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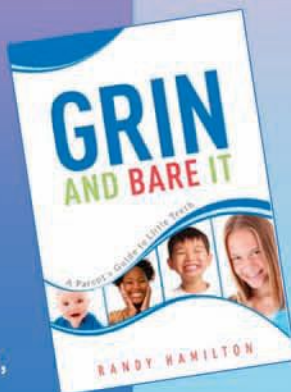
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ON THE COVER



Competitive swimmer, Kaylee Shuck, was back in the pool only 12 weeks after spinal surgery.

Photo by Vanessa Polozola.

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Editor's Note

Hello there, Mansfield!

Behold the glorious first days of summer! Before we know it, these pleasant temperatures will be replaced with sweltering heat, so enjoy it while you can.

Texas certainly has interesting weather, doesn't it? Just the other day, I was discussing this very topic with someone from Jordan. He shared that not only was this his first winter here, but this summer would be his first in Texas also. What a surprise he is in for!

Growing up here, I'm accustomed to the undecided, bipolar temperatures and forms of precipitation. Honestly, I cannot imagine what it might be like to experience all four seasons for three constant months each year, when we can get at least three in one week around here! That's why I look forward to June so much. Weather-wise, it's the most consistent time of the year — no surprises, just beautiful, blue skies and sunshine!

Sara

Sara Edgell
MansfieldNOW Editor
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AGAINST ALL ODDS

— By Virginia Riddle

Making the varsity swim team at Mansfield High School as a freshman will always be a highlight on Kaylee Shuck's timeline for the 2014-2015 school year. Kaylee proved she belonged in that coveted spot, when she qualified for regionals in the 200 freestyle after competing solidly in both the 200 and 500 freestyle events earning her a MHS swim team letter jacket. "It feels good to win, so I always try my hardest," Kaylee said. "I'm always trying harder to get better while thinking about what I did, so I can fix any problems."

Competitive swimming is a challenge for most young, developing swimmers, but Kaylee has had her own unique set of problems to overcome in order to pursue her passion for the pool, which emerged when she was about 4 years old. She learned to swim at the Walnut Creek Country Club and



competed on the Crocodiles Swim Team. By the age of 8, she had graduated to the Mansfield Aquatic Club (MAC) at the MISD Natatorium. "She was in the first 100 kids signed up for this year-round program," Greg Shuck, Kaylee's dad, said.

Kaylee's life fell into a pattern of school, swimming Monday through Friday each week followed by meets and typical family functions on Saturdays. Her older sister, Ashlee, introduced the family into the swim world, but later decided to keep her interests strictly recreational. "We had never been exposed to swimming at this level until Ashlee and Kaylee were involved," Amy, their mom, remembered. "Now we know all the terminology and are quite experienced at meets." Kaylee's brother,

Bradley, an incoming senior at MHS, chose golf and played as a freshman on the football team, so competitive swimming became Kaylee's big thing to do within her family.

"I love swimming the fly, which takes a lot of flexibility in my back, and the backstroke. I've always had a love-hate relationship with the freestyle," Kaylee revealed.

All was going "swimmingly well" until 2012 when Kaylee, then 12 years old, underwent a routine athletics physical exam with her pediatrician. With her diagnosis of scoliosis, Kaylee became part of the 2-3 percent of Americans diagnosed with this condition. Only about one-fourth of diagnosed children require medical attention, but an X-ray showed that Kaylee's spine was curving and spiraling badly. "At that point, we knew we weren't going to be able to follow a normal course anymore," Amy said. The cause was idiopathic (unexplained), and Kaylee's condition was taking a fast, rather than slow, progression. A brace was recommended and tried from August 2012 to June 2013 with Kaylee still swimming competitively, but it did little to improve her curved spine.

With her sights still on the high school swim tryouts only 14 months away, the family decided on spinal surgery to be done at Cook Children's Medical Center by a team of three orthopedic surgeons. Hospital staff also paired Kaylee's family with a family in nearby Kennedale whose daughter underwent similar surgery for scoliosis and returned to her spot on the cheerleading squad. "They were so encouraging to me," Kaylee recalled.

The family also received extensive information from the hospital and an online support group.

Kaylee did have one request of the surgical team — she wanted photos taken during the eight-hour, intensive surgery.

"We got an hour-by-hour update, since the surgery took so long due to Kaylee's extensive muscle mass. It was hard for the surgeons to get to her

spine," Amy said. "We thought the surgery would be the light at the end of the tunnel, but it was just the beginning." Following a five-day hospital stay, Kaylee returned home to recuperate. "Family, friends and my faith in God got me through all of this," Kaylee said.



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However, being in great physical shape from swimming, and the incentive of going on a family trip to Las Vegas, also helped Kaylee recover quickly. She was back in the pool 12 weeks after surgery. "I was using a board and just kicking around," Kaylee said. "When I could finally practice with the group, everyone was passing me."

"She fell into the last lane assignment based on speed," Greg recalled. "That gave Kaylee the motivation she needed."

"Kaylee came back and trained hard," MHS swimming coach, Matt Bold, recalled. "I gave her the option of going junior varsity and talked with her family."






She wanted varsity. Kaylee makes no excuses, even though she still had a little pain,” Coach Bold added.

The Scoliosis Research Society declared June to be the Scoliosis Awareness Month. Early detection is the key to avoiding a lifetime of complications including respiratory problems and restricted movement. Just as in Kaylee’s case, no cause is identifiable in 85 percent of all people diagnosed with scoliosis.

“When I was going through the surgery, blogs helped me learn about scoliosis, so I started an Instagram account (@myscoliosisstory), which





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tells my scoliosis story,” Kaylee said. She advises others going through the same experience to research and ask questions and to definitely find the people who can best help them.

Kaylee’s swim practices during the competitive season begin at 5:30 a.m. and 6:30 a.m. during the off-season. She then attends school and practices again each weekday from 3:30-5:30 p.m. Not all practice time takes place in the pool, since “dry land” practice consists of weight training and running. “I have to watch what I eat during the season, but I love candy. On the weekends when we have no Saturday meet, I recover from the week by sleeping and eating,” Kaylee revealed.

She has focused on working her core more since last summer when she experienced shoulder pain while swimming. “One of the muscles wasn’t



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pulling its weight,” Kaylee said. However, her long-term prognosis is good. With a double curve in her spine, the surgeons straightened and fused her vertebrae above the bottom curve. “The curve won’t get any larger,” Kaylee said.

“IT FEELS GOOD TO WIN, SO I ALWAYS TRY MY HARDEST.”

Her short-term plans are to come back to swim the fly and backstroke and qualify in two events at regionals next year — a huge feat given the medical journey Kaylee has traveled. Long term, she wants to attend Texas Christian University or Texas Tech University and become a teacher or counselor, while continuing to swim competitively or as a workout. Motivated to achieve against all odds, Kaylee said, “I’ve been swimming all my life. I can’t imagine having any other way to exercise.” **NOW**



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Well Wishes

— By Sara Edgell

Think about how often you use water in your home and what you use it for: drinking, cooking, bathing, washing dishes and doing laundry. These are just the basics. On a daily basis, any one person will depend on clean, running tap water to accomplish a variety of mundane, yet necessary, tasks. Without water, how would you be able to make it through the day, let alone your life? The gravity of the situation posed by this question is a serious one affecting countless individuals all over the globe. When Jacob Devlin, an ambitious 7-year-old first-grader at Martha Reed Elementary School, realized that people, specifically children, in other countries in the world actually experienced life without clean water, he was moved to the point of action.





With the help of his family, friends and members of the community, Jacob raised over \$12,000 to fund the building of a clean water well in North Kenya. The seed was planted when Jacob attended Vacation Bible School at his church, Mansfield Bible Church, last summer. There was a competition between the boys and girls to see how much money could be raised for a living water well in India. The church had been working to raise money for Alpha International Ministries, hence the competition. Jacob participated and learned about the necessity of clean water.

However, it was not until later that summer when Jacob's parents, Megan and Matt, participated in the ALS Ice Bucket Challenge that things clicked. Being the adventurous, fun-loving little boy he is, Jacob also wanted to participate, but when it was his turn to have freezing cold water dumped on his head, the family realized they were out of ice. "We explained we weren't going to buy more ice just to dump it on his head, which led to explaining that some children in the world didn't even have clean water to drink let alone play in," Megan said. "That's when it really clicked for him."

As Jacob wondered how kids, like him and his sister, Ava, took baths, brushed their teeth, cleaned their clothing or even had water to drink, his motivation to take action grew. After his parents explained

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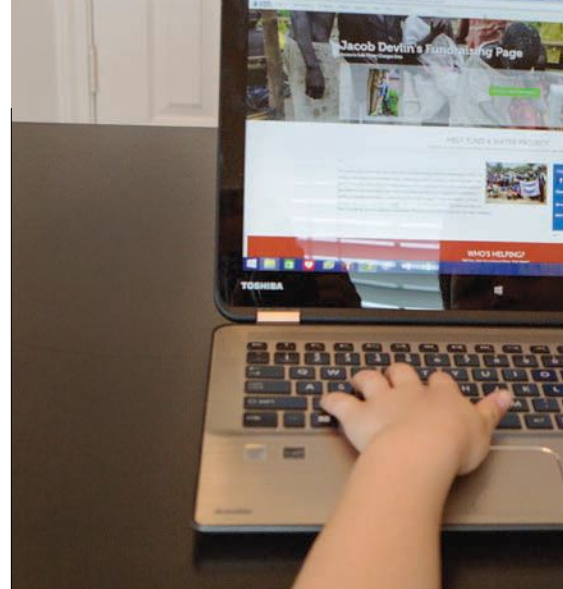
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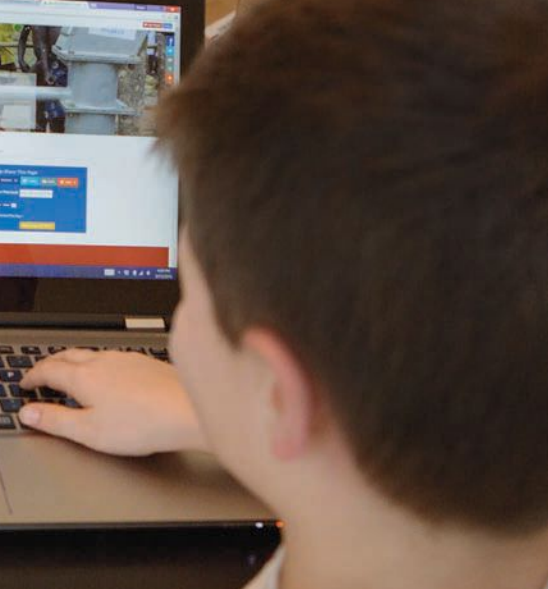
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things to him, Jacob's reaction was instantaneous. He had to do something to make a change. "I wanted to help other kids," Jacob explained.

With his mom's assistance, Jacob found The Water Project, after doing lots of research online. They wanted to work with people who would be good stewards of the funds raised and would give clear updates on the progress being made. "We looked at several different organizations, but what I really liked about The Water Project was that Jacob could track his progress and actually see where his dollars were going," Megan shared.

To fund the building of a well, \$5,000 must be raised. Each well, once up and running, has the ability to sustain an entire village of people. Additionally, villagers are hired to maintain the well, so it will serve many people over many generations. Not only does a well provide





clean water, it also provides jobs and longevity. "Once the well is built, they go in and hire people to maintain it," Megan explained. "They teach them how to operate it and about hygiene to ensure it will be a long-lasting investment for the village in many ways."

Jacob's goal was to raise the required amount of money in order to build one clean water well system in a village in Africa. Part of this process included Jacob becoming an underwriter for the construction and overseeing of the project. For such a young man, this was a huge undertaking. Matt and Megan knew it would be a long journey, but they were on board from day one, supporting Jacob in any way they could. "My family is great," Jacob said.

With all things considered, they anticipated raising the \$5,000 over the course of about a year. Little did



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they know, however, that thanks to the generosity of family, neighbors and members of the community, Jacob would reach his goal, and in fact, more than double it, in just a little over four short months. "I couldn't believe it," Jacob grinned.

To raise money, Jacob worked pretty hard. He mowed and picked up acorns and sticks in many yards. He washed countless cars, including a fire truck (which was his personal favorite). And he helped his mom build a Pinterest project mirror for his neighbor. He also aided a family member by converting old photo negatives on filmstrips into digital copies. Everyone paid Jacob for efforts in monetary amounts, each chore or task getting him closer and closer to his goal.

Another way Jacob earned dollars was by completing a water challenge and a sugar challenge with his family. For the water challenge, Jacob and his family could only drink water — no juice, soda, coffee or tea. They encouraged others to join them in their week-long challenge, asking that the money they saved from not buying those alternative beverages be donated to Jacob's well fund. For the sugar challenge, Jacob and Ava, along with their parents, were only allowed to eat natural sugars, such as those found in fruits. No processed sugar was allowed. "I didn't know sugar was in granola bars," Jacob remarked about one of his favorite treats. "I couldn't eat them, so I had fruit instead."

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Lastly, Jacob ran a cookie stand, where he received a rather large anonymous donation. "We had chocolate chip cookies for free. People could have one if they made a donation. I only ate one cookie," Jacob explained. When they gathered all the donations up to count the grand total, the Devlins were floored to find a \$1,000 donation. "We were so happy," Megan said. "I cried."

"I didn't," Jacob added. Instead, he rejoiced! But the good news didn't stop there. As the Devlins were preparing to submit Jacob's proceeds, they received yet another large anonymous donation, this time to the tune of \$7,000. Because he had raised so very much, Jacob suddenly had enough money to underwrite a much bigger project.

"Obviously, with his amount, the scale of his project will grow from a single well to a dam or something similar," Megan explained.

Through these experiences, Jacob learned many things about philanthropy and helping others, but most importantly,



he learned about himself. He learned about food and health, but also about the kindness and generosity of others. He also learned that if he, a 7-year-old first-grader, can raise \$12,317 to make a positive impact in people's lives half a world away, so can you. **NOW**


Editor's Note: For more information about The Water Project, visit www.thewaterproject.org.



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The Perfect Blending

At Home With Chuck and Amy Wynkoop

— By Sara Edgell

Second chances come around occasionally in life, but rarely are they as perfectly orchestrated as the second chance at love that Chuck and Amy Wynkoop found with one another. By sheer fate, they met on Match.com and married in July 2011. He had been single for about 11 years, and she had been single for about a month. “She winked at me first,” Chuck kidded.

“I never winked first,” Amy clarified. “He winked at me first, and then I winked back.” The lighthearted banter between the two speaks volumes about their life together, a life filled with fun, family and friends.

Chuck is the CFO of C.A.R. Transport Inc. in Bursleson, and Amy is an elementary teacher with Mansfield Independent School District. Collectively, they have five children, all of whom are off at college but come back often. They also have a sweet little dog named Charlie who completes the family dynamic perfectly. Given their large blended family and love for entertaining, soon after they married, they began to look for the

perfect home. The search proved to be long and arduous, considering the pair had very distinctive wants and needs. “We love entertaining and just being together at home,” Amy said.

When Chuck and Amy found the house they wanted, it was not for sale, as it was the Boyd Builders model home. So the search continued, but everything paled in comparison, and they never gave up on their dream of owning that home. Thanks to Chuck’s relentless inquiries, a deal was eventually made, and in September 2012, they finally got their home.

They were drawn to the house because of the extras it featured, like hardwood

floors, a decadent master bath and granite countertops. They also really liked the open feel of the living room and a backyard that looks out onto a field behind the home. Now, the backyard is an aquatic oasis highlighting a newly added, custom-built pool with a built-in bar and grotto. Additionally, an outdoor kitchen was built to complete the outdoor living space. "We can't wait to have people over to break it in," Amy stated.

The living area is the heart of the first floor. The kitchen stems off to one side, featuring high ceilings, a claw-foot island, dark custom cabinets and plentiful counter space. Off the kitchen is Chuck's office, where he keeps much of his football memorabilia. Opposite the kitchen is the master bedroom and bath, which was a major selling point for the couple as it featured both his and hers walk-in closets and separate bathroom areas for both of them.



These spaces are joined by an oversized, tiled shower complete with high-power showerheads and plenty of room for a long relaxing soak.

Decorating the home proved to be a labor of love for the couple, as they both have a unique sense of style. "Chuck has a really good eye, and he won't back down, but neither will I," Amy declared. She brought many family pieces including a traditional style piano, the breakfast and dining room tables and an ornate wooden

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screen from Pakistan. Her style is relaxed with a touch of eclecticism. Chuck, who has more of a bold traditional style, contributed his patio furniture, nine big screen televisions, a large tapestry and a second edition Thomas Kinkade painting. When the couple's individual styles merged together, the result was a cultured comfort that perfectly reflected

their different personalities, as well as their life together.

When it comes to sports and news, Chuck likes to be in the know, hence the many TVs. There is one in every room and at least one, at all times, tuned in to either Fox News or the Ravens' game. And if a TV is not updating the two on scores

or current events, the home is filled with jamming tunes, because Amy and Chuck love music. "Every song is his favorite song," Amy joked. "One of my favorite things is to cook while listening to jazz. It just fills the home with such a great vibe." They enjoy everything from classic rock to classical, and are constantly singing, dancing and playing *Name That Tune* around the house.

Among their other shared interests are traveling and art. In the living room above the back windows hang three



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striking paintings with an exotic curacao blue tone that the couple purchased on a cruise. These pieces enhance the beauty of the backyard pool, which is visible through the windows, creating a tranquil and relaxed feel for the living space. In the poker room, two stunning nautical etchings from Chuck's mother adorn the walls. "They remind me of my mom," he reminisced, "and my childhood in Long Island." The library holds even more art and family valuables. A trio of soft-colored, passionate Tomasz Rut paintings, purchased by the couple while on vacation, lends to the warm, inviting ambience of the room. Actually, the library decor was based upon the lush burgundy chaise lounge, one of Amy's favorite items in the home. Her father's globe bar completes the feel of the space. "This room is a way for us to show respect and pay tribute to our families. It's a happy space," Amy stated.

The curved stairwell in the foyer leads upstairs to the spare bedrooms and small kitchen, which the couple's kids use regularly when they are home from college. The media, pool and poker rooms are the perfect accommodations

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for entertaining, having seen many a fun night with plenty of good friends and music. In fact, when Amy threw a surprise birthday party for Chuck last year, a DJ set up on the upstairs landing, while people danced in the foyer, enjoyed drinks from the margarita machine in the kitchen upstairs and viewed a photo montage of Chuck's life in the media room. "It was so much fun," Chuck said.

"There were people everywhere, and we just loved that," Amy added.

Another favorite pastime for the Wynkoops is watching movies together and with their children in the media room. The walls are lined with movie posters, each one selected by the kids, and the split-level floor houses two rows of brown leather, comfy recliners. According to Amy, "We all love being in this room curled up watching a good movie."

Given the Wynkoops' most valued things in life, their home is the perfect fit for their love, family and life. Luckily, they were able to find each other for their second chance at love and have created a home that is a true reflection of the two becoming one. **NOW**

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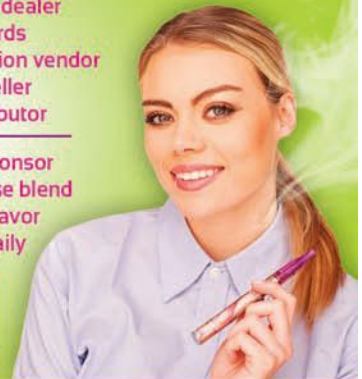


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Eventually, his unhealthy and sedentary lifestyle caught up with him, and in his early 20s, Jon was at his heaviest, weighing in at nearly 240 pounds. He realized that his lifestyle was no longer justifiable, nor beneficial. What was fun and enjoyable in his youth was actually depreciating his

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— By Sara Edgell

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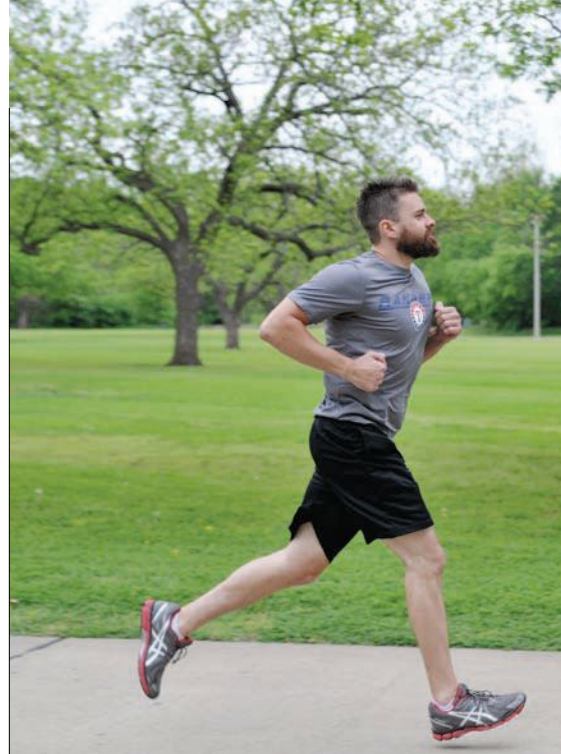
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overall health and limiting his physical abilities. “I didn’t like the way I looked and felt. Getting winded from climbing a flight or two of stairs at my age was just wrong,” Jon stated. “Being a wrestling and UFC fan, I saw those guys training all the time and figured there was something to it.”

This realization served as the catalyst for Jon to make some major changes in his life. In an ideal world, he could eat and drink whatever he wanted and maintain a healthy physique and normal level of fitness. In reality, his diet and lack of physical activity were causing his weight to increase and his physical abilities to decrease. “A funny thing happens when you get older. You not only begin to reevaluate life, but you also look at the things that aren’t possible anymore. I knew that I wouldn’t win a major sports championship or be a UFC or WWE champion. However, I knew that there was something I could do, and

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"The biggest person you compete with is yourself. So, how are you going to challenge yourself?"

that was get in better shape," Jon explained. He knew what he needed to do.

First, Jon modified his diet by cutting his daily calorie intake and replacing high-fat food choices like burgers and fries with fresh, low-fat foods like steamed vegetables and grilled chicken or fish. "I started making most of my meals and stopped getting take-out and drive-thru meals as often. I also cut back on sodas. Learning to be disciplined was tough," Jon explained.

Jon also got a gym membership and started working out several times a week, gradually building up his endurance with heavier weights, longer cardio sessions and more intense workouts. In the beginning of his fitness journey, Jon was primarily focused on the amount of weight he was lifting than the amount of weight he was carrying on his body. He thought that in order to shed weight, heavy lifting was the key to success. While he saw results, losing about 40 pounds over the course of a year, he knew he could lose more.

Around this same time, in the fall of 2014, Jon heard about the 90 Day Challenge at his gym. With the assistance



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of a physical trainer and a nutritionist, Jon accepted the challenge, and at the first of many weigh-ins, Jon began the second phase of his fitness journey at 200 pounds and 20-percent body fat. "My numbers weren't the worst in the world, but I knew I had some work to do. I also knew what I was made of and what I could do, so I decided to take this very seriously," Jon stated.



Thus, Jon stepped up his game in order to lower those figures and fine-tuned his workouts by focusing more on form than the amount he was lifting. He alternated his daily workouts, focusing on legs or arms with weights one day and then yoga or cardio on others. Jon was in the gym for one to two hours a day for a minimum of five days each week working on finding that perfect rhythm and groove. "I learned that it wasn't about what I was doing in the moment," he said. "It was about the end result, so I focused on that and how to get there."

Jon also made even more adjustments to his diet. The most important thing for him was not counting calories, but eating and burning them the right way. "I started cooking every single thing I ate. I cut out the energy drinks that used to be a staple for my morning and the soda I used to love a couple times a week," he explained. In the process, Jon also became a better cook. "I found out I really enjoy cooking. It's relaxing and satisfying," he said.

The extra cutbacks in combination with his upgraded workouts worked when two weeks later at the second weigh-in, Jon's numbers fell to 191 pounds and 15.7-percent body fat. "I thought it would take me the whole contest to get down to that percentage, not two weeks," he proclaimed. "So, I set a new goal."



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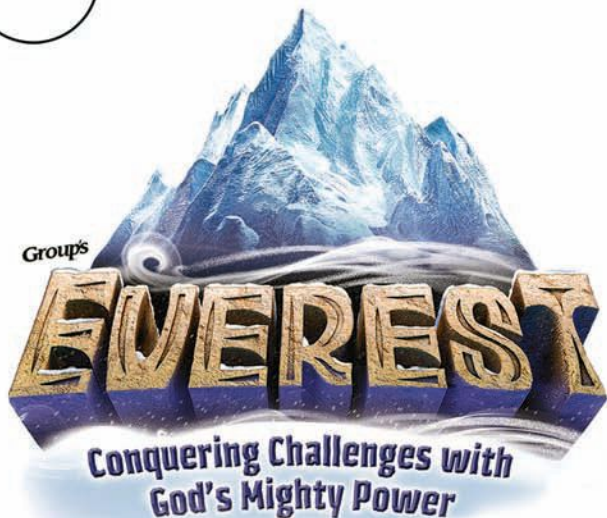
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Jon's new goal was to hit a single digit body fat percentage, and to do that, he intensified his workouts by increasing the frequency, duration and variety. In his pursuit, Jon hit another milestone he never anticipated. "My clothes no longer fit," Jon remarked. "Let me tell you, that felt amazing!"

Undoubtedly, his serious dedication and effort was paying off in exceptionally rewarding ways, but the biggest reward came at the final weigh-in. Jon's final weight was 175 pounds and only 8.8-percent body fat, which meant he had won the challenge! "I felt so accomplished," Jon said. "I was tested and challenged daily, and because of that, I learned what I was made of. Knowing I did it myself for myself was amazing."

However, winning wasn't his primary motivation. It wasn't even about losing weight to look and feel better. For Jon, it was about transformation. He wanted to make a change and improve his life, so he did. Without the challenge, he would not have changed. Jon only realized what was truly possible because of his life-changing journey to get fit. "The biggest person you compete with is yourself," Jon said with a smile. "So, how are you going to challenge yourself?" **NOW**

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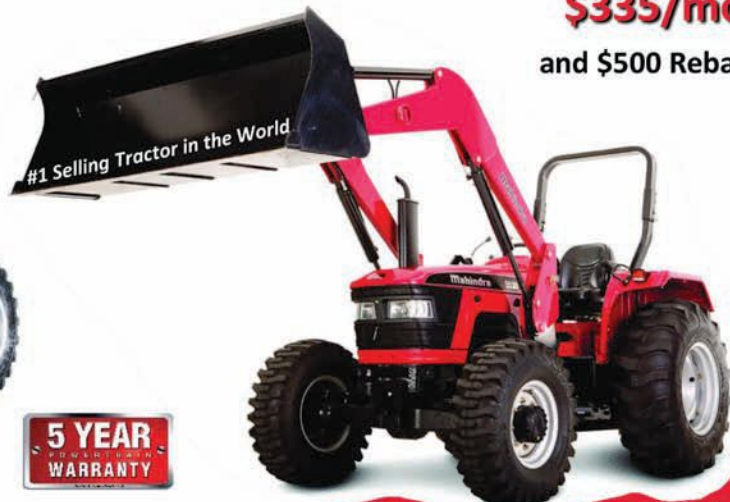
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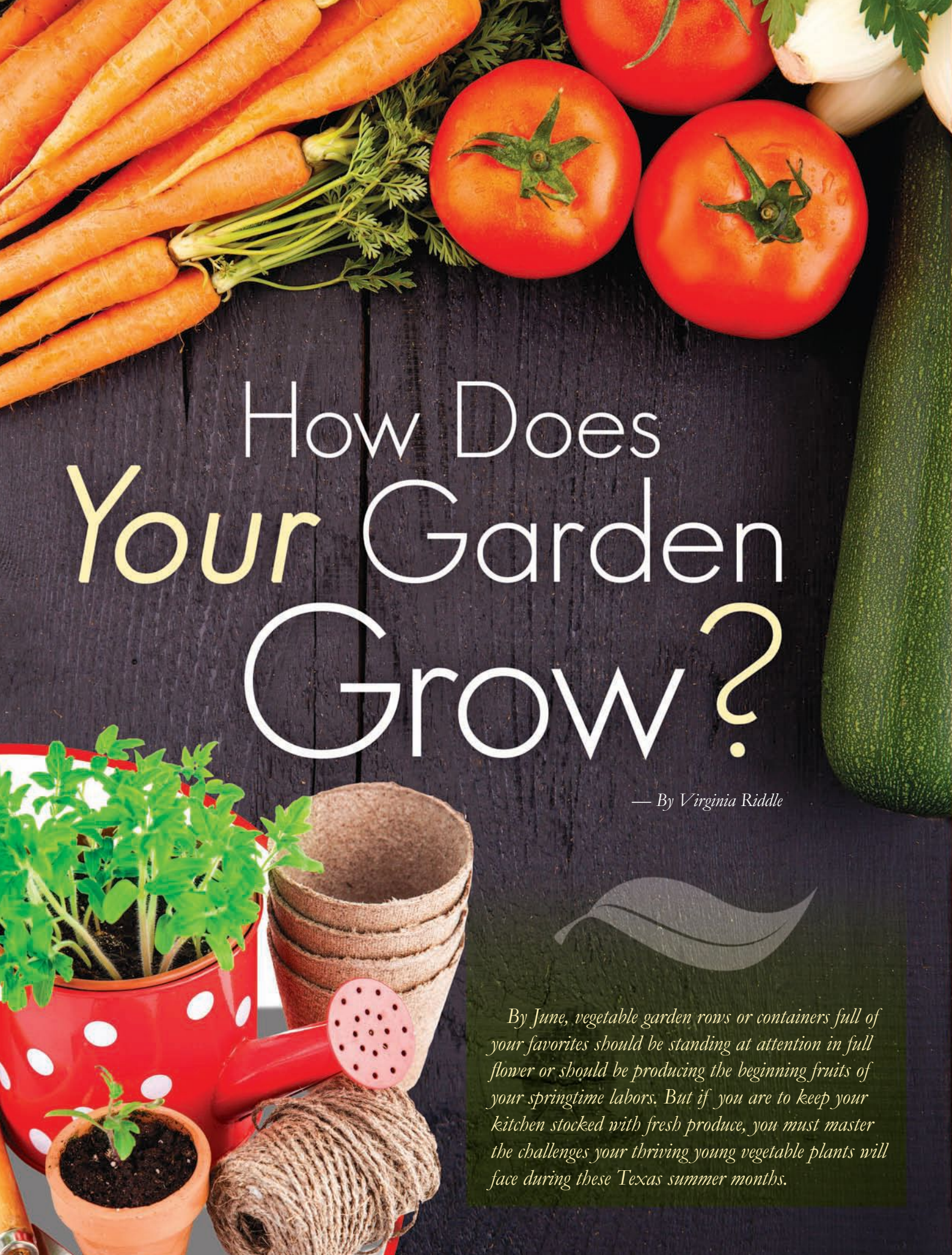
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How Does *Your* Garden Grow?

— By Virginia Riddle



By June, vegetable garden rows or containers full of your favorites should be standing at attention in full flower or should be producing the beginning fruits of your springtime labors. But if you are to keep your kitchen stocked with fresh produce, you must master the challenges your thriving young vegetable plants will face during these Texas summer months.

Weather and Watering

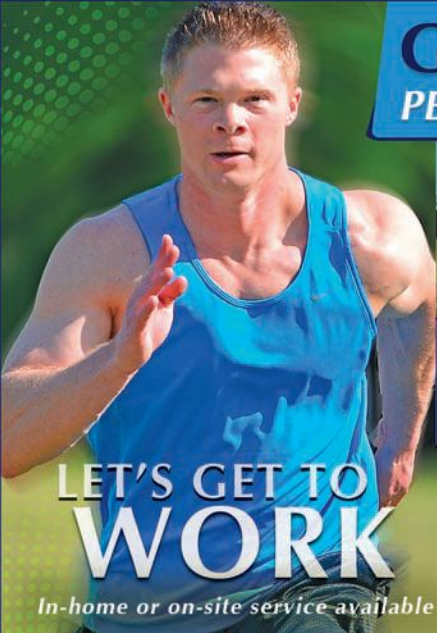
Summer high temperatures for our Blackland Prairie Region average around 95 F, with the possibility of 100-plus F successive days. Nights rarely cool below 75 F, and typically, the prairie gets about 30-35 inches of moisture a year, mostly in the spring and fall seasons. Additionally, the soils are generally shallow. We love our cold drinks, and our plants need to drink also. Compare a tomato that is about 95-percent water to a human body that is about 75-percent water, and you will appreciate your plants' summer watering needs.



Some helpful watering hints include:



1. Watering too much or too little is a problem. When soil is dry to the touch, water to a depth of 1-2 inches at least once a week. Remember, leaves can wilt from being too wet or too dry.

2. Use drip or trickle irrigation to avoid waste. Run hoses slowly in furrows so every costly drop soaks in, and use overhead irrigation only as a last resort, since watering in this fashion allows water



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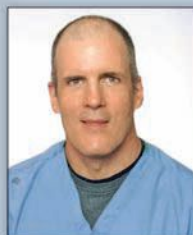


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to evaporate rather than soak in and promotes disease on leaves and rot of fruit. Use wicking or refillable watering bottles available at your garden center for container plants.

3. Water early in the morning or early evening to avoid greater evaporation during the heat of the day.

4. Keep your garden weeded since weeds drink precious and expensive water. Use a Cape Cod weeder, swan hoe and/or collinear hoe for weeding.

5. When plants are at least 4-6 inches tall, add more mulch around the stems. The best types of mulches are organic — bark, compost, pine needles or shredded leaves. However, if you use a black plastic liner, cover it with a thick layer of organic mulch, since it will soak up the summer sun's heat if left bare. Organic mulches lower or moderate soil temperatures.

6. Keep plastic buckets handy and use them to cover your smaller plants before occasional hailstorms occur.

Insects

By including cilantro and mint in your garden plantings, you will attract beneficial insects, which include: bees, lady bugs and green garden spiders. For



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grasshoppers, spider mites and other problem insects that eat what you love, purchase horticultural oils and soaps that are sold at garden centers and use them as directed. If you use heavily based chemical sprays, be sure to scrub your veggies well before eating them!

Animals

Bambi is cute until he consumes your nearly ready-to-eat corn. Deer, raccoons, skunks, wild hogs and/or rabbits can be discouraged by installing small-charge electric fencing that can be turned off and on. Additionally, a live animal trap can be used to capture, relocate and release small animal poachers into a more suitable habitat. Finally, mesh netting can be laid on the ground for about 10-15 feet surrounding the garden. Secure netting with ground staples. Deer and other four-footed hooved animals don't like poor footing. They are less likely to walk on something that might entangle them. Old CDs can be hung to scare away animals and birds.

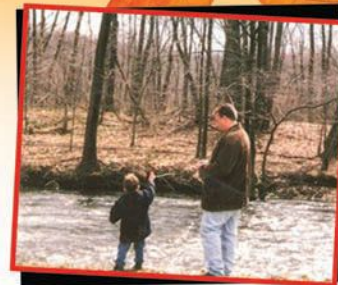
Beneficial animals include: nonvenomous snakes, toads, frogs and earthworms. Be sure to know your snakes, and always stick your long-handled hoe under or into plants to check for their presence before you risk a snake or spider bite!

Fertilizing and Feeding

Feeding vegetables during this growth spurt season is important, especially if your plants are growing in containers. Choose an organic or nonorganic, soluble complete-and-balanced plant food or high nitrogen fertilizer that is the right complement for your soil, based on its previous test. Your garden center expert or county extension agent can advise you. Follow the package directions for application and frequency. It's best to spray early in the morning, keeping the fertilizer off leaves, and water thoroughly right after feeding to avoid fertilizer burn from the hot sun. Organic compost tea or manure tea can be made by mixing a bushel of either with 20 gallons of water in a plastic

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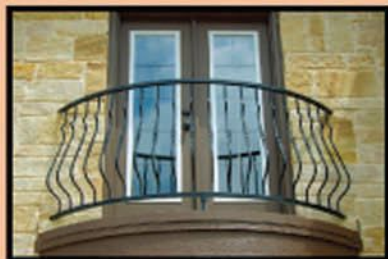
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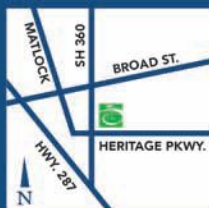
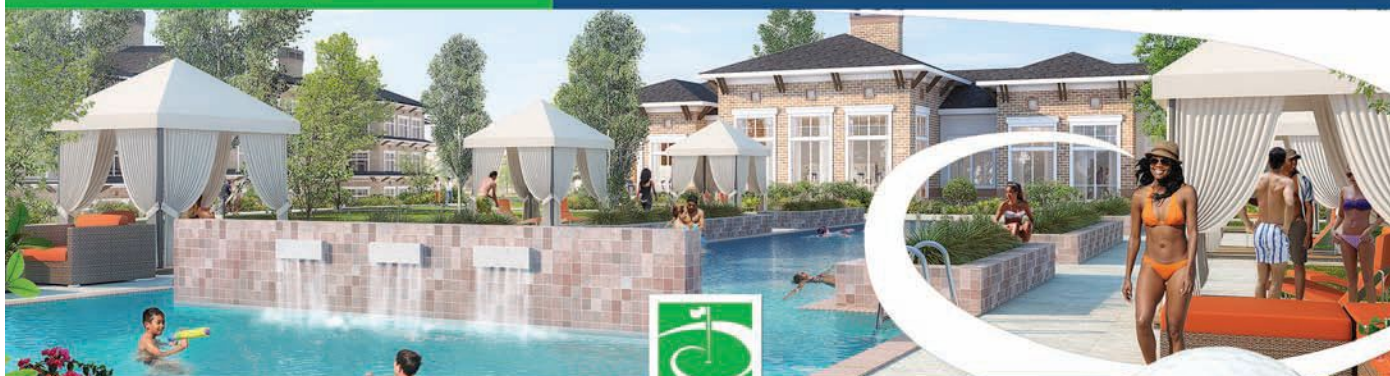
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The Kumon team is focused on helping students reach grade level and beyond through personalized instruction.

Learning for the Long Run

Kumon Math and Reading Center of Mansfield's goal is to help each child reach their potential. — By Sara Edgell

In June 2008, Katy Cunningham's dream education career began when the doors of Kumon Math and Reading Center of Mansfield opened for the first time. As the first group of students enrolled, the foundation of an important resource in the community was established. This resource would provide struggling students with the opportunity to make academic strides based on their own individual needs.

Originally from Houston, Katy worked at a Kumon Center as a grader during high school. She moved away to attend college and then taught both preschool and kindergarten in the public sector. In 2005, she married her husband, Jeff, and they started their family together shortly afterward. As a wife, mother and educator, Katy wanted to continue to teach and

work with children in effective and meaningful ways, but she also wanted to raise her three children: Caleb, Luke and Lily. Opening a Kumon franchise was the perfect solution. "I was impressed by and familiar with the program. I wanted to own my own business, so I went for it," Katy stated.

The typical scenario Katy sees at the center is a child who is lacking in confidence and struggling in school, and parents who are frustrated because nothing they have tried has worked. That's where Katy and her team step in. "Having that solid foundation is crucial," she explained. "We have to know what ability level a student is at, so we do an evaluation first. Then, we are able to see their strengths and weaknesses and can focus on the core basic skills that they need."

Katy designs individualized weekly lesson plans with the purpose of getting each child up to and then above grade level. She follows the linear approach based on the teaching philosophy of Toru Kumon, a Japanese educator. Essentially, the system starts where the student will ideally end up: in high school and college. By working backward, Kumon built a structure of leveled content to help struggling students progress. "The end goal is to make each child a very excellent student, who always succeeds in school and doesn't have issues with struggling," Katy explained.

While the program is rigorous, it is structured in a manner that promotes self-paced learning and independent competencies, including study skills and managing responsibilities. Upon entering, students turn in their homework, get their folder and begin their assigned work on their own. Math lessons focus heavily on mental calculation skills, while reading lessons target comprehension skills, analyzing passages and analytical thinking. With 13 instructors on staff, there is always someone close by to help. Some monitor the room to help those struggling, while others work with small groups.

Students track their progress by placing a star on the wall chart, indicating their current grade level. Once the child reaches their target level, they receive a sparkle star. They are also given incentives in the form of Kumon and real dollars. They can trade in the Kumon dollars for gift cards to fun places around town, and the actual cash speaks for itself.

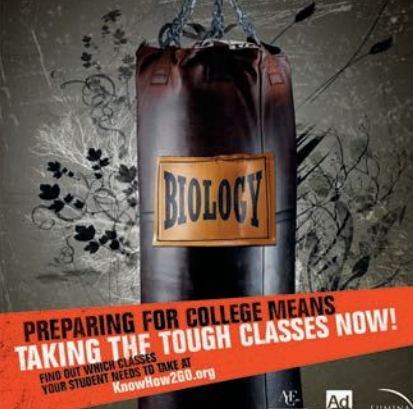
Currently, Katy and her team serve about 175 students each week. Her desire to make a positive impact on the world of education has come to fruition. Interacting with kids and helping them succeed while building confidence is what Katy's work is all about. "Seeing a student who was struggling succeed is the most rewarding thing," she smiled. "We want to see them all succeed." **NOW**



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John Boguski, President of Mansfield Network Group, welcomes his successor, Dina Elliot (l) and incoming secretary, Amanda Rooney (r).



After speaking to students at the Alternative Education School, Evander Holyfield poses with members of the Minority Chamber of Commerce.



Jana Sweet and Stephanie Romero work the raffle table at the annual MHS golf tournament.



Runners at the Chamber's annual Rotary Day 5K are off to a great start.



Mansfield High School moms gather together to show support for the school and their kids at the school's annual golf tournament and fundraiser.



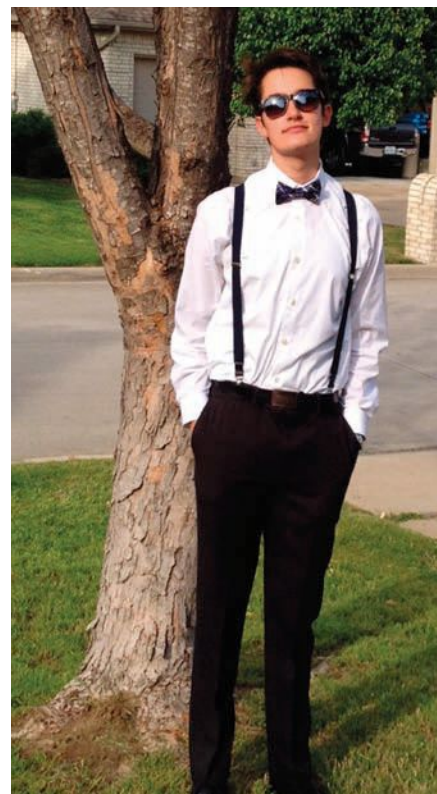
John Banks enjoys one of his favorite past times at the Scarborough Faire archery tournament.



Harper Fletcher is super excited about date night with her daddy.



Participants in the Rotary Day 5K keep up the pace as they make thier way to the finsh line.



Randy Nevins is all dressed up and ready to help out at the Mansfield Bible Church Special Needs Prom.

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Start Saving Early – Put Time to Work in Your Retirement Corner

Here's a valuable tip parents, grandparents, uncles and aunts can convey to a young college graduate who has just landed an exciting new job: first, express your congratulations, then whisper "save early for retirement." Now, this is unlikely to fit into any young person's definition of "exciting," but years from now, when it is time to enter a comfortable retirement, you'll occupy an honored position in his or her mind.

That is simply because it makes supremely good sense to start saving for retirement during the early years. How much sense?

Consider the case of a 25-year-old who puts \$5,000 into a tax-sheltered IRA or 401(k) every year for 10 years (\$50,000), then stops. Left untouched, and assuming a 10-percent annual return, this portfolio will grow to \$1.755 million by the time he or she reaches 65.

Later – Good, but Not Better

Now imagine someone at 35 who saves \$5,000 a year for 30 years (\$150,000). At the same rate of return, he or she will have \$904,717 at 65. Good, but only 53 percent of the total for the saver who started at 25. What's at work in favor of the early contributor is compound interest.

The real trick here is to interest young wage earners in retirement savings. Try hitting these themes:

1. Establish a savings habit before getting married, acquiring a mortgage, having a family and supporting a gas-guzzling sports utility vehicle.
2. Save in a 401(k) or individual retirement account to take advantage of the tax shelter.

Consider the Roth versions – you'll receive no tax benefit now, but you'll pay no taxes when you withdraw the funds.

3. Start small if need be. Of course, pay off your student loans and other lingering debt, but when those expenses decrease, add that freed money to your retirement savings.

4. Set up an automatic payroll deduction, savings or transfer plan if possible. It's far easier to save money you've never seen.

To be sure, retirement may seem as remote as the moon to someone in their early- to mid-20s who has just landed a dream job. And perhaps saving \$416.66 every month (to reach the \$5,000 example quoted above) isn't possible. What's important is to start saving early, to contribute regularly to a tax-sheltered investment and to take the long-range view that every step you take influences the structure of the rest of your life. If you'd like to discuss more pivotal points to make to that younger relative, contact your financial advisor. **NOW**

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

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June 6, 13, 20, 27

Farmers Market: 8:00 a.m.-1:00 p.m., 206 Smith St. Come by to browse, shop and visit with your favorite vendors.

June 8 — August 21

Summer Camp at the MAC: 8:00 a.m.-6:00 p.m. for \$135 per week or 7:30 a.m.-6:00 p.m. for \$150 per week, 106 Wisteria St. For ages 6 to 11. Weekly summer camps will feature field trips, crafts, classes, speakers and more. For more information, call (817) 453-5420.

June 11, 18, 25

Feed the Kids for Summer Program: 8:00 a.m.-2:00 p.m., Wesley Mission Center, 777 N. Walnut Creek Dr. Any MISD student accompanied by a guardian can pick up a food bag and books for free. For more information, call (817) 473-6650.

June 15 — 18

First Methodist Mansfield's Vacation Bible School: 9:00 a.m.-noon or 6:00-8:00 p.m., 777 N. Walnut Creek Dr. Free. For ages 4 to fourth grade and special needs. Kids will be on the MOVE as they have fun and learn. For more information, visit www.firstmethodistmansfield.org.

June 19

Daddy Daughter Dance: 6:00-9:00 p.m., Midlothian Conference Center, 1 Community Circle Dr., Midlothian. \$15 per ticket in advance; \$20 per ticket at the door. Enjoy an evening of dancing and enchantment with the magic of Cinderella. For more information, contact (972) 775-7125.

June 20

Mansfield's Annual Juneteenth Celebration: 11:00 a.m.-7:00 p.m., McClendon Park, 799 W. Broad St. Free. Celebrate the 150th anniversary of the Emancipation Proclamation with food, games, southern hospitality and the community. For more details, email normannorwood@hotmail.com.

Thoroughly Modern Millie Junior: 2:00 p.m. and 7:00 p.m., Kennedale High School, 901 Wildcat Way, Kennedale. \$8-\$10 per ticket. For more information, visit www.MainstageClassicTheatre.org.

Just Friends: 8:00-10:00 p.m., Farr Best Theater, 109 N. Main St. \$17-\$22 per ticket. As the band says, "A band we are. Listen you must. Be happy you will." For more information, visit www.farrbest.com.

June 22 — 26

Girl Scouts Twilight Camp: 6:00-9:00 p.m., Cora Spencer Elementary School, 3140 S. Camino Lagos, Grand Prairie. Come investigate and learn new skills while making new friends! For more information, contact Joyce Campbell at (682) 222-7401 or joycemariec@gmail.com.

June 24 — 28

First Baptist Church's Vacation Bible School: 9:00 a.m.-noon, 1800 E. Broad St. Free. For kids who have just completed pre-K through fourth grade. For more information, visit www.firstmansfield.com.

June 27

Jim Suhler & Monkey Beat: 8:00-10:00 p.m., Farr Best Theater, 109 N. Main St. \$17-\$22 per ticket. Come enjoy this Texas blues/rock band's has flamethrower brand of tunes. For more information, visit www.farrbest.com.

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

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In the Kitchen With Karon Shipman

— By Sara Edgell

Growing up in a family that loves to cook and eat, Karon Shipman well knows the joys of preparing food for others. “It is very gratifying to make a meal for family or friends and see them enjoying it,” Karon stated.

Many of her recipes come from traditional sources, such as magazines and cookbooks, but her most prized ones come from a small handwritten book of recipes from her father. However, she is also notorious for changing recipes and, on occasion, creating her own. “I like the idea of taking various ingredients and at completion there is something beautifully delicious,” she remarked. Her most famous creation is a recipe for Breakfast Cookies, which her entire family enjoys. “Who wouldn’t want to eat cookies for breakfast?” she asked. **NOW**

Karon’s Breakfast Cookies

Makes 3 dozen cookies.

- 1 1/2 cups all-purpose flour or white wheat flour**
- 1/2 tsp. salt**
- 1 tsp. baking soda**
- 1 tsp. cinnamon**
- 1/4 tsp. nutmeg**
- 1 4-oz. container unsweetened applesauce**
- 1/4 cup oil**
- 3/4 cup brown sugar**
- 1 egg**
- 1 egg white**
- 2 tsp. vanilla**
- 2 cups rolled oats**
- 1/2 cup chopped pecans**
- 1/4 cup ground flax meal**
- 3/4 cup chocolate chips**
- Raisins or dried cranberries, to taste (optional)**

- 1.** In a small bowl, mix flour, salt, baking soda, cinnamon and nutmeg.
- 2.** In a large bowl, mix applesauce, oil, brown sugar, egg, egg white and vanilla. Add flour mixture to wet ingredients. Mix together well.
- 3.** Stir in rolled oats, pecans, flax meal and chocolate chips.
- 4.** Using a cookie scoop, drop the dough on a greased baking sheet. Bake at 350 F for 10-12 minutes. Add raisins or dried cranberries if desired.

French Potato Salad

- 2 large white potatoes, cubed**
- 2 Tbsp. rice vinegar or other mild vinegar**
- 2 eggs boiled, chopped**
- 1/4 cup red onion, chopped**
- 1/3 cup celery, chopped**
- 1/4 cup bell pepper, chopped**

- 1/4 cup green olives, chopped**
- 1/4 cup capers**
- 1/4 cup olive oil**
- 1 Tbsp. brown mustard**
- Salt and pepper, to taste**

- 1.** Boil potatoes over medium heat until tender; drain.
- 2.** Place hot potatoes in a large bowl; pour rice vinegar over them. Allow potatoes to cool.
- 3.** Add chopped eggs, all chopped vegetables, capers, olive oil and mustard to cooled potatoes. Mix together.
- 4.** Add salt and pepper to taste. Serve at room temperature or chilled.

Zucchini Cake

- 2 medium zucchini, grated**
- 1/4 cup red onion, finely chopped**
- 1/4 cup bell pepper, finely chopped**
- 1 jalapeño, seeded and finely minced**
- 1 Tbsp. mayonnaise or plain Greek yogurt**
- 1/2 cup breadcrumbs**
- 1/3 cup shredded Parmesan cheese**
- 1 egg**
- 2 Tbsp. fresh basil, chopped**
- 2 Tbsp. fresh thyme, chopped**
- 2 Tbsp. fresh parsley, chopped**
- Salt and pepper, to taste**
- 1/4 cup olive oil**

- 1.** Clean and shred zucchini using a cheese grater. Place the shredded zucchini in a clean dishtowel and squeeze liquid out.
- 2.** Remove zucchini from the towel and mix with the next 10 ingredients in a large bowl. Add salt and pepper to taste.
- 3.** Using a 1/4 cup measuring spoon, place the mixture on a greased baking sheet and gently flatten each cake with your fingers. They will shrink when cooking, so there is no need to space them far apart.
- 4.** Drizzle the tops of the cakes with olive oil. Bake at 375 F for 10-12 minutes, or until slightly browned on the edges. Turn the cakes over and cook about 5 more minutes. Serve hot or at room temperature.

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

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Seasonal Plastic Surgery

Mark A Bishara, M.D.

About 45 million Americans diet each year and Americans spend approximately one to \$2 billion a year on weight loss programs. It is believed that consumers spend about \$30 billion per year trying to lose weight or prevent weight gain, and 55 percent of Americans are actively trying to maintain or lose weight. In the last five years weight-loss surgery has experienced a tremendous resurgence. Over fifty thousand patients in the United States will undergo some form of gastric bypass surgery during the year, and the positive effects of this surgery are immeasurable. The health benefits of massive weight loss are numerous and profound.

However, after a patient experiences massive weight loss, the body skin is not able to retract to the smaller size of the body underneath. This results in large pendulous hanging breasts, significant excess underarm skin (sometimes known as bat wings), and significant lower abdominal skin and laxity that causes rashes, impairs the ability to wear normal clothes and sometimes even daily activity. In the face, this excess skin often leads to significant signs of aging when the skin is no longer able to retract following massive weight loss.

Body Contouring is a safe and effective group of procedures that can help a patient drastically improve their appearance! Dr. Mark Bishara and The Paragon Plastic Surgery & Med Spa offer body contouring surgery designed specifically for patients who have achieved significant weight loss. Procedures that remove skin or fat, tighten and lift can be used as a complement to help your clothes fit better and allow you to participate more comfortably in your favorite activities. Are you a candidate? Not everyone who loses a lot of weight needs body-contouring surgery. Moreover, experts say, not everyone needs it for their entire body.

A lot depends on your age, your genetics, level of sun exposure, how evenly the weight was distributed, and, more importantly, how you feel when you look in the mirror. If you're not unhappy about the way you look, you shouldn't be made to feel you need body-contouring surgery.

What can also make a difference, however, is where you lose the weight. While a loss of 50 pounds that was concentrated in your midsection



might leave you with a lot of loose skin in that area, a 100-pound loss that was more evenly distributed on your body may have less of an effect on skin.

If you do end up with droopy, sagging skin and think there's some other way around it, experts say, forget it. Short of surgery, there is really nothing that can help. Exercise won't tighten it, and skin creams and lotions won't do a thing to help.

Interested in what body contouring can do for you? Contact Dr. Mark Bishara's Office in Mansfield and Southlake, today to learn more about these transformative treatments. Call us at (817) 473-2120 to find out more information.

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