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Homebodies for Sure

At Home With Brad and Julie Tomberlin

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Crowned Role Model

Six-year-old Hero
Patients for Life

In The Kitchen
With Bob McCaslin



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ON THE COVER



Brad and Julie Tomberlin have made their house a home.

Photo by Vanessa Polozola.

CONTENTS

September 2013 • Volume 8, Issue 9



8 Gentlemen, Start Your Engines

Garrett Little and Cody Klein have established themselves as skillful drivers.

18 Dedicated to Giving

Gary and Kay Whetzel work at meeting whatever need they come across.

28 Homebodies for Sure

At Home With Brad and Julie Tomberlin.

34 Crowned Role Model

As Miss Mansfield, Shelby Marston hopes to make a difference in her community.

42 Six-year-old Hero

This dynamic little girl lives life fully.



50 BusinessNOW

52 Around TownNOW

54 FinanceNOW

58 CalendarNOW

60 CookingNOW

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Editor's Note

Dear Friends,

It's about that time again, when the stadium florescent lights puncture the dark September Friday night sky, and the thrill of a high school football game electrifies the air. All of the hard work and teamwork built throughout two-a-day practices is put to the test between the white lines on the field.

And let's not forget the equally hard-working band members, dance, cheerleading and color guard teams. As a Sunday school teacher and wife of a youth pastor, I get to hear all the exciting games each of these students encounter as they better themselves through difficult practices, commitment and passion for their activities.

I hope you'll join me in supporting our high schools this fall and cheering them on!

Mikaela

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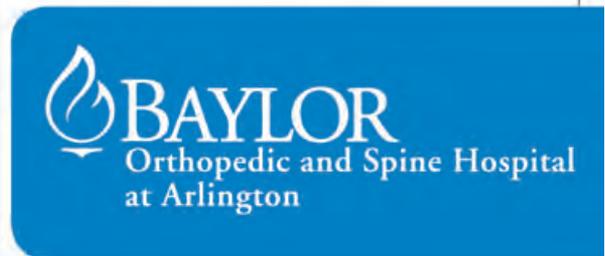
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CODY
KLEIN

1

PIT TIMES

— By Dianne Reaux

The drivers are in the pits performing last minute performance and safety checks of their engines. Dressed in protective racing suits, they add additional layers of safety with racing goggles, helmets and gloves. Pit crew members stand by, ready to assist, and when the green flag drops, the drivers are off.

If this sounds like another exciting day at the races — you'd be correct. But these aren't professional NASCAR drivers. They're young girls and boys who are learning the basics of quarter midget go-kart racing.

Eleven-year-old Garrett Little and 7-year-old Cody Klein are cousins born into families with deep racing roots. Their fathers, Ray Little and Bryan Klein, both grew up around racing. "My brother, Ray, builds professional race engines," Bryan stated. "We've been around racing our whole lives."

Garrett recalled how he was first introduced to the sport. "One weekend, my father told me he was taking me somewhere, but it was a surprise. It turned out to be a dirt track,

but I didn't think it was much of a surprise because I had seen dirt cars race before. But it wasn't a dirt car race. I had never seen go-karts racing, but once I saw them, I knew it was something I wanted to do."

Ray supported his son's interest, but was quick to tell him he would have to do his homework. Ray understood the hard work



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and dedication the sport would require, and if Garrett wanted to be successful, he wouldn't be able to jump behind the wheels of a go-kart and just start driving. "I had to research the sport," Garrett explained. "I talked to different people and asked a lot of questions, like, 'What do the different colored flags mean? And which tires would perform best on the go-kart?'" Once Garrett had gained sufficient basic knowledge of the sport, he and his parents started looking for a go-kart.

Eventually, Garrett was ready for his first race, and it was a thriller. "My first race was in 2010. There were 12 go-karts and after the fifth lap, I was in third place, but I rolled, and that put me in the back of the pack."

But Garrett was an intuitive driver.



“You don’t let yourself become discouraged. It’s a good life lesson in that you just go out every week and you keep trying.”

After he rolled, he realized he wasn’t going to win the race, so he decided to change strategies. “I drove to hold off the leaders,” he admitted.

Although his first race ended with a last place finish, he wasn’t discouraged. “In fact, I was a little mad,” he clarified. “I thought my car had been damaged really badly.” A closer inspection of the kart revealed the set up bar beneath the go-kart had been damaged. It affected the way the kart performed for the duration of the race, and if the kart hadn’t been damaged, Garrett realized he might have performed better in the final laps.

As Garrett’s introduction to go-kart racing was getting underway, his younger cousin was watching closely. And the more Cody watched, the more his racing spark was ignited. “I had tried playing soccer and football, but I didn’t like all the running,” Cody shared. “But I really

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like racing.” And Cody has had a pretty impressive start, especially considering he races in a class above his age.

Both families spend a lot of time at the track working as pit crew members, supporting the two young drivers. One aspect of racing that surprised everyone was the difficulty of getting started. “When we first started,” Bryan shared, “it was basically word of mouth to get information. We had a lot of questions like, ‘Who do you go to for information? Where can you go and find parts?’ Even when we were ready to buy a go-kart, we had to find someone who really knew the industry. The hardest part for us was trying to figure out which parts to purchase to make the kart more competitive because we didn’t want to waste a lot of money with trial-and-error purchases.”

Go-kart racing is competitive and needs competitive racers. But when information isn’t readily available, it hinders those interested in learning about getting into the sport. In an effort to assist other families, the families developed their own website, weplayindirt.com. The site contains all the data they compiled to provide a starting point for those ready to make an investment in the sport.

Racing truly is an investment. Garrett and Cody both drive custom-built go-karts, rather than one manufactured and purchased off the shelf. “For example, when Cody started racing, his kart was custom-built and modified for his 5-year-old frame,” Bryan explained. “It’s one of the most difficult aspects of this sport, because you can’t just go down to the auto parts store and get a part you need. A lot of the parts have to be fabricated with original specifications.

“As parents, we try not to make their participation too competitive, because that kind of focus can take all the fun out of the sport. We try to make it quality time that is fun for the whole family,” Bryan continued. “We always tell both boys to try their best in each race and have fun. It’s just like the game of life



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— you can try your hardest, but that doesn't automatically mean you're going to come in first place."

"You don't let yourself become discouraged. It's a good life lesson in that you just go out every week and you keep trying," Garrett explained.

According to RYSARacing.com: "Karting is a low-cost and relatively safe way to introduce drivers to motor racing and is often considered the first step in any serious racer's career. It can prepare the driver for high-speed, wheel-to-wheel racing by helping develop quick reflexes, precision car control and decision-making skills. In addition, it brings an awareness of the various parameters that can be altered to try to improve the competitiveness of the kart (i.e., tire pressure, gearing, seat position, chassis stiffness) that also exist in other forms of motor racing. High-profile NASCAR drivers like Darrell Waltrip, Danica Patrick, Ricky Rudd, Juan Pablo Montoya, Tony Stewart and Jeff Gordon all got their start in racing on the go-kart track."

Garrett and Cody would both like to grow up and become professional race car drivers. With the dedication both boys have to the sport, and the strong and supportive family units they have, it wouldn't be surprising to one day see them in the lineup at the Texas Motor Speedway. **NOW**



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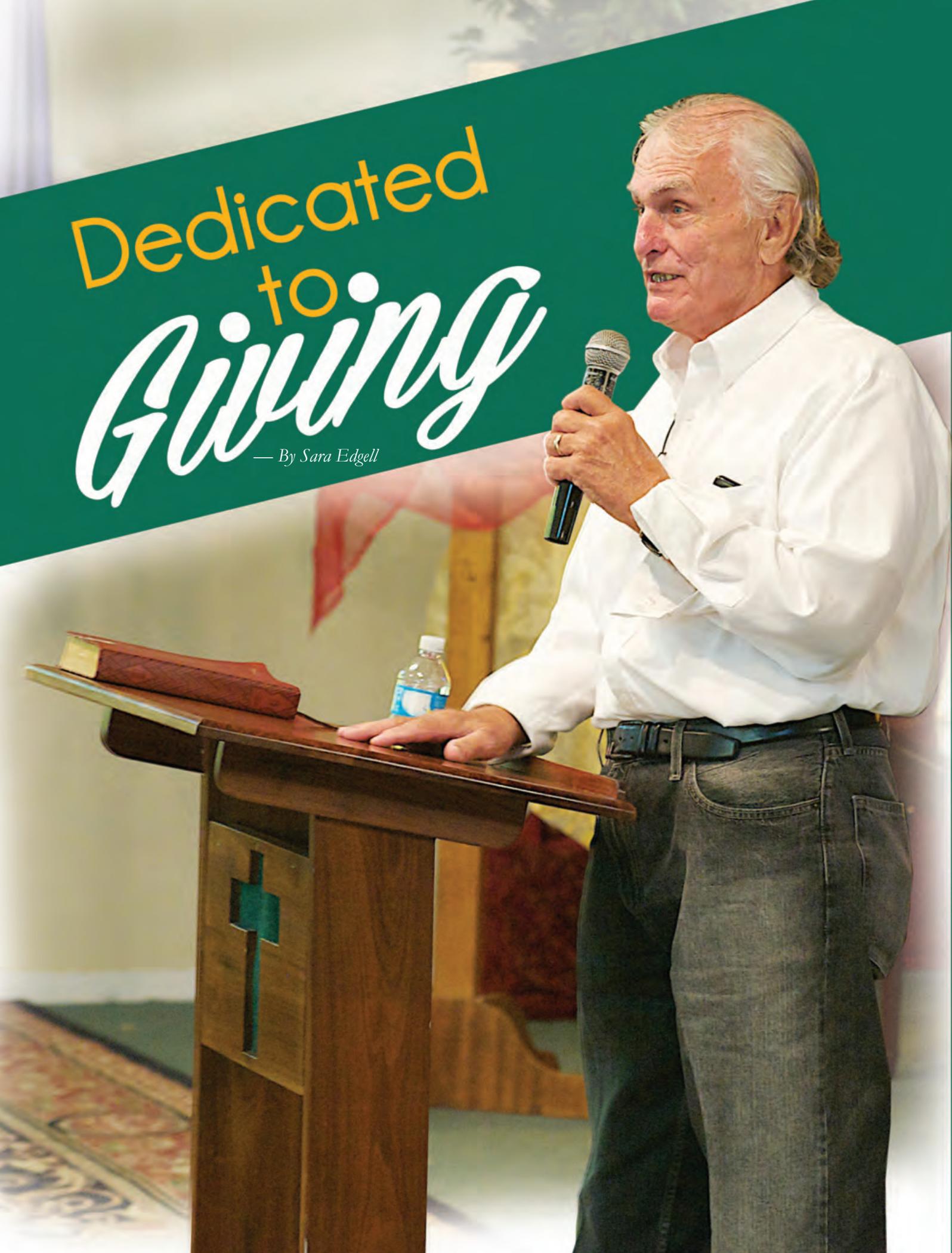


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"Yes, my soul,
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hope comes
from Him."
-Psalm
62:5

In March 1983, Gary Whetzel and his wife, Kay, began an unbelievable journey. Fast-forward 30 years and Gary is still actively working out his calling in the community of Mansfield today.

Getting to this point in his life was indeed a journey. Kay recalled knowing earlier that God was intervening in their lives. Gary, on the other hand, did not get saved until the age of 40. Only after realizing God's plan for his life did he truly begin to live. Now he dedicates each and every day to helping others, attempting to alleviate the burdens of life and to share the Gospel with those he meets.

Gary and Kay met and married in England 49 years ago when he was in the Air Force. They have two sons, Jeff and Matt, and eight grandchildren. For the following eight years, Gary sold X-ray film and supplies to hospitals, opening his own office in both Houston and Mansfield. In the fall of 1982, Gary felt the call of God and knew it was time to make a change, which was a gigantic step of faith for their family. Along with his wife, Gary began Living Word Outreach in March of 1983.

For several years, the Whetzels operated out of storage units providing food to the poor, needy and underprivileged. After some time, a local businessman offered them warehouse space and financial help, and they eventually purchased the building in which they currently reside. Despite their rough beginning, Gary and Kay have refused to give up. Through thick and



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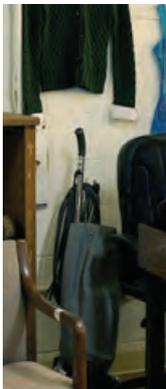


Mansfield Bible Church

thin, through the ups and downs, they persevered and are always giving to others.

“We are different than most churches and other ministries, but different is good,” he admitted. “And it works!” Since their meager beginning in 1983, the outreach and church have grown and improved in countless ways. In fact, when Gary and Kay were given the building where they currently minister, there was no running water or electricity. But their strong faith and trust in God has provided them with more than what they have needed to make it.

The building is now busting at the seams with lots of smiling faces and helping hands. The main office was formerly a storage space for the food bank, and the current children’s Sunday school classroom doubles as a food room where



weekly distributions take place. No matter what the needs are, the Whetzels find a way and space to make a solution happen.



“There is something new happening every day,” Kay shared. “This is a 24/7 building. Anytime you call, there is always someone here. About all we lack is a drive-thru window.”

The Tarrant County Food Bank is a major source of the foods Gary in turn



provides for the needy. Donations are also made by the local schools every fall, as well as businesses and individuals in the community. “It all goes to good use,” Gary added. “We minister to multiple people groups and are always able to help in emergency situations. Sacks are constantly being filled with foods to help families make it through the month.”



Gary identified eight faces of hunger: the working poor, the elderly, the homeless, single parents, the physically challenged, the widow or widower, those who are temporarily laid off and orphans. Helping all people to alleviate the stress associated with a lack of or no income

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due to layoffs, unemployment and under employment is what Gary says Living Word is all about. Gary, along with others, initiated a summer food program called Feed the Kids to provide backpacks filled with food to families with children who are in need.

Orphans-No-More is the ministry Gary and Kay have birthed to help place orphan children in Kenya, Africa, with foster families. The Whetzels continue to work enthusiastically with a pastor in Kenya to ensure their ministry spreads



as far as they can possibly reach. In the last 10 years, they have helped the Kenya pastor build nine churches in the bush country and currently help house, feed and clothe 30 orphans. "They probably have more joy in their lives despite the material things they don't have," Gary said, referring to the people in Kenya. "Kenya captures a big part of our hearts."

The elderly are also especially important to Gary. He has learned they often feel passed over and forgotten because of their lack of interest in or ability to understand the frequently overwhelming advances in technology. So many have lost their hope and need encouragement. "When it comes to the seniors, we have church because they want to have church," he said.

Both Gary and Kay have traveled the world spreading their message to people in other countries. Between the two of them, they have travelled to many Third World countries including Kenya, Nigeria, Egypt, Guatemala, Honduras and Korea, as well as all over Mexico and Central



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Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche, and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

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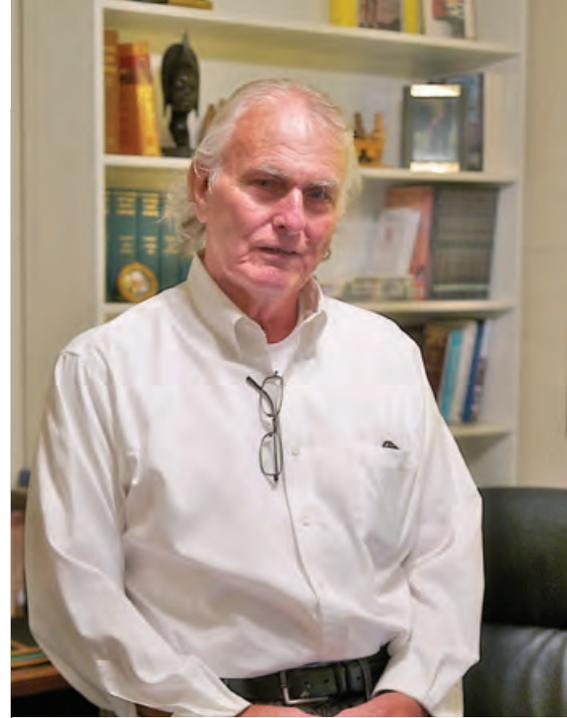
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In 1990 and again in June and July of 2010, Gary suffered from subdural hematomas. Facing the last surgery, Gary just knew he was going to die. In the past, he felt confidence when facing surgeries, but this one was different. "I was really surprised when I woke up. I really was," he confessed. "But then, I felt God still has a plan for me."

Clearly, Gary's job isn't done yet. For him, it's more than community service. He sees it as his life's purpose. Gary's goal in life is to provide resources and a place where people can really get the help they need.

Gary and Kay quickly acknowledge it hasn't happened without others participating in the work, nor does it happen without those who faithfully support the ministry financially. The work Gary and Kay have done truly revolves around the needs of people in their community and beyond. Gary wants to help people regardless of their age, creed, race or life situation. His heart, desire and drive to help others know no boundaries. **NOW**

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HOMEBODIES FOR SURE

— By Carolyn Wills



Brad and Julie Tomberlin treasure their time together. "We're homebodies for sure," Julie smiled. "Brad and I are gone so much for work that we like to hang out together whenever we can. We're lucky in our marriage because we both enjoy being at home."



AT HOME WITH Brad and Julie Tomberlin

Seemingly, Brad and Julie met by chance, yet their devotion clearly suggests divine influence. Julie had graduated from The University of Texas Southwestern Medical School and was completing her pediatric residency at Children's Medical Center in Dallas. Brad had been modeling professionally since he was 17, lived in New York City and was in Dallas visiting family when he and Julie arrived at the same place at the same time. "Ultimately we went on a date, saw each other when we could and were getting to know each other online and on the phone," Julie said. Then, something happened.

The morning of September 11, 2001 dramatically affected every American. Brad was at home in New York City about a mile across the river from the Twin Towers. "I called and woke him up," Julie said. By December 2001, they were engaged. "Like many couples around that time, we became engaged soon after that terrible day."

Meanwhile, Brad's career had already taken him around the world. His versatility and talent as a high fashion and commercial model kept him in demand. "Before moving to Dallas, he wanted stability with his work," Julie said. "We wanted to know God's plan was for us to be together, so we prayed about it." Shortly after 9/11, Brad was cast in an international commercial for Gillette Razors. "That commercial allowed us to move forward."

Julie finished her residency in the summer of 2002. She and Brad were married on September 21, 2002, and three months later, she opened her pediatric practice in Mansfield. "My mom

suggested Mansfield," she smiled. "At the time, I thought there was nothing here but cows! It was a good thing we listened. Mansfield is a great family community, the timing was perfect. I got busy really fast."

After 21 years of modeling, Brad also remained busy. He still travels on assignments, yet Dallas-based retailers provide much of his work now. Three years ago, in addition to modeling, Brad began pursuing his passion for photography with a career on the other side of the lens. Today, he shares a studio



with fellow professionals in downtown Dallas. "I do fashion photography and quite a lot of portfolio work for young models coming into the business."

Home for the Tomberlins is their impressive two-story house. "Our first home was in this same Mansfield neighborhood," Julie said. "We lived

there for about two years before deciding to look for a different floor plan."

A builder in the area had custom-built a home for his own family. When construction was finished, though, he decided on a different lot and suggested Brad



and Julie look at the 4,200-square-foot custom home. "We had never been drawn to the Mediterranean style, but we loved the look and layout," Brad said. "I especially liked the large open living/kitchen area."

"I also loved the master bedroom and huge closet," Julie added.

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bathrooms, the house exudes quality and architectural detail. Brad is passionate about cars, so another bonus is the three-car garage. "He enjoys car shows and events," Julie said. "He has a 1967 Chevy pickup that puts down 650 horsepower to the wheels."

Except for decorating, the house was in move-in condition when they purchased it nine years ago. "We've changed only a few things," Brad explained. "The biggest additions are the pool and outdoor kitchen." The pool includes a swimming lane and the pool-surround and patio are covered with travertine tile. "We try to eat healthy,"



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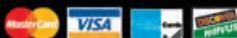
he said. "I'm not a baker, so it's nothing too complicated, mostly grilled fish or chicken with fresh salads and vegetables."

"When we're not in the living room, we're on the patio or in the upstairs workout room," Julie added. "Brad has always worked out. I became serious about it four years ago. One of my favorite activities is snow skiing at my family's place in Utah, which I do at least three times a year. I also exercise in the mornings and, after a long day, I enjoy practicing yoga."

Throughout the home's main floor, dark-stained, hand-scraped wood floors contrast with light walls and custom stonework. One side of the central area is a stunning kitchen with antiqued cream-colored cabinets, extensive granite countertops and stainless steel appliances. The spacious living room easily fits an oversized, rich, brown leather sectional sofa. One wall of the living room is clad completely in Austin stone. "I would say our style is a mix of Western and modern," Julie said. "We're very casual, not formal at all in anything

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Brad and Julie Tomberlin hang out with Julie's brother John Marino.

we do. We've never even had a dining table in the formal dining room. In the breakfast nook, we do have a 90-year-old antique oak table that once belonged to my mother, but usually we eat at the kitchen counter."

Julie credits her mother and Brad for most of the decorating. "My mom and my younger brother are staying with us while her house is being restored after a fire. I'm very close to my mom, and we've had a lot of fun having her here, although she and Brad have been known to outvote me," she smiled. "They both love simple lines and minimal clutter."

The decorating creates an effect both breathtaking and calming. Sparsely placed dark wood furniture, carefully selected rugs and wall hangings combined with spacious rooms, tall ceilings and plantation-shuttered windows are instantly soothing and quite as stunning as the beautifully-framed photographs taken by Brad. Outside of his studio, Brad's subjects are family, outdoors and wildlife scenes.

"We're big dog people," Julie explained. "Our house is about them, too. We recently lost our Vizsla, 'Eddy,' who was truly part of our family. We have precious memories of her and are fortunate that Brad takes such perfect photos." Today, their family includes Boomer, a 3-year-old English Bulldog, named for Julie's favorite college football team; Beddy, a 9-year-old Miniature Dachshund; and a grouchy 18-plus-year-old yellow tabby cat who answers to Crenshaw.

"We're very blessed," Julie smiled. "Our relationship has always been based in faith, and I believe it is successful because of that. Our marriage is a pyramid with us at the base and God at the top." **NOW**

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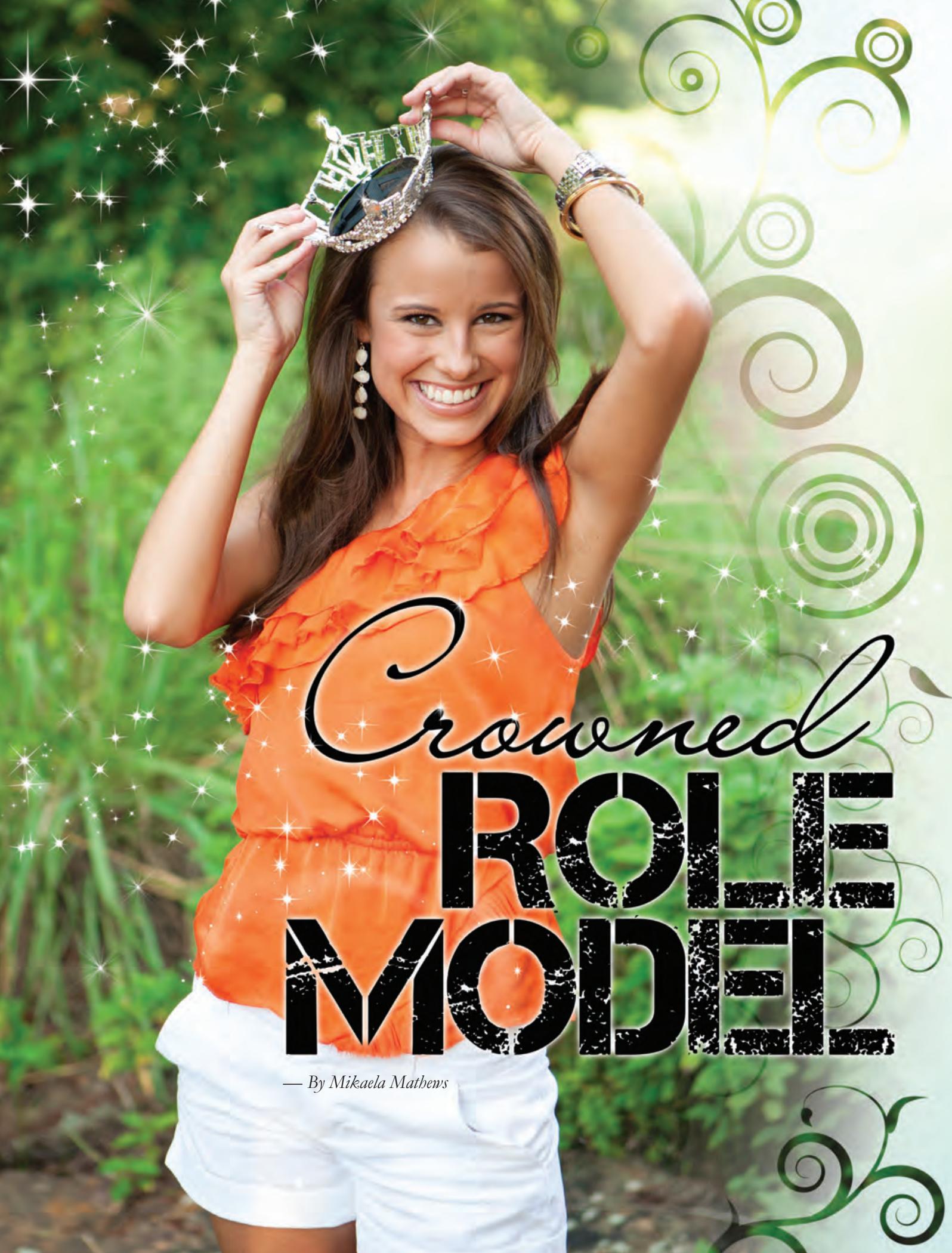
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— By Mikaela Mathews

When Shelby Marston submitted her name in hopes to be crowned Miss Mansfield, she never expected the whirlwind that would follow. Shelby received an email asking for girls ages 17-24 to participate in the Miss Mansfield pageant. "I read the email and I just said, 'Why not?'" Shelby explained. "I would love the scholarship money, and my parents would be so proud."

Within a few weeks, Shelby was competing to become Miss Mansfield and much to her surprise, she won. "I wasn't expecting it at all," she smiled. "But, it's been extremely rewarding and has opened many doors." Shelby ended up winning the overall swimsuit, evening wear and interview competitions, which led to her ultimate win of the Miss Mansfield title.

While at Mansfield High School, Shelby had never been afraid to speak in front of others. "I enjoy getting up in front of a group of people to speak," Shelby explained. Shelby was president of her Speech Club during her time at Tarrant County Community College (TCC). This ability proved very helpful during both the interview and talent portion of the Miss Mansfield pageant. For the talent portion, she performed a monologue as Dorothy from *The Wizard of Oz*.

Shelby had been very active during her high school years. Not only was she prom queen in 2010, she was also a senior class representative, student council member and president of the teacher appreciation committee. She was awarded the Ben Barber Career Tech Student of the Year Award for 2009-2010 and the Tiger Pride Award in 2009. This involvement and commitment to her studies continued at TCC where she made the Dean's List from 2010-2013. She was also selected to receive the Who's Who Among College Students Award in 2012, Computer Science Award in 2012, and the Psychology Award in 2013.

This work ethic had been instilled in Shelby from an early age. "My dad is



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someone I always look to for advice,” she explained. “And the best advice he has ever given me is to always work hard. He made me strive for all I have and all I have accomplished. Because of this advice, I am where I am today.” Shelby graduated from TCC in May with an associate degree in arts and hopes to soon attend The University of Texas at Arlington to receive her bachelor's degree and become an elementary school counselor.

For 21-year-old Shelby, becoming an elementary school counselor has been a dream for quite some time. One of her elementary school teachers, Ms. Kraatz, was very inspirational for her. “She was always patient and understanding with me because I had a lot of trouble with math and science, she became not only my teacher, but my friend,” she shared. “So, through that I learned kids need someone to talk to, to be patient with, to understand them. I want to be a Ms. Kraatz for someone else. And, of course, I love kids!” Shelby also gets to spend time with kids regularly as a nanny.

During Shelby's time as Miss Mansfield, she has accomplished much, including speaking at the Veteran Affairs (VA) hospital in Dallas and visiting elementary schools. “Attending the VA hospital is something I hold near and dear to my heart, because I come from a long line of veterans,” Shelby shared. “After I left the hospital, I just felt complete. Spending the day with these



“Volunteer work is very important to me. I’m here to represent Mansfield any way I can. Name it, and you better believe I’ll do it!”

brave men and women, taking the time to say, “Thank you,” and getting to know them was humbling.”

Since Shelby hopes to one day become an elementary school counselor, speaking at schools ranks as one of her favorite activities as Miss Mansfield. “I’ve been able to develop a school program to help kids,” Shelby explained. “The program acronym is R.O.C.K. and it stands for: reach for your goals, occupy your mind, choose to be a leader and knock out bullying.”

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chose attention deficient hyperactivity disorder (ADHD) awareness as her platform issue statement because of her brother. "I chose to represent ADHD, because my nine-year-old brother, Garrett, struggles with this disorder every day," she explained. "My goal is bringing awareness to the disability and providing support for those who have been diagnosed and their families."
 She has met with Dr. Blayne Laws to



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discuss the disorder and how she can better raise awareness on the issue. "I want to be able to go into summer camps and to meet with these children [with ADHD] and let them know that they're not only normal, but also special," Shelby shared. "A lot of people don't know this, but Justin Timberlake, Michael Jordan and Steven Spielberg were all people either diagnosed with ADHD, and Babe Ruth and Albert Einstein are thought by some to have it. So many famous athletes, educators, thinkers and stars have this disorder, yet have become so successful. The sky is the limit!"
 In addition to the great opportunities Shelby has encountered by being Miss Mansfield, she has also met many remarkable people. "I have been put into contact with so many amazing people who have become such blessings in my life," she smiled. One of these people is Tamara Hilliard, former Miss Texas

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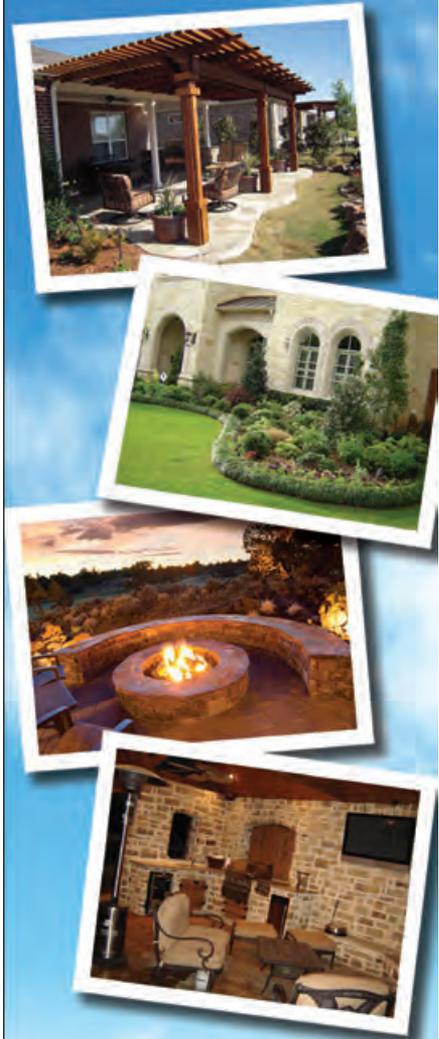
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1984. "Meeting Tamara Hilliard has been such a gift," Shelby explained. "Not only have I been able to see her as a mentor and role model, she has become a true, life-long friend. She has helped make this experience and journey an unforgettable one. She's my soul sister!"

One of the lessons that Shelby has learned during her time as Miss Mansfield is kindness. "You never stop learning lessons in life, but the most valuable lesson I have learned thus far is to always



be kind," Shelby shared. "I believe living every day trying to show kindness to others will always bring out the best in everyone. It's amazing the effect one simple act of kindness can have on both the giver and the receiver."

Being a part of the Mansfield community is important to Shelby. "Volunteer work is very important to me," she described. "I'm here to represent Mansfield any way I can. Name it, and you better believe I'll do it!" Her family is also valuable to her. "My family has been so supportive throughout this experience. I don't know what I would do without them," she smiled.

By the end of her time as Miss Mansfield, Shelby hopes to have made a difference in other people's lives while leaving a legacy to pave the way for the future Miss Mansfield's. She also hopes to have succeeded as a role model and inspired others to reach their goals and most importantly, to never give up. **NOW**



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Six-year-old HERO

— By Mikaela Mathews

Never one to resist dancing and the only girl on her T-ball team to hit a triple, Harper Shook knows how to live. At the age of only 6, Harper has endured countless doctor's visits, surgeries, overnight hospital stays, medications and shots because of her juvenile arthritis. But if you were to see her on the street, you would never know. "Although her arthritis has to be monitored and maintained, there's no reason that she can't lead a completely normal life," Harper's dad, Cody Shook, explained.

Cody grew up in the Mansfield area and has watched it grow throughout the years. The couple met in 1999. After college, Cody and Melissa married. Recently, they celebrated nine years of marriage. When they wanted to find a place that would be good for their children, they decided on Mansfield. "We knew Mansfield had good schools, so we wanted to settle here. We bought this house eight years ago and haven't left since," Melissa explained.

When Harper was around 9-months-old, Harper's mom, Melissa Shook, noticed that she had yet to start crawling. After some physical therapy, Harper started to show some improvement. But when her knee swelled to the size of a grapefruit at 18 months, Melissa and Cody knew something

**"She loves to dance.
This girl can boogie."**





wasn't quite right. "We took her in for tests for her knee, and they ended up taking her to the emergency room because they thought it would be for something else," Melissa shared.

The orthopedic surgeon believed Harper might have juvenile arthritis, and referred them to Texas Scottish Rite Hospital for Children for more testing. "They drained her knee a couple of times and ended up doing a knee scope, where they put a tiny camera into her knee." After the knee scope, they reached a diagnosis of juvenile arthritis.

But, this process took about three months. Cody remembers those months vividly. "I remember being pretty profoundly frightened during that time," he shared.

After the diagnosis, Harper was given medication and put on a regular schedule of shots. "She started off with just one shot every week, and then they upped it to another medication, which was two shots a week," Melissa explained. "So we did three shots a week for about three years."

With a recent change in medication, the Shooks believe — and have seen — that Harper can live a very normal life. "We've had a very solid last several months. We haven't had any issues," Cody explained. Harper will, no doubt, continue in school without a hitch in first grade this year.

Harper's favorite activity as a kindergartener was playing with magnets and reading. Her mom described her as an active dancer and her dad, very musically inclined. "She's very sensitive to music," he explained. "Ever since she was able to speak, she's had her favorite songs

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picked out.” And it’s not an uncommon sight to see Harper dancing to her favorite songs. “She loves to dance,” Melissa laughed. “This girl can boogie.”



Although Harper never looks forward to her schedule of shots, she still keeps a high spirit. “There’s a woman at Scottish Rite who draws Harper’s blood named Miss Sheila,” Cody explained. “And Miss Sheila usually asks the kids for a hug afterwards, but instead of giving Miss Sheila a hug, Harper grabbed her by her cheeks and gave her a big kiss instead!”

The Shook family, which also includes their 4-year-old son Will, has been able to meet a wide variety of people at each hospital visit. One such person was an 11-year-old girl named Maren. “One day, when Harper was upset



about having to get her blood drawn, this sweet little girl heard her in the hallway, came in and asked if she could hold her hand during the shot,” Melissa smiled. “I got to know her mom, and we’re still good friends.”

Harper and her family were also given the chance to appear on WFAA Channel 8’s morning show, *Good Morning Texas*, as part of a studio audience to support the Arthritis Foundation. True to her bright and energetic personality, Harper had a cheer ready to perform in



case the camera panned over to her. The opportunity to be a part of the morning show came from the Shook family’s involvement in the Arthritis Foundation.

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The family has also participated in the Tarrant County Arthritis Foundation walk every year. The walk encourages families to create teams and raise money that will directly benefit the foundation. Harper's



team is called the "Sloan Rangers," in honor of her middle name, Sloan. "We've been calling her the Sloan Ranger since she was little," Melissa laughed.

In 2012, the family was able to raise more money than they ever had before. To promote the walk, the family put out a flyer and let people know on Facebook. "We're a family that for the most part, just lives and let lives. But we wanted

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people to know, and if they could help, fine. If not, then we wanted them to come out and join us. That's about the most promotion that we did," Cody explained. The response, however, was overwhelming. "The people just came out of the woodwork," Cody smiled. "It gives me goose bumps. We had our friends and

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family who came out, but there was also an onslaught of people [who donated].” One of those people was her specialty eye doctor, Dr. Wang, who donated \$2,000 to her team, and is one of Harper’s favorite doctors. Ultimately, the family raised over \$3,700 to go toward the Arthritis Foundation.

Shortly after the walk, Martha Earngey with the Arthritis Foundation approached Harper with a big request. “She asked us if Harper wanted to be the walk hero at the Jingle Bell Run in Fort Worth,” Melissa explained. According to Melissa, as the walk hero, Harper will share her story about living with arthritis — the diagnosis, the daily pain, the medication and treatments, the toll it takes on a family, and the uncertainty of what the future will bring.

Outside of their advocacy with the Foundation, the Shooks remain busy. Melissa is a professional photographer, while Cody is a mechanical engineer. “We are both entrepreneurs,” Melissa smiled. Cody recently struck out on his own after several years at a large firm.

Despite her condition, Harper doesn’t allow the doctor’s visits or shots to bring her down. “We have not allowed her to use this as a crutch,” Melissa explained. Instead, Melissa and Cody allow Harper to live life to the fullest. “This is just what we have to do now, and we have met so many neat people. We’re grateful.” **NOW**

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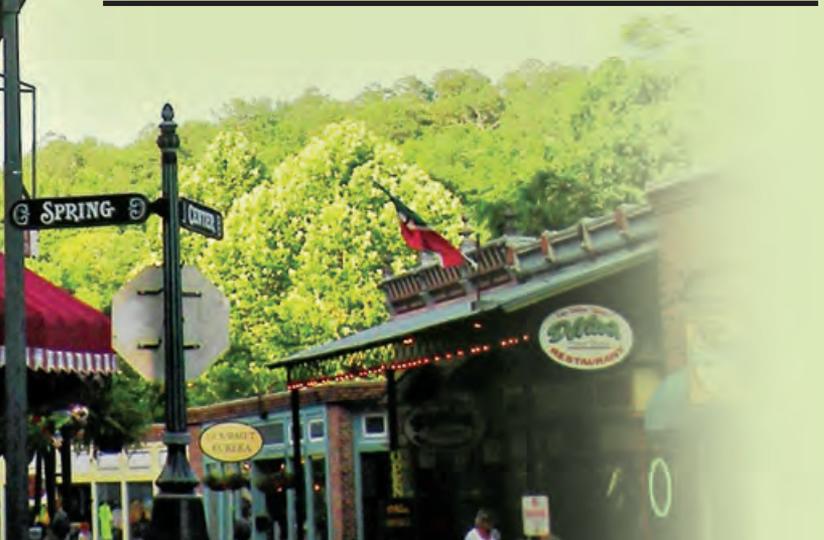
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lots of good folk music. The traditional kickoff to the festival is a queen's contest featuring a square dance performance by the Hedgehoppers — students from Eureka Springs' third-grade classes. Free musical acts perform in the park all week with headline acts in The Auditorium as the grand finale of the week. A staple of nearly every Ozark Folk Festival is a craft show, celebrating the diverse skills of our many area craftspeople.

Every second Saturday, there are free outdoor concerts, shows at the city auditorium and colorful parades for every occasion! Other attractions include zip lines, a steam train, ghost tours, carriage rides and a show with an illusionist and medium. Trolleys are a preferred way to get around the winding,

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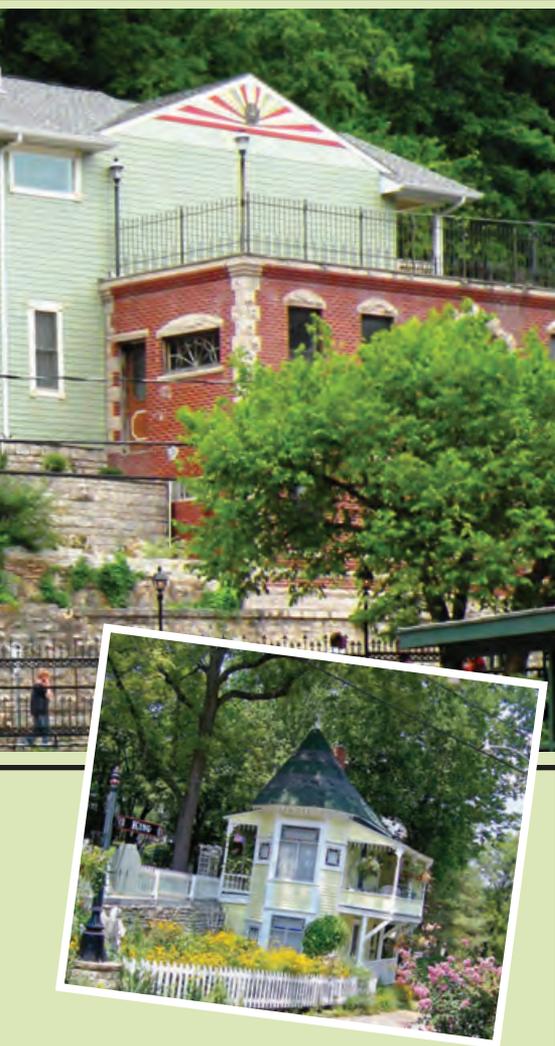
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crisscrossed streets — run year-round, though for fewer days and hours during the winter months. With over 115 stops around town, the trolley provides convenient transportation for all ages.

Lodging options include something for everyone. Numerous family-owned motels, historic hotels and Victorian homes turned into bed-and-breakfasts and nightly rentals, as well as unique tree houses, rustic cabins and quaint cottages are tucked into the hillsides and woods. You can even sleep with tigers outside your window at Turpentine Creek!

Eureka Springs can satisfy anyone's appetite — from down-home Southern food to romantic, candlelit dinners. Award-winning restaurants serve savory Czech-German dishes, authentic Italian cuisine and spicy East Indian fare. You'll find Mediterranean, Chinese, Irish, Mexican, Cajun and Thai, as well. You can also dine on a dining car at Eureka Springs & North Arkansas Railway.

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population, more than 300 residents are working artists, helping the town make the list of "Top 25 Arts Destinations" by *AmericanStyle* magazine for the past several years. The entire month of May is proclaimed May Festival of the Arts — dedicated to all the arts, including: theater, performing arts and music. Other events like a monthly gallery stroll and

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artists' studio tours celebrate these artists' works on a regular basis. For those who wish to expand their own personal creative art expression, the Eureka Springs School of the Arts offers a variety of art workshops for adults and children throughout the year.

Outdoor adventures abound. The city is surrounded by two rivers, White River and Kings River, and three lakes, Lake Leatherwood, Table Rock Lake and Beaver Lake. On the latter two, there is great fishing and smooth water for canoe/kayak float trips. Take a guided cruise, rent a boat or Jet Ski or even paddle board! The 1,600-acre Lake Leatherwood City Park is crisscrossed with hiking and biking trails, and the 85-

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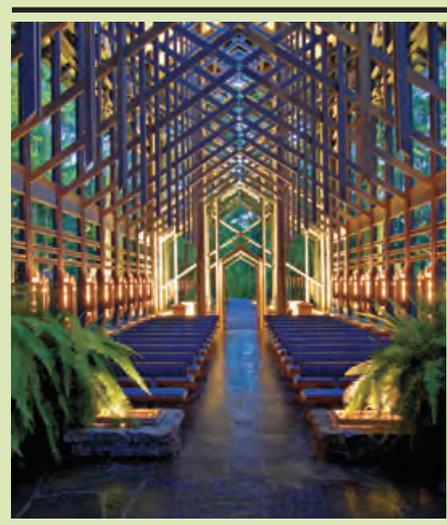
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The town's history is colorful and lengthy. Artifacts of Eureka Springs' rich past are displayed in the Historical Museum. Eureka Springs first drew visitors in the late 1800s because of the healing powers believed to be present in over 60 natural springs there. The healing tradition spawned by the springs in the early days lives on today in the abundance of day spas, massage therapists, herbalists and alternative healers. While the springs today are not potable, they are wonderfully landscaped and lushly gardened. They provide excellent picnic and rest areas and give a beautiful arboretum-like feel.

This is decidedly not an ordinary town, and most definitely a destination of distinction. For more information or to plan your extraordinary escape, visit www.eukasprings.org. **NOW**

By Gina Drennon. Photos courtesy of Eureka Springs CAPC.

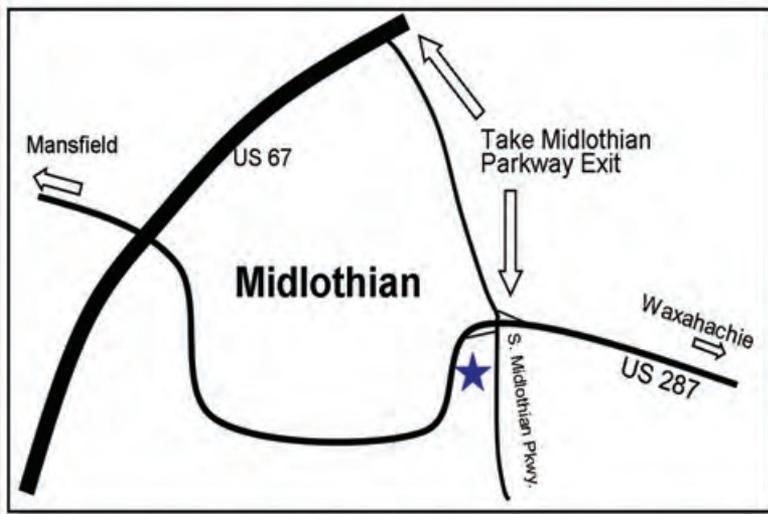
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— By Mikaela Mathews

With efficient technology and a skilled staff, Dr. George Devore, DDS, believes the most important part of the Mansfield Smiles practice is creating life-long relationships with his patients. They do this by providing quality service patients can trust. “I want our patients to come back and see us, so we provide a service they feel comfortable with,” he explained.

Mansfield Smiles opened its doors a year and a half ago with Dr. Devore and two assistants. The practice has continued to grow with Dr. Tabatabaei, DMD, joining them

as an associate dentist; Dr. McBride as an orthodontist; and dental assistants, J’Lah, Kim, Yasmin, and Zuri. Services are offered for all ages — children to geriatric, and include teeth whitening, general dentistry, braces, crowns, oral surgery, root canals and much more.

The dental office prides itself on its cutting-edge technology. “We use lasers to fight gum disease and digital X-rays,” Dr. Devore explained. The practice also uses its technology to quicken the turn-around time on crowns and lab work. “I can scan the mouth with a 3D camera and send

Business **NOW**

it to the lab to have the work back in a week,” Dr. Devore said. Before this technology, patients would have to wait several weeks before receiving bridges back from the lab.

Patients who need repairs or changes to their crowns also no longer have to wait two-three weeks. “With this technology, you can get a crown on the same day, and it will look better, fit nicer and is made of a stronger material,” he explained. Although the equipment is helpful, Dr. Devore credits his staff for the office’s productivity. “I just love the efficiency here. The trained staff knows how to do it all,” he shared.

Dr. Devore and his staff also believe in giving back by partnering with a nonprofit organization called charity: water, which provides safe drinking water in third-world countries. “The organization is really big on drilling wells,” Dr. Devore described. “So, we came together as an office to decide how we wanted to help. We’re trying to raise \$10,000 to build a well ourselves.” In order to do this, \$1 for every crown made in the office is donated towards this well. A vase filled with crowns sits on the front desk to show patients the progress towards building the well. The office is also participating in many fundraisers for the well.

In addition to taking excellent care of his patients, Dr. Devore is a strong family man. “I married my high school sweetheart, Lauren,” he smiled. “And we’ve been married for 28 years.” Together, they have three grown children whom they raised in Waxahachie.

Before opening a practice in Mansfield, Dr. Devore worked in Euless as a lead dentist for 12 years. “I was commuting to Euless, but I still wanted to treat my patients well. So, if somebody has an emergency, I’m driving up there to help.” This commitment to his patients carries over to his practice in Mansfield. “To me, it’s all about family and patients growing up, becoming adults, then bringing their kids to the practice,” he smiled. “For me, I’m all about patients for life.” **NOW**



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The Badovinac family share a group hug during a night out.



Michael Khammash and the Massage Boutique are welcomed by the Chamber Ambassadors on a hot day in August.



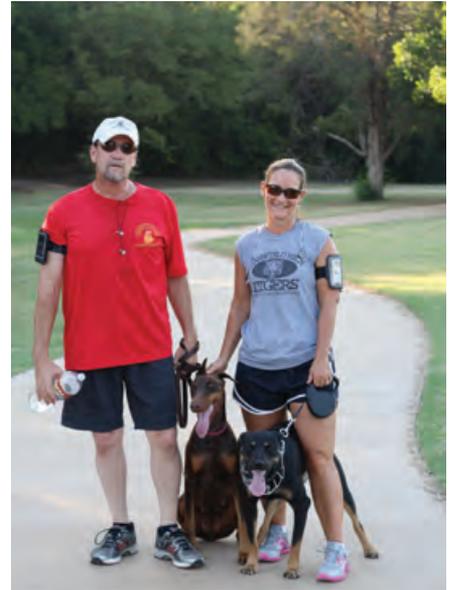
Antrice and Nia Newsom enjoy a night of softball.



CityDoc opens one of their newest locations in Mansfield with a warm welcome from the Chamber of Commerce.



Julie Mechet and Sam Earnell show off their pet turtle for the camera.



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Tips for Setting — and Pursuing — Financial Goals

You can get lucky by finding a parking meter with time left on it. You can luck out by having nice weather on your vacation. You can even be lucky at love. But when it comes to financial matters, you're better off not counting on Lady Luck — and focusing instead on setting and pursuing goals.

Here are some suggestions for establishing and pursuing your financial objectives:

Be specific. You probably have a lot of ideas about what you want to do, but if you're going to turn these wishes into reality, you need to get specific. So, for example, instead of telling yourself that you want to retire early, set a goal of retiring at, say, 62. You can then use this target number to help guide your overall investment strategy. To illustrate: You can determine that you need to invest a certain amount of money each year, and earn a certain rate of return, to be able to retire at 62. You can also estimate about how much money you can afford to withdraw from your investment accounts each year to sustain a retirement that begins at 62.

Prioritize your goals. Of course, you want to achieve all your financial goals — and you can have a better chance of doing so if you rank these goals in terms of both importance and timing. For example, you may want to send your kids to college, purchase a vacation home and still be able to retire at age 62. How should you allocate your resources to each of these goals? Should you invest more at any given time for a specific goal? What types of investments are best for each of these goals? Prioritizing your goals can help you answer these and other questions — and help direct your overall investment strategy.

Be prepared to change your goals. Over time, your family and financial

circumstances can change considerably — which means you shouldn't be surprised, or alarmed, if you have to change your goals accordingly. And you'll find it easier to maintain this flexibility if you've worked diligently to create an investment portfolio with sufficient resources to allow you to change direction, as needed.

Review your progress regularly. If you're going to eventually achieve your goals, you absolutely need to measure your progress along the way. Are your investments performing the way you had anticipated? Are your goals becoming more expensive than you had initially envisioned? To achieve these goals, are you taking on too much — or too little — risk? To answer these types of questions, it's a good idea to review your overall progress at least once a year and then make whatever adjustments may be necessary.

As you can see, it will take considerable effort to set, review and (hopefully) achieve your goals. And it can be somewhat complex, too, so you may want to work with a financial professional — someone who takes time to talk with you about your goals, understands your risk tolerance and family situation, and has the training and experience necessary to help you work toward your objectives.

But in any case, think hard about your goals and how you might accomplish them. And don't delay in taking action — because goals are generally easier to attain if you have time on your side. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

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A Fungal Mess

— By Betty Tryon, BSN

“What happened to your nail?” is a question usually delivered in tones of incredulous disbelief. Nail fungus is unsightly, and if you have it, you want to get rid of it. This condition occurs when one or more of your nails become infected with a fungus that grows in your fingernail or toenail. Fungi (plural for fungus) are microscopic organisms that like to live in warm, moist places.

Nails with a fungal infection may present as being thick, brittle, discolored and crumbling. They may have an odor, may separate from the nail bed and may become painful. It all starts as a white or yellow spot under the nail where the fungi have entered from small scratches in the skin or where the nail separates from the nail bed. Once the nail is affected, the infection will not go away on its own. It just continues to grow until treated. When that first spot appears, it is time to see your doctor before the fungus causes too much damage to the nail or spreads to the surrounding area.

This condition shows up in men more than women and in older people more than the young. Nail growth may slow down as one ages and may also thicken. This can increase the possibility for nail fungus. There may be a hereditary aspect to this also. Having pedicures under less than sanitary conditions can make you susceptible to fungal infections. Also walking

barefoot in public swimming areas and gym showers and damp locker rooms increases your risk. If you perspire heavily and wear socks and shoes where your feet receive little to no ventilation, the environment is great for fungi to grow and thrive.

Nail fungus can be difficult to treat. There are anti-fungal medications you can purchase over the counter. Sometimes these are ineffective, and stronger medication from a physician is necessary. They may prescribe topical and/or oral medication for treatment. In severe cases, an option is removal of the nail surgically or by laser therapy. Treatment in many cases takes weeks or even months before relief is seen. Unfortunately the fungal infection is subject to reoccurrence. It is important to keep your hands and feet clean and dry. Change socks throughout the day. Wear sandals or other protective footwear when walking on wet surfaces. Avoid places of business for manicures and pedicures that do not uphold stringent hygienic practices. Some home remedies for treatment may bring results. Research these treatments carefully, and check with your doctor before implementing them. It takes work, but you can be free of nail fungus. **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.

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Throughout both Saturday and Sunday we will also have speakers presenting on different topics. Our Psychic Mediums, Healers, Teachers and Mentors are here to help you with your questions. The presentations are free with your paid admission to the Expo.

VENDOR INFO: Due to the high interest of this Expo and with limited space, please make sure and reserve your space NOW. Visit our website for Exhibitor information, availability and to register online.

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WWW.NEWWORLDPSYCHICFAIR.COM

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September 8

AWANA Clubs: 4:00-6:00 p.m., Mansfield Bible Church, 2351 Country Club Dr. \$40. For ages three through high school seniors. Registrations can be made at www.MBCchurch.com. For more information, call (817) 473-8980.

September 9

Toastmaster Event: 11:00 a.m.-1:00 p.m., Spring Creek, 1724 N. Hwy 287, and 6:00-8:00 p.m., Mansfield Public Library, 104 S. Wisteria St. Free. Featuring professional speaker, Elizabeth McCormick and Award Winning Toastmaster DJ Swinyar. For more information, contact Janet Horton at (682) 422-6786.

September 14

Run With Heart 1 Mile Fun Run/5K Run/Half Marathon: 7:30 a.m., half marathon; 7:40 a.m., 5K run; 7:45 a.m., 1 mile fun run. Mansfield Methodist Hospital, 2700 E. Broad St. \$15 for 1 mile fun run, \$30 for 5K run, \$60 for half marathon. For more information or to register, visit www.methodisthealthsystem.org/runwithheart13.

Mansfield Shootout: 8:00 a.m., Alpine Shooting Range, 5482 Shelby Rd., Fort Worth. Annual clay tournament to benefit the local Trinity Habitat for Humanity-Mansfield build. For more information or to register, visit www.mansfieldshootout.com.

September 18

11th Annual Art Show and Reception: 9:00 a.m.-1:00 p.m., Mansfield Activities Center, 106 S. Wisteria. Local artists may display paintings. Open to the public. For more information, please visit www.mansfieldparks.com.

September 20 — 21

Bible Camp for third and fourth graders: Glen Lake Camp, 1102 SW Barnard St, Glen Rose. \$45. Join children from other Methodist churches for Bible camp. For more information, visit www.firstmethodistmansfield.org.

September 21

Revvin' for the Ribbon: 1:00-6:00 p.m., QuickTrip Park, 1600 Lone Star Pkwy, Grand Prairie. Join us for a free concert featuring 360 South and LeFreak benefiting local breast cancer patients and survivors.

Visit www.revvinfortheribbon.com for more details.

Kids on the Hill Creative Arts Festival: 4:00-8:00 p.m., Valley Ridge Park Amphitheater, 2850 Park Ridge Dr., Cedar Hill. Kids will enjoy face painting, crafts, food and more. For more information, visit www.cedarhilltx.com/kidsonthehill.

September 28

Phillippe Bertaud: 8:00 p.m., Farr Best Theater, 109 N. Main St. Phillippe has been called "the new Lord of the Strings" by the *Los Angeles Times*. For more information or to purchase tickets, visit www.FarrBest.com.

October 5

Mansfield Fire Safety Palooza: 10:00 a.m.-4:30 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Enjoy food and events all day while learning about fire safety and prevention. For more information, visit www.http://www.mansfieldisd.org.

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

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In The Kitchen With Bob McCaslin

— *By Mikaela Mathews*

While growing up in Fort Worth, Bob McCaslin was exposed to a number of restaurants that helped to influence his tastes. “There are so many ethnic mixes and many great restaurants to choose from,” Bob explained. He started cooking when he was 10 years old and has kept this love for cooking by treating his family at all of their get-togethers and his friends at least twice a week with his home-cooked meals.

“I have never studied cooking,” Bob shared. “I learned by watching other people. If someone is cooking, I am usually paying attention.” His specialties include home-styled comfort food, Mexican food, grilling and smoking. “I enjoy cooking because it’s an opportunity to be creative,” Bob said. “And I can make things to my taste.” **NOW**

Pulled Pork Shoulder With Bockchito Sauce

10-15 lbs. Boston butt or shoulder
Salt and pepper, to taste
2 white onions, sliced 1/4-inch thick
1 16-oz. can pickled whole jalapeños
8 Tbsp. minced garlic

Sauce:

4-5 Tbsp. flour
2 cups of water
Drippings from roasted pork
3/4 cup Louisiana hot sauce
3 Tbsp. Worcestershire sauce
1 Tbsp. black pepper
2 Tbsp. seasoned salt

1. For meat: Preheat oven to 350 F.
2. Liberally salt and pepper shoulder. Place on elevated rack in pan to collect the meat drippings. Top meat with onions, jalapeños and garlic.
3. Cover tightly; bake for 10 hours. Save drippings.
4. Remove fat; shred meat with fork.

5. For sauce: Mix together flour and water.
6. Combine remaining ingredients in an iron skillet; bring to a simmer. Whisk in flour mixture to create desired thickness.
7. Pour over shredded meat. Serve on buns or bread.

Potato Soup

1/3 lb. bacon cut into small pieces
1/2 cup white onion, chopped
1 Tbsp. garlic
3 cups of potatoes, cut into small cubes
5 cups milk
2 Tbsp. cornstarch, whisked with 1 cup water (optional)
1 cup cheddar cheese, shredded

1. Sauté bacon, onion, garlic and potatoes for 10 minutes.
2. Cover with milk; simmer for 1 hour.
3. Thicken with corn starch and water if desired.
4. Serve topped with a little cheese.

Salsa

2 large white onions, chopped
8 fresh jalapeños
4 Tbsp. vegetable oil
4 Tbsp. minced garlic
4 lbs. fresh tomatoes
3 limes, juiced
1 bunch cilantro
1 Tbsp. cumin
Salt and pepper, to taste

1. Sauté chopped onions and jalapeños in oil until tender.
2. Add garlic, tomatoes and lime juice; simmer for 15 minutes.
3. Turn off heat; stir in cilantro, cumin, salt and pepper.

Beef Stroganoff Imperiale

1/4 cup vegetable oil
2 lbs. lean top sirloin, cut into 1-inch squares, 1/4-inch thick
1/2 lb. fresh mushrooms, washed and sliced
1/4 cup onion, minced
1 garlic clove, minced
1/2 tsp. dried chervil
3 Tbsp. flour
2 cups beef broth
2 Tbsp. parsley, minced
2 Tbsp. tomato paste
1 1/2 cups sour cream
Salt and pepper, to taste

1. Heat oil in stew pot; add beef. Sauté over medium heat until brown.
2. Add mushrooms, onion, garlic and chervil; sauté till onion is limp.
3. Sprinkle flour onto beef, stirring well as you sprinkle.
4. Stir in beef broth; add parsley.
5. Partially cover; simmer for 2 hours, stirring occasionally.
6. Stir in tomato paste. Remove from heat; add sour cream. Season to taste.

Jalapeño Gravy

1 stick real butter
2 fresh jalapeños, chopped
1/2 cup flour
4 cups milk

1. Melt butter in iron skillet. Add jalapeños.
2. Sift in flour to make a thick roux. Slowly whisk in milk to desired thickness. Add salt and pepper to taste.

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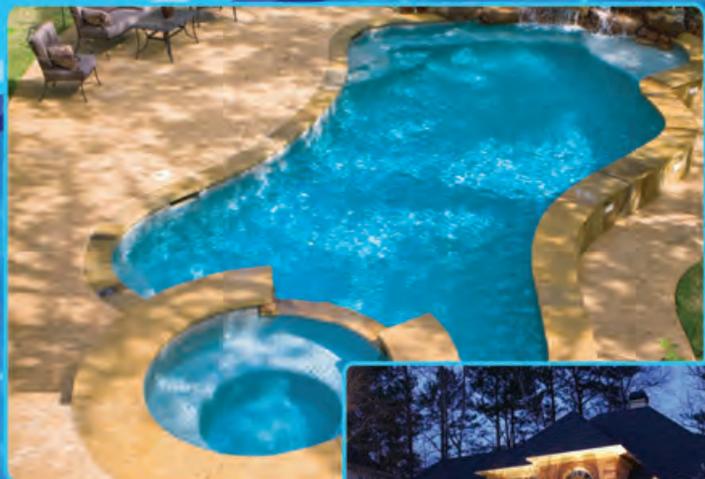
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