

10-YEAR ANNIVERSARY ISSUE

# MansfieldNOW

M A G A Z I N E

MARCH 2016

## Reflections of Our Culture

At Home With  
Albert and  
Rosalinda Valdez

## A Smart Alternative

Solar rays power these  
students' dreams

New Energy,  
Fresh Ideas  
From Moore to Mansfield  
Blooms When Planted

Happy Plants,  
Happy People

Dining Deals

In the Kitchen With  
Joel and Claire Verinder



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## ON THE COVER



*The Valdez family couldn't be happier that they made Mansfield their home.*

*Photo by Vanessa Polozola.*

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## Editor's Note

*Celebrating a Decade!*

Thanks to your progressive attitudes, Mansfield keeps improving! And so does the publication you hold in your hands. This community magazine is number five of 10 in the family of NOW Magazines, a company founded by Connie Poirier, publisher. She launched *CorsicanaNOW Magazine* in 2004 and noticed its positive impact on the businesses that supported her journal. Taking a leap of faith, she quickly launched *WaxahachieNOW* and *EnnisNOW* and, soon thereafter, *MidlothianNOW*.

Over the last 10 years, *MansfieldNOW Magazine* has had the privilege of telling the stories of at least five of you in every issue. That translates into more than 600 people whose personalities have been profiled in this publication! And that contributes to a thriving community because neighbors talk about neighbors and inspire innovative ideas. I love that, of course, since my blessed job is to find more good stories about more good people in this city. Let me know when you hear of them!


Have a wonderful month!

*Melissa*

Melissa Rawlins  
*MansfieldNOW* Editor  
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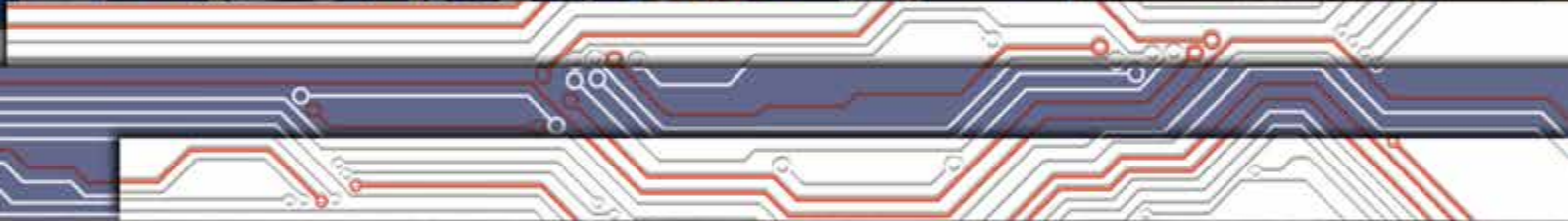


# A SMART ALTERN

*This coming July, while many students are getting bored with their long summer vacation, a group of students from Mansfield ISD's Ben Barber Career Tech Academy will be competing to be the first to cross the finish line in Minneapolis, Minnesota, during the Solar Car Challenge. "We spend a lot of time designing, building and racing our car, and we are so proud to see it doing well," Zach Davis said.*

To motivate students in science and engineering the Solar Car Challenge was founded in 1993 by Dr. Lehman Marks of The Winston School in Dallas, and it currently attracts teams of students and faculty members from across the U.S. and several foreign countries. While powering cars with electricity dates back to 1900, using solar energy to power batteries is relatively new. The race is designed to increase alternative energy awareness, and its sponsors, including Earth Day Texas and Lockheed Martin, reflect these goals.





# NATIVE

— By Virginia Riddle





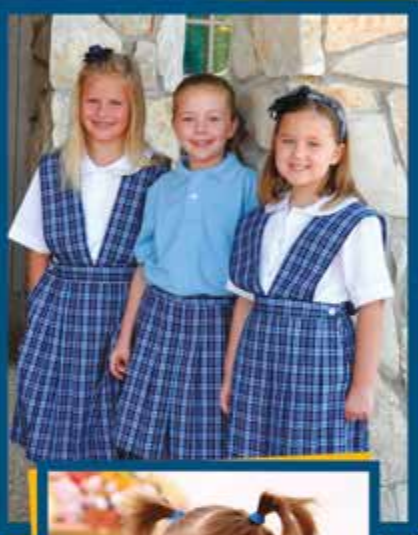
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This will be the fifth year in which the Shine Runners Racing Club at BBCTA will participate, and it will be a cross-country race. Every year, the race has either been a cross-country event or occurred on a track. This year's race will be run from the Texas Motor Speedway to Minneapolis, Minnesota. The team's car will travel about 900 miles over eight to nine days. Rob Goodson and Alex Higgs are the BBCTA teachers who guide the project and students from inception to the finish line.

Mr. Goodson was recruited into this role by Mr. Jackie Bishop, an automotive teacher at the school. "I was a new teacher, but I jumped in with both feet and have just kept going. Our first year, we placed sixth," Mr. Goodson said. "I recruited Mr. Higgs three years ago, and this whole thing has gotten a lot bigger than we ever imagined. The students learn a lot and really rise to the challenge."

Mr. Goodson teaches Principles of Engineering, Robotics, Computer Integrated Manufacturing, Advanced Engineering Design and Presentation and Scientific Research, while Mr. Higgs teaches Principles of Manufacturing, Welding and Manufacturing Engineering and holds a practicum in manufacturing. These classes prepare the student team members to build the car "from scratch" each year. They design the car with CAD (computer aided-design software) and develop parts with CNC (computer numerical control) machines and 3-D printers. To build the car, students must use welding and machining skills and their knowledge in electronics and circuitry. All team members are cross-trained. Additionally, every team member





works to get his or her amateur radio license for communication purposes during the race. "These are valuable skills they can put on their résumés," Mr. Goodson said. "I'm happy when I'm surplus, and the students don't need me. That happens when they begin teaching each other. I get to know them, share their success and see them come back to visit after having gone into a mechanical field of study and work. Colleges, especially Texas A&M University, and industries recruit these kids."


The team is comprised of 10-12 students, and there is never a financial charge to participate. The cost to participate runs about \$45,000 total, with MISD budgeting about half that amount and the rest coming from sponsors through word-of-mouth. "The school is behind us," Mr. Higgs said.





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"Mansfield is very supportive, and parents bring cookies and come to the race," Mr. Goodson added.

The rules are spelled out in a booklet that is about an inch thick. "We compete in the Classic Division because it's less costly," Mr. Goodson explained. One of those rules covers the wearing of wide-brimmed hats due to the summer sun exposure. Team T-shirts complete their competition uniform. "The look gives the students ownership. We are a MISD sports team, but our guys know how to weld," Mr. Goodson proudly pointed out.

Most of the design work is devoted to safety features. The cars are designed to run about 30-40 mph, and each car must have a roll cage. "The first two days of each race is spent in passing inspections, certifying the drivers for safety and the students' skills in loading and trailering the car," Mr. Goodson said.

Since public roads are used, students must be licensed drivers. During this time period, the team also works to "get the bugs out." "Tech issues are challenging — lots of things can go wrong, since we always use a newly built car. Some competitors use the same car every year, but our kids are learning," Mr. Goodson explained.

"We go back and double check everything," Zach said. Once ready for the race, the car hits the pavement. "We get a lot of road noise, but the car just makes a little hum." Other noises come from the chain and horn honking to alert people on the roadway. A senior, Zach is team captain and president of the Robotics Club. He is planning to attend Texas Christian University and major in electrical engineering with an eye on building robots for NASA. "I love to win





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Rob Goodson (left) and Alex Higgs (right) are proud of Zach Davis' accomplishments.

and broaden my knowledge," Zach said. "I also enjoy understanding the process of building the car."

A seven-year veteran of teaching, five of which are with MISD, Mr. Goodson is an environmental engineer and a recipient of MISD's Impact Achievement Award. Mr. Higgs has a degree in applied technology and has 10 years' teaching experience, three of which have been with MISD. "We are mechanically minded but had never raced cars, so we are learning right along with the kids," Mr. Higgs said. "The race is huge and so intense. We are in charge of the students for the whole time."

The team has won many honors: Spirit of the Race Award, Best in Show and an award for computer design. They have been recognized by the MISD school board and received a proclamation from the California State Senate for having traveled the farthest. They placed fourth out of 19-20 cars the last two years.

The team exhibits the car in car shows, elementary school presentations and at NASCAR race tracks. "A lot of people are surprised by solar cars," Zach said.

"These events show off what the kids can do and gets them out of their shells by having to speak publicly. The kids become pretty well-rounded," Mr. Goodson said.

Mr. Higgs summarized the experience, "Building the race car gives the kids hands-on experience. They can solve problems, and in the end, they know they've done something very few people have done." **NOW**





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# *New Energy,* Fresh Ideas

— By Virginia Riddle





*Mansfield is bursting at the seams with growth these days, and Joanie Fowler-Pace and Lori Williams are helping to lead the Mansfield Area Chamber of Commerce in its efforts to help business owners and citizens to grow right along with the population boom. "We have to always be looking ahead," Lori, the Chamber's president and CEO, said.*

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Joanie and Lori have helped make the Mansfield Chamber what it is today.

As the Mansfield Area Chamber of Commerce's chairman of the board, Joanie and the other leaders of the Chamber are making changes that enhance the organization's relevancy to business owners and the community it serves. "The Chamber needs to be the place where relationships are built," Joanie said. "We are instituting value-added programs that are more inclusive than exclusive. We understand a business owner's motivation is to increase the bottom line, and we want members to personally benefit from the Chamber's programs."

One of the most innovative changes is a move toward a Tiered Membership Level of packaged programs, which are customized to the business owner's needs versus the standard membership fee based solely on the number of employees a business has. With tiered dues, members can easily understand the services they will receive in exchange for their investment.

Time is a rare commodity for business owners, as well as industrial and community leaders these days, so the Chamber wants to be the conduit for connections for members and for the data that helps to promote a profitable business climate. Connections are still made through the traditional monthly Business After Hours, however, another change is to hold the monthly luncheons on a quarterly basis. "The luncheons give members a common ground in which to network, but we want to give real value to the meetings by re-

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evaluating their purposes. Each quarterly luncheon will have a theme,” Joanie said. Mayor David Cook, kicked off the first luncheon. The second luncheon will be a political forum, to be followed by a community event and, finally, in October, Dr. Jim Vaszauskas, superintendent of Mansfield Independent School District, will give a State of MISD address to members.

Other annual events include an awards dinner, SuperCONNECT, the 5K Run and Walk, May’s golf tournament and the clay shoot. This year’s awards dinner theme was Old Hollywood Glamour and had about 160 members and guests in attendance. The 2016 Spring SuperCONNECT will be held on April 14. “It’s all about making connections rather than the old-school way of networking,” Lori said. Another SuperCONNECT will be held again in the fall. The program is capped at 60 attendees for each bi-annual session, so early reservations are recommended.

One of those connections was made with Joanie and Lori. They are leaders in the Chamber, but also hold membership in Rotary International, which partners with the Chamber in hosting the 5K Run and Walk. The golf tournament and clay shoot are the Chamber’s other fundraisers. “This will be the clay shoot’s third year, and it’s already the new favorite. We sold out last year,” Joanie recalled.

Leadership Mansfield is a division of the Chamber and may be attended by anyone living or working in Mansfield. The program not only concentrates on




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developing personal leadership skills but also encourages civic involvement.

Making the Chamber meaningful and relevant for current members is important, but so is the inclusion of new business and professional members, associations and organizations. Mansfield Area Chamber of Commerce has 17 ambassadors who spend many volunteer hours working Chamber events. Six of the ambassadors are designated as diplomats who are assigned on a rotational basis to new members.

They not only help each new member assimilate into the Chamber but also get to know more about the member and his or her business. "This is another way we connect, and it is a win-win that gives an added value to both the diplomat and the new member," Joanie explained.

The Chamber also promotes businesses' ribbon cuttings and educational events, which are coordinated through the ambassadors. A diplomat makes the introductions at such events. "These are really show-and-tell. The demonstrations are creative, and everyone connects. We also promote the business not just for that day but for 30 days before and after the event," Lori said.

Joanie's first leadership role in the Mansfield Area Chamber of Commerce was as president of the Women's Division. "This group's focus is on giving back," she said. Another interest group is the Young Professional Group, which includes members age 40 and under. This group's focus is two-fold — first with a C-Level speaker series, and secondly, a mentoring program with local high school students.

Much of the work of the Mansfield Area Chamber of Commerce is done through committees and its board of directors. "There's no training, but most

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Kathleen D'Agostino is Lori Williams' "right-hand woman."



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of these folks are 'serial' volunteers who have grown as they go through committee work to the board," Lori stated. The legislative committee is a relatively new group and is charged with the important task of communicating between all governmental entities and disseminating information to members. Lori stressed, however, that the Chamber doesn't take any political stance.

"Our board is a very diverse group that targets goals," Joanie stated.

Lori agreed and added, "These are people who can think outside the box — that's what it takes."

Joanie has lived in Mansfield for 24 years and is president of her family's business, Golden Air Conditioning. "What I love the most about my Chamber work is that we really do give back to the community," she said. She loves to travel with her husband, exercise and garden and is studying to be an herbalist in her spare time. "I love to be out-of-doors," she added.

Careers in sales, management, leadership training and as a consultant provided Lori a solid foundation for her executive position with Mansfield Area Chamber of Commerce. In her spare time, Lori enjoys gardening and crafting. "I like to see immediate results," she admitted. She volunteers with Mansfield Cares and loves to mentor others in reaching their goals. Having grown up in a military family, Lori has lived in many places but has called Mansfield home for 25 years.

Kathleen D'Agostino, another staffer, is in charge of membership support services at the Chamber. "We don't feel like we have a job," Lori said. "It's never a job when you enjoy making a difference." **NOW**

*Editor's Note: Visit [www.mansfieldchamber.org](http://www.mansfieldchamber.org) or call (817) 473-0507 for more information.*



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# Reflections of Our Culture

— By Melissa Rawlins

## At Home With Albert and Rosalinda Valdez



*Two years ago, Albert Valdez told his family the house needed painting. He took time off from his job managing inventory at PepsiCo to work alongside his wife, Rosalinda, his daughter, KaylaMarie, and his son, Austin. The four of them painted their home's whole exterior in three days. "I try to instill in my children that if you want something, you'll have to work for it," Albert said. So, they received payment for painting.*



Since moving here 16 years ago, Albert and Rosalinda have relaxed by drinking coffee in the rocking chairs that Albert stained. Talking to one another and listening to the birds, they take in the open vista and recall days when their children climbed in trees in that across-the-street field. As they review the day before them, the couple enjoys listening to the fountain Rosalinda found at Casa del Sol in downtown Mansfield. "I fell in love with it because it had one of those *jarros* that we use to cook beans in pouring water into another terra-cotta pot," she said.

In the family's dining room, Rosalinda displays a real, Mexican *jarro*. Everything up high belonged to her mother. "While we were new in this house, she began giving us a couple of things here and a







couple there,” said Rosalinda, who asked Albert to design platforms atop the kitchen cabinets that would help show off the clay pots. She stores vegetables and fruits in her Mexican bowls, and when the family hosts friends for nachos, they use all the clay pots available. The big one next to the stove holds utensils and sports Austin’s 4-year-old handprints. A prekindergarten teacher at FUMC First Faith Preschool and Kindergarten, Rosalinda loves doing handprints to help parents remember special moments. She treasures Kayla’s handprint, as well, done in plaster and kept outside.

This indoor-outdoor family walks on tile throughout the public areas. Originally white, they were replaced with brown slate. “In fact,” Albert recalled, “when we first moved in everything was white, so I guess we wanted a little bit of color.” They painted the dining room key lime at first, to pick up the green in a set of dishes they loved. The hutch was pink, until Albert gave a couple hours every day after work to refinish it. “It took two weeks of sanding and several sanding pads to get the pink off. Now it’s Rosalinda’s pride and joy.”

As they renovated, their home evolved to look mission style. The calming colors Rosalinda prefers are warm yet rich, varying from brown to peach to burgundy to green and resulting in happiness, even on gloomy days. “I’m more into living life in the way I was raised: Spanish style,” Rosalinda explained. “I’ve used earth tone colors throughout my home to represent that we are Hispanic.”

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Teaching their children to be happy with what they have, Rosalinda and Albert strongly believe in dinner together. “That’s something I’ve always asked for,” she said. “It’s our quality time to discuss our days, to find out why it was or wasn’t a good day.” Gathering around their heavy, plank table, surrounded by crosses on the wall that were gifts from Rosalinda’s students, the couple is full of gratitude for their home.

They started in an apartment in Fort Worth after getting married June 21, 1986, in Central Texas. Albert is from George West, a small town north of Corpus Christi. Rosalinda is from Georgetown. They met on a Thursday night in Beeville, at Bee County College (now known as Coastal Bend College). “We’d seen each other on campus and inquired of friends. We happened to see each other at the dance hall. It was the last song of the night. As we were dancing,” Rosalinda recalled, “he said



I was the one he wanted to live the rest of his life with.” And he gave her a kiss.

Waiting nine years to have children, Rosalinda worked for the Fort Worth ISD in the library. Intending to return to work after Austin was born in June, she just couldn’t. “I wanted to be the stay-at-home mom who would teach him some things,” she said. The couple decided to build their family on values that included quality of life. When Rosalinda decided Austin should





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be in a preschool, she inquired about the program at their Catholic church in Arlington and serendipitously was hired there. She has worked in the preschool field ever since.

In 1999, Albert moved his family from the borderline of Arlington and Fort Worth to Mansfield. "We chose a town we could call home that we knew had a great school district and was small enough that Austin could develop a group of friends," Albert said. "Our daughter was born in November, and we moved in May. This is the only house she has ever really known. She has had the same teachers Austin had, and we achieved that home-town feel."

Crediting Austin's fifth grade teacher, Mr. White, with inspiring him to fall in love with history, Albert foresees Austin teaching history at the high school level, as well as coaching baseball. "We're hoping everything we're teaching him he will take and apply to his own home," Albert said. Currently a junior at Arlington Baptist College, Austin pitches for their baseball team, and his bedroom reflects his interests. He has a big cookie jar filled with baseballs — and a story for every one. His parents provided him with a desk, and although space is tight, he understood it was their loving way of

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KaylaMarie is a sophomore at Lake Ridge High School, where she's a cadet 2nd lieutenant in the JROTC Program and is also involved with the Lake Ridge Varsity Choir, as well as the Harmonix Showcase Choir. "The JROTC program has helped her to become who she really is and to know what she really wants beyond high school," glowed her mother, who is just as impressed with the creative side of KaylaMarie.

Serene and pure white, KaylaMarie's room is crisp and clean. Pictures hanging above her bed hint at a fascination with Marilyn Monroe. The ruffled bedspread, ordered online from Target, matches perfectly with the frilly white curtains Kayla found at Wal-Mart. This is quite a departure from when she was 13 and painted her own room in pinks and grays and then, in black, wrote over it all, "Stay Beautiful." But last November, she turned 16 and got new furniture, and her dad helped her freshen up the walls.



"I wanted my kids to be proud when they invited their friends to the place that is their home," Rosalinda said. The Valdezes designed this home around multiple cultures, from Hispanic to sports to American pop. But binding them all in one is the most precious heritage of family. **NOW**



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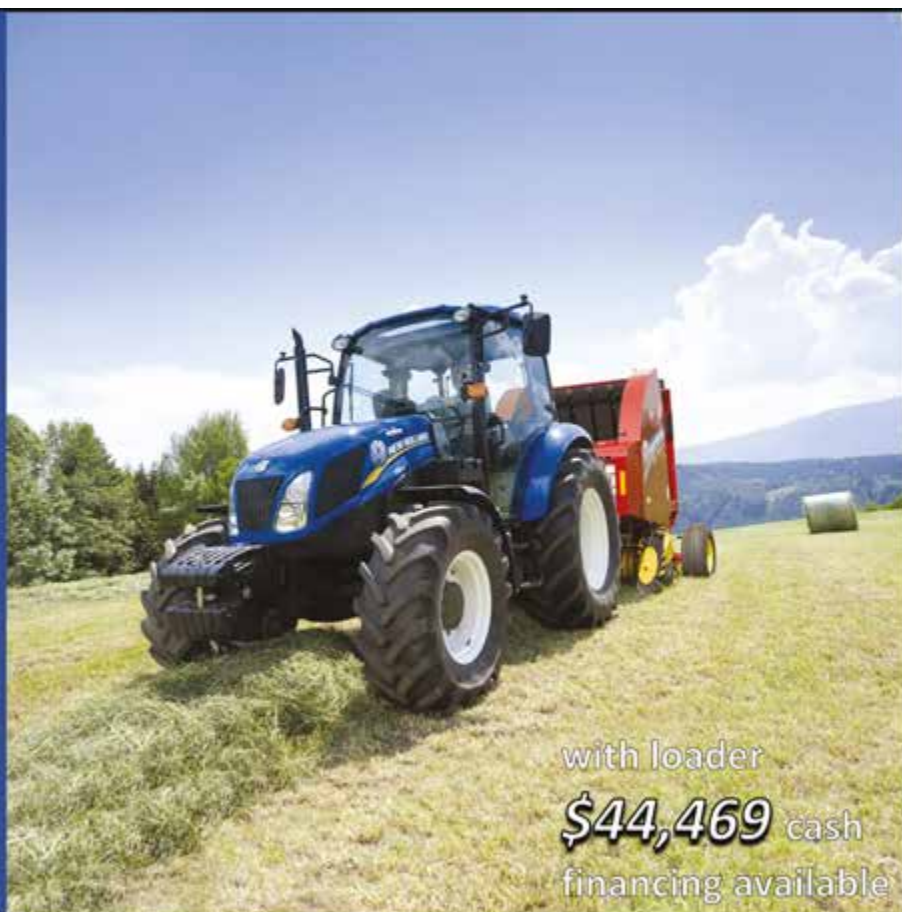
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# From Moore to Mansfield

— By Mira Rollins



*Basketball provided a youth full of fun for effervescent Ashley Coerver, who was destined to become two things: a professional success and a fitness enthusiast. From a very young age, she began traveling the road of health, wellness and educational excellence. These aspects share equal importance in her desire to maintain a healthy and well-rounded life. Her commitment to excellence in each of these areas is apparent at home and at work, and she maintains an exceptional energy level through high-intensity interval training.*





Ashley's parents are both seasoned health care professionals. Her dad, Brian, is a respected and successful dentist in Oklahoma. Her mom, Francine, is an experienced and valued registered nurse in her community. "My parents would have supported me in whatever I chose to pursue. They didn't steer me toward any particular career. They just wanted me to love and excel at whatever I chose," Ashley said. She attributes her career selection to her parents' strategy of professional exposure. "They always encouraged our passions and let us explore our interests. My parents



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facilitated opportunities that allowed my sister (Valerie, now a veterinarian) and me to talk to professionals in various fields."

Once thinking she would become a teacher, Ashley shifted her energy to pursuing medicine. As she continued to explore her interests and gifts, they led her to the field of dentistry. With humorous humility she makes no hesitation admitting her years of studying for a degree were hard. She quickly follows with solid affirmation. "It was well worth it. I received a great education."

Before leaving her home state, she had the humbling honor of serving the residents of Moore during the time of the devastating tornado of 2013. She knew many people who were directly



affected by the storm. She boasts that the people of Moore taught her life lessons that will continue to shape her life for years to come. "The people of Moore and all of Oklahoma were amazing," she fondly stated. "They pulled together and showed their strong spirit."

She has found a similar spirit of community and support in her new hometown. After practicing for seven years, Ashley decided to take a bold leap to move to Texas and open Crosspointe Dental and Orthodontics. Since moving to Texas, she has been warmly welcomed by the community.

Long work hours affected her once-consistent workout schedule. Due to the extended periods of being on her feet and in a seated position, she began to notice aches and pains. She realized that consistent exercise helped to relieve many of her body aches. Upon this discovery, she returned to the lifestyle of fitness and activity she was accustomed to. "I grew up playing basketball and always





kept active. I made the commitment to make consistent exercise a part of my daily routine again," Ashley said. "This meant that I had to wake up early to get my workout done before I had to leave for work."

Over the years, Ashley has experimented with various workout routines. She has now structured her workouts where she believes she gets the most results in the least amount of time. "I work out before I go to work using a system called high-intensity interval training (HIIT)," she said. "You exercise for 30-50 seconds as hard as you can, rest for 10 seconds and then begin an exercise again." She states there are two core benefits of HIIT. The first is the ability to obtain increased results with shorter workout time required. The second is the increased amount of calories you burn after the workout is completed. "You



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continue to burn calories when you are not even working out," she said, with continued excitement.

Not only has this routine given her more energy throughout the day, but she also noticed she was building muscle mass. "I was always in good shape, but never really experienced having muscles," Ashley said. "It really boosted my confidence." She encourages others to try HIIT because of the visible results. "Many people stop working out because they do not see results. But with consistent interval training of cardio and weight resistance, the results will come. Anyone can do HIIT. Just modify it to your own personal level of fitness."

Workout routines are not the only health regimen Ashley has experimented with. She stressed the importance of finding a healthy eating plan that fits an individual's lifestyle. "I used to eat five small meals a day. During that time, meal preparation was key," she said. She detailed her strategy of preparing food a week in advance to make sure she always had healthy proportioned meals available. For snacks she would eat apples, nuts, jerky, dried fruit and protein bars. "I always had those things in my bag just in case I got hungry. As a general rule I would prioritize protein. It kept me fuller, longer."

Though this eating schedule allowed her to maintain her weight goal, she found herself often hungry. So she opted for a new routine. She now practices a regimen referred to as intermittent



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fasting. "I eat during a certain window of time, from noon to 6:00 p.m. Before or after that, I don't eat anything else." This lifestyle plan works better for her because she is seldom hungry and does not feel restricted. "I am not dieting. I don't restrict myself. I just eat with balance and moderation."

She acknowledged that her workout routine and eating routine may not be best for everyone. "Some people may not enjoy my routine, but everyone can find something that fits their lifestyle. My best advice is to just keep looking for a workout routine until you find something that fits your lifestyle. Once you find it, stick with it," Ashley said. She offered a few tips to maintain overall health: Avoid sipping on sugary drinks over long periods of time. Avoid hard candy. Drink plenty of water, and increase fruit and vegetable intake.

Ashley is a testament to the benefits of strategy, commitment and accomplishment. She attributes much of her life's success to her strong belief in her favorite Bible verse. From memory and with conviction, she recited: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." This mix of perspective and confidence pushes her to continue growing. She is committed to growth in all areas of her life and is excited about where these journeys will lead her. As she continues to explore a lifestyle of wellness, she encourages others to do the same. **NOW**



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# Blooms

## When Planted

— By Melissa Swedowski

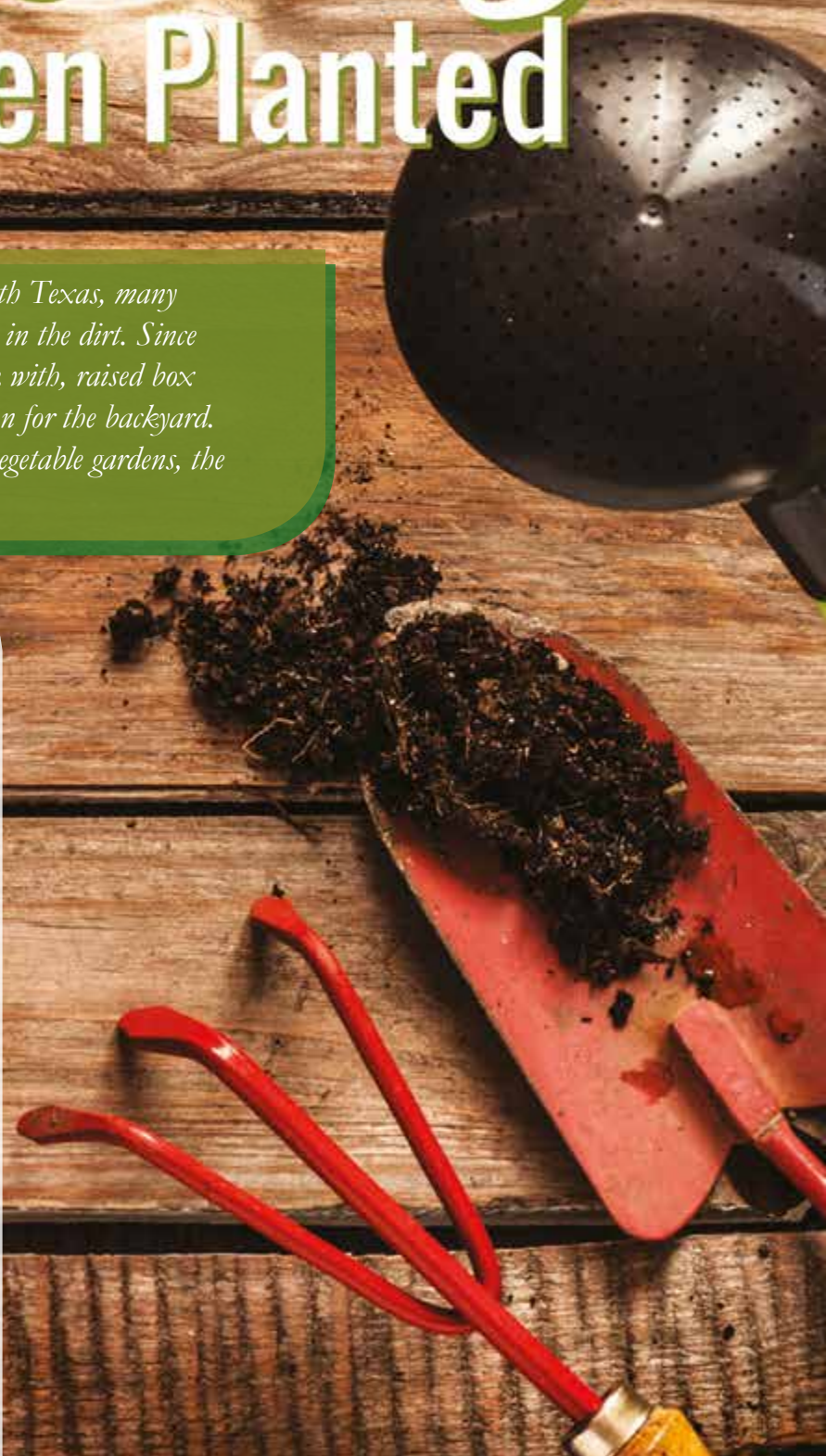
*As spring unfurls its sunny beams across North Texas, many are ready to get back outside and get their hands in the dirt. Since most of the soils in the area are difficult to work with, raised box gardens offer a creative, as well as versatile, option for the backyard. From small, square boxes to large, rectangular vegetable gardens, the choices are limited only by your imagination.*

Before building, determine the amount of useable room you have available. Consider how many plants, flowers or vegetables you want inside the raised garden and the square footage that can be allotted. Planter boxes, the self-contained version of garden boxes, can be placed on concrete or grass, while raised beds are best in the yard.

### Material Requirements

As interest in home improvement projects has grown, so have the options. Raised beds can be made with lumber, stone, concrete blocks or almost any other material, even burlap sacks. The simplest way is to create a raised pile of soil, which gets the plants away from the not-so-good native soil and promotes good drainage. The real investment will be in the choice of soil, and in this area of Texas, ideal soil is a mix of minerals, sand, clay and organic matter, and can include a quality compost.

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crowd, but humidity and direct sun take their toll on any structure. Always pre-treat and seal the wood you select. Balance out durability with budget constraints to choose the right wood for you.

A word to the wise: You will need saws, drills, clamps, wood glue, measuring tape, paper, pencil, screws, wire cutters, shovel, staple gun, level, bird netting and/or row cover. Most raised beds are weekend DIY adventures, but stopping multiple times for a trip to the home improvement store could extend that. If you don't have large table saws, purchase pre-cut lumber that will only require sanding and sealing.

## Construction

Using raised beds means growing more in less space with less work. Read seed packages to determine how much space is required for each plant, so you can lay out the garden correctly. Wider and





deeper rows need less water and produce more, while more plants can be planted in a rectangular bed than in a long narrow bed measuring the same square footage. For a garden of plants and/or flowers, best results will come with breaking up the sod, removing it to eliminate weeds, and tilling the soil, which especially helps clay soil.

Vegetables generally need eight hours of direct sunlight to have a good harvest, so make sure you pick a location in your yard that can supply that. Make it as level as possible, well drained and near a water source. Build the frame and mark the location. Move the lumber and dig 1-inch deep holes for posts. Put the lumber back in place, and attach it to the posts. Loosen the soil to about 12 inches deep, allowing for proper drainage.

Mix the topsoil with some humus, sand and manure inside the frame, then rake it until smooth. Choose your veggies, lay them in the box based on spacing requirements and dig a hole big enough for the root ball. Plant it, fill it with soil, and then water thoroughly. Use stakes, if there is a need, and add mulch to the base of the plants for an extra boost. For this part of Texas, tomatoes, green beans,



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squash, corn, peppers and cucumbers are common, but be sure that the last freeze has occurred and the soil is slightly warmed up before planting.


In a more limited space, craft a waist-high planter box that measures 6 feet long, but only 22 inches deep and 12 inches wide. This also allows for adjustment in budget, since the frame can be made from pine wood, while only the box needs to be made out of cedar. You can have room for multiple kinds of vegetables, although in smaller quantities than with the raised-bed style.

If you prefer the full planter box style, fasten the boards using galvanized screws, since they are less likely to rust, in a rectangular shape. Put the bottom board inside the box and attach it. Create four or five drainage holes in the bottom of the box, add a layer of nylon or vinyl screen on the bottom to protect the wood, and then prime, paint or stain it. Add a thin layer of gravel to help with drainage, and then add the soil.





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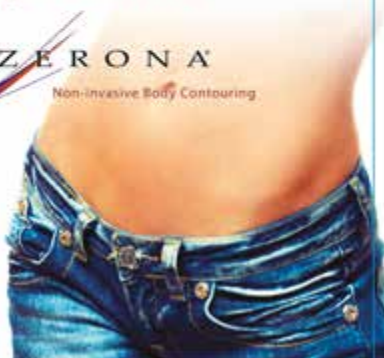
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## Flowers

If the garden is in the shade, consider using the very hardy Chinese Wild Ginger, or even the Begonia *semperflorens* Kaylen, which shares a lovely shade of burgundy. For smaller, less showy flowers, try *dianella tasmanica*, with wide spike-like leaves outlined in bright white.

When the full, hot Texas sun hits in the summer, several flowers can make your raised garden as beautiful as during the spring. From the Black-eyed Susan to the Victoria Blue Sage, colors abound. Lantana comes in a number of colors, while Dwarf Mexican Petunia brings in the lavender shade, and there's the always popular Autumn Sage as well as the Pink Skullcap.

All landscapes deserve a pop of color and the ability to flourish, and raised bed gardens can add an undeniable impact to your backyard beauty. **NOW**



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Wed. - Thurs. May 11th - 12th: All-Star  
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**Saturday - May 14th: Season 11 Liberty Cheer All-Star  
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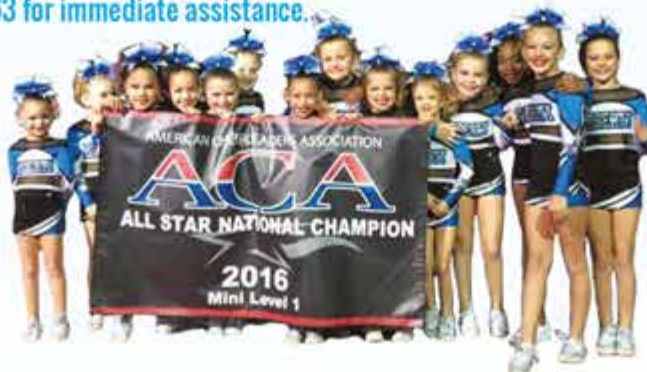
Athletes should use their age as of August 31, 2016

10AM - 11AM: 6-yrs old & younger  
11AM - 1PM: 7-yrs old to 8-yrs old  
1PM - 3PM: 9-yrs old to 11-yrs old  
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### **Mansfield Gardens**

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### **Hours:**

Monday-Saturday: 9:00 a.m.-6:30 p.m.  
Sunday: 10:00 a.m.-4:00 p.m.



Andrea Chavez, left, and sisters, Christina and Carina Pacheco, right, make certain that any plant you purchase from Mansfield Gardens will suit your needs and enhance your surroundings.



# HAPPY PLANTS, HAPPY PEOPLE

*Mansfield Gardens' horticultural expertise keeps plants and customers content.*

— By Melissa Rawlins

People with roots in this town made Mansfield Gardens their local gift and garden center as soon as it opened a little over a year ago. Their customers know their satisfaction takes priority for owner Carina Pacheco and her staff, who focus on nurturing healthy plants for sale. Whether you desire to meander amongst the beautiful herbs, perennials, annuals and gardening essentials or to simply buy a particular item, Mansfield Gardens welcomes you with a friendly mix of knowledge, creativity and serenity.

Horticulturalists by nature, the family backing confident, young Carina makes certain that any plant you purchase from Mansfield Gardens will suit your needs and enhance your surroundings. Carina graduated with a Bachelor of Business

Administration from The University of Texas at Arlington last year. Her entire life has been a learning, growing experience with parents who have grown plants locally for over 20 years and operate a local wholesale business. “I know the plants like the back of my hand,” said Carina, whose parents helped her get established and supply a lot of what Mansfield Gardens offers its customers. “I know the green industry, and have the insight necessary to buy the best plants.”

People loved Mansfield Nursery, which was in this location for 15 years. After it had been vacant for three years, locals were excited to notice Mansfield Gardens open its doors. With plenty of room to offer everything that a person might want, Mansfield



Gardens always has an outstanding variety of gifts, including Talavera garden pottery, a type of majolica earthenware distinguished by its white base glaze.

Offering locally grown, in-season vegetables, Carina also provides fresh, free-range eggs and local, raw honey from a beekeeper in Alvarado. They have herbs year-round — not only the usual herbs, like basil, parsley, mint, dill, oregano and rosemary, but also the unusual, like fennel, marjoram or rue.

“On Facebook, we alert people when we get in our fresh vegetables,” Carina said, adding: “On top of the freshness, we offer very good prices.” Mansfield Gardens also provides organic fertilizers as requested.

This month begins their busy season. Four to five employees — trustworthy and knowledgeable family and friends — are available to help customers find the best choices amongst the most popular spring plants. Carina or her sister, Christina, are always available to educate you about local growing requirements for the plant’s sake. When the planted plants are happy, Mansfield Gardens’ customers are satisfied. “We want to recommend the best we can for clients seeking advice,” Carina said. Some customers don’t want help. Others have a lot of questions. “We are sensitive to our customers’ needs.”

Ever grateful for her customers, Carina finds fulfillment getting to know people who trust her and her staff. Listening to customers’ issues and giving expert advice is an integral service at Mansfield Gardens. They also offer landscaping services, from design to installation to follow-up, and sell landscape plants at a wholesale price. “Christina is in charge of any landscaping design,” Carina said. “Due to our very extensive capabilities, we can make an oasis in somebody’s backyard.”

While you’re preparing your beds for planting after the mid-March final frost date, take time to shop at Mansfield Gardens. They’ll have the vegetables, herbs, colorful flowers and hanging baskets everybody’s looking for, as well as rose bushes, native trees and evergreen shrubs. Happy plants from Mansfield Gardens will make your gardens just as happy as you are! **NOW**



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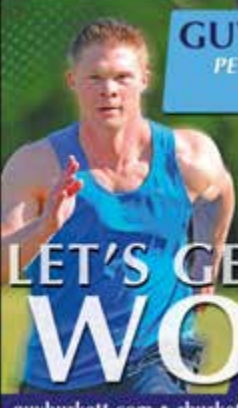
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*Ty Lewellyn, host at Mellow Mushroom, shows off the historic millstone in the lobby.*



*Members of Future Farmers of America at Ben Barber Career Tech, the school named after the man who was this club's first advisor.*



*Service Unit 211-Everdale Fields Girl Scouts make donations at Sleep Experts for the Share the Warmth campaign.*



*Ashley Holt and Coco Garcia are pleased with the expanded front desk at Mansfield Activity Center as new year activities kick off in high gear.*



*Quentin Moore plays on stage at Big D Barbecue in support of The LOT Downtown.*



*Staff members at Elite Care 24 Hour celebrate a great 2015 and wish each other a happy 2016.*



*Brian Flake is exuberant after a day of skiing over winter break in Winter Park, Colorado.*



*Elena Rodriguez and Weston Faulkner offer tastes of brews at BFF Asian Grill & Sports Bar.*



*Jean Hutchins walks Sparky at Rose Park.*



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# Avoid Emotional Investment Decisions?

What's the biggest obstacle to your ability to invest successfully? Is it the ups and downs of the financial markets? Political events? The fact that you weren't born rich? Actually, the chief hurdle you face is something over which you have control — your own emotions. Your emotions can lead to a variety of ill-advised investment behaviors, such as these:

• *Cutting losses* — Declines in the financial markets can lead some investors to try to “cut their losses” by selling investments whose price has declined. Yet, when prices have dropped, it may actually be a good time to buy investments, not sell them, especially when the investments are still fundamentally sound.

• *Chasing performance* — In the investment world, the flip side of fear is greed. Just as some investors are propelled by fear of loss, others are motivated by quick, big gains. They may pursue hot investments, only to be disappointed when the sizzle quickly fizzles. Instead of trying to score that one big winner, you may be better off spreading your investment dollars among a range of vehicles — stocks, bonds, government securities, certificates of deposit (CDs) and so on. While diversification can't guarantee a profit or protect against loss, it may help reduce the impact of market volatility on your portfolio.

• *Focusing on the short term* — When the market is down, you might get somewhat upset when you view your monthly investment statements. But any individual statement is just a snapshot in time. If you were to chart your investment results over a period of 10, 15 or 20 years, you'd see the true picture of how your portfolio is doing — and, in all likelihood, that picture would look better than a statement or two you received during a down market. In any case,

don't overreact to short-term downturns by making hasty buy or sell decisions. Instead, stick with a long-term strategy that's appropriate for your goals, risk tolerance and time horizon.

• *Heading to the investment sidelines* — Some people get so frustrated over market volatility that they throw up their hands and head to the investment sidelines until “things calm down.” And it's certainly true that, when owning stocks, there are no guarantees. You do risk losing some, or all, of your investment. But if you jump in and out of the market to escape volatility, you may take on an even bigger risk — the risk of losing some of the growth you'll need to reach your goals. Consider this: If you had invested \$10,000 in a package of stocks mimicking the S&P 500 in December 1979, your investment would have grown to more than \$426,000 by December 2013. But if you had missed just the 10 best days of the market during that time, your \$10,000 would only have grown to less than \$206,000 — a difference of about \$220,000, according to Ned Davis Research, a leading investment research organization. The bottom line? Staying invested over the long term can pay off. (Keep in mind, though, that the S&P 500 is an unmanaged index and isn't meant to depict an actual investment. Also, as you've no doubt heard, past performance is not a guarantee of future results.)

Our emotions are useful in guiding us through many aspects of our lives, but when you invest, you're better off using your head — not your heart. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Shawn M. Malley is an Edward Jones representative based in Mansfield.*

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## Cells Gone Awry

— By Betty Tryon, BSN

Doubling over in pain, the young woman knew this would be another day she would not be able to work. Suffering from endometriosis, she had come to expect the debilitating pain every month during her menstrual cycle. Endometriosis is the abnormal growth of endometrial tissue growing outside the uterus. Endometrial cells are similar to those that grow in the endometrium, which is the lining of the uterus. They can be found on the Fallopian tubes, ovaries, intestines, cervix and bladder, and on the uterus itself. Even though the cells are located outside the uterus, they will still thicken and shed every month, as if they were inside the uterus. The problem is there is no good way for the blood to exit the body, so it remains trapped. It can cause irritation to surrounding organs, which sets up an inflammation process and can cause scarring.

Some women who have endometriosis experience no symptoms. But for others, the pain level can vary from mild to severe. The pain can occur with menstrual periods, bowel movements, during ovulation or sexual intercourse. Endometriosis can cause heavy menstrual bleeding or bleeding between periods. It can also be a significant contributor to infertility. Some women don't even know they have endometriosis until they try, and fail, to get pregnant and undergo a diagnostic workup.

There is no definitive cause for endometriosis, but certain risk factors have been identified. Women between ages 25 to 40 face a higher risk, although teenagers and older women can also be

affected. If your mother or sister had endometriosis, your risk is higher. Estrogen plays an important part in the development of the disorder. The timing of your menstrual periods can lead to the possibility of endometriosis: If menstrual cycles are less than 28 days, if periods last longer than seven days and if you started your periods before the age of 12. Women who have never had children are at greater risk. Uterine abnormalities can set the stage for endometriosis.

Your treatment plan for endometriosis depends upon the severity of your symptoms and whether or not your fertility has been impaired. Your doctor will probably take a conservative treatment approach first. Treatment modalities will range from medication to lessen the pain and/or treat the endometriosis, all the way to surgery.

Endometriosis could be very devastating, emotionally. Women may find help in a support group that provides information, help, encouragement and advice. Online groups and chat forums are helpful also. Talking about it will not heal endometriosis, but discussing it may give one an emotional lift that aids the medical relief. **NOW**

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



### March 2, 16

Happy Hour: 4:00-6:30 p.m., The Pavilion at Creekwood, 2100 Cannon Creek Dr. Socialize with people who care about enhancing the lives of everyone in our community while enjoying wines and cheeses selected for the season. RSVP to Emily Featheringill at (817) 779-6500.

### March 5

Mardi Gras Gala: 6:00 p.m.-midnight, Walnut Creek Country Club, Mansfield. [www.athenasocietyofburlleson.org/athena-gala/](http://www.athenasocietyofburlleson.org/athena-gala/).

Bingo: 6:00-9:00 p.m., St. Thomas Hall, St. Jude Catholic Church, 500 E. Dallas St. Lots of good food and family fun! Call ahead: (817) 473-6709.

### March 6

Family Experience Worship Service: 5:00-7:00 p.m., Sanctuary, First Methodist Mansfield 777 N. Walnut Creek. Kids lead all ages in worship, followed by food in the gym. [www.fmcm.org/familyexperience](http://www.fmcm.org/familyexperience).

### March 8

Friends of the Library meeting: 6:00-7:00 p.m., Mansfield Public Library Community Room,

104 S. Wisteria. [mansfieldlibraryfriends@gmail.com](mailto:mansfieldlibraryfriends@gmail.com).

### March 10

Business After Hours: 5:30-7:30 p.m., American National Bank, 2500 E. Broad St. Free! RSVP to (817) 473-0507 or [info@mansfieldchamber.org](mailto:info@mansfieldchamber.org).

### March 11

Logo Design Contest: 5:00 p.m. If you're a seventh- through 12th-grade student, in MISD or at home, living within Mansfield city limits, you're eligible to submit your art. [www.keepmansfieldbeautiful.com](http://www.keepmansfieldbeautiful.com).

Excellence in Education Gala: 7:00-10:00 p.m., Gymnasium, Bethlehem Baptist Church, 1188 W. Broad St. [www.thebethlehemacademy.org/about](http://www.thebethlehemacademy.org/about).

### March 18

Mansfield Connects at the Chamber: 3:30-4:30 p.m., Mansfield Area Chamber of Commerce, 114 N. Main St. Meet others desiring to help your network and connect great people together, with no direct benefit for themselves. Free to members. Email [info@mansfieldchamber.org](mailto:info@mansfieldchamber.org).

### March 19

Spring Beautification Day: 8:00 a.m.-noon, City Service Center, 620 S. Wisteria St. [www.mansfieldtexas.gov/kmbc-beautification-day](http://www.mansfieldtexas.gov/kmbc-beautification-day).

### March 24

Mansfield Chamber Women's Division Luncheon: 11:00 a.m.-1:30 p.m., call for location. Supporting a different local charity each quarter. RSVP to (817) 473-0507 or [info@mansfieldchamber.org](mailto:info@mansfieldchamber.org).

### March 26

Rise and Shine Run and Easter Celebration: 9:00-11:00 a.m., First Methodist Mansfield, 777 N. Walnut Creek. [www.easterinmansfield.org](http://www.easterinmansfield.org).

### March 26, 27

Community Easter Worship Service: **Saturday**, 6:00 p.m.; **Sunday**, 9:00 and 11:00 a.m., MISD Center for the Performing Arts, 1110 W. Debbie Lane. Contemporary worship. [www.easterinmansfield.org](http://www.easterinmansfield.org).

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*



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## In the Kitchen With Joel and Claire Verinder

— By *Melissa Rawlins*

Moving from Alexandria, Virginia, nine years ago gave Joel and Claire Verinder the benefit of Mansfield Independent School District. A surprising bonus was the Cajun Cooking Class offered by Ben Barber High School Culinary Director, Chef Adair Smith. The Verinders especially enjoy his Red Beans and Rice and, shared here, Shrimp & Crawfish Étouffée. “Chef Adair has a way of making a complex recipe rather simple, making you look good at future parties,” Joel said, adding kudos for Claire’s thoughtfulness as she cooks for the family and sneaks in vegetables to make a meal healthier. Recommending Spinach Pecan Salad as “a sure-fire way for the family to eat their vegetables,” Joel adopted it as one of his favorites and said the three Verinder children now get excited about salad. **NOW**

### Spinach Pecan Salad

**1/2 cup pecans**  
**1 Tbsp. butter**  
**1 Tbsp. brown sugar**  
**1 Granny Smith apple**  
**6 oz. baby spinach**  
**1/2 cup blue cheese**  
**1/2 cup cranberries, dried**  
**Balsamic vinaigrette**

1. Caramelize the pecans with butter and sugar in a medium saucepan. Set them aside and let them cool.
2. Chop the apple into 1/4-inch pieces.
3. Combine all ingredients, except balsamic vinaigrette, in a large salad bowl. Add dressing to taste on each individual’s serving.

### Shrimp & Crawfish Étouffée

*Courtesy of Chef Adair Smith of Savvy’s.*

**3 Tbsp. unsalted butter**  
**1/4 cup all-purpose flour**  
**2 cups chopped onions**  
**1 cup green bell peppers, chopped**

**1 cup celery, chopped**  
**1 Tbsp. minced garlic**  
**2 small tomatoes, diced**  
**1 Tbsp. tomato paste**  
**1 bay leaf**  
**1 tsp. sugar**  
**1/4 tsp. cayenne pepper**  
**1 Tbsp. Creole seasoning**  
**3 cups chicken broth**  
**1/2 lb. shrimp, peeled and deveined**  
**1/2 lb. crawfish, peeled and deveined**  
**1/2 cup parsley leaves, chopped**  
**Salt, to taste**  
**4 cups steamed white rice**  
**1/4 cup green onion tops, thinly sliced**

1. Melt the butter in a large stock pot over medium heat. Add the flour and stir continuously to make a roux. Stir the roux over medium heat until the color of peanut butter, 5 to 7 minutes. (It may smell like popcorn.)
2. Add the onions, bell peppers, celery and garlic to the roux; cook, stirring often, for 10 minutes.
3. Add the tomatoes and tomato paste to the pot and season with bay leaf, sugar,

cayenne and Creole seasoning. Cook the tomatoes for 2 to 3 minutes and then whisk in the chicken broth.

**4.** Bring the mixture to a boil, and reduce to a simmer. Cook the étouffée, stirring occasionally, for 45 minutes.

**5.** Add the shrimp and cook for 3 minutes. Add the crawfish and cook for 2 more minutes.

**6.** Lastly, add the chopped parsley and salt to the pot, and stir to combine. Serve immediately over steamed white rice, and garnish with sliced green onion tops.

### Bread Pudding

*pudding:*

**1 tsp. butter**  
**4 large eggs**  
**1 cup whole milk**  
**1 cup whipping cream**  
**1/4 cup sugar**  
**1 tsp. vanilla extract**  
**2 cups water**  
**4 cups day-old cinnamon raisin bread, cut into 1/2-inch pieces**

*Bourbon Sauce:*

**1/4 cup unsalted butter**  
**1/2 cup sugar**  
**3 Tbsp. whipping cream**  
**2 Tbsp. bourbon**  
**Pinch of salt**

1. *For pudding:* Spread butter over the inside of an 8-inch baking dish.
2. Whisk remaining ingredients (except for bread) in a medium bowl.
3. Place the bread in the prepared pan. Pour milk mixture over the bread and let it stand. Refrigerate for 2 hours, pushing bread down into the custard.
4. Preheat oven to 375 F. Place baking dish in a larger pan; pour boiling water around it to 1 inch below the level of the bread. Bake about 50 minutes, until puffy and golden. Serve with bourbon sauce.
5. *For bourbon sauce:* Melt butter in a small saucepan over medium heat. Whisk in remaining ingredients. Use less butter and more bourbon for additional flavor.
6. Simmer until thickened, whisking often for about 3 minutes. Allow to cool a bit before serving.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



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