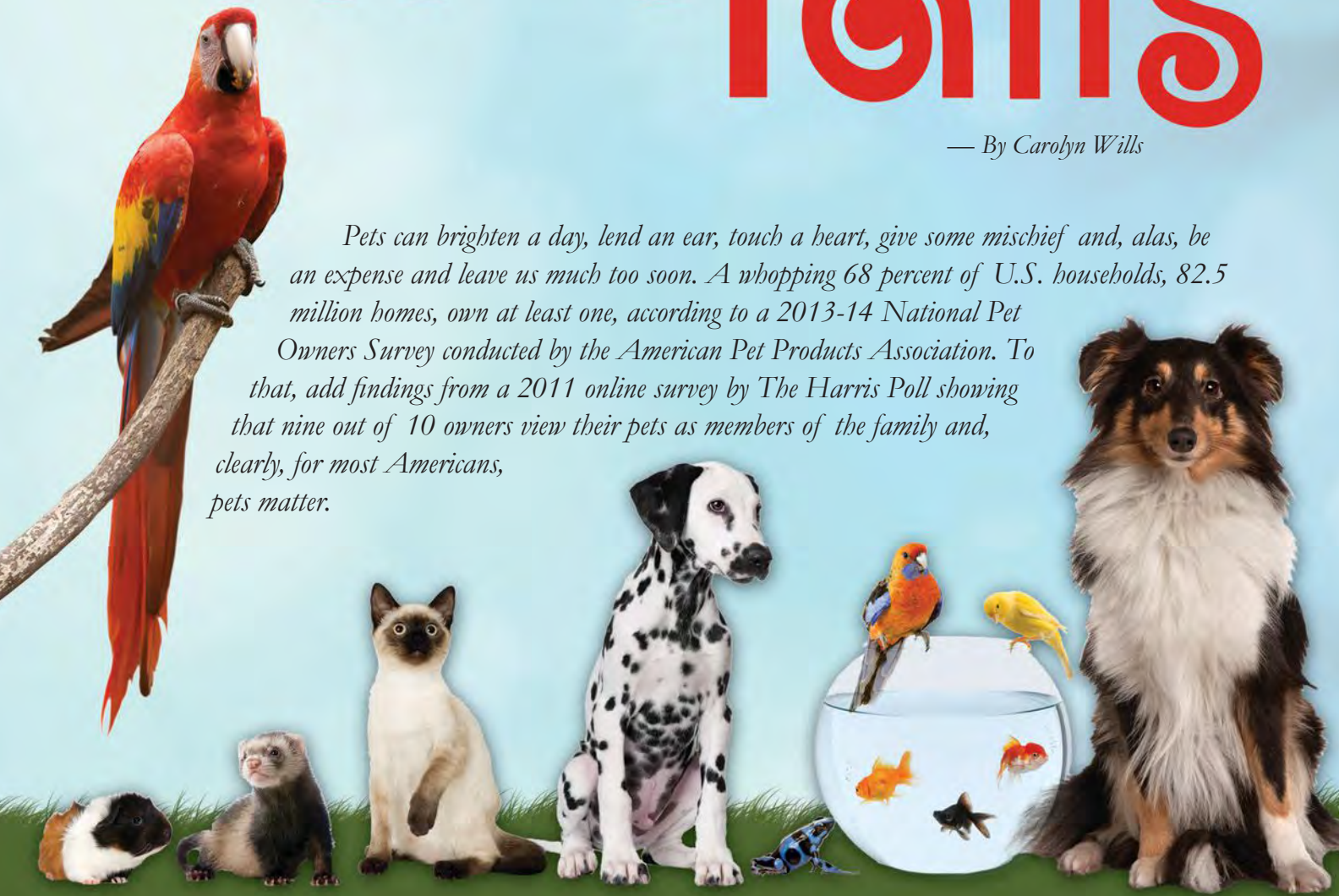
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Wagging Tails

— By Carolyn Wills

Pets can brighten a day, lend an ear, touch a heart, give some mischief and, alas, be an expense and leave us much too soon. A whopping 68 percent of U.S. households, 82.5 million homes, own at least one, according to a 2013-14 National Pet Owners Survey conducted by the American Pet Products Association. To that, add findings from a 2011 online survey by The Harris Poll showing that nine out of 10 owners view their pets as members of the family and, clearly, for most Americans, pets matter.



Anyone who has marveled at a cat, enjoyed the perfect horseback ride or looked into the eyes of an old dog knows the special language between human and animal. On the simplest level, pets are our companions, but they can also be conduits to physical, competitive and/or social outlets. Today, labels like “horse people” and “dog people” are familiar, and clubs, training facilities and activities exist for just about every breed, talent and interest.

Remarkably, Americans care for an estimated 20.6 million birds, 95.6 million cats, 83.3 million dogs, 8.3 million horses, 158.6 million fish, 11.5 million reptiles and 18.1 million small animals. That’s a lot of millions supporting pets, particularly against the realities of their expense and shorter life expectancy.

What, then, draws us to become “pet parents”?

1. Having a pet is an opportunity to care for something outside of ourselves. Pets personify unconditional love and a wondrous



connection to nature. They're also great entertainers, and as creatures of habit, can serve as a grounding force in our lives.

2. Health and welfare benefits can be found in pet ownership, too. APPA cites several studies supporting the pet connection as being good for us:



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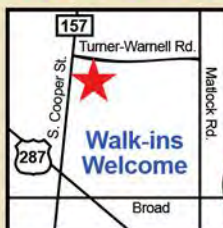
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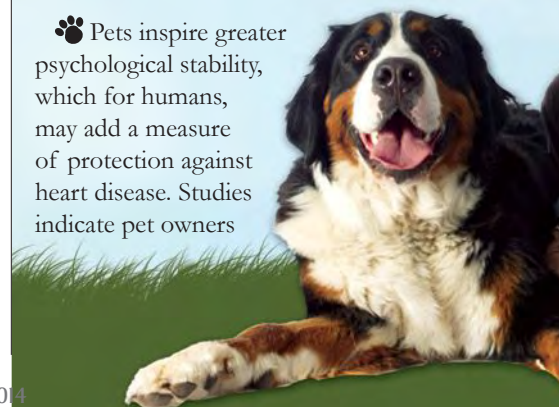


🐾 People with hypertension who adopted a cat or dog were found to have lower blood pressure readings in stressful situations than those who did not own pets. (Dr. Karen Allen, State University of New York at Buffalo.)



🐾 Pets have also been found to be effective at reducing human stress and anger. Walking a dog, riding a horse, petting a cat or any number of activities soothes nerves, provides physical release and promotes relaxation.

🐾 Pets inspire greater psychological stability, which for humans, may add a measure of protection against heart disease. Studies indicate pet owners





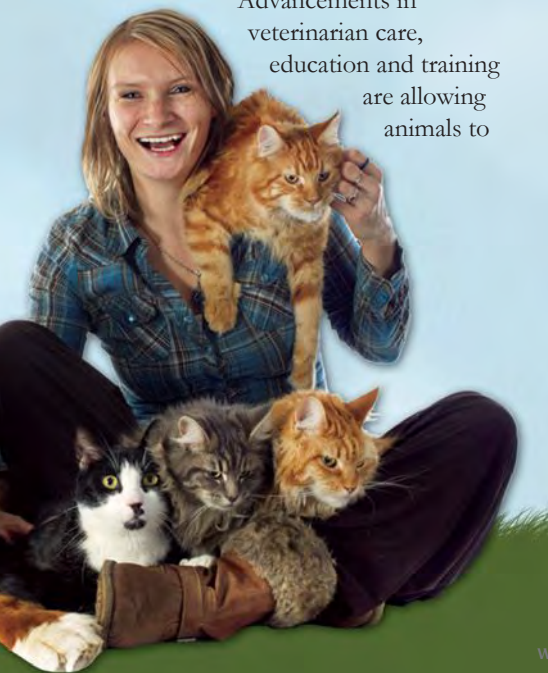
tend to make fewer doctor visits. (National Institute of Health Technology Assessment Workshop: Health Benefits of Pets.)

🐾 APPA also notes that autistic children tend to be more responsive when a pet is in the area, and children who have pets often perform better in school.

🐾 Senior citizens and dementia patients have shown a tendency to react more positively around pets. Baby boomers have the largest instances of pet ownership, and as they transition to empty nesting are keeping pets longer.

These benefits and privileges come with responsibilities. Truly there is no such thing as a free puppy, and although according to the National Council on Pet Population Study and Policy (NCPSP), about 65 percent of pets are acquired from friends and family for free or at low cost, pet owners must provide medical care and prevention for their pets.

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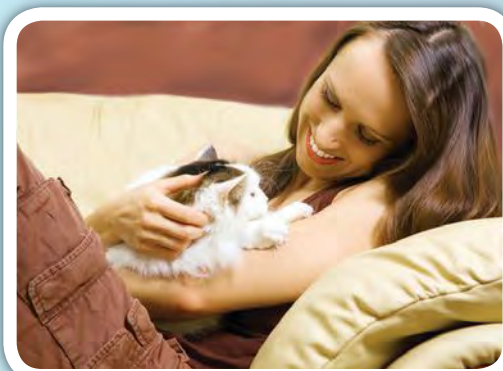
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live longer and healthier. Medical care includes such basics as vaccinations, heartworm preventative (in Texas nearly 1-in-45 heartworm tests in dogs are positive), spaying/neutering and might also include microchipping, vitamins and pet insurance. Much, too, has been learned about the importance of dental maintenance.



Currently APPA estimates that, at most, 3 percent of dogs and 1 percent of cats are insured. Investing in pet insurance is on the increase, though, at an expected annual rate of 10 percent and may especially be pertinent for horse owners considering the cost of equine surgery. Annual medical expenses for a dog are generally just under \$1,000 and for a cat around \$650.

Annual costs of pet food, including treats, begin at around \$300. Where this investment ends depends on the sizes and quantity of pets in a household.

Grooming is also essential. Horses need farriers. Dogs and cats require regular grooming and nail clipping and some breeds are best groomed by a professional.

A growing population of pets, awareness of their needs and the



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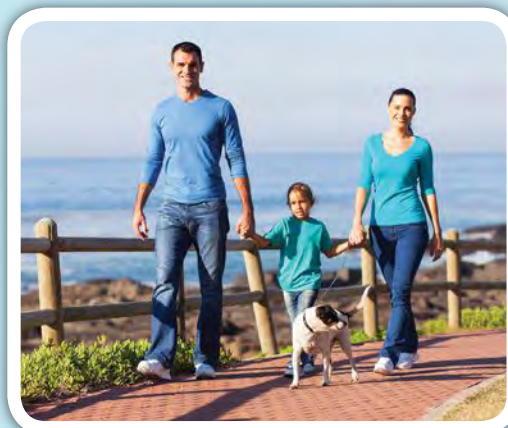


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many options for activities have spurred development in America's pet industry. In 2014, an estimated \$58.51 billion will be spent on pets in the U.S., and that's a lot of billions. Today's pets are being treated to orthopedic dog beds, designer clothing, IQ-raising toys, seat belt systems, automatic water and food dispensers plus a myriad of foods from basic to breed-specific to organic. Travel-related pet services, after-care (burial) services, pet day care, dog parks, pet portraits and products are all in demand.



More than at any time, people have access to pet-specific information via specialized broadcast programming, publications, social media, clinics and events, breed associations, veterinary journals and pet industry studies. Individual pets have gained fame as social media "stars" with their own Facebook pages, Twitter accounts and blogs. As the industry grows and people increasingly grasp the peril of unwanted animals and unscrupulous/uneducated breeders, more rescue operations and organizations are forming and tolerance is lessening toward all abuse of animals.

Thankfully, for those puppies, guppies, kittens, ponies, parakeets, hedgehogs, hamsters or gerbils, bunnies, ferrets, turtles or others fortunate to be adoptees of responsible and devoted pet parents, life in America is good. **NOW**

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Hanshi Lewis uses his high expertise to train kids and adults alike.



Karate For Everyone

This award-winning dojo teaches kids, teens and adults the fine art of Japanese karate.

— By Mikaela Mathews

With over 40 years of experience in Traditional Japanese Karate, Hanshi Ivan Lewis is an eighth-degree black belt and founder of the award-winning Busho Kai Martial Arts and Fitness. Hanshi Lewis has held several prestigious positions in the field and is currently the governor for the Amateur Athletic Union Southwestern Region for all sports. He has also been inducted into several martial arts halls of fame. Though the new Mansfield facility is less than a year old, Hanshi and his team have been teaching for decades and offer classes to kids, teenagers and adults alike.

Students at the Busho Kai facility are instructed in three clean,

large classrooms. "It's important for us to keep our facility very clean with equipment for our students," Hanshi said. Hanshi and his team's hard work have been noticed throughout the dojo's 26 years in business. The dojo has earned "Outstanding Karate School of the Year" for five years in a row, and Hanshi has been awarded "Best Karate Instructor of the Year" for another five years in a row.

Although Hanshi is most experienced in Shito-Ryu karate, students at Busho Kai can also learn Brazilian jujitsu or take a class on self-defense and fitness. In addition to Hanshi, 10 high-level instructors, as well as four assistant instructors, teach the

Business **NOW**

classes at Busho Kai. Students with all levels of fitness and martial arts experience can benefit from the classes offered.

Children as young as age 3 can start their martial arts training in the Lil' Dragon's class. The instructor's goal in these classes is to teach the students to excel at karate, give them invaluable skills to succeed in life and successful interaction with others. Students are taught about integrity, respect and how to defend themselves, if necessary.

The after-school program is also a popular option for children who want to take classes. Busho Kai will pick up children from their school and bring them to the dojo. "We're one of the few state-licensed martial arts after-school programs. They attend their karate class, do homework, and then their parents pick them up. It's very convenient for the parents," Hanshi explained. Busho Kai offers summer camps for children, as well.

Birthday parties at Busho Kai are also a fun experience for the children. The facility offers two birthday packages. Both options include invitations, a private party room, a black belt instructor to lead the children in fun karate activities and more. Busho Kai promises a fun, exciting and different experience.

Students, ages 13 and up, can enroll in the adult classes, Shito-Ryu karate, Brazilian jujitsu or self-defense/fitness. The adult classes are held in the mornings and evenings, as well as on Saturday mornings, to accommodate many schedules. All students have the opportunity to work toward earning their black belts and can compete in tournaments at all levels.

Shito-Ryu karate runs deep in Hanshi's family. Coming from the Virgin Islands, he started taking karate as a young man and never left the art. Three of his children also participated and are now instructors at the facility. Hanshi hasn't seen just his family brought closer through karate, he has taught generations of children throughout the years. "We have students who started training when they were kids," he explained. "And now they're bringing their kids to us. It's fun to see them grow up." **NOW**



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Cole and James Joyce hold hands and get ready to collect some Easter eggs.



Members from Mansfield High's Interact Club dress up as characters from Alice in Wonderland for MISD's Special Prom.



Mansfield Fire Fighters socialize at the Boots N Bistro event.



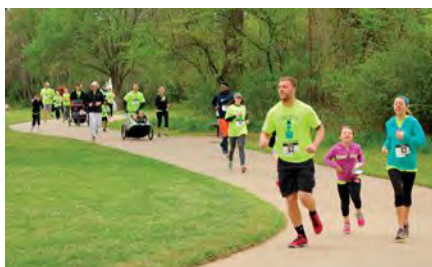
Nailab, Mariyan and Elias smile big for the camera.



Members from Walnut Ridge Baptist Church help to build a new home as a part of Habitat for Humanity.



The city of Mansfield held a Water Conservation Event at Home Depot to teach about plants and landscaping.



Participants run in the Hats Off to Reading 5K hosted by Nancy Neal Elementary PTA.



Members of the Mansfield Citizens Fire Academy Alumni Association celebrate at their Boots N Bistro event.



Starbucks employees smile with H2Owen at the city's Night on the Town Karaoke Cleanup event.



Tarrant County Master Gardener Sandra Hightower answers questions about Texas SmartScape (native) plants.



Kaylee Andrews and Kassidy Frederick hold hands after a successful egg hunt.

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What is Asset Allocation and How Does it Work?

Asset allocation is a technique used to spread your investment dollars across several asset categories. Stocks, bonds, cash or cash alternatives are the most common components of an asset allocation strategy. However, others may be available and appropriate as well. The general goal is to minimize volatility while maximizing return (though asset allocation alone can't ensure a profit or eliminate the risk of a loss). The process involves dividing your investment dollars among asset categories that do not all respond to the same market forces in the same way at the same time. Though there are no guarantees, ideally, if your investments in one category are performing poorly, you will have assets in another category that are performing well. The gains in the latter will offset the losses in the former, minimizing the overall effect on your portfolio. Remember that all investing involves risk, including the possible loss of principal, and there can be no guarantee that any investing strategy will be successful.

The number of asset categories you select for your portfolio and the percentage of portfolio dollars you allocate to each category will depend, in large part, on the size of your portfolio, your tolerance for risk, your investment goals and your time horizon (i.e., how long you plan to keep your money invested). A simple portfolio may include as few as three investment categories, with a percentage of dollars divided among, for example, cash alternatives, bonds and stocks. A more complex portfolio may include many more asset categories or break down each of the

broader asset categories into subcategories (for example, the category "stocks" might be further divided into subcategories such as large cap stocks, small cap stocks, international stocks, high-tech stocks and so on).

Determining an appropriate asset allocation may be the most important single investment decision you make, because it will likely have more impact on your overall return than the selection of individual investments. Don't hesitate to get expert help if you need it. And be sure to periodically review your portfolio to ensure that your chosen mix of investments continues to serve your investment needs as your circumstances change over time. **NOW**

This information was developed by Broadridge, an independent third party. It is general in nature, is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Investments and strategies mentioned may not be suitable for all investors. Past performance may not be indicative of future results. Raymond James & Associates, Inc. member New York Stock Exchange/SIPC does not provide advice on tax, legal or mortgage issues. These matters should be discussed with an appropriate professional.

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Todd Simmons is a Raymond James Financial Advisor based in Duncanville.

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June 4, 11, 18, 25, July 9

Kids Tennis Club: 5:15-6:00 p.m., Mansfield Activities Center, 106 S. Wisteria St. \$55. We utilize Quickstart Tennis, meaning smaller racquets, larger balls, shorter nets and modified scoring to get your little one interested in the fun game of tennis.

June 7, 14, 21, 28

Mansfield Farmer's Market: 8:00 a.m.-1:00 p.m., 206 Smith St. For more information, visit www.mansfieldfarmersmarket.net or contact Rex Wenger at rwenger@prodigy.net

June 9 — 14, 16 — 21

Aladdin, Jr. Student Workshop: 8:30 a.m.-4:30 p.m., Kennedale Wildcat Auditorium, 901 Wildcat Way, Kennedale. Classes for ages 4-18. Two performances of

the show will be presented on **June 21**. For more information, visit www.mainstageclassictheatre.org.

June 11 — 13

4:12 Preteen VBX: Glow: First Baptist Mansfield, 1800 E. Broad St. Free food, glow in the dark dodge ball, worship band and a guest speaker. For more information, visit www.firstmansfield.com.

June 12

Movies at the MAC: 2:00 p.m., Mansfield Activities Center, 106 S. Wisteria St. Light concessions will be available and will feature the movie *Cloudy With a Chance of Meatballs*.

June 16 — 19

First United Methodist's Vacation Bible Camp: 9:00 a.m.-12:00 p.m. and

June 16-18 from 6:00 p.m.-8:00 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. For children ages four until completed fourth grade and special needs students.

June 20, 21

Camp Out in the City: **Friday**, 6:00 p.m.

through **Saturday**, 8:00 a.m., Mansfield Sports Complex, 920 N. Holland Rd. \$10/person. 10 percent discount with MAC card. Get your sleeping bags and tent ready for a fun night in the city! Activities include a fun-filled night of games, a scavenger hunt, S'mores and *The Nut Job* on the inflatable screen.

June 23 — 26

Walnut Ridge's Vacation Bible School: 9:00 a.m.-noon. Walnut Ridge Baptist Church, 1201 SH 360. For children in kindergarten to completed fourth grade. For more information, visit www.walnutridgechurch.com

July 3

Mansfield's Rockin' 4th of July: 7:00-10:00 p.m., Big League Dreams, 500 Heritage Pkwy. Free. Enjoy family activities like a game truck, bounce houses, ice slide and smash car. Also featuring All Funk Radio Show. For more information, visit www.mansfieldsgotgame.com.

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In the Kitchen With Simmie Myers

— By *Mikaela Mathews*

A love and talent for cooking runs thick in Simmie Myer's blood. "From a young age, I saw how cooking brought the whole family together and created what are still my favorite memories," she shared. "My family has many cooking traditions. My favorite is Orange Sunday in October, where the entire menu is orange!" she explained.

Although a great cook, Simmie has had a few near cooking disasters. Last Thanksgiving, she made her first turkey for their family get-together. After spending hours making the brine, she poured it over the turkey into a bag, which her mom accidentally dropped. "The brine poured onto the floor. Hilarity ensued as we rushed to soak it up," she laughed. "Luckily, we saved enough to produce the most delicious turkey ever!" **NOW**

Chalupas

Meat mixture:

- 2 lbs. ground beef**
- 1 large onion, finely chopped**
- 1 4-oz. can chopped green chilies**
- 1 8-oz. can Ro-Tel tomatoes**
- 1 8-oz. can cream of chicken soup**
- 1 10.75-oz. can cream of mushroom soup**
- 8 oz. grated sharp cheddar cheese**
- 1 7-oz. bag Doritos**

Salad:

- 1-2 cups lettuce of choice**
- Tomatoes, to taste**
- 4 oz. sharp cheddar cheese, grated**
- 1 cup ranch-style beans**
- 1/4 cup Russian dressing**
- 1/4 cup Italian dressing**

- 1. For meat mixture:** Preheat oven to 375 F.
- 2.** Brown ground beef and onion in a large skillet. Drain grease.
- 3.** In a food processor, chop green chilies

and Ro-Tel tomatoes. Add to skillet containing beef/onion mixture; add soups. Cook for about 15-20 minutes on medium-low until mixture is thick. Place in casserole dish; cover with cheese. Bake for 30 minutes.

4. Crush bag of Doritos; sprinkle a thin layer of crushed chips on plate. Top with meat mixture.

5. For salad: Mix together lettuce, tomatoes, grated cheese and beans. Combine dressings; toss into salad. Serve salad on top of meat mixture. Good served with guacamole, black olives, hot sauce and/or sour cream.

Buttermilk Cake With Hot Chocolate Coffee

Cake:

- 1 cup Crisco (divided use)**
- 3 cups flour (divided use)**
- 3 cups sugar**
- 4-6 eggs**

- 2 Tbsp. vanilla**
- 1/2 tsp. baking soda**
- 1/2 tsp. salt**
- 1 cup buttermilk**

Coffee:

- 1 packet of hot chocolate mix**
- 8 oz. coffee of choice**

- 1. For cake:** Preheat oven to 325 F.
- 2.** Grease Bundt pan with Crisco and lightly cover with flour. Cream remaining Crisco with sugar until smooth. Add eggs; beat for 2 minutes on medium speed. Add vanilla, baking soda and salt. Alternate adding remaining flour and buttermilk. Mix until smooth.
- 3.** Pour into Bundt pan. Bake for 60-75 minutes.
- 4. For coffee:** Pour hot chocolate mix into mug; add coffee. Drink with cake.

Grandmother's Cheese Grits

- 5 1/4 cups water**
- 1 1/2 cups quick grits**
- 1 1/2 sticks butter**
- 1 lb. Velveeta, cubed**
- 2 tsp. salt**
- 2 drops Tabasco sauce**
- 3 eggs, beaten**

- 1.** Preheat oven to 350 F.
- 2.** Pour water into a large pot on the stove. Cook grits, following package instructions. Turn heat to low and add butter, Velveeta, salt and Tabasco sauce. Stir until cheese and butter have melted and are well-blended, fold in eggs and immediately pour into well-greased casserole dish.
- 3.** Bake for 1 hour. Serve.

No Bake Cookies

- 2 cups sugar**
- 1/2 cup cocoa**
- 1/2 cup milk**
- 1 stick butter**
- 1/2 cup peanut butter**
- 3 cups 3-minute oats**
- 1 Tbsp. vanilla**

- 1.** In a large pot over medium heat, cook sugar, cocoa, milk and butter for 1 minute. Add peanut butter and mix until melted. Turn off burner; add oats and vanilla.
- 2.** Using a spoon, scoop mixture into round balls and drop onto waxed paper. Cool completely before serving.

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