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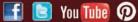
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#### ON THE COVER



Clean lines and simple elegance define the Vaughn home.

Photo by Vanessa Polozola.

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#### Editor's Note

Happy September, Mansfield!

The temperature is dropping, the leaves are changing, and school is up and running again. This fall, I want to try something I've never done before but always wanted to do: pick apples! There are several farms in the Dallas/Fort Worth area for this opportunity. Did you know these interesting facts about apples, according to Minnetonka Orchards?

- The world's largest apple peel was 172 feet long!
- There are over 7,000 varieties of apples worldwide.
- The largest apple crop was over 277 million bushels in 1998.
- Americans eat an average of 50.4 pounds of apples and apple products a year.

Join me in relishing the fall weather with an apple basket while also supporting local farms. You can make a piping hot apple pie from your freshly picked fruit or cinnamon-baked apples. Yum, my taste buds can't wait!

#### Mikaela

Mikaela Mathews MansfieldNOW Editor mikaela.mathews@nowmagazines.com





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9 a.m. - 3 p.m. Saturday, Sept. 27 Mansfield Activities Center

#### Fire Safety Palooza

10 a.m. - 4 p.m. Saturday, Oct. 4 MISD Center for the Performing Arts

#### **Hot Beats & Cold Brews Concert Series**

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#### **Boo Bash**

6-8 p.m. Friday, Oct. 24 Mansfield Activities Center

#### Night on the Town

6 - 10 p.m. Saturday, Oct. 25 Katherine Rose Memorial Park









— By Mikaela Mathews

Brent Candler and Bryan Atkinson haven't always been runners. They each had their own ways to stay in shape, but running wasn't high on their fitness list. So, why are these two friends now running through dangling live wires, jumping over fire and climbing up 12-foot walls? "It makes a good story. You could say, I ran a 5K one time," or you could say, I got electrocuted one time." People want to know more about that last one," Bryan laughed. "Not only do I like to tell good stories, I like to live them, too."

By day, Brent is a water specialist for the Texas Commission on Environmental Quality, and Bryan is a marriage counselor. But,







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burpees, an exercise in which participants jump as high as possible, drop into a squat position, kick feet out into a pushup position, do a pushup, return to squat position, then jump up to repeat.

In December, they decided to tackle the Spartan Beast. Due to the icy conditions, initially they thought it might be canceled. But, the organizers continued with the event, amending it to ensure participants wouldn't have to go under the water. "What they really meant was that your head wouldn't go under the water," Bryan recalled. "We still had to get in waist-deep." With freezing weather for several days before the event, Bryan has dubbed it Spartan Beast — The Antarctica Edition.

And, the obstacles began well before the start line for the dynamic duo. "I don't like waiting in traffic, so we decided to take the back way to get to the race," Bryan explained. "But, when we got there, the back way didn't look too good. We tried anyway, but got only a few hundred feet and realized it wasn't a good idea. So, while we were backing up, we slipped straight into a ditch." With mud deeper than the car tires, Bryan and Brent were stuck on a muddy county road with no way to get to the race. Thankfully, a good old boy in a double cab 4x4 noticed their plight and made his way to the stranded duo. For free and with a smile that said, "silly-city-slickers," the driver pulled their car from the ditch and onto the main road. Their troubles were far from over, however. Bryan could barely turn right, and after pulling into the parking lot and looking under the hood, he discovered a large mud clot had popped one of the car belts out of place.

"By the time we got finished with the race, all of the mechanic shops had closed," Bryan shook his head and laughed. "We didn't know what we were going to do, but one very nice mechanic





made a special trip and fixed it. He put the belt back on and even cleaned the car. When we asked him how much it would be, he just smiled and said, 'Don't worry about it. Merry Christmas."

Because climbing up walls and throwing spears isn't unique enough, Bryan and Brent wanted to create a little splash by completing the race with wigs; Bryan went with clown, and Brent elected to pair a mullet wig with a horseshoe moustache. The original plan was to also go shirtless, but with temperatures flirting near freezing, they decided to stick with the shirt. Unfortunately for Brent, however, a warm shirt didn't last too long. "I had on all of these layers, but then they got wet, and with the wind, it was making me even colder," Brent recalled. "At mile 9, we separated, and I went to the first aid tent for another shirt. Someone handed me a small T-shirt, but it felt like someone had wrapped me in a warm blanket."



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It's not uncommon for the friends to dress up in unusual costumes for their races. "For the Tough Mudder, we wore fairy wings and tutus," Brent laughed. "That got a lot of comments. We would pass by people wearing our outfits, and it would motivate them. They would say, 'Dude, we just got passed by fairies. Let's go!""

The pair took nearly five hours to complete the 14-mile Spartan Beast. But their time still ranked them in the top 50 percent of runners. Brent ran the 9-and-a-half mile Spartan Super alone, ranking in the top 23 percent of runners. He completed it in two-and-a-half hours. Only four people were able to complete it in less than 90 minutes. Brent ran another Spartan (Sprint) the very next day and finished in the top 5 percent.

The pair met in college at Texas A&M University and have stayed friends ever since. Married with children, the two like to involve their own children in their training. "My daughter is 4, and when we go up to bed at night, she likes to 'ride the dragon,"' Bryan said. "So, I give her a piggy back up the stairs. She's easy. But, my son, who is now 8, is a little bit harder."

Brent's two rambunctious boys usually play with their own toys while their dad runs the track, until he changes up the exercises. "Once I start doing bear crawls and crab crawls, they get into that,"



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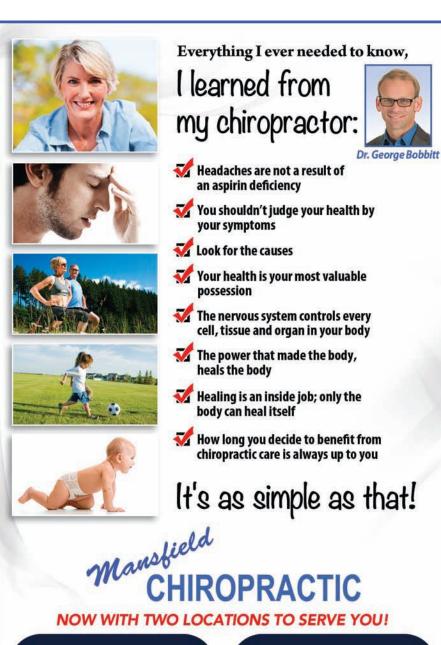
11:00am | The Well Cafe

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The adventure in these unique races is what entices Brent and Bryan. "I wanted something different," Brent shared. "I had been lifting weights in the early 2000s and got bored with pushing plates around the gym." Ever since his discovery of adventure racing, Brent has run a half-marathon, marathon, the Spartan Beast, Spartan Super, Spartan Sprint and Tough Mudder. If he had completed the three Spartan races in one calendar year, he would have completed the Spartan Trifecta. "You get this awesome medal if you win the Trifecta," he explained. Each medal is a large magnet and when all three are put together, it forms a large circle. He's hoping to make the Trifecta this calendar year.

"Running 3 miles around town can be boring. There's no adventure involved. It's in our DNA to want that adrenaline rush," Bryan said. "Life can be monotonous; whereas, 1,000 years ago, your life was in danger every single day. There's some element of adventure and danger involved in the adventure racing that we love. Plus, it just makes for a great story."

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Habitat for Humanity is a nonprofit organization founded in 1976 with the mission to build strong communities of character in partnership with God's people. Habitat regularly partners with churches, businesses and other nonprofit organizations to give a helping hand to those in need. The Trinity Habitat is the Fort Worth branch of the larger, national organization.







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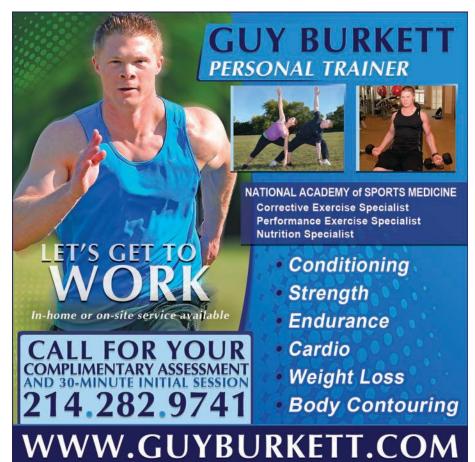


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The Mansfield branch of Trinity
Habitat was a vision of Don Miller,
executive pastor at First Baptist Church.
Planning for this new outreach started in
the spring of 2005 and building began
almost a year later. As the branch in
Mansfield grew throughout the years,
Don formed a steering committee to
accommodate for the growth and foster
new ideas. He gathered leaders in the
community to brainstorm how the
organization could continue to bless the
city and its residents. "Sure enough, at
our very first meeting, we came up with
the idea to do the Mansfield Shootout,





which is a clay shoot," Marnee smiled. "We didn't really know what we were doing, but we followed through on that idea, and it was a huge success!" For a fee, Habitat supporters went to the Alpine Gun Range for the day to shoot clay. The event raised over \$5,000 toward building new homes for those in need. Because Trinity Habitat operates largely on grants and donations, events such as the Mansfield Shootout help further its goal to make a strong community.

As a result of the event's achievement, the steering committee will host another Mansfield Shootout at the Alpine Gun Range on September 26 at 9:00 a.m. The event will garner donations to construct



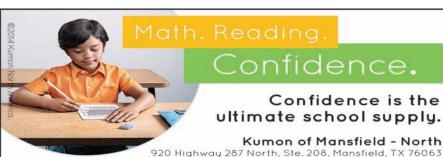
more homes and set people up for success. "We were thrilled with last year's results. But we've tweaked a few things and have been planning in advance to make a great event this year!" Marnee shared.

Habitat believes in creating homes to build a stronger community. An applicant must meet strict requirements before Habitat will build for them. "The people who benefit from a new home must be very involved," Marnee explained. "They have to work either on their home or another Habitat home for a total of 250 hours." In addition, applicants must show stability in their job and their current living situation, even if it is not ideal. The purpose is to ensure the applicant will be a responsible homeowner.

Those looking for a home to call their own must apply through Habitat. Applicants must not currently own a home, are unable to obtain a regular home loan or have problems with their current housing situation, such as living in an overcrowded situation or in a home with structural or plumbing problems. Families must also fit into minimum and maximum annual income brackets to qualify.



After an applicant has been approved, Habitat works with the city to obtain repossessed land. Homeowners do not have to pay a mortgage, closing costs



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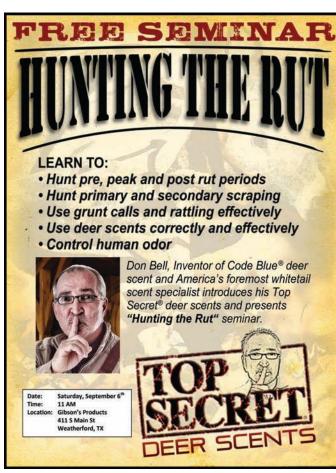
or any other expenses associated with a new home. Nonprofits and churches thus donate financially to provide for the materials. The organizations that give the most are given first choice on when to volunteer to build the home. "Mansfield was the first city to do a 'community build,' where the whole groups who donated money take a day for all of their people to volunteer. Now, many other cities do the same," Marnee shared.

Plumbers and electricians also donate their time and services to the project. "We're so fortunate. We live in the best city. People here are so willing to help, whether they give you their physical work, dollars, plumbing supplies, bricks or whatever it is. They are just outstanding. I never cease to be amazed at how generous people are," Marnee smiled.



For the Mansfield branch, Habitat only builds one-story, brick homes. Plumbers donate their time to install proper plumbing, and then a foundation is poured. Volunteers take eight weeks to finish the home. To date, nine homes have been built as a result of Mansfield's hard work. On the most current home built in 2014, over 360 volunteers sacrificed their time and energy to help build, totaling nearly 2,000 hours of work.

"Trinity Habitat is so thankful for the partnership with the community of Mansfield," remarked Lydia Traina, senior director of development and public relations. "It truly is a team effort





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made up of a wide variety of groups that sponsor and volunteer to further our mission of building communities of character through neighborhood revitalization. Faith groups, local businesses, civic groups and families in Mansfield are making a difference, and it shows through our Habitat families."

As a Mansfield resident for over 35 years, Marnee has been thrilled to watch her beloved city grow. "We have been here since there were only 2,000 people," she laughed. "My husband and I are empty nesters at this point in our lives, and we were starting to ask the question, 'Now what are we going to do?' We decided that we're going to stay here. This is home!"



The generosity of this bustling suburban city has inspired her to stay and to serve. In addition to her work with Habitat, Marnee also serves with Mansfield Cares and the Mansfield Methodist Medical Center. As a semi-retired pharmaceutical sales representative, Marnee also stays busy flying from state to state and country to country.

Ultimately, Marnee believes helping others is essential. "It might sound so trite to say, but the most satisfying part of volunteering with Habitat is helping people. To me, that's what being a human being is all about — helping somebody else. We're here to take care of each other."

Editor's Note: If you wou<mark>ld like more information on the Mansfield Shootout, please email info@mansfieldshootout.com or visit www.mansfieldshootout.com.</mark>



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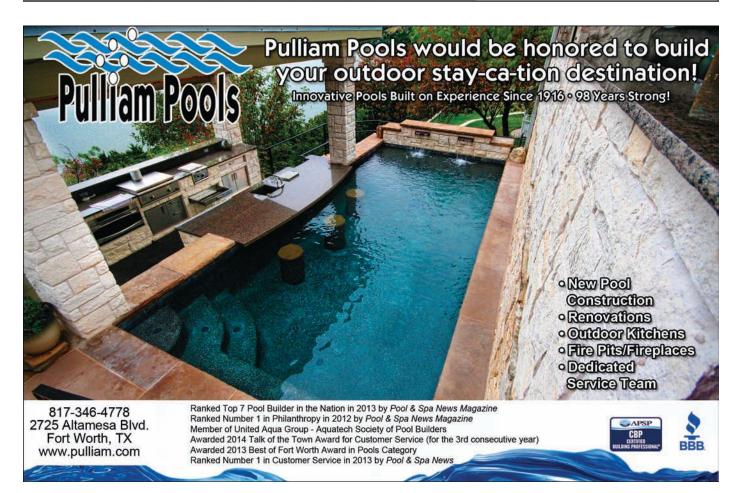
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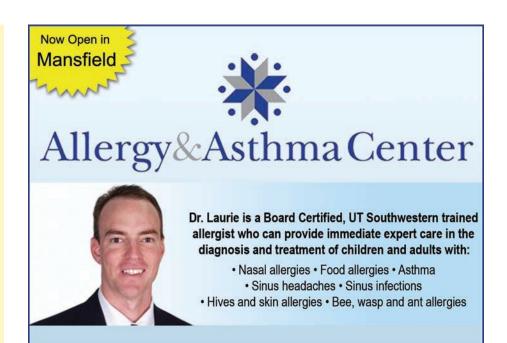


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# Modern Mentality

— By Sara Edgell







City living is accentuated by the lively hustle and bustle of a cosmopolitan area filled with a rich mixture of culture and life. Specifically, areas such as Dallas and Detroit offer residents access to this way of life, in addition to the modern design features. Towering glass buildings, progressive art, contemporary aesthetics and up-to-date fashions are all part of the experience when it comes to the fast-paced feel of downtown living, which is exactly why James and Monica Vaughn find it so appealing. However, when the couple, along with their four children, relocated from Detroit to Mansfield a little over six years ago, they quickly realized their love for all things city would require hard work,

very traditional, Southern style that is anything but modern. When the Vaughns' found their current home, they immediately looked past the standard Texas neighborhood layout and features in order to see the real potential. As a design engineer, James has worked all over the country in a variety of different fields including automotive, medical and aerospace. In Detroit, the family had lived comfortably in a customdecorated home that Monica, an interior decorator by trade, designed based on her and her husband's personal taste, as well as their children's wants and needs. As challenging as recreating the city feel would be here in Texas, they were up for it. "We are both very creativeminded," Monica said. "I'm the visionary side, and James is the hands-on side."

Typically, houses in the heart of Texas have a

When the paperwork was finalized, the two immediately got to work on making their traditional Texas house into their modernized family home. First, the couple tackled the kitchen by replacing the original orange floor tile with a neutral travertine. Next, the cabinets were refinished and glass panels were added, along with new hardware to add a contemporary touch. Then, panel molding was added to the island to give the kitchen a custom look. Finally, new

fixtures and appliances were incorporated to accommodate Monica's passion for cooking. "I absolutely love to cook," she admitted, "so I spend a lot of time in the kitchen."

James completed most of the manual labor required for the redesign. "Since I work in a design/engineering industry,



#### At Home With James & Monica Vaughn



I never get to touch what I design and put it together," he remarked. "With my home projects, I get to touch and feel the creations I've designed. I simply enjoy building something and seeing the results."





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Just as James takes great pride in his custom handiwork, Monica prides herself on the home's decor. The finishing touches in the kitchen include a row of black bar chairs along the kitchen island bar, in addition to a plush velvet settee and a small dining table by the bay window. The custom-made, Laurel-green, fringed and beaded curtains, sewn by her mother, give the room a decadent, polished look.



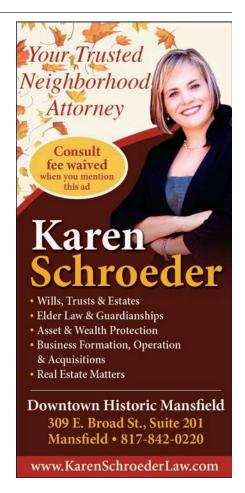


The kitchen was just the beginning of the makeover. Every room on the first floor received new lighting fixtures, trim and paint. Because the orange tile covered just about the entire first floor, James and Monica replaced the flooring in the formal living and dining rooms, as well as in the family room. They selected a rich brown hardwood to complement the neutral tones in the kitchen countertops, cabinets and flooring. Additionally, the French doors leading to the home office and piano room were painted black. "I don't use color pops

in my design, but I try to tie every room together with black," Monica said.

From there, the couple began work on the two fireplaces. "I've always felt a great front living room needs a mantel, and I wanted the fireplace in the family room to look more modern," Monica recalled, "so James removed the original mantel and relocated it to the front room." He also added mini-marble circular tile in a stark, yet beautiful shade of white to finish the hearth. Back in the family room, he recovered the original fireplace, floor to ceiling, with 8x16-inch limestone

















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pieces. Because the kitchen and family room are an adjoined open space, the clean lines mixed with charming vintage accents offer an inviting and comfortable place for the family to gather.

The space features a classic, linear sofa and oversized ottoman, alongside a reclaimed and recovered zebrastriped chair. James added custom 8-inch baseboards to contribute to the distinguished feel of the space. The walls are adorned with black and white photos of the couple's four children and their family dog, while vintage cameras accessorize the side table along the stairwell. Chair rail molding was also added along the stairs, which lead to the children's rooms, home theater, game room and guest bedroom.

The entryway, formal living and dining rooms were the last spaces on the first floor to be remodeled. The entry of the home features columns James handcrafted specifically for the space. "The columns were my favorite project," James stated. "It saved my family money and added a special touch to our home." The oversized white columns give the room a grand and impressive feel, and in conjunction with Monica's keen eye for ageless and classic pieces, the picturesque-southern-meets-modern style is perfectly achieved.

Although the Vaughns consider their style to be more on the simplistic and





clean-lined side, they like to blend the old with the new. It's all about balance, but also about finding functional pieces for the space, the family and the vision. "I do not like change, so I buy pieces that are timeless," Monica said. Her goal is to infuse modern and traditional elements typical of a New York penthouse blended with the Southern feel of vintage pieces. The result is a beautifully charming space, which family and friends find to be comfortable and pleasant.

"By the time we are finished, we will have completely redone this house," Monica said. And even though they have already completed a significant amount of renovations, they are just getting started. Currently, the back porch is under construction. The build-out will feature an outdoor kitchen and island, a double-sided fireplace and a lounge area. James, with help from his son, anticipates to be finished by next spring, and then work on the backyard pool will begin.

Creating the modern feel of city living in their Southern-style home has been an enjoyable experience that James and Monica have taken great pride in. "I love how our home is a reflection of our life and our family," James shared. "We are natives to Detroit and love the city feel, but most importantly, our home is a place of refuge, security, love and family." In the end, that's what family and home are all about. NOW

















# Beacons

— By Abby Rich

Each month of the school year, the students of Little Hearts School of Lakeside Church of Christ can be seen marching in a single-file line through their school yard toward the Isle at Watercrest-Mansfield. The children always bring smiles on their faces, since they're so excited to greet their friends and neighbors awaiting them at the adjacent assisted living and









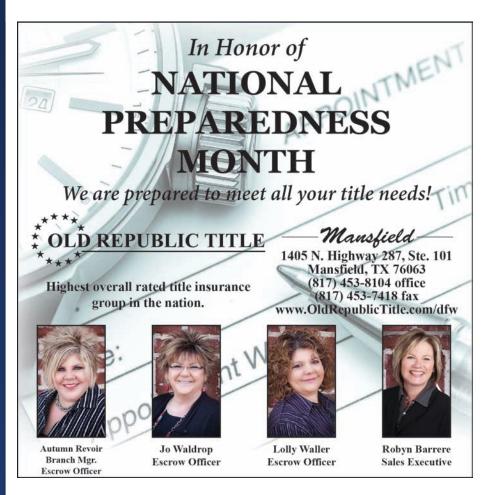


retirement community. But they're not the only ones smiling — the full-time residents also look forward to the monthly visits and always have their chairs lined up in the dining hall in anticipation of the kiddos' arrival, ready to engage.

Danielle Ellis, director of the Little Hearts School, a ministry of the church, was there from the beginning, when it opened its doors to kids aged 18 months through pre-K. "The mission of our school is unlike other mother's day out programs," she said. "Little Hearts' goal and ministry is to help our students become lights in the community." They do just that by visiting and communing with residents of the neighboring retirement community. And first and foremost, the ministry of the school's partnership with the Isle at Watercrest is to develop happy and healthy relationships between the children and retirees.

The joint venture not only gives the residents something to look forward to every month, but the kids are learning the lifelong lesson of serving others in their community. "We also want to teach them not to have any fear of people who are older," Danielle said. "We tell them to be sure and acknowledge everybody and speak to everyone — it's about being neighborly — and the more hugs, the better." The school teachers want to develope in the kids that although residents may look different than them, they have the same hearts and have lived a long life, which makes them all the wiser and able to give good feedback and foster them as they embark on their own life journeys.

Although the school was established almost 15 years ago, the residences weren't built until 2011. Since the students were able to watch the beginning and completion of the building, with all the bulldozers and big equipment in the process, they were excited when it was finished. Meanwhile, as the community was acquiring residents, school administration had the vision of serving and partnering with the facility to begin











a monthly gathering of its seniors and the pre-K children. "We knew God had a specific reason for putting the community right next door to our school," Danielle smiled. And because the mission of Little Hearts is to equip its students spiritually, socially and academically, in that order, both the school and the residents are benefiting from the partnering, which provides all the opportunities to fulfill its mission.

With its ministry on the right track, it's no surprise the school has a wait list of new students each year, and the long tenure of the school staff is a testament to the school's success. Teachers at Little Hearts love going to work every day, and have never associated the ministry of the school with "work." Instead, they prefer to think of themselves and the school as extensions of their students' families. "It's a calling for those of us who serve here, and we all feel our paths were chosen for a reason," Danielle explained.

She tells parents interested in the school that while they may not have all the bells and whistles other programs may have, the Little Hearts School offers a huge heart for their students. And parents who've had several children go through the school have already experienced and embraced that idea.

Some Little Hearts students have great-grandparents at the community residence, which makes visits all the more special for the seniors and children. In addition to the time they share filled with talking and singing, there are a ton of other activities the seniors can mark in their events calendar. Every year the school has a Fall Festival, complete with a costume parade and goodies to share with the residents. The students



also perform a Christmas pageant, and this past year, they held a Western day that included a reading of *Pecas Bill*, cowboy sing-along songs and themed snacks. The previous spring, residents enjoyed an Easter program, where they watched the kids hunt for eggs and then helped them count what they'd collected in their baskets.

The children sing



"Little Hearts"
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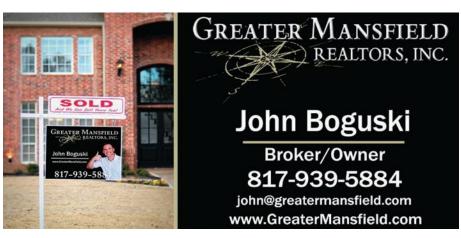
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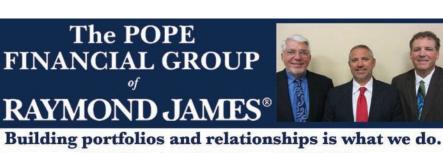




Scripture memory verses each visit, encouraging everyone to sing along. This brings to mind memories of the residents' own childhoods, since they are singing some of the same songs they learned in Sunday school. The seniors love how open the children are with their lives and their many hugs, which brings smiles to their faces every time. Residents often tell their staff, as well as the Little Hearts staff, how they look forward to every month when school is in session, and how it truly makes their day something special to look forward to.

The school is only in session two days a week, so there's no time for naps. Instead, the teachers fill the days with five hours of fun-filled learning that includes academics, Scripture memorization, chapel, prayer and worship to help give the kids a strong spiritual foundation. "Like clockwork, every third Thursday of the month, the pre-K kids file out the door to the church playground and head toward the trees lining the grounds of the Isle at Watercrest, while the younger 3-yearold classes watch in wonder," Danielle shared. "They know in the coming years they'll get to follow suit and be the ones having all the fun as they go on field trips to see their 'forever' friends."





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Eventually, the retirement community and the church will partner again to build a bridge over the last few yards of lawn between the two properties. The space gets extremely muddy when it rains. Hopefully it will happen this fall, when the Little Hearts kids have returned for the new school year, ready to become little lights in their community and to the residents next door. Danielle will return too, not as school director, but as a teacher. She wants to get back in the classroom and back to her teaching roots. She's satisfied to have helped fulfill the school's mission and watch the program grow from a seed into a tree. In whatever capacity she chooses to reside, Danielle and the Little Hearts students will continue to serve as very bright lights in their community. NOW







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The expense of the event will also vary depending on the number of guests and any additional activities paid for by the bride and groom. Since you are requesting for people to travel for your wedding, it makes sense to plan some fun for you and your guests. Destination weddings tend to be more intimate affairs with a smaller guest list, which helps keep costs down. While the couple is responsible for the ceremony and reception expenses, wedding guests should expect to cover their own travel expenses. To help their traveling guests, the bride and groom can arrange a flight and room block to help guests with making arrangements. Some hotels offer group discounts when booking several rooms, which will help your guests save money. This is a great incentive to start the planning process early.

Because the party generally pays for their own accommodations, the bride and groom should choose their attendants as soon as possible. Once the attendants are chosen, the couple should inform them of their plans to have a destination



wedding. This gives each person in the wedding party time to set aside funds for their trip. Encourage your guests to book early as well, which will help them save money. Be prepared to make necessary changes if someone you ask cannot afford the trip. If you can afford it, you can always help someone who is in financial need, but this is not a requirement. Consider having a reception













later on to include those who could not attend your wedding.

If you are planning to travel out of the country, make sure your passport is up-to-date and that you meet all the necessary requirements to get married in that location. Some countries have residency restrictions, so it's important to plan ample travel time to meet the required number of days, if necessary. A wedding planner at your destination is a great tool to help you understand the country's requirements, communicate with vendors, set up travel arrangements and make your dream a reality. A wedding planner close to home is also a great source to help you coordinate your wedding. Whether they help you plan the entire event or just assist you in some of





the details, they can help save time and money in the planning process.

Another wedding professional you should consider hiring is a travel agent. A travel agent can help simplify your travel arrangements. They can research destinations, compare prices, negotiate with hotels, as well as help plan excursions. It's best to select a local travel agent that you can meet personally. When selecting a travel agent, make sure you check their certifications. This will ensure they are certified with credible agencies. You will also want to interview the agent before selecting one. Ask them about their experience and their fees.

Selecting a destination is important in determining the wedding type, travel time and budget for the event. Some popular



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choices are Hawaii, Canada and Europe. If your budget is limited, consider traveling a little closer to home. There are several beautiful locations that are just a drive away.

Whichever location you choose, make sure you research the weather patterns when setting a date. Keep in mind that optimal weather conditions usually coincide with high tourist season, which will mean higher prices. Shoulder season is the best time to travel for good prices and great weather. This is the time that falls between high season and low season when tourists are few and the weather is on the edge of ideal. During this time, resorts are lowering their rates due to receding tourism. The Internet is a great source for understanding the best times to travel to various locations.

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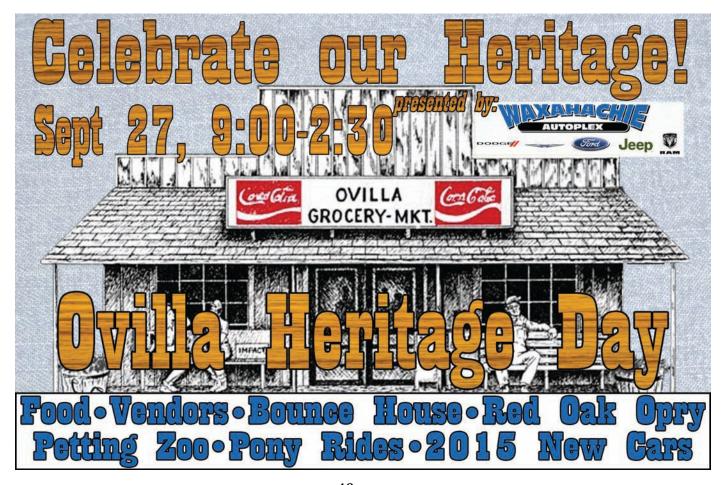
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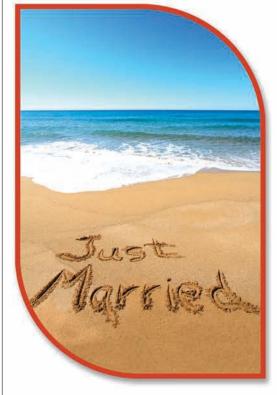
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Once you have chosen your destination, selected a date, advised your attendants and family, the fun truly begins in the planning process. With all of the major and more difficult decisions out of the way, you are free to think about planning your trip. There will be other wedding details to consider, but you should also think about some fun with your friends and family. Consider planning a welcome dinner when everyone arrives. A destination wedding is a great way for you to celebrate a significant moment in your life. You will be able to spend time with close friends and family and make memories that will be part of the foundation of your future together. NOW

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Hal, Kathy, Yvonne and Brooke promise to provide safe and secure storage.

## Quality Storage Solutions

The Storage Hut provides quality, clean units for Mansfield. — By Mikaela Mathews

Twenty-five years ago, Hal and Kathy Mueller found themselves in Mansfield with high hopes and a love for their new town. In 1993, the couple purchased 5.5 acres to build an exciting future, and The Storage Hut was born. "We started out small with only 50 units," Kathy explained. "Mansfield's population then was around 15,000 residents. But, as our city grew, so did The Storage Hut."

Now, The Storage Hut offers nearly 300 storage units varying in sizes, from 5 feet by 10 feet to 20 feet by 30 feet, 40 of which are climate-controlled. Commercial clients can take advantage of the storage facilities by storing old files or unused equipment. Others use the units as a temporary holding for Christmas decorations, heirlooms or to hold items during a move.

Customers can rest easy knowing their belongings are safe with a coded entry gate, perimeter fencing and security cameras and well-lighted units. Insurance is also available for those wanting to insure high-value items.

For customers who might not know what size they need, the staff at The Storage Hut helps to find the right fit. Their website also gives helpful information with their storage space evaluation chart. The chart details how much will fit in each unit. For example, a 10 foot by 5 foot unit will most likely hold furniture and other items from a one- to two-bedroom apartment, as well as files.

The dedicated and helpful staff ensures customers receive top-notch service. "Our manager, Yvonne Lee, and assistant manager, Brooke Thompson, are the absolute best!" Kathy

## Business NOW

smiled. "Yvonne is a well of information for any customer to figure out all the details for their storage needs. Quality control and customer service are top priority for Yvonne and Brooke, when offering their customers a clean, secure environment for their storage needs."

"We want to serve our customers the best way we can."

Yvonne has led the charge as manager for 16 years and Brooke for nine.

For several years, Hal designed and built storage facilities around the country. When it came time to build his own, he was inspired by the Alamo. "Hal has a love for history and thought this would be a complimentary expression of his love for Texas history," Kathy shared. Inside the office, customers are greeted with a large, kid-friendly lounge. Children can play with toys while their parents make arrangements to find the perfect storage unit.

Hal and Kathy believe strong character makes a good business. "Consistency, hard work, honesty, passion and drive are important to us. We want to serve our customers the best way we can," Hal explained.

Community is also valuable to The Storage Hut. They have been members of the Mansfield Chamber of Commerce since their doors opened. Kathy and Hal are also supporters of the Wesley Mission Center. "We want to give back to the community that has given us so much," Kathy explained. "I truly feel blessed to have raised my five children here, and my nine grandchildren seem happy they've built their life here, too!"

All in all, Hal and Kathy don't regret their decision long ago to settle down in what was once a small town. "We're happy we chose Mansfield 25 years ago," Kathy remarked, "and proud to be residents of such a wonderful community!"

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The Hernandez's grandkids stay cool with their colorful umbrellas that match their unique personalities.



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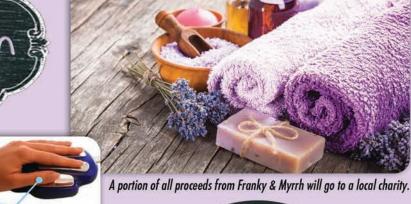
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## How Can We Possibly Save for Retirement and Our Child's College Education at the Same Time?

It's seldom easy to achieve a balance between saving for your retirement and saving for the ever-increasing costs of a college education within your present income. Yet it's imperative that you save for both at the same time. To postpone saving for your retirement means missing out on years of tax-deferred growth and playing a near-impossible game of catch-up. To accomplish both goals, you may need to compromise.

The first step is to thoroughly examine your funding needs for both college and retirement. On the retirement side, remember to include the estimated value of any employer pension plans, as well as your Social Security benefits. This evaluation will likely prompt you to examine some deeply held beliefs about your financial goals. For example, is it important that you travel regularly in retirement, or is it more important that your child attend a prestigious Ivy League College?

If you discover that you can't afford to save for both goals, the second step is to consider some compromises:

- Defer your retirement and work longer.
- Reduce your standard of living now or in retirement.
- Increase the family income by seeking a better paying position in your
  present career, getting a second job or having a previously stay-at-home spouse
  join the work force. Beware, though, of potential drawbacks like day-care costs,
  commuting costs and tax disadvantages on the increased income.

- Seek out more aggressive investments (but beware of the risks).
- Expect your child to contribute more money to college. Some parents may find it difficult to accept, but the majority of college students finance a portion of their education with student loans.
- Investigate less-expensive colleges. You may find that some less-expensive state universities have more to offer in certain programs than their pricey private counterparts.

The third step is to re-evaluate your plan from time to time as your circumstances and wishes change. Remember, the important thing is to earmark a portion of your present income for both goals and do the best you can.

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Todd Simmons is a Raymond James Financial Advisor in Duncanville.











## In the Grip of a Cramp

— By Betty Tryon, BSN

Muscles that contract are doing what they were made to do. A problem occurs when the muscle does not return to a relaxed state. A muscle or muscles can create incredible pain when the contraction continues and becomes a cramp. Involuntary muscle cramps can last a few seconds to almost an hour. Regrettably, on occasion, they can last longer.

We have three types of muscles: smooth, cardiac and skeletal. Smooth muscles line the inner organs in the body. For example, they are what propel food through the digestive system or cause you to regurgitate something unpleasant. Cardiac muscles power the functions of the heart. Smooth and cardiac muscles are involuntary, meaning you can't control their action. Skeletal muscles are voluntary and can be controlled by you. They are what allow you to move your arms and legs at will. The majority of muscle cramps occur in the skeletal muscles. You can see the muscle bunch up and become hard while in the grip of the cramp.

Muscle cramps can be alarming, but they are not uncommon. They occur most often in older adults. Cramps can be caused by a variety of conditions. Injury to a muscle or nerve can cause cramping. Dehydration, cold weather, pregnancy, depletion of certain minerals and deficiencies of some vitamins can be the source of muscle cramps. Overusing a certain group of muscles or even being in one position an extensively long time might trigger cramping. Cramping can be the side

effect of some medications. Medical problems, such as peripheral artery disease, can also be the cause of cramps because of inadequate blood flow to an area.

The treatment for muscle cramps is relatively simple. If it occurs from injuries, then medications such as muscle relaxants and/or anti-inflammatory drugs, may be prescribed. Usually, stretching alleviates the cramped muscle. Relief can also be found with the use of heating pads or soaking in a tub of warm water. Massage can bring a reprieve from the pain. If the disorder is occurring from a medical or physical condition, then that needs to be addressed. If you develop cramps from dehydration, rehydration should solve the problem.

Prevention of muscle cramps should focus on the reason the cramp is taking place. If cramps occur in a calf muscle from running, then stretching adequately before exercise will help. Make sure you are well-hydrated before exercising. For nighttime cramping, stretching before bedtime may help. If you think a medication is causing your cramping, consult your doctor. Do not discontinue medication before seeking the advice of your physician. With a little investigation and preparation, you may be able to keep muscle cramps at bay.

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











## Calendar

### September 6

Jim Suhler and Monkey Beat: 8:00 p.m., Farr Best Theater, 109 N. Main St. For more information or tickets, visit www. farrbest.com.

### September 8, 22

Mothers of Preschoolers (MOPS): 9:30-11:30 a.m., Walnut Ridge Baptist Church, 1201 SH 360. For more information, visit www.walnutridgechurch.com.

### September 9

Jubilate Children's Choir Auditions: 6:30-7:30 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. Free. jubilatechildrenschoir@gmail.com.

### September 12

Parent's Night Out: 6:00-9:00 p.m., Walnut Ridge Baptist Church, 1201 SH 360. Date night for parents. For more information, visit www. walnutridgechurch.com.

## September 13

Mansfield Wurst Fest: 5:00-10:00 p.m., Smith St. Live music, food vendors,

weenie dog races and much more! Visit www.mansfieldparks.com for more information.

Living Proof Live: 8:30 a.m.-3:15 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. For more information, contact Beth Mallory at bethm@fmcm.org.

Seventh Annual Dr. Michael A. Evans Sr. Scholarship Golf Classic: Registration, 6:30 a.m.; Shotgun Start, 8:00 a.m. Mansfield National Golf Club, 3750 National Pkwy. \$80/person or \$320/team. For more information, go to www.tournevents.com/bbcman.

### September 14

11th Annual Bridal Extravaganza: Waxahachie Civic Center. For time and further details, call (469) 309-4040 or visit www.waxahachieciviccenter.org.

## September 17

Senior Art Show: 9:00 a.m.-noon, Mansfield Activities Center, 106 S. Wisteria St. Free. www.mansfieldparks.com.

## September 20

Buddy Whittington Band: 8:00 p.m., Farr Best Theater, 109 N. Main St. For more information or tickets, visit www.farrbest.com.

### September 26

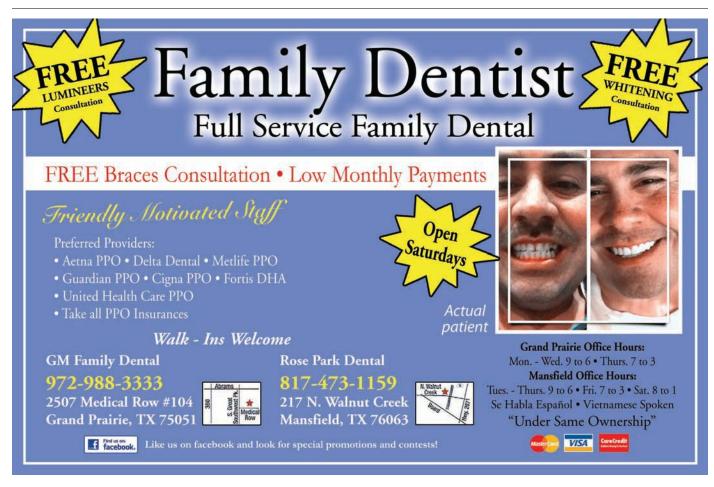
Second Annual Mansfield Shootout: Breakfast, 8:00 a.m.; First shot, 9:00 a.m., Alpine Shooting Range, 5482 Shelby Rd., Fort Worth. For more information or to register, visit www.mansfieldshootout.com.

## September 27

Wisteria Street Market: 9:00 a.m.-3:00 p.m., Wisteria St. Vendors are wanted. Visit www.mansfieldparks.com for application information.

Women's Breakfast: 9:00-11:00 a.m., Mansfield Bible Church, 2351 Country Club Dr. \$5 suggested donation. For more information, visit www.mbcchurch. com or call (817) 473-8980.

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





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## Cooking NOW



## In the Kitchen With Kim Fair

— By Mikaela Mathews

With a rich Italian heritage, Kim Fair has always felt comfortable in the kitchen. "My fondest memories are making homemade pasta with my grandmother and great-grandmother," she shared. She began cooking at the age of 15 and hasn't stopped since.

She continues her family's cooking legacy with her two children and husband. "Every time I make something they like, I put it in a binder. This way, I can make sure all of their favorites can be passed down for generations to come," she said.

Kim finds special meaning in whipping up a meal in the kitchen. "It's a big hug after a stressful day, congratulations at a celebration or a kiss to end the perfect date," she shared. "Cooking for someone is the best way to show you care!" **NOW** 

### Mama's Italian Meatballs

1 lb. ground beef

1 lb. ground pork

2 eggs

2 cups Italian bread crumbs, crumbled

2 cups Parmesan cheese, grated

I onion, finely chopped

4 garlic cloves, minced

1/2 cup Italian parsley, finely chopped

1 cup mozzarella cheese, shredded

 $1/2 \; \text{cup whole milk}$ 

1 tsp. kosher salt

1 tsp. pepper

Tomato/spaghetti sauce of choice Pasta of choice and desired amount

2 Tbsp. butter

Parsley, to taste

Parmesan, to taste

- **I.** Combine first 12 ingredients in a mixing bowl; mix well. Scoop meat mixture and roll into uniform balls.
- **2.** Gently fry meat balls in a large skillet, until cooked halfway. Finish cooking them in your

favorite tomato sauce.

**3.** Cook pasta to al dente; drain. Add about I cup tomato sauce and 2 Tbsp. butter to your pasta. Pour out pasta onto a serving platter and arrange the meatballs, along with the tomato sauce. Garnish with chopped parsley and plenty of Parmesan cheese.

## **Italian Butter Toffee Cake**

Cake:

1 18-oz. package yellow cake mix

1 egg

I stick butter, melted

Filling:

8-oz. cream cheese, softened

2 eggs

1 tsp. vanilla

4 cups powdered sugar

1 stick butter, melted

I cup toffee bits

**1.** For cake: Preheat oven to 350 F.

2. In a mixing bowl, combine all cake

ingredients; pour into prepared baking pan and pat evenly. Set aside.

**3.** For filling: In another mixing bowl, combine all filling ingredients, except toffee bits. Beat with an electric mixer until well-blended and smooth. Fold in the toffee bits with a spatula.

**4.** Pour the filling over the cake mixture and spread evenly. Bake for 40-50 minutes, or until the center is still a bit gooey. Remove from the oven and cool completely. Cut into pieces and serve with a dollop of ice cream.

## Mama's Sunday Gravy

6 garlic cloves

I large yellow onion Pinch red pepper flakes

3 Tbsp. Bertolli olive oil

2 28-oz. cans diced tomatoes

I cup water

I tsp. each oregano, basil and Italian seasoning

I bunch Italian parsley, chopped

I tsp. each salt and pepper

**1.** In a large Dutch oven, sauté the garlic, onion and red pepper flakes in olive oil, until garlic and onions are soft and translucent.

2. Add remaining ingredients and simmer, uncovered, until the sauce has reduced down, for about one hour. Add Mama's Italian meatballs (first recipe), Italian sausage or serve plain over pasta.

### Italian Pea Salad

12 slices bacon or Pancetta 10-oz. package frozen peas, thawed and drained

I cup mozzarella cheese, shredded

8 eggs, hard-boiled

3 Tbsp. mayonnaise

2 tsp. lemon juice, freshly squeezed

I red onion, diced

Salt and pepper, to taste

**1.** In a large skillet, cook the bacon or Pancetta over medium heat until crisp. Transfer to a paper towel-lined plate to drain. Let cool.

**2.** In a serving bowl, combine the bacon or Pancetta, peas, cheese and eggs. Stir in mayonnaise, lemon juice, red onion, salt and pepper. Serve immediately or refrigerate until ready to serve.

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



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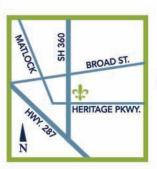
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