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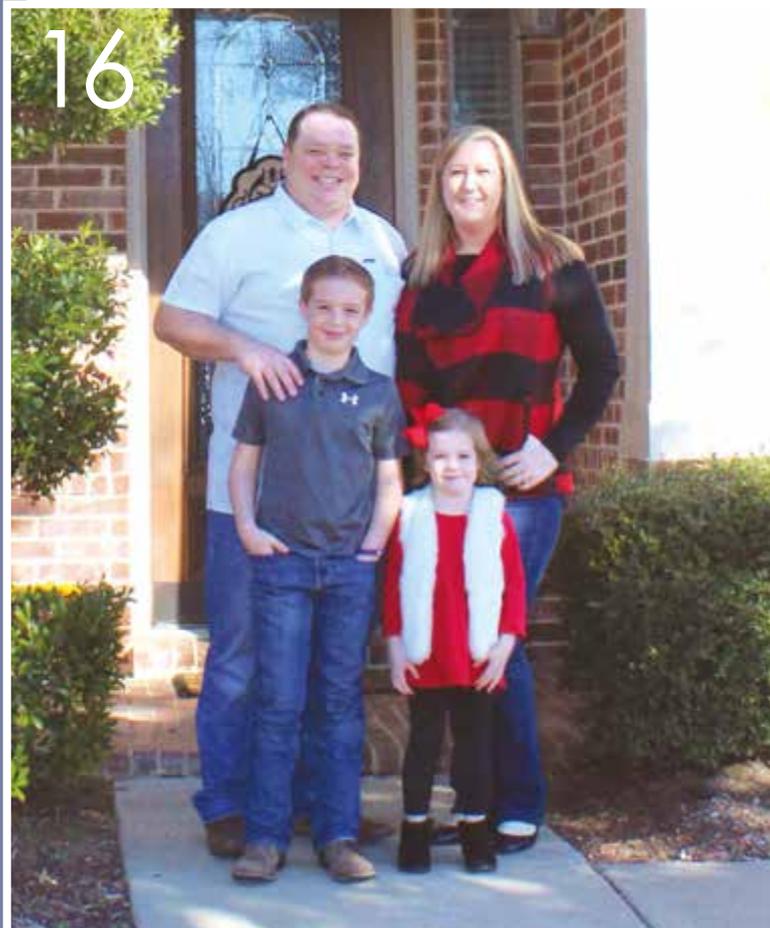
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ON THE COVER

DFW Gun Slingers guard the legacy of the Old West.

Photo by
Joy Elmore.

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EDITOR'S NOTE



Melissa

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Hello, Mansfield!

Since 2012, the World's Only Saint Paddy's Pickle Parade and Palooza has been celebrated in downtown Mansfield. And we're the only people doing this in all the world! What a dilly dally day March 17 has become. A day for puckering up and pickling down.

I have great admiration for the many people who are so very skilled at making pickles. When I first started gardening, for the purpose of harvesting, canning and then eating, I planned my rows of cucumbers for the sake of shelves of pickles. I like them dilled and sweetened, soured and spiced. I ruined every batch I tried making. When an entire bathtub full of disintegrating cucumbers greeted me after I followed directions to a T, I gave up wasting my time, money and energy and dedicated myself to the crunchy, brilliant green cucumbers that I could successfully grow. I learned to appreciate them raw.

And still, I'm grateful for those who have preserved the art of preserving the flesh of such wonderful fruit of the earth. Whatever you do this March 17, do it with all the flair you can muster.

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A group of people, mostly men wearing cowboy hats, are lined up at a shooting range. They are holding rifles and appear to be practicing fast draw. The background shows a wooden structure with "BOY JOIST" written on it. The scene is set in a western-style environment.

FASTEST FAMILY IN THE WEST

— By Rick Mauch

With names like Brad and Sabrina Quick, slow simply can't be part of their vocabulary. And when it comes to firing a Colt 45 pistol, they are among the fastest to be found. The Quicks belong to the Cowboy Fast Draw Association, a national organization of participants competing to see who can draw the fastest and be the most accurate at hitting targets from 15 and 21 feet away using wax bullets. "No live ammo is allowed," Brad said. "These are much safer, plus I grab them and recycle them. People can help themselves to all they want."

Brad, 44, is referring to the practice range he and Sabrina, 38, opened in their backyard. It's basically a barn they've converted into a western atmosphere where they and friends gather Saturday mornings for friendly competition. It's made of old barn wood, complete with a sliding door. The rails are constructed from limbs of nearby trees.

It costs a nominal fee of \$10 for adults and \$5 for ages 15 and under (accompanied by an adult, of course) to participate. For \$30 a year you can join their club, the DFW Gun Slingers, and shoot all you want. "This is more than just a gun club," Brad said. "We're keeping the legacy of the Old West alive."

It all began when Brad was watching an episode of the television show *Justified*. One particular scene changed his life forever. "When they squared off at the end, I knew that's

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what I wanted to do,” Brad said. “I want to be like Boone on *Justified*. I grew up watching old westerns and wondered, *How can they do that?* I ran to my computer and Googled fast draw, and it lit up. That’s how we learned about the CFDA.”

That was in 2015. Before Brad and Sabrina opened their range, they traveled to Gainesville for about a year. “One day, we just got to talking about the traveling, and I said, ‘I’m just going to start my own,’” Brad said. “It was a popular decision.”

The DFW Gun Slingers Club has a membership of about 35, coming from all over North Texas, and even Oklahoma, to participate. “They said we have the only air-conditioned range in Texas for the CFDA,” Brad said. “That probably helps with our popularity. Plus, we just have a great time.”

For their grand opening, they brought in a mobile range and more than 100 shooters participated. They are hoping to host the 2019 Texas State Shoot Championship.

As much as they love having fun, safety is always the first and primary focus. Before each shooting session, a safety meeting is held, even for those participants who have heard the presentation many times. Every participant wears safety glasses. No real bullets are ever used, and



when not in use, pistols must be in a fastened holster or else a penalty point will be assessed. "I will only load one shell in their gun until they get comfortable," Sabrina said. "You never know when they might have a great shot, get excited and wave the gun in the air."

Brad's nickname is Brad The Quick. Sabrina's is Pixie Quick. "When I started in the other club and wrote my name down, the man said, 'You were born for this,'" Brad said. "Then, at a meet in Kansas, somebody accidentally put the word *the* in my name, and I said, 'OK, I'll just go with it.' It sounded cool."



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As for Sabrina's nickname, she said, "Brad came back from registering us at a meet and said, 'I registered you as Pixie Quick.' I said 'Cool, I'd never have thought of that.' Like him, I liked it, so I stuck with it."

Brad and Sabrina also travel to competitions throughout the year. They have a dozen scheduled for 2018, ranging from Texas to Minnesota. Competition involves more than shooting. Sabrina, in fact, has numerous awards for her costuming, including Best Dressed Steampunk at Fastest Gun Alive World Championship in Fallon, Nevada, the biggest tournament of the year.



Steampunk is a subgenre that incorporates technology and aesthetic designs inspired by 19th century industrial steam-powered machinery. Think Salma Hayek in the movie *Wild Wild West*. "It's so much fun dressing up and walking around," Sabrina said. "Little kids will come up to us. People want their photo taken with us. It's like a family reunion that everyone wants to go to."

Sabrina can also shoot with great accuracy, as evidenced by a buckle she won for finishing second in a national competition in South Dakota.

Brad has numerous trophies on their den wall from his accomplishments. While he loves dressing up, too, he's admittedly more focused on competing, and has a fastest time of a .291 hundredths of a second, but mostly stays shooting in the range of .300 hundredths of a second — basically as fast as the



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blink of an eye. "Hand speed is a lot of it, but reaction time is most critical. The first one to see that light and react — and hit it, of course — wins," Brad explained.

"Everybody has their own way of shooting," Sabrina said. "I used to lean way back."

In the competition, the first to hit the target three times wins. If the shooters tie, then it comes down to which one had the fastest draw time.

The first time shooting at Brad and Sabrina's range is always free. They'll even provide guns for those just trying it out. "We want people to have fun and make sure they like it before they spend money," Sabrina said. But participants are required to dress in western gear. Boots and a cowboy hat are a must.

The group is also involved in charity events. For example, they participate in one fundraiser that helps youngsters receive scholarships for college.

Participation in the CFDA has become a family experience. Brad's father, Doug, is Papa Quick. They even have a cute little western outfit for Paco, their pet Chihuahua. "We're all having a blast," Brad said. "We're one big, happy, fast-draw family." **NOW**

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UNCLUTTERED SPACES

At Home With Tim and Kara Connor



Tim and Kara Connor recently purchased a 3,000-square-foot home in a remote subdivision in Mansfield. “I knew when we drove up that this was it,” Kara said with a smile. “I could see my kids playing in the yard and enjoying the beautiful neighborhood.”

It is also close to family. Three sets of grandparents live within 10 minutes of the neighborhood. “I like that we can just call family and do things on the spur of the moment because we live so close and are in each other’s daily lives,” Tim said. For instance, they were all out to eat one evening during the holidays and decided to go look at Christmas lights together at the last minute. Some families have to plan to be together, but Tim and Kara are relishing the day-to-day living with extended family nearby.

Tim and Kara had mutual friends in high school. They knew each other as passing acquaintances but reconnected after college and married in October 2008. During the first 10 years of their marriage, they successfully moved up in wonderful careers they both enjoy. Buying the home was a culmination of being solidified





SPACES

— By Debbie Durling



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in those careers and in a position to focus on family.

After their second child was born, Kara desired to pull back a bit from work and be more hands-on as a mom. Her company accommodated her wish. “Even though family is close by, and they have been wonderful at showing up to school events and giving rides to ball games, I felt I was missing out. I wanted to be the one to do that,” Kara shared.

Because of a half cul-de-sac formation of the turn in their street, the Connor home has a lot of yard space and greater distance from neighboring houses. This makes it feel more secluded, creating a great space for children to play and run.

The house had been updated before the family purchased it, and the Connors have kept clean, uncluttered spaces with a modern flare. Taupe-colored walls with white

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molding trimming out floors and ceilings provide a simple palette for personalizing. Living spaces are open for an easy flow, but separated enough to have more than one thing going on at a time. This is great for the Connors because they love to entertain. "A lot of our high school and college buddies have kids the same age as ours," Kara said, "so we entertain all ages in our home."

In the formal dining room sits Tim's masterpiece. He built the family's table himself. As an executive, Tim is accustomed to planning before taking action. So, he researched how to build a table on the Internet, created a plan and carried it out beautifully. The table is wood, washed in gray, and has creamy white upholstered chairs.

The character of the home is defined by a ceiling in the living room that rises to the open second floor. Windows of various shapes and sizes create interest. A mixture of milky carpets and hand-scraped wooden planks provide warm and cozy walking pleasure.

Many gatherings are accommodated in the large kitchen where white raised-panel cabinets are divided by subway tile and earth-toned granite. Stainless appliances finish the look. A breakfast nook rounds into the spacious living room, which houses a fireplace and alcove for the entertainment center that happens to be restored from a piece of furniture handed down from family.

Upstairs, the hallway looks down into the living room on one side and the entry on the other. The second floor is like being in another home because of the large bedrooms and game room where kids can enjoy hours of entertainment. Their two children, Cade and Quinn, have bedrooms decorated in ideal fashion. Tim built Cade's bed using bats as a headboard. It is so well done that it looks like it came from an expensive furniture store. Again, he researched,

planned and executed to a beautiful finished product.

“He always goes over the top,” Kara said. Once Cade needed a train car for a train parade they do at school each year. Tim not only made a car for Cade, but also included working lights and billowing smoke.



Besides entertaining, the family loves to cook. During the week, many meals are quick and ready-made. So, on Sunday evenings, they have a tradition of cooking a meal completely from scratch. “I remember when Kara and I were dating and decided to make chili. She pulled out a can of Hormel,” Tim said with a laugh. He asked her, “What is that?” Then, he taught her how to make chili from scratch.

One of the traditional favorites on “home-cooking night” is meatloaf. Cade gets to decide what the shape of the meatloaf is going to be. They have had meatloaf in the shape of the Cowboys’ star, the Rangers’ T and a longhorn. On Halloween, they made a foot and used onions for toenails. This is not only a time to have a homemade meal but quality time for family bonding and sharing.

A sign reading *Family forever, for always and no matter what!* hangs in the front of the home and sums up the philosophy of this driven couple. They are not only inspired to be the best at their careers but, also, to create a beautiful life with family and friends whom they can cherish forever. **NOW**

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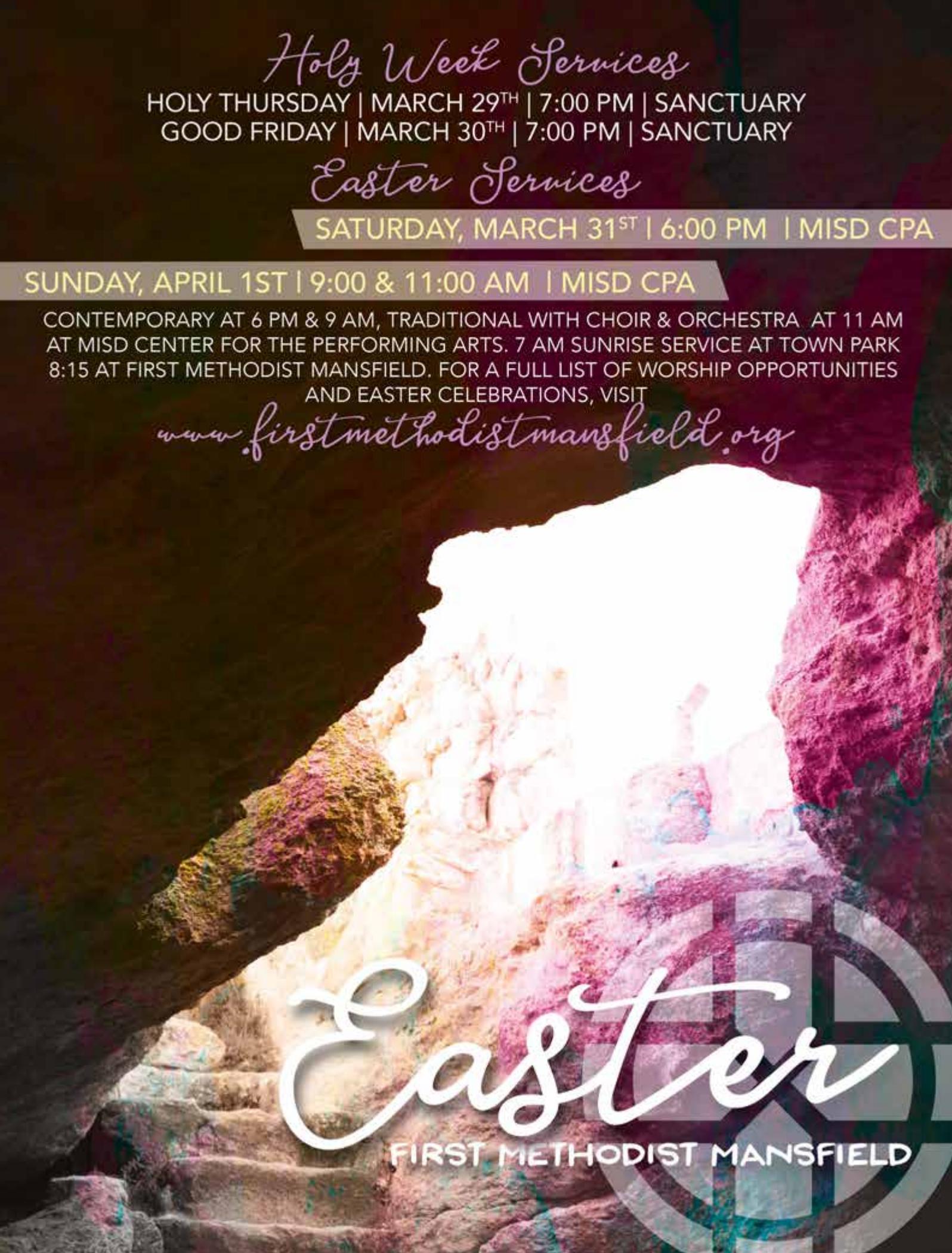
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The Lunch Bunch

— By Jill Martinez

There are kind souls all around us who volunteer to deliver hot meals to homebound people with Meals on Wheels of Johnson & Ellis Counties. “In 2017, we had 600 volunteers who served over 225,000 meals to almost 1,300 people,” said Lisa Deese, community development coordinator for MOWJEC.

They, in fact, deliver more than a meal. “We’ve been involved with Meals on Wheels of Johnson & Ellis Counties since 2003. It is so rewarding to be able to visit with so many sweet people. Providing a hot meal is important, but it’s the personal interaction that really means the most. Sometimes, we’re the only people they’ll see each day, so it’s nice to be able to give a hug and put a smile on their faces,” said Brian and Kim Holley of Ennis.

Nearly 80 percent of the individuals served by MOWJEC last year were senior citizens, and all were homebound for a short or long period of time. By providing meals and other support services, people can remain in their homes, saving

thousands of dollars in nursing home or hospital expenses. “MOWJEC can serve one individual a year of meals for roughly the same cost as a one-day stay in the hospital or a 10-day stay in a nursing home,” Lisa explained.

There are more than 80 routes where volunteer drivers deliver each weekday, serving 15 Ellis County and 12 Johnson County communities, including Lillian. All of this can be a challenge, but it is one that Lisa has taken on happily for nearly 10 years. “I love seniors and love to serve! I know there is a need in our community, and I have the privilege of sharing that need in all of our communities throughout Johnson and Ellis counties,” she said.

One of the beautiful things about this organization is that people of all ages come together to serve. Some mommy/toddler groups deliver, as do working adults and healthy, mobile seniors. Several organizations also volunteer, such as universities, car dealerships and athletics groups. “Being part of Meals on Wheels has been a blessing to me and my team. Each one of us who delivers views it as a privilege to serve,” said Steve Stafford, general manager of North Texas Jellystone Park.

Community leaders join this lunch bunch, too, from time to

time. Every year during the month of March, Meals on Wheels carries out a campaign called March for Meals. "This is our month-long celebration where we raise funds and awareness. We have businesses, churches and individuals who sponsor meals in their community or county," Lisa said.

One week during this month, called Community Champions Week, draws elected officials from both counties and local celebrities to help. "Dale Hansen joined us last year in Waxahachie!" Lisa said enthusiastically.

Delivering meals is not the only way folks can get involved with this endeavor. Many school-aged children contribute by making placemats or cards. Others donate holiday gifts or their time to wrap them. Recipients' faces light up with joy when they see that others have taken time to remember them. It's beautiful.

Many of those served by MOWJEC have pets that act as their steady companions. Through the AniMeals program, deliveries are made once a month, providing precious food for these furry friends, as well. "We have some middle and high school student groups that help to deliver these on a special Saturday route. It's a great way for them to earn their community service hours," Lisa added.

All of the services that MOWJEC provides are covered through donations and government funds. "Last year, 50 percent of our revenue came from local support. We are extremely blessed to serve in very supportive communities," Lisa said. A major fundraiser for the organization is the annual golf benefit held each September. People play individually or in teams, having fun while they support this vital pillar in our community.

Because the aging population continues to grow at a rapid pace, more volunteers and donations will be needed to keep the individuals MOWJEC serves in their home sweet homes. **NOW**

Editor's Note: For more information on the Meals on Wheels program, visit www.monjec.org.



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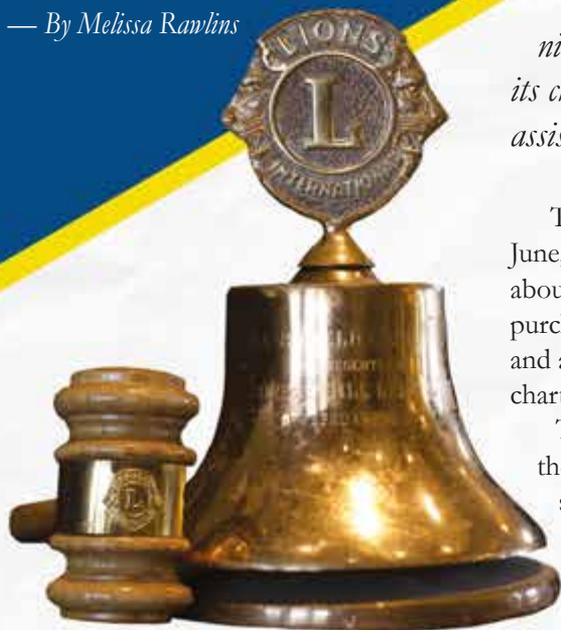
MAKING THINGS HAPPEN

— By Melissa Rawlins

“I believe in just letting things happen and letting situations I’m meant to be a part of come to me.” Such is the philosophy of Christie K. Moore, the president of the nine-month-new Mansfield Centennial Lions Club. The group hosted its charter party in February, committed to raising funds for programs assisting children and adults with sight-related and other special needs.

The opportunity to accept this commitment came to Christie last June, while she was already out in the community spreading the word about Mansfield Funeral Home, which she and her business partner purchased in August 2016. “Literally one day I was finishing up with a family and a representative of the Lions Club came in and said they wanted to charter a new club, Mansfield Centennial Lions Club, and I said, ‘Sure!’”

The word *centennial* is included in the new club’s name since the year they were chartered was the International Lions Club’s 100th year of service. During 2017, groups of people from other clubs, like Colleyville and Alvarado, were charged to go out and recruit charter members. What they offered to Christie resonated with her history. “When I





was in graduate school in 2000, I learned that two of my family members suffering eyesight loss from diabetes were able to afford eyeglasses through help from a Lions Club in their area. I've heard about the Lions Club since I was a young child," said Christie, who is from Dallas. "My family is very big in civic groups, involved in politics and giving back to the community."

Thus, Christie is attuned to making a difference in her new community, Mansfield, and recruiting local members came naturally. "We're all A-type personalities, leaders who have a heart for service. We love to find that niche, that uncommon area that needs to be served," she said. "We wanted to serve either children or adults in need, for something that's kind of overlooked. Sight is one of the most important senses we have. Since we've chartered, it's

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mothers with children, and elderly and people with diabetes who have contacted us.”

Now meeting the second and fourth Wednesdays of each month at Mansfield Methodist Medical Center, the Mansfield Centennial Lions Club held its first few meetings in a chapel inside Mansfield Funeral Home. “After our first meeting, we immediately started getting our Lions boxes for eyeglass collection with our information into businesses in the community and collected over 1,000 pairs of glasses before December,” Christie said. “People buy into it because they know we wouldn’t be talking about it if it wasn’t important.”



Vice President Jane Jones reached out to Mansfield’s Sunrise Rotary Club, which also meets at the hospital. “She knew they were established and about literacy, and we were hoping to gel the two, literacy and sight. We wanted to observe how a successful, established club ran their meetings,” Christie said. “We offered to partner with them on their Single Parents Day, which was to empower single parents and give them the opportunity to be served. Barbers were there to cut the kids’ hair, and oil changes were given. We used Lions screening cameras and optometrists from the local area to provide the screenings.”

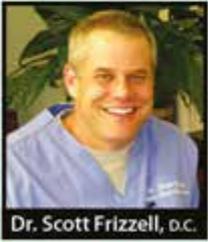
Just last month, the new club hosted its charter party. As at any nonprofit gala, there were auction items, food and drinks, but this one offered a twist. “The charter party

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is considered the wedding, as some put it, for the newly chartered clubs. Presidents and representatives of Lions Clubs around the Metroplex came to bring us money to help start our club,” Christie said. “Without the party, it’s very difficult to support the community’s needs.”

Christie feels great knowing the efforts of Lions Clubs are bringing people together for a common goal. After March 1, Mansfield Centennial Lions Club foresees hosting more events targeting children and adults who need to see better or improve their mobility while living with impaired vision. In addition, they will raise funds to support children with special needs who wish to attend Texas Lions Camp in Kerrville during the summer. “Our plan is to help every person with eyesight needs, send kids to camps to help them manage their disability and increase the membership of the club to reach more persons in need,” Christie said.

As the club’s first president, Christie brought together all sorts of people from the community to make Mansfield Centennial Lions Club a success. “It can be assumed that being a president of a newly chartered club is difficult, but our Guiding Lions, John Paul Burnett and Thomas Martin, with the help of others, have



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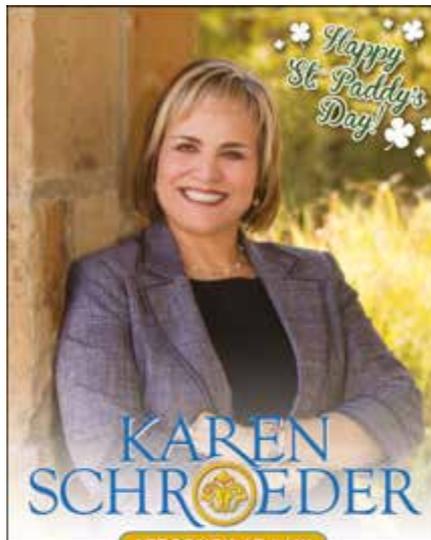


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supported us. Our charter members have been a tremendous support as well,” Christie said.

In *The Lion* magazine, December 2017, Lions International recognized its Centennial with these words: “Milestones matter. Lions Clubs celebrated our 100th birthday this year, reminding our communities and the world just how much we matter. We partied, enjoying one another’s company and served, recognizing that service is what we are all about. It was an opportunity to look back on our achievements. And look forward to another incredible century of service.”

The editors went on to explain why Lions are rallying around a modern-day epidemic: “Diabetes impacts 420 million people and claims the lives of 5 million each year. Lions are working to prevent type 2 diabetes through healthy lifestyles, control diabetes through education and increased access to care, and support research that can change lives.”

Christie’s “vision” has changed since she devoted herself to improving people’s sight in Mansfield. “Although I’ve known people who have struggled with their vision, I never understood the magnitude of how it could alter someone’s lifestyle,” she said. “I count it a blessing that Mansfield Centennial Lions Club is available to help.” In the end, by just *letting* things happen Christie and her fellow Lions are actually *making* good things happen for their ever-expanding community. **NOW**

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In the Kitchen With

MARGIE BELK

— By Amber D. Browne

Originally from the Philippines, Margie Belk often refers to her family heritage for inspiration in the kitchen. Through required cooking classes at school, she learned about nutrition and how to identify ingredients. “By the fifth grade, I had my own business selling snacks in our neighborhood and to my classmates,” Margie shared. Margie’s mother, sister, aunt and cousin are her biggest cooking influences. “I’m in awe of their ingenuity, patience and passion for cooking,” she stated.

When Margie and her husband moved to Texas in 1999, she tried barbecue brisket and loved it. Her husband didn’t care for the smoky flavor, so Margie tweaked her friend’s oven-baked brisket recipe, and it became one of their favorites and a “must-have” dish at parties. **NOW**

Beef Brisket — Oven Style

- 8-10 lbs. beef brisket**
- 4 Tbsp. kosher salt**
- 4 Tbsp. coarse ground pepper**
- 1 Tbsp. garlic granules**
- 1 Tbsp. onion granules**
- 1/4 cup fresh rosemary (leaves only), coarsely chopped**
- 1 16-oz. bottle Italian dressing**
- 1 to 1 1/2 cups port wine**

- 1.** Trim fat off beef. Combine salt and next three ingredients. Liberally spread the seasoning on both sides of the beef. Spread the chopped rosemary leaves on both sides of the beef.
- 2.** Place beef in an extra-large turkey roasting bag. Pour the dressing and wine on top of the meat. Seal the bag; place in a roasting pan.
- 3.** Preheat oven to 300 F. Bake beef for about 4 to 4 1/2 hours. Let beef cool in the juices; slice. Pour juice on top of beef before serving.

Lumpia (Beef Egg Rolls)

- 1 lb. carrots**
- 1 lb. celery**
- 1 lb. sweet onion**
- 3 Tbsp. olive oil**
- 3 cloves garlic, minced**
- 2 eggs**
- 3 lbs. ground beef**
- Salt and pepper, to taste**
- 2 Tbsp. cornstarch**
- 1/2 cup water**
- 4 pkgs. Wei-Chuan egg roll wrappers, thawed and separated**
- Vegetable oil for frying**

- 1.** In a food processor, separately mince carrots, celery and onion. Be careful not to over-process the vegetables. Set aside.
- 2.** In a frying pan, heat olive oil; sauté garlic with minced onion; let cool.
- 3.** In a large bowl, thoroughly mix the carrots, celery, onion and garlic mixture and eggs. Add raw ground beef, salt and pepper;

mix. Chill in refrigerator for 1 hour.

4. Combine cornstarch and water to make paste for sealing. Lay out 1 egg roll wrapper; place about 2 Tbsp. of the mixture in the center. The filling should be about the size of your little finger in thickness, about 1/2 inch. Fold one edge of the wrapper over the other. Then fold the outer edges slightly inward. Next, roll it into a cylinder. Seal the edge with cornstarch paste.

5. Heat oil in a deep fryer or skillet on medium to medium-high heat until 365 F. Fry 3-6 lumpia at a time for about 6-7 minutes, until golden brown. Drain the lumpia by standing them upright in a bowl lined with paper towels. Serve with a sweet and sour sauce or Thai Sweet Red Chili Sauce.

Roast Pork Dinner

- 3-4 lbs. pork shoulder**
- 2 Tbsp. salt**
- 2 Tbsp. soy sauce**
- 1 Tbsp. peppercorn**
- 1 6-oz. can pineapple juice**
- 1 cup orange juice**
- Juice from 1 lemon**
- 1 12-oz. can 7UP**
- 8 cloves garlic, crushed**

- 1.** Clean pork; poke several holes in it with a fork.
- 2.** Combine remaining ingredients and marinate pork overnight, or up to 24 hours.
- 3.** Preheat oven to 350 F. Remove meat

from marinade; bake for 2-3 hours until thoroughly cooked. Let rest for 15 minutes; serve with Thai Sweet Red Chili Sauce.

Beef Mechado (Beef Stew)

- 3 Tbsp. olive oil
- 3 potatoes, quartered
- 2 carrots, cut into 1-inch chunks
- 1 large bell pepper, sliced
- 1 lb. red onion, chopped
- 4 cloves garlic, minced
- 3 lbs. beef, cut into large chunks
- 1 tsp. achiote powder
- 1 10.8-oz. can tomato sauce
- 32 oz. beef stock
- 2 bay leaves
- 1/2 tsp. black pepper
- 1 can garbanzo beans, washed and drained
- 1/4 cup light soy sauce

1. Heat oil in a pot on medium heat. Separately, sauté potatoes, carrots and bell peppers; set each aside.
2. Sauté the onion and garlic; add the beef and achiote powder. Lightly brown the beef. Add the tomato sauce and next three ingredients. Boil for several minutes. Cover and simmer over low heat until beef is tender. Check occasionally to add more stock or water, if necessary.
3. Once beef is tender, add potatoes, carrots, garbanzo beans and soy sauce; cook for about 10 minutes.
4. Add sautéed bell pepper and cook for about five more minutes.

Leche Flan

- 1 cup sugar
- 3/4 cup water
- 1/4 tsp. lemon extract
- 13 egg yolks
- 1 whole egg
- 1 3/4 cups condensed milk
- 2 1/2 cups whole milk
- 1/2 tsp. lemon extract

1. Heat first three ingredients in a pan over low heat. Do not stir. Melt sugar until it turns golden brown; pour mixture into flan mold and set aside.
2. Combine egg yolks and next three ingredients; blend well. Add lemon extract. Pour into prepared flan mold; cover with aluminum foil. Put flan mold in a steamer.
3. Once water boils, turn to low heat, and cook for about 1 hour. Allow time to cool, and then chill in the refrigerator. Run a knife around the sides of the mold; turn upside down on a serving platter.

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Hours: Monday-Friday: 8:00 a.m.-5:00 p.m.

Weekends: By appointment.

In 2017, Mitch Breeden launched A-Affordable Storage's mission — to open 70 locations in 60 months. His very first facility opened a year ago, just east of the railroad tracks on Hwy. 1187. People with storage needs — especially boat and RV owners — have a secure refuge with A-Affordable Storage.

Mitch identified his niche market 15 years ago. “We own motor craft, and live in Mansfield. When we go to our house at Lake Granbury,” Mitch said, “we pass

this facility. I watched it over the years and called on it over a two-year period to see if they wanted to sell. Throughout that time, it was only 30-percent occupied. When they put up a *For Sale* sign, I contacted the broker and negotiated a deal to purchase it. We did a facelift on it, and the rest is history.”

Mitch is dedicated to providing superior service for customers and has invested in extra features that customers will find beneficial. A-Affordable Storage offers convenient, secure, affordable and clean facilities, with electricity available in many bays. Each location provides a dump station, air compressor and water hose, and each is equipped with video surveillance cameras, giving the staff at A-Affordable Storage 24/7 access to live images of what is happening on the property. They have also invested in enhanced software, which allows customers to not only conveniently lease a unit online but pay online, as well.

For those preferring a face-to-face interaction, A-Affordable offices are open every business day. Customers will be greeted by one of the team members, who is just as committed as Mitch is to providing the best customer service. They are available to help customers decide which size unit is best, as well as discuss pricing. A-Affordable Storage offers a discount for military personnel and first responders.

In the 11 months they've been open on Hwy. 1187, Mitch has seen the occupancy rate increase 140 percent. He attributes that success to the dedication of the entire team to delivering outstanding service and providing exceptional facilities with added features for customers. "We recently celebrated the grand opening of A-Affordable Storage in Crowley, and it was already 15-percent occupied upon opening," he said. A-Affordable Storage Crowley also offers mini-storage units, as well as boat and RV spaces.

"My research shows that 150,000 people per year are moving to the DFW Metroplex. As long as that continues, we're going to expand and build more to fill that need," Mitch said. "With the continued growth in North Texas, there have been plenty of storage facilities being opened by several companies, but no one has really been addressing the needs of homeowners and renters for the storage of their boats and RVs. A-Affordable Storage plans on being that company for the North Texas area and, eventually, the entire state of Texas."

Mitch's desire to serve the real needs of his customers is consistent with his lifetime of community service. He supports charitable organizations like American Red Cross, Wounded Warriors and St. Jude's Children's Hospital. A member of Mansfield, Crowley and Granbury Chambers of Commerce, Mitch is committed to helping support and give back to the community. **NOW**



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An Ozark Haven for Art and Architecture

— By Linda DeBerry

A forested hollow in the Ozarks may seem like an ordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.

Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and

built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40 minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.

Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.



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Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a

permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little



to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

• *Organic Can Mean Simple.*

Depending on your location and soil quality, you may only need to put seeds in the ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.



• *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.

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- *Get Your Garden Ready.* Once you have the perfect spot, decent soil and seeds picked out, you need to start planting. You can, but do not have to, make rows in your garden. Get the soil wet before getting the seeds down. If you water after laying your seeds, you risk pushing them right out of the ground. After you have the seeds down, put a small amount of soil on top and keep the ground moist until you start seeing sprouts.

- *Let Your Bees be Bees.* While there is more involved in the original setup for your beehive, once you get the bees in their hive boxes, they will do most of the work. Early spring is a great time to start a hive, but you should anticipate it taking several weeks before you can start collecting honey.

Growing organic crops and collecting your own honey can be a money-saving and fun new endeavor to start this spring. **NOW**

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Michael Bianco practices his swing at Walnut Creek Country Club.

Zoomed In: Ray Asher and Koltyn Davis

By Melissa Rawlins

Ray Asher and Koltyn Davis replace and move the wheel stops at Elmer W. Oliver Nature Park with one shovel and one bobcat. “These weigh upwards of 660 pounds,” Ray said. As crew leader at Oliver Park, Ray is the man who responds to problems reported to the phone number listed at the park.

He has worked with Koltyn on everything from installing playground equipment to moving trees. “Koltyn has been here almost three years and is working on his accounting degree at The University of Texas at Arlington,” Ray said. “I’m glad to have him. These projects take a lot of manpower. We know how to fix anything, and it feels good to be out here working.”



Mansfield Kohl's Sales Associate Cindy Mulkey and Store Manager Jorge Davila cheerfully help pack goodie bags for local homeless people.



Drs. Aashish and Rupal Bhakta and their daughters cheer for their team during the 2018 Super Bowl game, while trying not to spread germs.



The Wray family enjoys eating breakfast out before a very active day gets underway.



Roger Greenwood, the new president of Mansfield Area Tennis Association, takes the helm from MATA's founder and former president, Trina Gibbs, who hand-picked Roger to keep tennis going for the kids and adults of Mansfield.



Danny and Judy Corbeille, representing Emission Imaging, chat with Mayor David Cook after his State of the City Address.



Adult Services Librarian Faria Matin demonstrates the art of quilling for a class she hosts this month and next.



Allstate Insurance agent Teresa Revels, right, meets social media strategist Lindsey Perkins Wade for the first time at Mayor David Cook's Chamber Chat.

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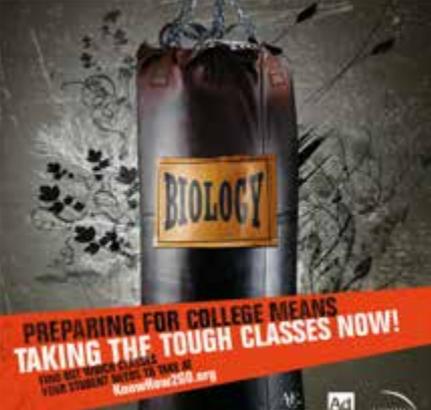
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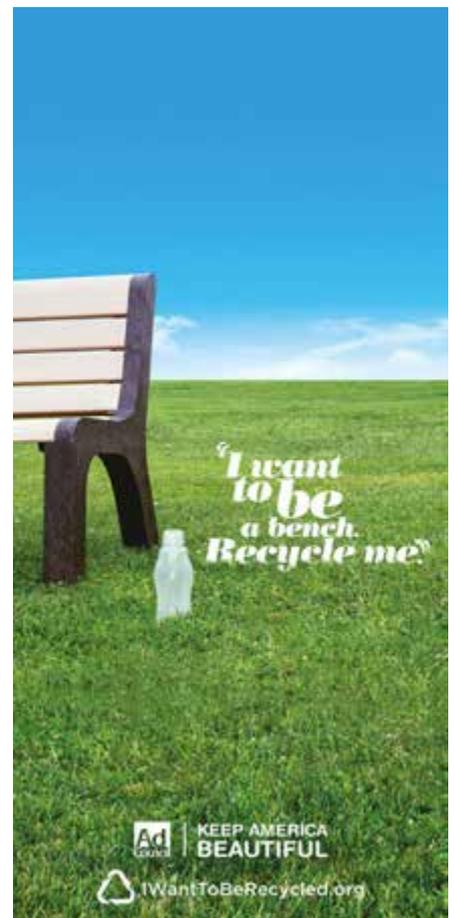
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Calendar

2, 16

Mansfield Connects: 11:30 a.m.-1:00 p.m., Mansfield Chamber of Commerce. March 2, "Say What? – Listening Skills"; March 16, "Abundance vs Scarcity Mentality." RSVP to info@mansfieldchamber.org.

3

First Faith Tot Trot: 8:30-11:00 a.m., Katherine Rose Memorial Park. Join your community for outdoor fun, including a 1-mile fun run or a 5K, plus playgrounds, picnics, basketball and sand volleyball. www.fmcm.org/tottrot.

3, 10, 17, 24, 31

2018 Garden Series: 10:15-11:15 a.m., 311 Debbie Ln. Texas Certified Nursery Professionals provide free information on organics, herbs, vegetables, perennials, succulents, hummingbirds and butterflies. Register in advance at calloways.com/events. (682) 422-0272.

4

March Madness FX: 5:00-6:00 p.m., Sanctuary, First United Methodist Church, 777 N. Walnut Creek. Interactive family experience for all ages to learn and experience God together. Andrea Roberts, andrear@fmcm.org.

5, 12, 19, 26

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

8

Business Unplugged: 5:00-7:00 p.m.,

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8 — 10

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9 — 17

Marvelous Wonderettes: 2:00, 7:00 and 7:30 p.m., Farr Best Theatre on Main Street. Featuring 30 classic favorites from the '50s and '60s. Tickets may be purchased at the door or online at www.mainstageclassictheatre.org.

10

Family Movie Night: 6:30 p.m., The LOT Downtown, 110 S. Main St. Watch *Coco* for free. Details: www.thelotdowntown.com.

13

Mansfield Garden Club meeting: 6:30 p.m., Chris Burkett Service Center,

620 Wisteria St. President Tammie Pavese, (817) 453-5289.



14, 28

Mansfield Lions Club meeting: Noon-1:00 p.m., Mansfield Methodist Hospital, 2nd Floor Conference Room, 2700 E. Broad St. (817) 453-1170.

15

Grant Writing 101 for Non-Profits: 6:00-8:00 p.m., Mansfield Public Library. Free for adults to learn to effectively write a grant proposal that will stand out from the rest. Register: www.tinyurl.com/businessworkshops.

Thirsty Thursdays 5K: 6:15-9:00 p.m., Steven's Garden and Grill, 223 Depot St. A free fun run for all ages. Live music. (817) 475-7210.

21

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

22

Chamber Chat: 8:00-9:00 a.m., Mansfield Chamber of Commerce. Chamber Director Lori Williams

interviews John Phillips, President of Methodist Mansfield Medical Center, about his journey to the present. (817) 473-0507.

24

Barks & Rec 5-K-9: 8:00-11:00 a.m., Katherine Rose Memorial Park 303 N. Walnut Creek Dr. Open to all individuals who would like to run, with or without a furry-friend. \$20 pre-registration is required, a portion of which will be donated to the Mansfield Animal Shelter. Afterwards, enjoy Barks in the Park doggy day out, until 2:00 p.m. (817) 728-3680.

Bunny Brunch: 9:00-10:00 a.m. or 10:30-11:30 a.m., Mansfield Activities Center, 106 S. Wisteria St. After brunch, enjoy crafts and face-painting fun before picture-taking with the Easter Bunny. \$6 or \$9. (817) 728-3680.

27

Texas Travel Photography: 6:00-7:00 p.m., Mansfield Public Library. Adults will learn from photographer Dave Norris how to shoot the best pictures on your next trip. This free event precedes the April 27 evening with Carlton Stowers, author of *On Texas Backroads, Stories Found Along the Way*, which is the 2018 Mansfield Reads! selection. Register: morelibrary.org.

31

Rise and Shine Easter Fun Run: 9:00-11:00 a.m., First Methodist Mansfield, 777 N. Walnut Creek Dr. Families are welcome to join this one-mile fun run. Special guests will be passing out eggs during the run. Afterwards, enjoy donuts, bounce houses and fellowship. andrear@fmcmm.org.

Ongoing:

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Breast Cancer Screening Is Essential

In the U.S., one in eight women will be diagnosed with invasive breast cancer during her lifetime. While awareness of breast cancer has improved, the disease, unfortunately, remains the second-deadliest cancer among American women.

Early detection with regular mammograms remains the single most effective way for combating the disease. As physicians, we know that the earlier we can detect the disease, the more effective treatment can be. When detected early before it spreads, women have a 99 percent survival rate after five years. Mammograms can detect the majority of breast cancer in women, but they are not the only way to identify breast cancer.

Women should begin monthly breast self-exams in their 20s. Women in their 20s and 30s should have a clinical breast exam every three years. Women in their 30s and 40s should discuss their breast cancer risk level with a physician to determine the most appropriate cancer screening options. Women age 50 and older should have a mammogram and a clinical breast exam at least every two years and, if recommended by a physician, an annual MRI screening. If any changes in the breast are detected, contact a physician immediately to be evaluated.

A common myth is that only women who have a family history of the disease develop breast cancer. While the majority of cancer happens by chance, about 5-10 percent of people with cancer have an inherited cancer. Women with a family history of breast cancer should discuss

genetic testing with their physician. If genetic tests indicate a woman is BRCA-positive, there are a number of risk reduction strategies to discuss with her physician.

Age, diet and exercise can also impact risk. Approximately two-thirds of invasive breast cancer cases occur in women over age 55, though the disease can occur at any age. Being overweight and/or physically inactive increases your risk.

It's also important to watch for warning signs and symptoms. The signs for breast cancer are not the same for all women, and some women show no signs in early stages.

- A lump in the breast
- Change in breast size or shape
- Thickening of breast or underarm
- Nipple retraction
- Dimpled skin near the breast
- Tenderness
- Pain in breast or nipple
- Nipple discharge
- A lump under arm or around collarbone
- Irritation, redness, scaliness or swelling on the breast, nipple or skin near the nipple

Until a cure for breast cancer is found, regular screenings, awareness and healthy lifestyle choices, such as eating well and exercising regularly, are among the best tools a woman has to reduce her risk of developing the disease. **NOW**

*Atisha P. Manbas, M.D.
Medical Oncologist
Texas Oncology – Methodist Dallas Cancer Center*

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