# MansfieldNoW



TREMENT STED U.S. POSTAGE OF PAID TREE TX SALLAG TX PERMIT #3450

Postal Customer

Aurora's Alien

# WE'VE GOT THE LOCK ON SENIOR LIVING!





Morada Grand Prairie is offering new residents a great option to help manage their budget with our Rent-Lock Pricing guarantee. That's right—no rent increases for 36 months for new residents! Come see how our optional Rent-Lock Pricing protection makes it easier than ever to start living worry-free at Morada.

- ✓ The Option of No Rent Increases for 3 Years
- ✓ No Buy-Ins or Long-Term Commitments
- √The Comfort & Convenience of an Annual Lease

CALL TODAY! 972.348.0484

SIMPLY PUT, YOUR OPTIONAL RENT LOCK PRICING PROTECTION IS **GUARANTEED FOR 3 YEARS!** 



MoradaSeniorLiving.com • 355 West Westchester Parkway, Grand Prairie, TX 75052 **Assisted Living** 







Dr. Richard R. Knight, M.D.

Karen, Mansfield, TX

I made a decision to change my life. I wanted to get healthier, and that meant I needed to lose weight. I had tried other ways, different diets and programs, but I never seemed to be able to stick to it.

One day I saw Diet
Solution, and not knowing
what to expect, I decided to
give it a try. What I found
was a group of great
people, all willing to help
me as if I was their only
client. The support and
encouragement I received
has been what I needed to
reach my goal.



Karen lost 101.8 lbs.\*

#### New Address

#### **MANSFIELD**

99 Regency, Suite 107 Mansfield, TX 76063

817-453-3438

#### BURLESON

821 SW Alsbury, Suite C Burleson, TX 76028

817-295-3438

#### ARLINGTON

2542 W. Pioneer Parkway Pantego, TX 76013

817-277-3438

#### **WAXAHACHIE**

114 Park Place Ct., Suite 201 Waxahachie, TX 75165

214-980-1414

## FREEDOM, **FUN AND FOOTBALL**

Amaya Smith works hard in preparation for playing well.

6 AURORA'S **ALIEN** 

> Legend or history, space lovers are fascinated with Ned's story.

**20** AROUND TOWNNOW

28 COOKINGNOW Shane Webb



Publisher, Connie Poirier | General Manager, Rick Hensley

#### **EDITORIAL**

Managing Editor, Becky Walker | Mansfield Editor, Sandra Walters Editorial Assistant, Lori Widdifield

Editors/Proofreaders, Lisa Bell . Rachel Rich . Virginia Riddle Writers, Angel Morris . Melissa Rawlins . Todd Simmons

#### **GRAPHICS AND DESIGN**

Creative Director, Chris McCalla | Artists, Kristin Bato . Beth Davis Martha Macias . Anthony Sarmienta

#### **PHOTOGRAPHY**

Photography Director, Chris McCalla Photographer, Lori Baur

#### **ADVERTISING**

Advertising Representatives, Lori O'Connell . Bryan Frye Cherise Burnett . Dustin Dauenhauer . Linda Moffett Constance O'Bryan . William Perron . Linda Roberson

Billing Manager, Angela Mixon



#### ON THE COVER

Amaya Smith takes her place on the football field.

#### Photo by Lori Baur.

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2021. All rights reserved. MansfieldNOW is published monthly and individually mailed free of charge to homes and businesses in the Mansfield ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.





We Can End Hunger. Together.

#### Sunday, October 17, 2021 | 5pm-8pm

Blaine Stone Lodge | Midlothian



Local restaurants, caterers and chefs are coming together, putting their best dish forward to participate in The Signature Dish, Ellis County's largest culinary event.

Attendees will savor tastings prepared by participants as on-site judges determine best-in category winners.

Come enjoy fabulous flavors, live music by The Kadie Lynn Band, exciting prizes and a silent auction as you taste your way through a delicious evening in support of Manna House.

Purchase tickets and view a list of participating restaurants online at **MannaHouseSignatureDish.com** 



















(682) 554-1743

#### **EDITOR'S NOTE**

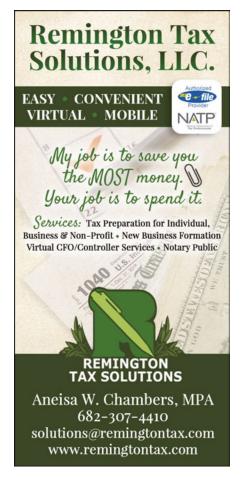
Help paying for college ...

A few years ago, I recall being a little stressed because it was my son's senior year. I had never prepared a child for college. I read various books about it but never experienced it personally.

We created a binder his freshman year to prepare for college admission, which seemed far away at that time. This binder included checklists, ACT scores and other college information. Everything related to college went into this notebook. I believe he thought I was simply creating mundane things for him to do in the summers, but when the pressure of football offers, assignments, senior activities and college paperwork mounted, he was glad to have his trusted notebook.

When he looked at his senior checklist on Oct. I, it read: *Complete Free Application for Federal Student Aid.* This seemed quite intimidating at first, but as we began filling out the form, it became easier. I had attended enough seminars to know that we must apply early to qualify for grants, scholarships and work-study. We weren't interested in loans. During this process, we learned that many universities and scholarships required students to complete FASFA to be considered for other scholarships and grants. Students can qualify for funds in a variety of ways: need-based, academic, athletics, extra-curricular activities and more. It is imperative that you complete FASFA as soon as possible because this increases your chances of free money, not loans. Apply today!

See how much you can save on the cost of college!







# PLUMBING DONE RIGHT The First Time.





Waste & Drain Services



Pipe Repair & Replacement



Fixture Repair & Replacement



Water Heater Repair & Replacement



Water Filtration & Treatment



Residential, Commercial & Industrial



Call for service 469-415-9111

magnaplumbingservices.com









Regulated by the Texas State Board of Plumbing Examiners Master Plumber #41592

Texas Department of Licensing & Regulation Air Conditions & Refrigeration License #TACLA93443C

#### AN UPSCALE RETAIL SHOPPING EXPERIENCE

Get dressed head to toe with our team at Western Hippies.

## Shopping will never be the same!

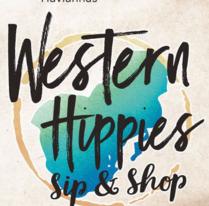
free People Charlie 1 Horse By HatCo Corral Boot Co Scully Leather
Pendleton
Double D Western Wear

DRIFTWOOD Miss Me O'Neill 15% OFF with coupon

Johnny WAS Puravida Clothing Haviannas



EARN \$50 FOR EVERY \$500 SPENT



WWW.WESTERNHIPPIES.COM

101 N. MAIN ST. MANSFIELD 817-225-4157



# Holiday Lights Done Right!

- Consultation, design and custom cut lights
- Complete Installation (take down, storage and maintenance)
- We are fully insured and bonded

Complete Holiday Package starting at: \$49900

Call for details. Certain restrictions may apply

**INSTALLED BEFORE** November 1st and receive up to

15% OFF

Call for details. Certain restrictions may apply.

RESTRICTIONS MAY APPLY FOR ABOVE OFFERS, PLEASE CALL FOR DETAILS, EXPIRES NOVEMBER 1, 2021



CALL TODAY FOR YOUR FREE CONSULTATION

817-378-4727

yourholidaylights.com



Character. Confidence. Contact. All work together when Amaya Smith takes her place on the football field. She plays right and left tackle, kicker, guard and defensive end. Coachability, responsiveness and a respectful nature earned her a place on the 2020-2021 seventh-grade A team at Danny Jones Middle School. This year, she is back on the football team, where her eighth-grade classmates and teachers enjoy Amaya's pleasant presence. Mixing shiny blue fingernail polish into her mostly black-with-combat-boots style, she relaxes by drawing and painting. Her mother, Maria Orozco, calls her "an old soul in a young body, an extroverted introvert who can curl up with a book, too."

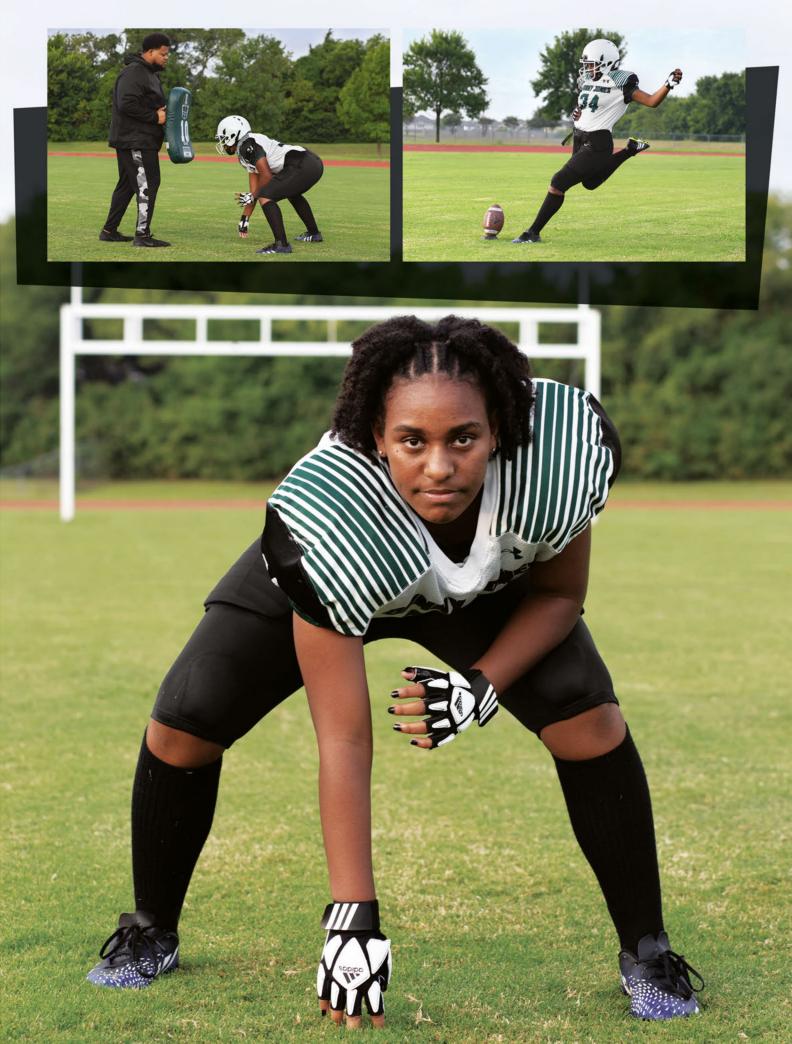
Even her name is unique. *Amaya* means "night rain" and is a popular last name in Mexico. Maria is of the first generation born in Texas to parents who immigrated here from Mexico. She reflected on her heritage when naming her daughter 14 years ago. Amaya Maria Smith was born in the Woodlands. She moved here before she was 1 year old, while her mother moved back home to practice law. Two years later, Maria married attorney Steven Moses, who remembers holding his new 3-year-old daughter in his arms and having no indication that she would be an athlete.

He and Maria put Amaya in soccer when she was 3. She was so shy that during some games, she simply stood on the field. Her parents encouraged her to open up and run. Through the next two years, she began enjoying playing on the field. "She was always one of the bigger girls in height and size, but she moved well. As she started to get older, you could see her great endurance," Steven reflected. "The thing I loved most was knowing she has a mentality of, If I want to be good, I have to work at it."

Steven has coached kids in the Grand Prairie Youth Football Association (GPYFA) for seven years, ever since his son, Juju Smith, began to play. Steven believes every person controls their attitude and work ethic, which determines success. Both of his children have the spirit to work, to wake up and run a few miles, or do strength training in the afternoon to prepare to play well.

Amaya plays as a defensive midfielder on a select soccer team, Fever United. They made it to the final four bracket in a national championship over the summer. "That takes up about 25 percent of my time. Football about 30 percent." The remaining 45 percent of her time involves family life, middle school basketball and maintaining the A honor roll in her advanced placement classes. Without complaint, Amaya works.

# Freedom, Fun and FOOT BALL





This prepares her to play for the sheer fun of it, with a freedom of form that's not fragile, but certainly beautiful. "Whenever you do see girls playing, I think about how they're fighting for normalizing women in sports, equality with men," said Amaya, who has received zero judgement about the fact that she plays football with all boys. "It's also fun, because mentally you get exercise, which is good for your mind and health."

As her peers mature, Amaya finds her technique needs to be sharper than ever. "The boys' size is increasing, so I have to block them with more technique than power, and with a good mentality," she said.

Her dad played lineman in college, and coached Amaya since she first played football at Fish Creek Park with a GPYFA team called the Raiders. Two years ago, she was the starting left tackle and kicker on the team when they went undefeated and won the city championship. Steven has taught Amaya much of her technique, some of which, she explained, "... has to do with your hands and the position of your feet, and how you keep your body at an arch when you're bull rushing."

Blocking requires her hips, feet and hands to be in proper alignment. The technique is in her coordination between those three parts of her body, along with her eyes, to make sure she strikes properly. As she works out in the garage — squats, jumping rope, pushups — she's building her foundation by practicing what she's learned from videos her father recommends she watch.

Amaya's most valuable skill is her ability to maintain mental preparedness for motivation to play her position correctly. "You can train your mind to be going over



Call Today for a FREE Estimate 817.592.5100 trimlightdfw.com



your task or your rep, or give yourself words of affirmation to get yourself ready," she said.

Two years ago, she utilized her good mentality to excel. Having just won the city championship with the Raiders, she was selected by coaches to start as the left tackle for the GPYFA's Pro Bowl. Suited out and schmeared with eye black for the game, Amaya found herself blocking bigger players and using a low blocking offensive line technique Steven had just taught her. "I'd never done it until we were in the game at that moment," she said. "My mentality was just to go for it, don't give up. Just with positive thoughts, I blocked them. We won the pro bowl after that."

This girl has used the same mentality to conquer anxiety about academic performance. Last year, she scored in the 95th percentile on her STAAR exams, but not without sweat and mental effort over time. "In sixth grade, I used to have major anxiety before tests, and maybe my teeth chattered one time. I had to keep telling myself I could do it before a science test," she recalled. She also exercised as a break from thinking about whatever was causing her anxiety.

Since then, science has become her favorite subject. Her coaches at school, guiding her strongly on lineman techniques and hand placement, are the perfect complements to all her dad gives her. "Whether its sports or life, me and their mom will always be there to be some type of guiding force in our kids' lives," Steven said. On the field of life, Amaya is prepared to move herself, and her team, forward. NOW

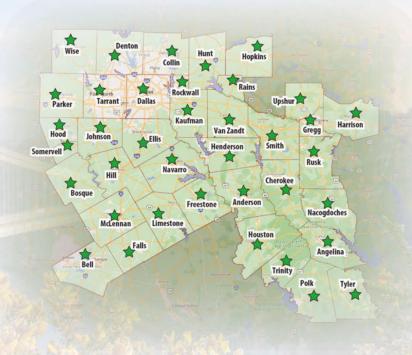




# 7 Days a Week, 365 Days a Year We are Here for you!

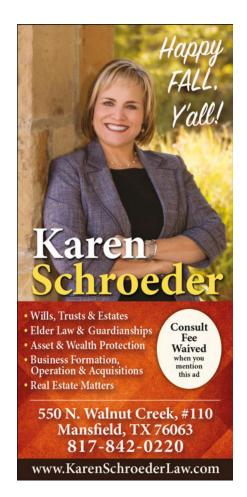
Waxahachie: (972) 923-2436 | Fax: (972) 923-0043 Corsicana: (903) 872-0644 | DeSoto: (972) 283-5590 Dallas: (972) 424-1756 | Ft. Worth: (817) 735-4329 Athens: (903) 670-1360 | Toll Free: (877) 214-3565 Garland: (214) 607-1400 | Grand Saline: (903) 962-7597

Scan for more info!





115 Park Place Boulevard, Suite 100 | Waxahachie, TX 75165 | Phone: (972) 923-2436 | Fax: (972) 923-0043 www.bristolhospice-pathways.com





# CLEAN, PROTECT & BEAUTIFY THE OUTSIDE OF YOUR HOME

WINDOW CLEANING | HOUSE WASHING | ESTIMATE!
PRESSURE WASHING | GUTTER CLEANING | WINDOW FILM





SAFE, CONTACT FREE SERVICE

#### **HOUSE WASHING**

Starting at \$179 \*
'Soft Wash' Removes:
Dust. Dirt and Mold.

#### PRESSURE WASHING

Starting at \$139 \*
For Flat Surfaces: Driveways,
Walkways, Patios, Pool Decking & Retaining Walls.

#### WINDOW CLEANING

\$139 \* Exterior ONLY: 20 Windows / Doors \$189 \* Interior & Exterior: 20 Windows / Doors Must be Entire Home

#### WINDOW FILM

Residential & Commercial
Ceramic, Traditional & Decorative. Reduces
Glare & Heat and Protects Flooring
& Fabrics from UV Light.

\* RESTRICTIONS MAY APPLY. FOR ABOVE OFFERS, PLEASE CALL FOR DETAILS. EXPIRES NOVEMBER 15, 2021.



St. John Youth

# Pumpkin Patch

1218 E. Debbie Lane Mansfield

Monday - Friday 2pm - 8pm (MISD holidays 11am - 8pm) Saturday 8am - 8pm Sunday 9am - 6pm

# Saturdays at the Patch

Special Events 1 - 4 pm
Free Activities
Food Available for Purchase

Oct 2 Hayrides
Oct 9 Bounce Houses
Oct 16 Petting Zoo
Oct 23 Rock Climbing Wall
Oct 30 Trunk or Treat

Cash and Credit Cards Accepted



St. John Youth Ministry
Pumpkin Patch

www.StJohnMansfield.org/Pumpkin-Patch







ebby.com

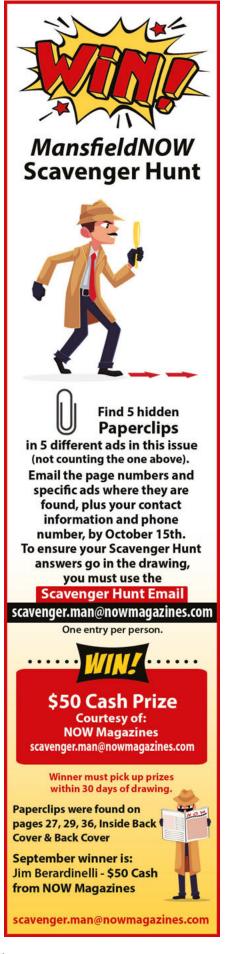
110 S. Hillside Street

For more information, contact —

1600 Highway 287 N., Suite 100 | 682.422.0333

MANSFIELD OFFICE

Red Oak | 3/2/2 | \$289,900



Cedar Hill | 2/2/0 | \$240,000

PORTFOLIO LINE STATE COMP.

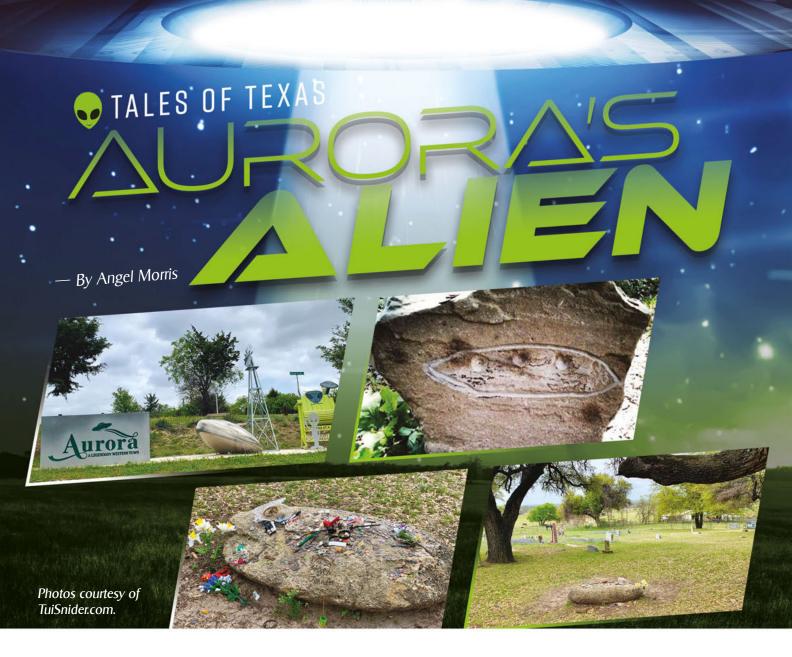
@2021. Equal Housing Opportunity

724 Houston Street









A legendary western town, the city of Aurora, Texas, is located about 30 miles northwest of Fort Worth. For almost 125 years, the Wise County location's claim to fame has been an alien named Ned.

Ned's voyage to Aurora was reported in *The Dallas Morning News* on April 19, 1897. The report tells of a cigar-shaped spaceship sailing over Aurora's public square before making its crash landing a few hundred feet north of what is now Texas 114.

"About 6 o'clock this morning the early risers of Aurora were astonished at the sudden appearance of the airship which has been sailing around the country. It was traveling due north and much nearer the earth than before.

"Evidently some of the machinery was out of order, for it was making a speed of only 10 or 12 miles an hour, and gradually settling toward the earth. It sailed over the public square and when it reached the north part of town it collided with the tower of Judge Proctor's windmill and went into pieces with a

terrific explosion, scattering debris over several acres of ground, wrecking the windmill and water tank and destroying the judge's flower garden.

"The pilot of the ship is supposed to have been the only one aboard and, while his remains were badly disfigured, enough of the original has been picked up to show that he was not an inhabitant of this world."

Townsfolk reportedly buried the alien pilot in Aurora Cemetery, but the story was not buried with it. While some residents prefer not to associate with unproven lore, many have embraced "Ned" — as the alien has come to be called — and all things space-creature related.

It's not unusual for alien-themed haunted houses to attract visitors to Aurora this time of year. Conferences commemorating the alleged crash have taken place in the city, and the Aurora website even features a photo of Ned's tombstone.

Etched with a cigar-shaped aircraft, the tombstone was stolen in 1972 shortly after an investigative story about Ned's crash landing was published on the Mutual UFO Network. In 2012, the marker that replaced the original was stolen as well, and now a boulder reportedly sits in its place.

A state marker outside the cemetery notes it may be the home of an alien grave, reading, in part: "This site is ... well-known because of the legend that a spaceship crashed nearby in 1897 and the pilot, killed in the crash, was buried here."

Trinkets and gifts can regularly be found at the site, where visitors come after learning of Ned through various sources. Time magazine published an Aurora alien-based article in 1979, and in 1986 a film, The Aurora Encounter, was shot in Ferris, Texas, based on the legend of Ned.

More than one book has been published surrounding Aurora's mysterious guest, and a few TV programs have focused on alien investigations in the town. The FOX network and two TV series, UFO Files and UFO Hunters, covered the story, as did an episode of History Channel's Ancient Aliens.

Earlier this year, D Magazine reminded folks of a \$5,000 reward offered by a Dallas lawyer interested in the return of Ned's tombstone, no questions asked. And, today it's easier than ever for people to learn about Aurora's famous alien through online news articles, YouTube videos and social media sites like @auroraned on Instagram and NedAlien on Twitter.

While not linked to Aurora's alien, a 2020 Jim Henson Disney series coincidentally features a blue-skinned creature, Ned the Alien, who was sent to earth to prepare for invasion. Becoming obsessed with the planet's pop culture, however, Ned abandons his mission to host a talk show instead.

Current Aurora residents may take the town's alien legend with a grain of salt, but a spacecraft and the windmill it destroyed, can be found on city gear including cups and T-shirts, and even the official town logo. Believe it or not, it seems the story is here to stay, and Ned will likely forever be Aurora's most famed resident. NOW

#### Sources:

- I. https://www.roadsideamerica.com/ story/13501
- 2. https://www.star-telegram.com/news/ state/texas/article207085784.html
- 3. http://www.auroratexas.gov/board-ofcommisions/historic-preservation/ned/



We Bring Your Soil Back to Life with Our Natural & Organic Carbon Based Fertilization. Save 50% or More on Watering.

Tree Consultation (\$100 Value)

Expires 10/31/21

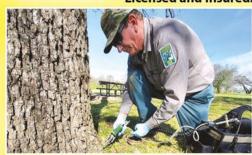
- ✓ Sick Tree Specialist
- ✓ Weed Control (that won't hurt your trees)
- ✓ Tree and Shrub Fertilization
- ✓ Disease Management
- ✓ Grub Control
- ✓ Fire Ant Control
- ✓ Perimeter Pest Control
- ✓ Borer Treatments
- ✓ Mosquito Control
- **Lawn Fertilization**

Proud to be your plant and tree care professionals

Licensed and Insured.



with Paid Annual Program (New Customers Only.) Expires 10/31/21



Ask us about our 1 Yr. Warranty on our Fire Ant Control.





Ken Hewlett Certified Arborist TX-3265A

**Over 20 Years Experience** 682-228-3119

TreesHurtToo.com



On Staff







(469) 600-4262

(214) 600-2972

Will your investments be providing tricks or treats this month?

Call today so we can review and adjust if necessary.

SIMMONS WEALTH MANAGEMENT

817-225-4476

600 Strada Circle, Suite 106, Mansfield, Texas, 76063 todd.simmons@lpl.com www.simmonswm.com

Todd A. Simmons AAMS, MBA

Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Advisory Resource Council, a registered investment advisor. Advisory Resource Council and Simmons Wealth Management are separate entities from LPL Financial.



# Elder's PURE Water

#### NOW OFFERING Air PURIFICATION

COMPLETE HOME WATER FILTRATION SYSTEMS & POINT-OF-USE FILTRATION

#### MENTION THIS AD FOR ADDITIONAL DISCOUNTS!

- FREE water test
- Iron & sulfur removal, water softeners & carbon systems
- · Reverse osmosis systems
- · Ozone system
  - Removes any amount of iron and sulfur
  - Kills any amount of bacteria
  - Kills bacteria 3,000 times more effectively than chlorine
  - Chemical free process
- One of the best warranties in the industry
   (\*\*5 years with a performance guarantee\*\*)



#### **FULL SERVICE WATER TREATMENT COMPANY**

WE INSTALL WELL PRESSURE TANKS, STORAGE TANKS, BOOSTER PUMPS, SAND SEPARATORS AND MORE SERVICING ALL MAKES & MODELS

**JOHN ELDER,** Water Treatment Specialist Servicing Parker & Neighboring Counties

(817) 901-7775

Aledo, TX
TCEQ State License #WT0005135

Schedule an appointment at: www.elderswater.com sales@elderswater.com

817-473-2311

knappsistersselfstorage@gmail.com

100 Newt Patterson Rd., Mansfield

Located across from the Post Office, on Main St. near downtown Mansfield



## **Around Town**



Huyen Nguyen enjoys her morning as she fishes in the Mira Lagos Pond.

#### Zoomed In:

By Sandra Walters

## Betty Joyce Fish and Jai Brown

Waiting on a bench at First Watch Cafe, Betty Joyce Fish and Jai Brown shared how they became friends. "I actually met her parents first. I was new in the area, and this sweet couple started talking to me at McDonald's. I learned their daughter was a Realtor, so they gave me her business card because I planned on purchasing a home soon. When that time arrived, I reached out to Betty. She helped me purchase my home, and we have been friends ever since," Jai said.

"We check on each other. I would send her a text to see how things are going, and she responded so sweetly," Betty recalled. "Eventually, we started getting together for brunch or lunch. This is how our friendship happened."



Paola, Reynoldo and Rey Garcia spend the evening riding a bike and enjoying a walk at Elmer W. Oliver Nature Park.



The Church of Jesus Christ of Latter Day Saints recently teamed up with Harvesting in Mansfield Center in carrying out their ongoing mission of feeding the hungry in North Texas.



Josh the Otter attracts children's attention at Hawaiian Falls Friday as Methodist Mansfield nurses educate them on water safety. From left: Kevin Schroeder; Josh the Otter, aka Patricia Retzer; James Stephens; and Tiffany Otero.



Emma Heisz-O'Neil prepares to play on her 14U Tier II Dallas Stars Elite Hockey Team.



Members of Vicki Zhao's class practice Tai Chi at Katherine Rose Park.



Jenn Cook relaxes with her friend as she gets her nails and feet done.



www.peakperformancechirorx.com



# NOW HIRING



Customer Service/Sales | Developers | Internet Business/Systems Warehouse - Stock Control Associates (all shifts available)

### Delivering Technology. Designing Careers.

- A Berkshire Hathaway company
- · 27 worldwide locations and growing
- More than 622,831 customers in over 223 countries/territories
- 2,550 employees globally
- Expansion complete, now over 1,000,000 sq. ft. facility in Mansfield, Texas
- Career opportunities with great benefits, including on-site gym and medical clinic
- Avid supporter of MISD and STEM educational grants for area teachers and students

#### Online applications only at MouserJobs.com





# NOW HIRING

## RNs • LVNs Case Managers • Field Nurses

\$3,000 sign on bonus for RNs

\$1,500 sign on bonus for LVNs

WE WILL TRAIN AND RELOCATE!



# Join our team!

We want to hear from you!

Email your resume and desired position to cmeyers@homecarenetwork.com,
OR apply online at www.homecarenetwork.com/employment.



#### **Bringing Healthcare to YOUR Home**

www.homecarenetwork.com

Referral Intake: 1-877-270-2001
Referral Intake Fax: 1-866-883-2383

# NOW HIRING











# THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well. - Virginia Woolf



Mansfield's Original Craft Brewery and Restaurant Since 2017!
Family-Owned, Family-Friendly and Community Driven!





## FALL BREW & MUSIC FESTIVAL

October 16, 1PM-9PM

Come enjoy multiple brewers and musical artists, including Mansfield's own, Josh Weathers!



Expires 10/31/21
117 N. Main St., Mansfield, TX 76063

FREE Beer or Wine and an Order of Chips & Salsa

One coupon per person/per visit. Not good with any other offers.

(682) 518-1791 www.dirtyjobbrewing.com

Hours: Mon.-Tues. 2-8pm

Wed.-Sat. 12-10pm | Sun. 12-6pm Follow us on social media for events and more!



#### **RSVP NOW!**

See our website for more info.



Take Out Orders Through:

DOORDASH - or - GRUBHUB

WE ARE HERE COOKING FOR YOU!
HOME COOKING AT ITS BEST

(817) 592-3656 • 2771 E. Broad St., Mansfield



# THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well. - Virginia Woolf







One of Shane Webb's heart-warming memories involves his grandmother's love. "A morning breeze rolled through the house, wafting the smells of Nana's fried eggs, sausage and biscuits," Shane recalled. Reared in Odessa, Shane started cooking solo in 1991. "It was the day after my grandmother used a smoke detector for a timer, and my grandfather assigned me the job so we could eat dinner that night."

Shane's move to Mansfield started a new chapter in his book of life. He cooks for lots of people, from friends and family to customers in two Arlington pubs. His diverse, eclectic pallet is inspired by a broad love of spice, culture and the southwest. "I think people should embrace what they love and feel it in how they nourish their soul." Now

#### **Thai Cucumber Salad**

#### Salad:

- 4 large English cucumbers
- 1 large carrot
- I bunch cilantro
- I bunch celery
- 6 green onions
- 2 cups purple cabbage

#### Sauce:

- 1/2 cup Healthy Boy Mushroom Soy Sauce
- 2 tsp. rice wine vinegar
- 3 small red Asian chilis, frozen

#### 2 Tbsp. sugar 1 lime

- **I.** For salad: Wash all the vegetables in cold water and dry.
- **2.** Cut the end of the cucumbers; peel most of the rind, leaving a few thin streaks for crunch and color. Quarter the cucumbers; chop them into 1/4- to 1/2-inch pieces (thicker cuts result in a crunchier salad).
- **3.** Peel the carrot with a potato peeler; then use the peeler to shave some of the slices of carrot. Cut shavings to desired length for garnishing in the bowl. Chop the carrot into smaller pieces than the cucumber.

- **4.** Finely chop the cilantro, including its stems which are great for crunch.
- **5.** Cut the celery into half ribs; chop to the same size as the carrots.
- **6.** Trim the green onions; chop to the same size as the carrots.
- **7.** Chop the purple cabbage to the same size as the cucumbers.
- **8.** For the sauce: Pour the soy sauce into a small bowl; add the vinegar. Cut the stems off the frozen red chilis; stir them into the sauce. Add the sugar, stirring until all the sugar is completely dissolved. Add the juice of 1 lime; stir. The key is to taste all the ingredients and find a balance. Add more of each to your desired taste. If it's too strong, add water by the Tbsp. until it's just right.
- **9.** Mix the salad with the sauce in a large bowl. Refrigerate several hours before serving as a side dish or as a refreshing snack.

#### **Garlic Rosemary Potatoes**

- 3 lbs. baby red potatoes
- 1/4 cup extra-virgin olive oil
- 3 Tbsp. garlic, minced
- 3 Tbsp. dried rosemary Sea salt. to taste

- **I.** Wash and quarter the potatoes. Drizzle with olive oil; mix well.
- **2.** Add the garlic, rosemary and sea salt. Mix well; place into a casserole/Pyrex dish with a lid.
- **3.** Microwave on high for 7-10 minutes, or until the potatoes are soft. Let cool; serve as a side dish with the meat of your choice.

#### 4 F's Salad

Fall Fitness Fruit Festival Salad.

#### Salad:

- 6 cups romaine hearts (or 2 heads of romaine)
- 1 cup frisée lettuce
- 1 cup purple cabbage
- 1 cup spinach
- 1/4 cup unsalted walnuts, chopped
- 1/4 cup strawberries
- 1/4 cup dried cranberries
- 1/4 cup Mandarin oranges
- 1/3 cup croutons (optional)
- 1/3 cup bacon crumbles
- 1/3 cup feta cheese

#### Dressing:

- 1/4 cup extra-virgin olive oil1/4 cup dark balsamic vinegar
- **I.** For salad: Chop the romaine. Add the remaining ingredients, crumbling in the feta to taste. Note: You can adjust the amounts of any of the ingredients to your taste.
- **2.** For dressing: Combine the oil and vinegar; mix well.
- **3.** Drizzle the dressing over the salad. Serve as a side or as a main dish, topped with grilled chicken or grilled shrimp.

#### **Pecan Crusted Chicken**

- 2 lbs. boneless, skinless chicken breasts 2 eggs
- 1/2 cup 2% milk
- 2 lbs. pecans, finely chopped
- 1 Tbsp. sea salt
- 1 Tbsp. white pepper
- 4 Tbsp. Italian seasoning
- **1.** Preheat the oven to 350 F. Wash and cut the chicken breasts to desired sizes.
- **2.** Crack the eggs into a mixing bowl; beat them to make an egg wash. Add the milk; beat for an additional 30 seconds.
- **3.** Add the chopped pecans, salt, white pepper and Italian seasoning into a second bowl; mix well.
- **4.** Dip the chicken in the egg wash; then dredge it in the pecan mixture. Place the chicken on a nonstick, foil-covered cookie sheet.
- **5.** Bake for 90-120 minutes.







Christie Egbachani, MB, MFTT Board Certified in Family Medicine

Please call for more details: (817) 453-2323

305 Regency Pkwy, Suite 509, Mansfield, TX 76063

#### **Honey BBQ Salmon**

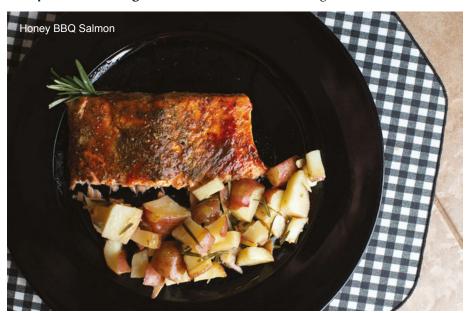
Pairs well with Argentinian Malbec by Mendoza or Dry Sparkling Pinot Grigio.

- I flank fresh salmon
- 1 oz. local honey
- I oz. barbecue sauce of your choice (Mango habanero pleases spicy folks.)
- 1 Tbsp. chili powder
- 2 Tbsp. Italian seasoning

- **1.** Preheat the oven to 400 F. Rinse the salmon; place the fish on a baking sheet lined with nonstick foil, skin side down.
- **2.** In a bowl, mix the honey with the barbecue sauce; microwave for 10-second intervals until it achieves a pourable consistency.
- **3.** Paint the fish with the sauce, giving it one solid coat. Sprinkle with chili powder and Italian seasonings.
- **4.** Bake for 15-20 minutes, or until the salmon flakes.
- **5.** Serve with rice pilaf, salad, cheddar biscuits or sourdough. Also goes nicely with Rosemary Potatoes or Thai Cucumber Salad.

#### Pepperoni Rolls

- 1 can PAM cooking spray
- I large bag mozzarella string cheese
- 2 6-oz. pkgs. sliced pepperoni
- 3 regular-sized cans Pillsbury frozen biscuit dough
- **I.** Spray a cookie sheet with Pam. Preheat the oven to 375 F.
- **2.** Cut the string cheese into 1/2-inch pieces.
- **3.** Wrap 1 pepperoni slice around one piece of cheese. Take 1 biscuit and wrap it around the mozzarella and pepperoni, rolling it up tightly so the meat and cheese are completely covered by the dough.
- **4.** Place the rolls 1 inch apart on the cookie sheet: bake for 15 minutes.
- **5.** Let cool; serve with garlic butter, marinara or herbs & oil.









DON'T PAY

\$ave Thousands! Call...

817-799-SAVE

MANSFIELD'S BEST REAL ESTATE PROGRAM!

# Full Service Real Estate Without the High 6% Fee!









Greg & Dawn Willis, Broker & Owners

Over 38 Years Combined Experience

FULL SERVICE FOR LESSI

Read what people are saying about us at...

www.WillisReviews.com





NOW ACCEPTING THE FOLLOWING INSURANCES!

Aetna | WellMed | Cigna | Humana | Medicare | WellCare | Blue Cross Blue Shield | United Healthcare | Scott & White | Molina | Superior Health | Healthscope | DART | TriCare and many, many more



**Dr. Mikelson MomPremier, MD FACS**Board Certified Ophthalmologist

Please visit our website www.DeSotoEyeDoctor.com to see the many other insurance options we have available.



## MOM PREMIER EYE INSTITUTE

1510 N. HAMPTON ROAD SUITE 290 DESOTO, TX 75115

> T: 469.687.5664 F: 469.317.3344

WWW.MOMPREMIER.COM



FRI & SAT NIGHTS

# A TOTALLY IMMERSIVE HALLOWEEN EXPERIENCE

5 HAUNTED HOUSES & A WHOLE LOT MORE!

ALL NEW - TIMES UP... MAZE

ALL NEW - KLOWNZ IN 3-D

PLUS, LIVE ENTERTAINMENT, SCARY-OKE, SHOPS, FOOD, PUBS & MORE!

GET DISCOUNT TICKETS AT SCREAMSPARK.COM TODAY!







With strawberries, cake and some of their favorite people, Kesha and Nate Cooper recently celebrated their 26th anniversary of togetherness. Theirs is a love story, both personal and public, which has come full circle since moving to Mansfield with their three daughters in 2018. What the Coopers learned in their life together — a coming-ofage romance they call "our life" — turned into lessons they now teach through R. LIFE (Responsible Leaders Invading the Future Educated). Their nonprofit gives individuals the road map to travel the journey of making a dream a reality. The youth they mentor through R. LIFE are reaping the harvest from the seeds of the Coopers' servant leadership.

The Coopers' mission evolved as they relocated from Milwaukee, Wisconsin, to Atlanta, Georgia, and, finally, to Mansfield, Texas. R. LIFE programming is designed to strengthen the whole community by addressing the mental

health issues and lack of career direction many of our youth face. Their after-school program, expected to be in 22 schools per week, works with children socially and emotionally to build their confidence. Teachers and parents see the results. "Our life as Team Cooper is about reaching and teaching so many people that it becomes contagious, and they are giving back to each other," Nate said.

"We strategically think of ways to complete the full circle by going into high schools and middle schools as well," Kesha said. The Coopers have helped Ashley Edwards, Amaris Marreo and Adrian Woods develop such life skills as job interviewing, reviewing and maintaining good credit, building leadership, finding financial literacy, building future goals, improving public speaking skills and the selection of college. Mentoring is done in real-life moments. Whether at the café outside Market Street, while bowling, over coffee at Flying Squirrel or while walking the trails in the park near FieldhouseUSA, the Coopers love to share their peace by not only listening, but also telling their own stories.

R. LIFE wouldn't exist if Nate and Kesha didn't have such a good life together. Growing up together in Milwaukee, they've been an item since they were 15-year-olds. She was with him while he participated in a young men's group called Running Rebels, which he credits with "keeping the streets from catching me." He recalls with gratitude the high school teacher who took him to peer mediation workshops, and the fact that Kesha taught him to agree to disagree. "Our communication is so

huge in making Nate and Kesha," he said. "We're two Leos. Where I'm weak, she's strong. She's bold. I'm bold, and in certain areas, she outbolds me." It's no surprise, then, that R. LIFE teaches youth how to deal with conflicts.

Even when her boyfriend moved to Alabama to earn his bachelor's degree in electrical engineering at Tuskegee University, Kesha knew marriage was their destiny. She told herself, "This is not separation. This is my time to figure out what I'll do with my life." Since she had been reared in a family of entrepreneurs, Kesha felt confident opening a day care, caring for infants and children up to 13 years of age.

The couple remained boyfriend and girlfriend while he worked for General Electric, and she expanded to multiple day cares. "I wanted to learn him as a man. I wanted him to learn me as a woman," Kesha said. "The night he proposed, he said, 'We're going to be a successful Black couple, doing what we need to do, no bull, having houses, cars, children.' I was like, 'I'm happy you're addressing it now. Let's go.' At the end of the day, we chose Team Cooper."

By the time the couple married, they had bought a duplex together and used it to operate Kesha's third child care. Meanwhile, because she had noticed the lack of mentoring for young ladies, Kesha began developing Smart Women Finish 1st (a professional development program now operated by R. LIFE). Around that time, they also began building their own family.

Their eldest daughter, Na'riah, 12, helps them now with R. LIFE curriculum. "She's the age of our mentees, so she knows what to talk about, what to say during circle time," Nate explained. "Our youngest daughter, Nia, 7, and her sister, Ny'lah, 9, both help a lot with activities. If we're making bracelets or painting, they'll come and teach the kids."

And when R. LIFE hosts picnics in parks, their girls are dancing and helping with the music selections while Nate deejays. "I'm proud of me and Nate as parents. We give our daughters what they need emotionally and life skills. When I'm with R. LIFE kids, I love them just like our real kids. I'm glad God has prepared us for this. There are kids all over the world who need us." NOW





### Dallas-Fort Worth Roofing Experts

You can trust your roofing needs to Mike Huddleston Roofing Systems. We are proud to be a leader in the roofing industry around the Dallas-Fort Worth area.

- Roof Repair
- Roof Replacement
- Shingle Roofing
- Tile Roofing
- Standing Seam Metal Roofing
- Stone Coated Steel Roofing
- Preventative Maintenance
- Commercial and Residential Roofing







817-480-9293 · www.mhhroofing.com



#### **FinanceNOW**

# What Is a Required Minimum Distribution?

A required minimum distribution (RMD) is the annual amount that must be withdrawn from a traditional IRA or a qualified retirement plan (such as a 401 (k), 403(b) and self-employed plans) after the account owner reaches the age of 72. The last date allowed for the first withdrawal is April 1 following the year in which the owner reaches age 72. Some employer plans may allow still-employed account owners to delay distributions until they stop working, even if they are older than 72.

RMDs are designed to ensure that owners of tax-deferred retirement accounts do not defer taxes on their retirement accounts indefinitely. You are allowed to begin taking penalty-free distributions from tax-deferred retirement accounts after age 59 1/2, but you must begin taking them after reaching age 72. If you delay your first distribution to April 1 following the year in which you turn 72, you must take another distribution

for that year. Annual RMDs must be taken each subsequent year no later than December 3I.

The RMD amount depends on your age, the value of the account(s) and your life expectancy. You can use the IRS Uniform Lifetime Table (or the Joint and Last Survivor Table, in certain circumstances) to determine your life expectancy. To calculate your RMD, divide the value of your account balance at the end of the previous year by the number of years you're expected to live, based on the numbers in the IRS table. You must calculate RMDs for each account that you own. If you do not take RMDs, then you may be subject to a 50 percent federal income tax penalty on the amount that should have been withdrawn.

Remember that distributions from tax-deferred retirement plans are subject to ordinary income tax. Waiting until the April 1 deadline in the year after reaching age 72 is a one-time option and requires that you take two RMDs in the same tax year. If these distributions are large, this method could push you into a higher tax bracket. Discuss your situation with a CPA and financial advisor and plan ahead for RMDs to determine the best time to begin taking them.

Todd Simmons is a registered representative with, and securities are offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Advisor Resource Council, a registered investment advisor, and separate entity from LPL Financial.





Grand Prairie's Newest Gated Craftsman Style Community



The 37- acre master planned community is large enough to be at ease with the surrounding nature while still being small enough to make Heritage Towne a community. Homes starting in the \$370's.

2751 Davis Dr. Grand Prairie, TX 76065 HeritageTowne.Com 817-231-0170

# OPENI ENROLLMENT IS NOW!

BIG CHANGES TO ALL PLANS THIS YEAR!

Call Us For A Personal Review.

(817)300-3031



# TURNING AGE 65 OR OLDER?



JAMES BEACH INSURANCE "insuring everything under the sun"

**Local Medicare Benefit Specialist** "The Right Plan For Your Needs" CALL YOUR LOCAL MEDICARE BENEFIT SPECIALIST

FREE CONSULTATIONS & HOUSE CALLS

New To Medicare Guidance - Information • Plan Options
Answers To All Your Questions • Enrollment Assistance & Professional Advisor
Already On Medicare - FREE Medicare Benefit Review • Second Opinion
If You Have "The Right Plan For Your Needs" Plans Change Each Year!

Independent Master Broker

43RD ANNIVERSARY

#### **Crossword Puzzle**

	1	2	3			4	5	6	7	
8				9		10				
11					12					
13				14				15		16
			17				18			
19	20	21				22				
23					24					
25				26				27	28	29
	30		31				32			
	33					34				
	35						36			

Crosswordsite.com Ltd

#### Across

- 1 Swivel joint?
- 4 Old you
- 8 Rattle on about nothing in particular
- 10 Wreck
- 11 On the fritz
- 13 Cushion under a saddle
- 14 Horseplay
- 15 Gaping mouth
- 17 Capital on the Congo
- 19 Quarrel
- 22 Turnpike sections
- 23 "You could say that"
- 25 Brooch
- 26 Wrestling area
- 27 Free
- 30 Show signs of interest
- 33 "New World" symphony key
- 34 Cow's stomach
- 35 Place in the House
- 36 Every river has one

#### Down

- 1 Tennis champion --- Mandlikova
- 2 Mobile music machine
- 3 Soda
- 4 Interpreter
- 5 From which spokes radiate
- 6 Crude worker
- 7 Discomfort
- 8 Big wheel
- 9 Civility
- 12 "Logan's ---" (1976 movie)
- 16 Used to be
- 17 Flesh and blood
- 18 Hit this at night
- 19 Gravestone letters
- 20 Consolidates
- 21 Generic
- 24 Pasty
- 27 Frosty coating
- 28 Hit
- 29 Cozy room
- 31 --- Ora (Maori greeting)
- 32 Stout roomy boat

For online versions, visit nowmagazines.com



Solutions on page 44



#### Sudoku Puzzle

Easy Medium

6		8	7				9	
7			1	4			6	
			5					
		4	6		8		2	1
3	7							
		6		9				
4	0 3 ==			6	3	9		
		9					1	
8						4		

	1	2		3			
							8
4			8			9	6
	4		7			3	
3						2	4
		5	6				
2		8				7	
	5		1		9		
com Itd							

For online versions, visit nowmagazines.com

Crosswordsite.com Ltd

Solutions on page 44

# Direct Mail Advertising Works!

Let *MansfieldNOW* Magazine present your advertising message to

over 29,400

Home & Business addresses in the Mansfield ZIP codes

For more information, please call your local advertising representative.

817-477-0990



Lori O'Connell



**Bryan Frye** 

BURLESON | CORSICANA | ENNIS | MANSFIELD | MIDLOTHIAN NORTH ELLIS COUNTY | SOUTHWEST | WAXAHACHIE | WEATHERFORD



We Repair & Refinish

Countertops

Tile Showers & WallsFiberglass Tubs & Showers

www.ftworthrefinishing.com

Angies list 🕴 🌀 😄 🚾 📟 😇









## Green Tree Pecan Company

Est. 1984

Hours: Mon.-Fri. 8 a.m.-5 p.m. Sat. Hours: 8 a.m.-12 p.m. 903-345-2535 | Hwy. 31 W., Powell, TX Owners: Kim & Dennis Bancroft

**HACC** Compliant

#### **Expanding Into the Building Next Door! SERVING LUNCH DAILY**

Hamburgers, Hot Dogs and Sandwiches Made with Fresh Sliced Meat from Our Deli Counter

> "In God, whose word I praise, in God I trust; I shall not be afraid." ~ Psalms 56:4

### **ADDED REGULARLY!**

**Seasonal Gift Items** Inside & Outside Decor **New Crop Pecans** Walnuts Almonds **Dried Fruit** Peanut & Pecan Brittle **Pecan Pies Fried Pies** Chocolate Candies Jams & Jellies Sauces **Vegetable Plants** Pecan Trees **Fruit Trees** 

**Providing the Freshest Pecans for 35 Years!** 

一樣自相 **WE SHIP** 

If You Can't Get in to See Us ... **Check Out Our Website!** www.greentreepecan.com

# HAPPY Due to COVID-19, some events may have been cancelled or rescheduled while we were at press.

Check with individual organizations or your city or Chamber websites to verify dates and times.

#### 10/2

#### **Chunk Your Junk and Shred Day:**

Residents can bring old, bulky items that are too large to set out for regular curbside pickup from 8:00 a.m.-noon, Environmental Collection Center, 616 S. Wisteria. (817) 728-3655 or ecc@mansfieldtexas.org.

#### **Bark & Rec Hikes:**

Pairs participants with shelter dogs. Take a hike through Elmer W. Oliver Nature Park, and bring a dog from Mansfield's **Animal Care and Control** Shelter. Sign up for 9:00-10:00 a.m. or 10:00-11:00 a.m. (817) 276-4799.

#### **Gathering Hope:**

An assembly of women who have been touched by pregnancy or infant loss. There will be an inperson and virtual event supporting the needs of women who deal with these types of losses. Visit https:// www.gatheringhope.net/ for more information. (940) 268-5412.

#### 10/12

#### **UIL Region 5 Marching Band Contest:**

Tuesday: Noon-9:00 p.m., Mansfield Vernon Newsom Stadium, 3700 E. Broad St. For information, call (817) 276-5200 or Mansfield Independent School District Performing Arts Department at (817) 299-7630.

#### 10/15-10/31

#### **Haunted Mansfield:**

Various events throughout the city. For details, call (817) 728-3382 or visit https:// www.visitmansfieldtexas.com/ event/323/haunted-mansfield.

#### 10/23

#### **Texas Country Reporter Festival:**

Eniov arts, crafts and music from far and wide at the 25th annual festival with more than 250 booths and two food courts. Free. 9:00 a.m.-7:00 p.m., Courthouse Square, Waxahachie.

#### **NOLA 5K:**

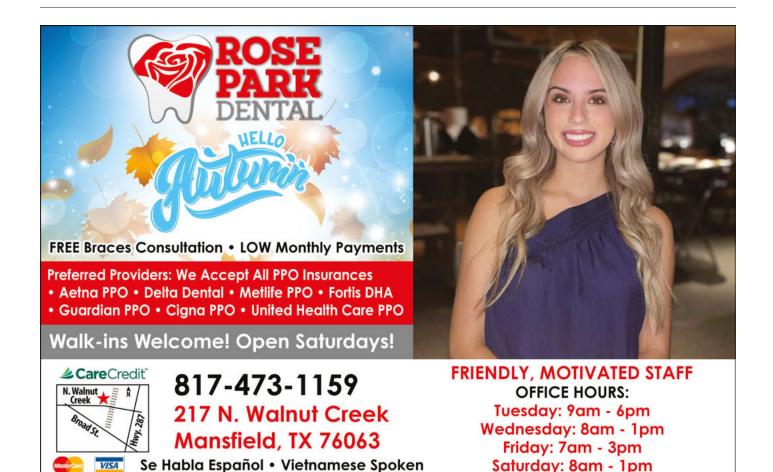
Bring your blanket to lay out and listen to great music, and enjoy a taste of New Orleans as the sun begins to set. Saturday: 4:30-10:00 p.m., The LOT Downtown, 110 S. Main St.

#### 10/29

#### **Boo Bash:**

Bring the family to the MAC for a night of trunk-or-treating and Halloween candy! 6:00-8:30 p.m., Mansfield Activity Center.

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



## DON'T LET UNCLEAN AIR HAUNT YOUR HOME!

Protect your Home From Creepy Crawlies



HOME
PURIFICATION
PACKAGE
ONLY \$900\*
per system

**INCLUDES:** 

Full System

Preventative Maintenance

 Whole Home Air Purification Unit

Regularly priced \$1,494 per system\*

\*All advertised specials expire 10/31/2021.



Midlothian Family Owned and Operated

TACLA40925C service@texasacehvac.com



Don't be Scared to Call Us!

Phones answered 24/7, even on Halloween!

817-240-6701 www.texasacehvac.com





# Crossword Sudoku Solutions



#### Easy

6	4	8	7	3	2	1	9	5
7	3	5	1	4	9	2	6	8
1	9	2	5	8	6	7	3	4
9	5	4	6	7	8	3	2	1
3	7	1	2	5	4	6	8	9
2	8	6	3	9	1	5	4	7
4	1	7	8	6	3	9	5	2
5	6	9	4	2		8	1	3
8	2	3	9	1	5	4	7	6

#### Medium

8	3	1	2	9	3	6	4	5	7
5	5	6	9	4	2	7	3	1	
4	ŀ	3	7	8	1	5	2	9	6
Ş	)					2			
3	3	8	6	5	9	1	7		
7	'	2	5	6	4	3	1	8	9
2	2	9	8	3	6	4	5	7	1
6	3	5	3	1	7	9	8	4	
1		7	4	2	5	8	9	6	3

# TIME TO MTM UPDATE Countertops YOUR KITCHEN?



18-gauge Stainless Steel Sink (\$350 value)

Call or visit our website for details! www.MTMCOUNTERTOPS.com

Granite, marble & quartz fabricator for kitchen & bathroom countertops

Extensive color selection combines beauty, function & elegance for any bathroom or kitchen!



- FREE Estimates Competitive Pricing
- Up to 15-year Warranty on Some Products

**2460 Hwy. 287 N. • Mansfield** (Northbound service road – between Callendar Rd. & Turner-Warnell)

For more info call 817.477.8663





**BRING COUPON FOR** 

### FREE RABIES VACCINE\*

\*With the purchase of a full-set of vaccines for a cat or dog. Annual vaccine cost \$20 with coupon. Cannot be combined with other TCAP offers. Limit 1 per household





#### **Services:**

Spay and neuter, vaccinations, dental cleanings, microchips, heartworm testing, flea/tick control



Arlington walk-in vaccine hours:

Wednesday & Friday 9 a.m. - 12 p.m.



www.texasforthem.org • 817-426-3777 2400 SE Green Oaks Blvd, Arlington, TX 76018