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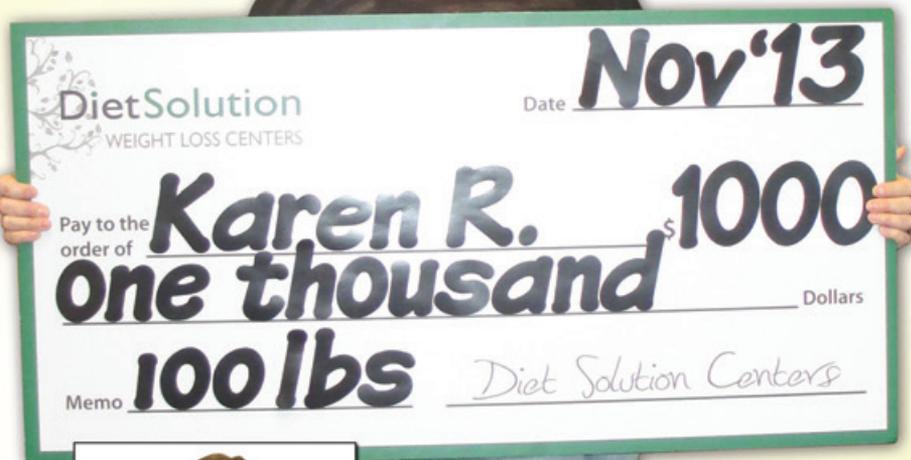
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ON THE COVER



Frontier's bowling team is on a roll.

Photo by Amanda Rooney.

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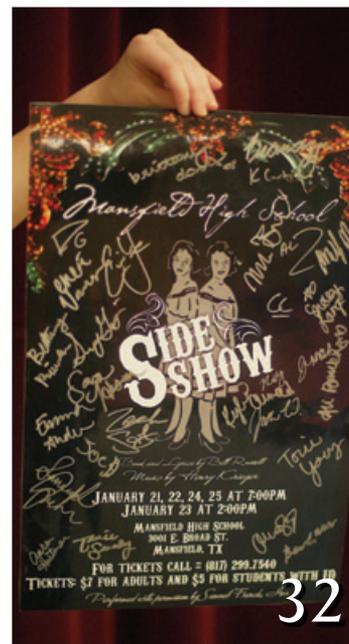
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Editor's Note

Happy New Year, Mansfield!

It's a new year with fresh beginnings. I've long abandoned year resolutions and have whittled them down to month's resolutions. I got too frustrated with lofty goals that never came to fruition. If you struggle the same way, be kind to yourself and set small, attainable goals! This year, I'm hoping to get back into the routine of running regularly, finishing some home projects and learning a few new crafts.

January also marks one year since I started as editor of *MansfieldNOW*! I want to thank you all for such a wonderful year. It has been a joy to get to know so many interesting and kind people. I look forward to meeting more of you in the future!

Here's to 2014 — may it be a great year from all of us at NOW Magazines!

Mikaela

Mikaela Mathews
MansfieldNOW Editor
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"Bowling is a mental game, and that's why you need to make sure you do the very same thing every time."



A Mental GAME

— By Mikaela Mathews

“I practically live in a bowling alley,” E.B. Holschub laughed. As the bowling coach of the Frontier High School Bowling Club and a league bowler himself two nights a week, E.B. has found joy in rolling a perfectly round ball down a slick lane. “It’s 10 frames of you trying to knock down 10 pieces of wood with a spherical object,” E.B. said. “On a piece of paper, it just seems so easy. But you try to do it in real life, it’s not that easy.”

Bowling first piqued E.B.’s interest after he retired from the Navy. He and his neighbor, also a Navy retiree, decided to join a bowling league as an excuse to get out of the house and relax. The casual fun, however, quickly turned to a fascination with the game. “After a while I learned more about bowling, and I wanted to get better,” he described. In time, E.B. worked his way up to joining the local Thursday night Businessmen, a highly competitive league at Spare Time Lanes in Arlington.

Because E.B. has been teaching Russian at Ben Barber Career and Technology Academy

and AP English at Frontier, the district coordinator for the Arlington-Mansfield High School Bowling District approached him about getting involved in 2010. Bowling has been Frontier High School’s sole sport for the last three years, and E.B. also serves as the district’s assistant coordinator. As assistant coordinator, E.B. reports scores from district competitions to the Texas High School Bowling Club headquartered in Austin.

“The kids at Frontier don’t have extracurricular activities like football or choir. They give that up when they come here,” E.B. explained. “So, bowling is a good way for them to do something



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athletic and have team spirit. We joke around here that I'm the first athletic director of Ben Barber and Frontier."

In its first year, 40 students signed up to bowl. Weekly practices and competitions are held at Alley Cats in Arlington and Forum Bowling Lanes in Grand Prairie. Students practice on Monday after school and compete the next day. Scores from the competitions accumulate throughout the bowling season, and the highest-ranking boy, girl and team in the district go on to regional competition in March. Although the club is not a University Interscholastic League (UIL) team, they still adhere to many of their rules, so if students aren't passing, they aren't bowling.

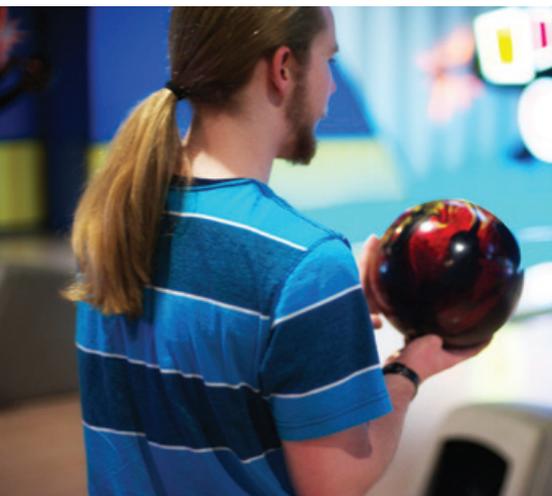


The Frontier club has had some success moving on into regionals, even surprising E.B. with an extravagant dare. "The Frontier girls asked me last year, 'If we make it to regionals, will you dye your hair purple?' I really didn't think they were going to do it, so I said, 'OK,'" E.B. laughed. "And of course, they won. So I



dyed my hair purple and went to school like that. I didn't even know how to dye it. My youngest daughter had to show me how to do it."

At practice, E.B. teaches the students to take bowling more seriously than a casual night out with friends. He helps students find the right ball weight and how to approach the lane correctly. "The kids try to throw curve balls or power the ball down the lane," he explained. "There's a way to roll the ball the same way every time, and the odds



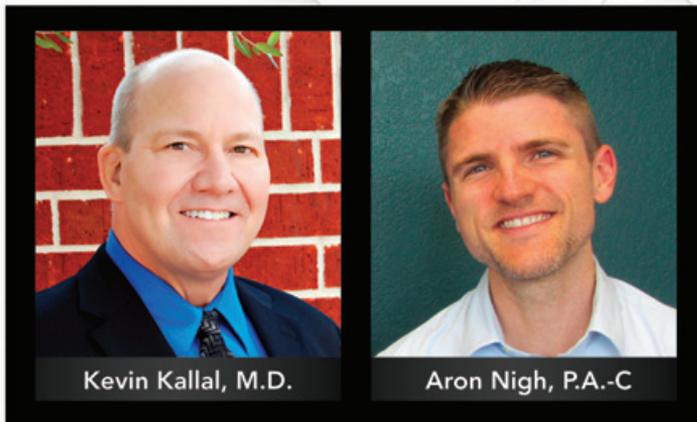
are with them. I'm trying to break all their old habits and teach them the real way to bowl."

In addition, E.B. teaches the students to have a goal before they deliver the ball. "I don't want them to throw the ball down there willy-nilly. If they leave pins, they need a plan, like how they are going to stand and what they are going to do."

In November, E.B. was certified by the United States Bowling Congress (USBC)

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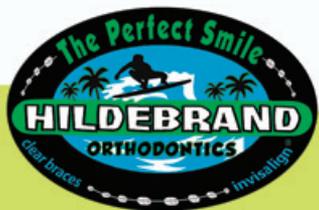
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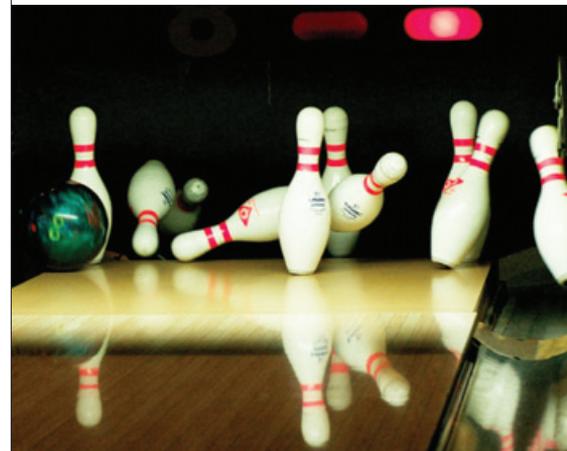


as a Bronze level coach. "Bronze is the level recommended for high school and collegiate coaching. You have to complete basic level certifications and then attend a conference," he explained.

E.B. has pursued his passion for bowling throughout the years because of the challenge it creates. "Bowling is a mental game, and that's why you need to make sure you do the very same thing every time," he explained. "There's mental anguish to it." E.B. stays focused in his games by concentrating on shoulder placement, correct hand and wrist movement and planning how to knock down the pins. "There are few things in life that really get my goat," he shared. "Bowling only frustrates me when I make mental errors."

Such a demand for concentration is not at all unfamiliar to E.B., who has also competed in a Scrabble tournament. "It's exactly like playing one-on-one in chess," he explained. "But it totally ruins you when you're playing at your Grandma's house for Thanksgiving where everybody is just doing it for fun."

As with Scrabble tournaments, bowling allows E.B. to concentrate on his own game, even when playing with a team. "I like how bowling is a singular experience. I want to perfect what I'm doing. It's a personal challenge to try to get better



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and better,” he explained. In this pursuit, E.B.’s average score is about 190, and he would like to try competing in a sport league this summer. “In a sport league, you bowl under the same conditions professionals do. When they aren’t touring, they bowl in these leagues.” He also hopes to someday bowl a perfect game — scoring 300. “I’ve gotten close two times in practice,” he shared. His highest score so far is 279.

Just as he continues to push himself, he also pushes his bowling students. At many practices, E.B. challenges his students to a game. If any beat him, he buys the team a pitcher of soda (and sometimes even if they don’t beat him).

Even though the bowling program is in its infancy at Frontier, opportunities still exist for students to earn college scholarships. “There are certain schools that pay big money. Stephen F. Austin State University has a good bowling program for women,” he explained. No students from Frontier have made it that far yet, but the sky’s the limit!

For E.B., satisfaction is watching the students grow as bowlers. “I love watching them improve. When they come to try out, they bowl three games, and their scores are usually around a 50 per game,” he explained. “I try to get those kids above 100. The first time that happens, they get really excited. It’s very rewarding. I hope I’m planting a seed. It’s good for the sport, to encourage the kids to bowl in a league or intramural in college. I want them to love bowling.” **NOW**

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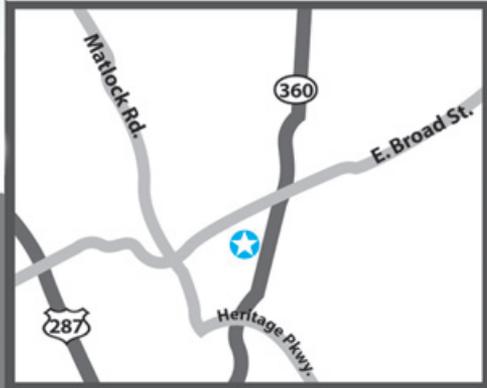
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MAKING

RESOLUTIONS

STICK

— By Jill Rose

Be realistic.

With the New Year comes a clean slate and a chance to start over. Bad habits and lifestyle choices can be altered with resolutions and goals, and the not-so-great living of the last few months slowly becomes a memory. Whether you want to work out or eat healthier, resolutions can help change your life for the better. Follow these simple guidelines, and this year your healthier resolutions may stick.

You have probably made hundreds of yearly resolutions, yet given up within a few months. Frequently, giving up is due to unrealistic expectations of quick achievement. When setting goals, it's easy to get carried away with grand ideas, but this can set you up to fail. Although it would be amazing to achieve our goals in just weeks, realistically, it will take time — especially when it comes to weight loss. Excess weight/fat did not show up overnight, instead it culminates from decades, or even a lifetime, of poor eating habits. Losing 10 pounds may take you six months or more. Adjusting your goals to your current situation and



not where you want to be in a year, will prove a key to success. Perhaps you plan to run a marathon, but have never run farther than a mile. Break large resolutions like this into smaller, attainable goals: running a 5K in three months, a 10K in six months, a half marathon in nine months and a full marathon in a year. Breaking goals into smaller increments allows you to reach milestones quicker and will motivate you to continue.



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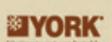


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Find your true motivation.

In order to stick to your resolutions, you have to be honest about your motivations. Motivations rooted in pleasing others often result in frustration and disappointment. Determine what motivates you — not others — in order to do well. Find your true motivations by asking yourself the following:

Why do I want to live a healthier life? To feel better? To look better for a special event? To impress someone?

Am I afraid of taking risks or failing?

What has stopped me from keeping my resolution in the past?

What can I do differently this year?

When thinking of giving up, what will I say or do to keep my resolve?

Answering these questions first will not only clarify your true motivations, it will prepare you for obstacles.

Write it down.

While setting realistic goals and determining your motivations may seem like a no-brainer, writing them down is crucial. This is a great way to visualize what you want to accomplish. Write your goal on a sticky note and post it somewhere highly visible, like the bathroom mirror or refrigerator. Seeing what you want staring back at you every day helps keep you focused.

Do you want to eat better and lose weight? Awesome! But what changes will you make in your day-to-day routine to obtain your goals? Will you cut out junk food? Eat more fruits and veggies? What is your weight-loss plan? Will you eat less, work out more or a little bit of both? When and where will you work out? Although these are basic questions, they make obtaining your desired result possible. By mapping out your strategy for achieving your goal when you make your resolution, you can see the work it will take and visualize what you want.



Monitor your progress.

Perhaps the most vital part of sticking to your resolution is monitoring your progress. If your resolution is to eat better, keeping a food journal is an absolute necessity. No longer is it necessary to write down everything you eat in an actual journal. Apps like MyFitnessPal and LIVESTRONG.COM allow you to record foods quickly and easily, while monitoring your calories and macronutrients. The key advantage is accountability, providing a visual reminder of your progress and warning you when you begin to veer off-path.



If losing weight is your goal, use a journal to monitor your weights and measurements. Most fitness experts advise weighing and measuring once a week. Just a reminder: If you are lifting weights or participating in a muscle-building program, it's not wise to use the scale as a monitoring device. While muscle and fat weigh the same, muscle takes up less space. In the process of

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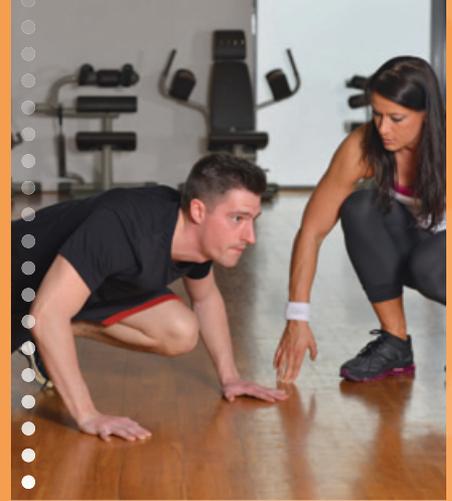
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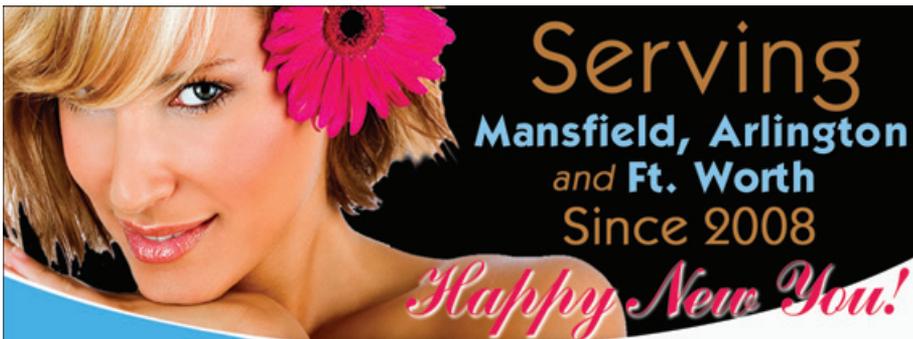


converting fat into muscle, you will lose inches but may not lose pounds. Because of this, measure around the widest part of your hips, arms, calves and stomach (the area right below your belly button). This more accurately measures change for those participating in strength training programs.



Accept that you are going to mess up.

Making life changes — no matter how big or little — is hard. Whether with work, kids or just life in general, mistakes are made. Workouts are missed. Cookies are eaten. Things don't go as well as planned. Using these obstacles to convince yourself the goal is too hard makes it easy to give up. Accepting you can't always adhere to your plan can make it easier to achieve your goals. Modify your resolution/goal as needed. If you plan to work out five days a week but you can't find the time, adjust your goal



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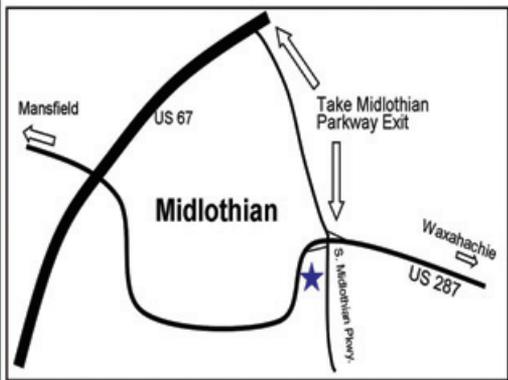


to three days a week. Once you get into a routine and working out becomes second nature, adding an extra two days down the road will be a breeze. Keep the faith and hang in there, because in the end you will be glad you did. **NOW**



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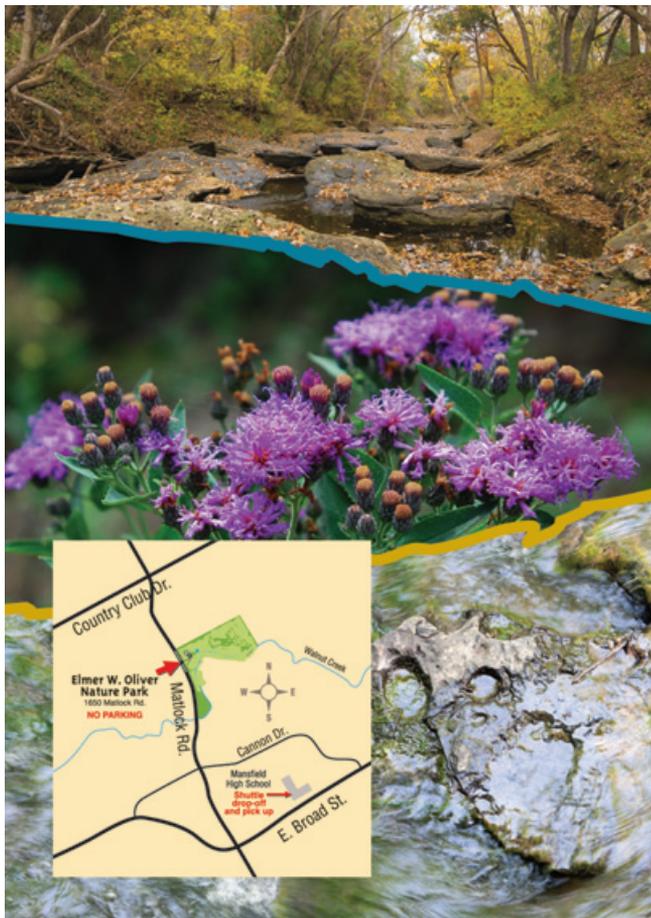
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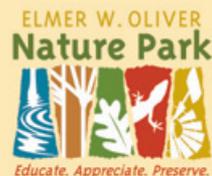
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PARTY PLACE

— By Carolyn Wills

John David and Chris Hurt met one Sunday afternoon at a Super Bowl party. “It was love at first sight,” Chris smiled. “John David was wearing a funny tuxedo T-shirt, and I thought, He’s fun.”

They were married in 1994 and, by 1995, had moved into a cute three-bedroom house near Wester Middle School in Mansfield. After renovating and personalizing it, having two kids and beginning to think of moving, providence stepped in.

Chris was picking up her ticket to a Women of Faith conference when she discovered a neighborhood she had not seen before. Although in Mansfield, the area was relatively isolated and very beautiful with a small number of homes on large lots. She was informed no homes were available, but one had been empty for a long time.

Later, she and John David revisited the street and spotted a front yard the size of a football field with a rolling green



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lawn, tall trees and a huge pond with a fountain. “We couldn’t see the house until we drove up the long driveway,” Chris said. “It was pretty scary and clearly vacant. I wasn’t seeing the potential, but John David knew once we fixed it up, it would be cool,” she grinned.

After an arduous eight-month negotiation, they made an offer contingent on selling their home. “The week the haunted house contract was due, we received three offers on our house, and I knew it was meant to be,” Chris said. “The Women of Faith weekend was now full circle.”

The 3,300-square-foot home had been built in 1980, and nothing much had been done to it since. “An airline pilot built it and lived in it for years,” John David explained. “Eventually, he sold it to a couple who invested a lot of money in the pond, fountains and landscaping, but not the house.”

When the Hurts moved in, the house had no running water, and plants were actually growing inside. “It really was a haunted house,” Chris said. “The windows were full of bullet holes, the doggy door had been left open, and there was evidence of critters. The pool was black and half empty, and there were lots of turtles and snakes. Our boys were 4 and 1 at the time. When John David wasn’t home, I wouldn’t even step outside.”

Today, their impressive home is anything but haunted. Long gone are the baby blue carpets, pink walls, old windows and siding. “First, we made it functional,” John David said. Since the floor plan is essentially a capital H with bedrooms on one side and the



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living/dining/kitchen areas on the other, they could seal off one side while transforming the other.

“It was like camping, and the boys loved it,” Chris said. “They could fish in the pond, and we would go to my parent’s home to take showers.”

The family is approaching their 10th year in what is now affectionately and accurately called the party house. Decor in the main house is stunning and, like its family, the home is welcoming, handsome and filled with fun. “I would describe our style as ‘early Luckenbach,’” John David

grinned. “The rooms Chris designed are tastefully decorated. The ones I did are more like a college dorm.”

Truly, the whole house is a showplace. On one side, a massive kitchen with light-stained, custom wood cabinetry and dark granite counters is flanked by a beautiful dining room and a warm, spacious living room featuring a stone fireplace and built-in bookshelves. The concrete floors etched with a border, stained and polished are John David’s work. The effect is one large, rich and welcoming room with a nod to the best of Texas and

a spectacular view of the pond with geese and ducks, oak and cedar trees and water shooting from the perpetual fountain.

“The first room we finished was actually an area we think was a semi-enclosed porch before it was made into a room,” John David explained. “It sits at the bottom and inside of the H.” He calls it the Texas Tech Bar and Fellowship Lounge, the perfect name for a gathering place with a red-bricked floor, wood-beamed ceiling, resin-topped bar, Texas-shaped sink and references to John David’s beloved alma mater.

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“John David works at Microsoft,” Chris said. Chris attended college in Munich, Germany; Slippery Rock, Pennsylvania; and graduated from The University of Texas at Arlington. In addition to house reconstruction and remodeling, she and John David are busy with their sons, Ryan and Jordan, now 15 and 11 respectively. “Ryan plays varsity



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tennis, and we’re all avid tennis players,” she said.

This family also loves to entertain. They’ve converted the once four-car garage, workshop and barn into a party barn with a media room for the boys and their friends, digital slot car racing track, kitchen and dining area plus a huge game and another larger dining room that was once filled with horse stalls. Impressively, John David and Chris constructed the barn’s eight sliding wooden doors. “The next project is a fire pit in the yard in back,” he said. “We’ve already dug the hole.”

Besides the party barn, there’s also a new party pavilion. “This is our latest



project,” Chris smiled. Two patios off of the back of the home are now one enormous outdoor pavilion covered by a tall wood pergola and furnished with a long wooden table handmade by John David.

On the side of the H opposite the living/dining areas is John David’s spacious office plus Ryan’s and Jordan’s bedrooms. For fun, a large model train mounted on a track near the ceiling travels through the boys’ rooms via a connecting bathroom. Upstairs, the master suite and space above the other bedrooms offers a breathtaking view of the property.



Two other important members of the family are Pepper, a devoted Rat Terrier/Border Collie mix rescued as a gift for Chris’ 40th birthday, and the recent addition of a sweet cat named Butter or

Cookie (still being determined.) “The ducks and geese belong to Chris, too,” John David smiled.

Coyotes, bobcats, turtles, raccoons, possums and turkeys are the uninvited guests. “We have a relationship with snakes,” Chris said. “If they don’t bother us, we won’t bother them. Thankfully, so far we’ve not seen a bad one.”

Everything about the Hurt’s home speaks of taste, warmth, welcome and endless possibilities. “We always start projects in January,” Chris said. More than renovators, though, John David and Chris are artists.

“We know the work is never done,” John David said. “It’s part of the fun.” **NOW**

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Lights, Camera,

Sing!

— By Mikaela Mathews



*Kylie Arnold remembers the exact moment she got a taste for performing on stage. She was 7 years old and performed as a munchkin in *The Wizard of Oz* at the W.E. Scott Theatre in Fort Worth. She recalls the thrill of the spotlight and a full, excited audience. Now a junior in Texas Christian University's theater program, Kylie hasn't stopped telling stories in the spotlight.*

“As a kid, I was always giving little performances for my family,” she smiled. “My friends and I would go into the cul-de-sac and put on little concerts.” Kylie’s parents saw how much she loved to perform, so when they heard about an opportunity with the Arts Institute of Mansfield for lessons, they didn’t wait to sign her up. “I was 6 when I started the lessons, and I haven’t stopped since.”

With the help of her teachers, Kylie developed her skills. “I’ve never come into contact with a teacher who didn’t impact my life,” she shared. “Dr. Scott Ferrell was my voice teacher, and he put me light years ahead in terms of understanding how my voice works and what I can do.”

Throughout high school, Kylie dazzled audiences with her passion and talent. Her crowning performance as a high school senior was called *Side Show*, where she played a Siamese twin. “The play had some of the most beautiful, haunting and difficult music I’ve ever done,” she explained. She worked hard to find a connection with her character. “I love playing interesting characters that are far away from my normal self,” she described. “You have to find a way to

“Musical theater combines dancing, singing and acting, and I think it’s really interesting to see a story told in those three ways combined.”

make your life relevant to theirs. It was a really large learning experience for me as I’ve gone through college.”

Her hard work paid off. At the end of her high school senior year, she was nominated for — and won — best actress in the Betty Lynn Buckley Awards. According to the website of Casa Mañana, a nonprofit organization sponsoring the awards, the Buckley



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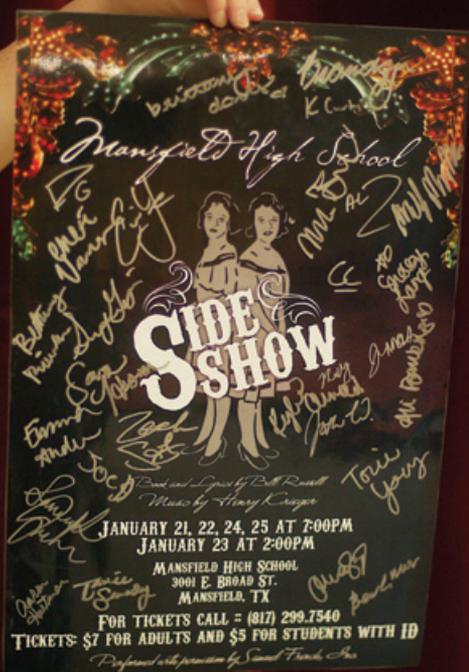
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Awards honor excellence in high school musical theater. Students from Denton, Wise, Parker, Hood, Johnson and Tarrant counties participate, which make the awards highly competitive.

Kylie joined fellow winners from the best male and female actor categories from around the country at the Jimmy Awards, which included an all-expense-paid trip to New York to learn from the best of the best. "Winning the Buckley Award led to one of the most incredible experiences of my life," Kylie smiled. "We performed in Times Square and got to use the backstage and dressing rooms just like the professionals."

The experience put Kylie's life goals into perspective. "I had a moment before I went to college where I thought,



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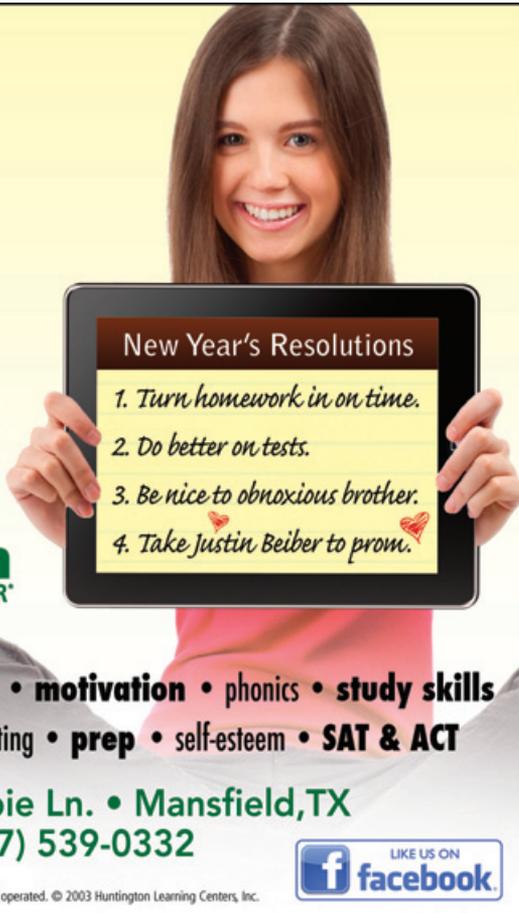


“Do I really want to do this?” she shared. “But while I was in New York I decided this *is* what I want to do.”

Before the Buckley Awards, however, Kylie had already been accepted into Texas Christian University’s theater program. The rigorous process started a year before she could be admitted. “You have to apply to the school first, then go to an on-campus audition. After the audition, you wait and wait and wait,” she shared. Several months after her audition, Kylie received a letter from TCU welcoming her into their program. “I love being at TCU. The entire theater faculty has been so supportive of me. You can literally knock on their door, sit down and spill anything you’re concerned about, and they’ll help.”

Kylie felt the support and strength of the theater program when she acted at the Stage West Theatre in her first professional performance. The opportunity allowed her to gain experience toward earning her Actor’s Equity card, which any large Broadway or touring productions require. “I got to work with some really well-known actors in the area and learned so much,” she shared. “I was getting to do something

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that I love and miraculously, somehow, a paycheck showed up on my dressing room table every Friday.”

In the fall of 2013, Kylie faced one of her more challenging roles in a musical review with two acts and 25 songs. “It was the hardest show I’ve ever done,” she explained. “Not only were there so many songs, it was also about middle-age issues I haven’t experienced yet. So I had to figure out where I could connect with these characters.”

Preparing to play a character requires dedication and time. “You have to find the middle section where you and your character connect,” she described. “There are character analysis papers we fill out. Sometimes, though, it’s not really about just filling out the papers, but really thinking about your character.”

Although all aspects of musical theater thrill Kylie, singing is her specialty. “All musical theater students rank themselves with dancing, singing or acting. You’ve got the actors or dancers or singers. I’m a singer first. That was my first love,” she explained. She particularly enjoys singing Rodgers and Hammerstein music from the ’40s, ’50s and ’60s. “I’m finding that I really fit into that style,” she shared. “And that’s really exciting for me.”

Kylie has continued to pursue her passion because of the challenge it presents. “Musical theater combines dancing, singing and acting, and I think it’s really interesting to see a story told in those three ways combined,” she explained. “It’s hard, but I love a challenge. You have to be passionate about it to keep going. Otherwise, there’s no way.”

Kylie has high aspirations for her life post-college. TCU recently started a Senior Showcase, an opportunity for



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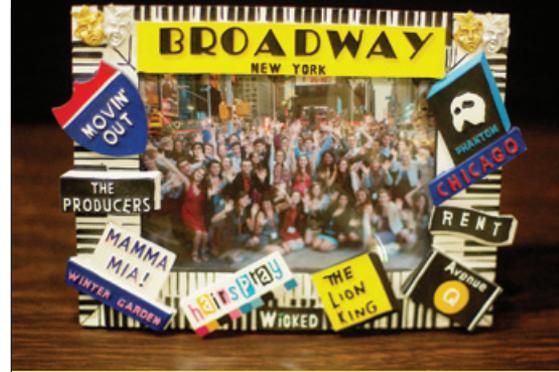
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several senior students to perform in New York in front of agents, and Kylie is working hard to be selected. But, if New York doesn't work out, Kylie is very content with staying in the Dallas/Ft. Worth Metroplex. "A lot of people don't realize how vibrant the DFW theater scene is," she explained. "It's a really great place to get your footing."



Having a healthy work-family balance in the future is important to Kylie as well. "I do want a family and children some day, so I would really like to teach college. I have some professors who have really inspired me to do that."

When Kylie first started to perform, she thrived on the adrenaline rush of the spotlight. Now, however, she finds new meaning in her work. "I really want to connect with the audience and help them understand the story I am trying to tell," she explained. "I want to serve the story and the characters right. That's when I feel like I've done my job." **NOW**

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— By Carolyn Wills

Rylea Elizabeth Fields is one amazingly bright, talented and determined 9-year-old. Apt to achieve whatever she sets her mind to, her youthful enthusiasm is already balanced by the wisdom that goals are only as good as their capacity to also benefit others. "It's so important that others know no matter how old you are, you can make a difference in someone's life, your community and the world," she said. "To me, that's all part of being my best every day, and that is what I strive to do."

Last March, this spunky Martha Reid Elementary School fourth-grader set her mind to becoming the 2013 Miss Lone Star Preteen Sweetheart, a title bestowed in Texas by America's National Teenager Scholarship Organization (ANTS/O). Her mother, Lisa, had competed in the Oklahoma state pageant in 1992. "Unlike Rylea, I didn't win," she smiled. "I did earn enough scholarships to pay for my undergraduate education." Since 1970,





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America's National Teenager has celebrated gifted young women. "This competition focuses on leadership ability, scholastic aptitude, volunteer service and personal expression," she explained. Today, Lisa is an academic counselor at Mansfield's Legacy High School, and she couldn't be prouder of her daughter. "This was Rylea's first pageant," she said. "She was the youngest contestant, and she won."

By winning her age division at the state level, Rylea became eligible to compete in ANTSO's 43rd Annual National Pageant this past July. "We

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spent a whole week in San Antonio, and it was so much fun," she beamed. "I won the talent competition and community service award and was runner-up in acting and modeling." For her talent, she choreographed her own dance to the theme song from *Green Acres*, a TV show far before her time. "I used a lot of gymnastics," she smiled. "I love gymnastics, and I hope to go the Olympics some day!"

Rylea's experience at Nationals was heightened when she also received the Producer's Award. "It goes to the girl who best demonstrates team spirit, encourages others, works hard and keeps the greatest attitude," Lisa said. ANTSO's national director and CEO, Jenny Telwar, described how the ever-smiling Rylea had helped others to get ready while they were backstage. "It makes us proud to know she puts others above herself and even above winning," Lisa added. "Here's a 9-year-old in her first-ever national pageant. While her dad and I and her grandparents sat nervously in the audience, she got ready on her own, assisted others and arrived on stage dressed correctly!"

Life for Rylea began in Enid, Oklahoma. When she was 3, her father accepted a position with the outsourcing company, OneSource Virtual, in Las Colinas, Texas, and the family moved to Mansfield. "Ron was a high school football coach when we lived in Enid," Lisa explained. "He changed careers so

he would be home more and not miss his daughter's childhood." Now, in place of his busy coaching schedule, Ron is one of the coaches on Rylea's softball team.

Significant, too, for Rylea as a 3-year-old was the arrival of her very own Yorkshire Terrier puppy, Zoey. That special birthday present is now 7 years old. Without a doubt, Zoey is a best friend, complete with her own wardrobe of Build-a-Bear outfits.

Before she was old enough for school, Rylea developed a passion for gymnastics. At one point, Ron and Lisa had owned a gym. With equipment from their former business, plus the surprise gift of a gymnastics bar from her grandfather, Rylea has a complete gym in place of



what might have been the family's formal living room. "She practices at home and at a training gym three to five times a week," Lisa said. "She has participated in local and state matches and also in performance programs."

Clearly, this bubbly life-affirming little girl is a winner. But more than ribbons, medals, trophies, sashes and tiaras, she and her mom emphasize that other things are more meaningful. "For achievement, academics come first," Rylea said. "The most important thing in life, though, is helping others. My mom says if you take care of others then taking care of yourself happens."

For Rylea, these are not just words. By many measures, she has already served her community and produced more results than many people will do in a lifetime. "Rylea and I enjoy doing crafts,"

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Lisa smiled. "We had begun to make bows from ribbons to raise money for donations when Rylea suggested donating the ribbons instead." That was the beginning of an ongoing project called Rylea's Ribbons.

"We make bows and put them on card stock and, then, I write messages on each one like, 'Shine like the star that you are,'" Rylea explained. "Then we donate the bows and flip-flops to Captain Hope's Kids, an organization that helps homeless kids in North Texas. I think every girl needs to be able to pull her hair back and look beautiful."

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Whether she is crowning a winner at the Texas Angels Pageant for youth with special needs, assisting Children's Church at Rush Creek Christian Church, volunteering as a docent at her school's annual art festival, running the 100-yard dash in high heels at the Stiletto Stampede for Breast Cancer Awareness or picking up trash on the playground on a hot summer day, Rylea loves being a kid helping kids. "My mom says if you have it and can do it, help others your age."

How could this delightful girl find room in her life for one more thing to love? Well, she has. "This is my first year to deer hunt," she grinned. "We have a hunting lease in Oklahoma, and when my parents, grandparents and I are there, it is great family bonding."

Last fall, Rylea competed in the Little Miss Dallas Pageant and also performed as a guest Queen at the Little Miss Cotton Boll/Maid of Cotton Pageant in Oklahoma. If her mom and dad agree, she hopes to reach for the title of Queen in the 2014 Texas America's National Teenager Pageant. "That would mean we could go to the ANTSO 2014 Nationals in Nashville," she grinned. "It would be so much fun."

Someday, she plans to attend Oklahoma State University. "I see myself being a veterinarian," she smiled. "I love dogs and cats." She also needs time to win her Olympic gymnastics gold medals, which, as everyone who has met her knows, in the life of Rylea, everything is entirely in the realm of possibility. **NOW**

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As owner of Mansfield Overhead Door, Kevin Cullers pays careful attention to his job of repairing and installing beautiful garage doors.

QUALITY GARAGE DOOR SERVICE

Mansfield Overhead Door ensures customer satisfaction.

— By *Mikaela Mathews*

Kevin Cullers got his start working with garage doors after 28 years of being in the construction field as the owner of his own construction company. He felt like it was time for a career change when the economy slowed in 2008. “A friend of mine taught me the commercial side of the business first and then the residential, created a website, started marketing it and it has been going strong ever since,” he shared.

Kevin enjoys servicing the Mansfield community. For almost six years as the owner of Mansfield Overhead Door, he has done just that. Mansfield Overhead Door services both residential and commercial businesses with quality installation and repair for garage doors. Kevin specializes in services ranging from repairing and maintenance to installing new garage doors, installing and

repairing openers, and even repairs and installs roll-up doors for commercial trucks.

As owner, he feels it’s imperative to offer his clients the most reasonable and fair price they can receive, which is why he is personally involved in the labor and management alongside his technicians throughout the day.

Free service calls are also offered to all Mansfield residents. “I want all of my customers to be satisfied when a service call is completed,” he shared. “I understand the immediate need of my clients when they are in a bind with their garage door, which requires my response time to be very quick. I’m very adamant about being on time.”

The most common repairs Kevin comes across are spring

Business **NOW**

repairs. Springs lift the garage door and tend to break within seven to 10 years under normal use. Kevin also installs rollers, which will quieten the garage doors substantially, giving the other moving parts more longevity, as well as benefiting the doors.

Kevin also makes sure he keeps up with the latest technology. One of the newest features he offers is a garage door opener accessible by your smart phone. "It will indicate if your door is open or closed. What's really cool about this feature is that people often leave the house and ask themselves, 'Did I shut the door?' They can just pull it up on their phone to confirm," he explained. Users only need a Wi-Fi connection in their home. The application can also control lights inside the house.

"I will go out of my way to make sure they are satisfied."

Customers interested in purchasing a new door will have a variety of price ranges to accommodate all garage door styles. They will receive a three-year warranty on the springs, three years on the rollers, a limited warranty on the panels, one year for labor and a limited warranty on the hinges and tracks.

Although Kevin works hard to service his customers, he believes family time is important as well. "My family and I enjoy going to our property and hanging out," he explained. "We have fun sitting around the campfire, making s'mores, riding four-wheelers, hunting, fishing, spending quality time together." He and his wife have been together for 25 years and married for 18 of those years and have two sons, Kevin Jr., age 15, who attends Legacy High School, and Korbin, age 10, who is in his fourth season with the Mansfield Youth Baseball Association.

All in all, Kevin finds great pleasure in helping his customers, as well as educating them on how to maintain the doors. "We have great people here in Mansfield," he explained, "and I will go out of my way to make sure they are satisfied." **NOW**

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Vern Raven with the Mansfield Historical Museum shows off his collection of antique tools.



Cameron and Courtney Miller are all smiles as Courtney is honored as MVP for Legacy Freshman volleyball at their annual banquet.



The Chamber Ambassadors host a ribbon cutting for new member, WorldPay.



From left, Cyrus Ashworth, Cullen Basham, Mason Bontrager and Dakota Cassidy build a free library in their neighborhood.



London O'Connell, Danielle Thomas and Kendall Carr don't mind the snow, ice and no school at all!



Teresa Banks and Zach Weaver share a mom and son moment at RL Anderson Stadium for Mansfield High's Senior Night.



Sophie Ellis tries to lick a frozen pole!



Reagan Sonderegger enjoys sledding in the ice.



Susie, Annalise and Katarina celebrate after Mansfield High's The Lion, the Witch and the Wardrobe.

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Financial Resolutions for the New Year

About 45 percent of Americans usually make New Year's resolutions, according to a survey from The University of Scranton. But the same survey shows that only 8 percent of us actually keep our resolutions. Perhaps this low success rate isn't such a tragedy when our resolutions involve things like losing a little weight or learning a foreign language. But when we make financial resolutions — resolutions that, if achieved, could significantly help us in our pursuit of our important long-term goals — it's clearly worthwhile to make every effort to follow through.

So, what sort of financial resolutions might you consider? Here are a few possibilities:

Boost your contributions to your retirement plans. Each year, try to put in a little more to your IRA and your 401(k) or other employer-sponsored retirement plans. These tax-advantaged accounts are good options for your retirement savings strategy.

Reduce your debts. It's not always easy to reduce your debts, but make it a goal to finish 2014 with a smaller debt load than you had going into the new year. The lower your monthly debt payments, the more

money you'll have to invest for retirement, college for your children (or grandchildren) and other important objectives.

Build your emergency fund. Work on building an emergency fund containing six to 12 months' worth of living expenses, with the money held in a liquid account that offers a high degree of preservation of principal. Without such a fund, you might be forced to dip into your long-term investments to pay for emergencies, such as a new furnace, a major car repair and so on. You might not be able to finish creating your emergency fund in one year, but contribute as much as you can afford.

Plan for your protection needs. If you don't already have the proper amounts of life and disability insurance in place, put it on your to-do list for 2014. Also, if you haven't taken steps to protect yourself from the considerable costs of long-term care, such as an extended nursing home stay, consult with your financial professional, who can suggest the appropriate protection or investment vehicles. You may never need such care, but that's a chance you may not want to take — and the longer you wait, the more expensive your

protection options may become.

Don't overreact to market volatility. Too many people head to the investment sidelines during market downturns. But if you're not invested, then you miss any potential market gains — and the biggest gains are often realized at the early stages of the rally.

You can probably check your investment balance online, which means you can do it every day, or even several times a day — but should you? If you're following a strategy that's appropriate for your needs, goals, risk tolerance and time horizon, you're already doing what you should be doing in the long run. So there's no need to stress yourself over the short-term movements that show up in your investment statements.

Do whatever you can to turn these New Year's resolutions into realities. Your efforts could pay off well beyond 2014. **NOW**

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A Hard Freeze

— By Betty Tryon, BSN

Who knew something so numb could eventually hurt so much? Unfortunately, that revelation comes to many frostbite victims. Exposing yourself to hazardous weather can bring regrettable consequences, one of which is frostbite. Frostbite occurs when the skin and underlying body tissue is damaged due to extremely cold temperatures. There are several stages of frostbite beginning with frostnip, which causes minimal and reversible injury to the skin, to severe frostbite, which causes extensive and permanent damage.

With frostnip, the skin is pale and numb and can usually be resolved with a warm water bath. With frostbite, the skin is white, blue and/or mottled and feels hard or frozen depending on the degree to which the area is affected. Medical attention is required. The areas most affected are the exposed areas of the body — hands, feet, nose and ears. Some of the signs of frostbite are:

- Sensation of pain at beginning of frostbite
- Progression of numbness depending upon exposure
- May feel wooden or numb
- Pale with waxy appearance
- Blisters
- Swelling

If you suspect frostbite, get out of the weather immediately to a warm and dry place. Take off all wet clothes. Wrap in a warm blanket. Do not

use heating pads or fireplaces. They are risky and not recommended. Do not rub the area. Do not walk on frostbitten feet. Children must be carried. Walking on frostbitten feet can cause more damage to the tissues. As the area rewarms, it can have a burning, stinging sensation. Sometimes, the pain is intense and may require medical intervention for resolution. As skin rewarms, there is the possibility of blisters. Cover the blisters with protective gauze and do not pop them.

Contact your physician or go directly to the emergency room. All frostbite should be evaluated by a physician immediately. You especially should not delay if you see any of these symptoms: running a fever over 101 F, development of blisters, development of thick drainage, blue or black areas, loss of sensation and/or feeling sick.

The best way to treat frostbite is to avoid getting it. Keep a careful eye on the forecast if you need to go out. Dress warmly in layers. Use mittens instead of gloves. Cover your head and wear a cap that covers your ears or use ear muffs. Change immediately any part of your clothing that becomes wet. Limit your time in the freezing temperatures. By paying attention to detail you can avoid the painful lesson and consequences of frostbite. **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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January 4

Elvis Birthday Celebration with David Allen: 7:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20. Celebrate Elvis' birthday with a tribute by David Allen. David Allen's show was voted the top ten Elvis tribute in the world and named the 2008 Elvis Cruise Champion. For more information or tickets, visit www.farrbest.com.

January 11

Winter Walk: 10:00 a.m., Katherine Rose Memorial Park, 303 N. Walnut Creek Dr. First 100 participants will receive a free gift. For more information, visit www.mansfield-tx.gov/.

January 13 — 15

Freedom on Hooves: 8:30 a.m.-6:00 p.m., John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Dr., Fort Worth. During the Fort Worth Stock Show's Chisholm Challenge, the public can watch the fun of competition between riders from Wings of Hope, in Egan, and many other Texas equine therapy centers. For event details and schedules, visit www.chisholmchallenge.com.

January 18

Calamity Janes: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20. One of the top rated female vocal groups in Texas, this trio of Texas sisters blend tight bluegrass sibling harmonies, powerful vocals, southern girl grit and Texas twang to create their own, unique sound. For more information or tickets, visit www.farrbest.com.

January 24

Mansfield's Chamber of Commerce 42nd Annual Awards Dinner: Walnut Creek Country Club, 1151 Country Club Dr. Presentation of awards and special additional recognition of members.

January 25

Grand opening of Elmer W. Oliver Nature Park: 10:00 a.m.-4:00 p.m. Join us for a ribbon cutting ceremony, nature-based activities and crafts, naturalist guides and live animal presentations. For more information, visit www.mansfieldparks.com.

Shake, Rattle & Roll for P.E.O. by Drake Milligan: 7:30 p.m., Farr Best Theater, 109 N. Main St. \$20. Featuring award-winning Drake Milligan as Elvis. For more information or tickets, visit www.farrbest.com.

Texas Rangers Fan Fest: 9:00 a.m.-4:00 p.m., Rangers Ballpark, 1000 Ballpark Way, Ste. 400, Arlington. \$10/adults; season ticket holders/\$8; kids ages 13 and under/\$5. Enjoy autograph sessions by current and former players, Rangers Q&A sessions, photo opportunities and more.

February 1

Ginger Leigh and Wendy Colonna: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$15-\$20. Two of Austin's and Mansfield's beloved divas returning to the Farr Best Theater! For more information or tickets, visit www.farrbest.com.

February 6

Valentine's Preschool Craft Party: 9:30-10:30 a.m., Mansfield Activities Center, 106 S. Wisteria St. \$5/child or \$4/child with MAC card. For more information, visit www.mansfield-tx.gov/departments/parks/rec/mac/.

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 Karen Chatham

— By *Mikaela Mathews*

For as long as Karen Chatham can remember, she has helped out in the kitchen, created new recipes and finished every last bite on her plate. “I think I was born with an interest in food and cooking,” she shared. “Because I was brought up to eat what was put in front of me, I am very comfortable cooking and trying new foods.”

Karen believes in serving up a colorful plate. “Having different colors of food on your plate means you’re getting a variety of necessary nutrients,” she said. Karen has experimented with a variety of recipes to make this a reality. “I’m constantly finding new recipes,” she shared. “I often joke that I could build a second home with them all!” **NOW**

Chicken and Wild Rice Soup

- 3 1/2 cups low-sodium chicken broth (free range, if possible)**
- 1 cup carrots, peeled and sliced**
- 1/2 cup celery, sliced**
- 1/3 cup wild rice, uncooked**
- 1/3 cup sliced green onion**
- 1/2 tsp. dried thyme, crushed**
- 1/4 tsp. pepper**
- 2 Tbsp. butter**
- 3 Tbsp. all-purpose unbleached flour**
- 1 cup low-fat milk**
- 1 1/2 cups cooked chicken, chopped**
- 2 Tbsp. dry sherry (optional)**

- 1.** In a large saucepan, combine first 7 ingredients. Bring to a boil; reduce heat to a simmer. Cover; cook for 50 minutes or until rice is tender.
- 2.** While the soup is cooking, melt the butter in a small pan; stir in flour and milk. Cook

and stir the mixture until it bubbles. Continue to stir for 1 minute. Slowly add this mixture to the soup, stirring constantly so it doesn’t create lumps.

- 3.** Add the chicken and sherry, if desired; heat thoroughly.

Shepherd’s Pie

- 3 medium sweet potatoes, peeled**
- 4-5 Yukon Gold potatoes, peeled**
- 1 1/2 lbs. lean ground meat**
- Cavender’s seasoning, to taste**
- 2 medium carrots, peeled and diced**
- 5-6 mushrooms, sliced**
- 6 ozs. frozen green peas**
- 1/3 cup low-fat milk**
- 2 Tbsp. butter spread**
- Salt and white pepper, to taste**
- Bisto brown gravy mix**

- 1.** Preheat oven to 400 F
- 2.** Cut sweet potatoes and Yukon Gold

potatoes into chunks; boil together 15-20 minutes or until tender.

- 3.** Season ground meat; place in skillet. Add carrots and mushrooms; cook until the meat is cooked through. Be careful not to dry it out. Leave in the juices from the meat for flavoring. Add green peas to the meat mixture, gently stir; pour into an 11x7-inch casserole dish.
- 4.** Drain the potatoes. Add milk, butter spread, salt and pepper; mash. Lightly spread potato mixture over the meat mixture using the back of a spoon. Bake for 15 minutes. The potatoes will brown slightly.
- 5.** Let the dish stand for 5 minutes. While dish cools, cook Bisto brown gravy mix according to package directions. Serve with gravy.

Dried Cranberry and Feta Cheese Salad

- 1 bag of romaine lettuce or spinach**
- 1/4 cup Paul Newman’s oil and vinegar salad dressing**
- 1/4 cup dried cranberries**
- 1/4 cup green onion, sliced**
- 1/4 cup celery, sliced**
- 1/4 cup Red Delicious apple, unpeeled and finely chopped**
- 1/4 cup feta cheese, crumbled**
- 1/2 cup sliced almonds**
- 1/3 cup light brown sugar**

- 1.** Empty lettuce into a salad bowl. Pour salad dressing and toss to coat. Add the dried cranberries, green onions, celery and apple pieces; gently toss. Add feta on top.
- 2.** In a small pan on medium heat, add the almonds and brown sugar. Wait for about 5 minutes for the sugar to start to melt. Stir and coat almonds quickly so sugar does not burn. Remove from heat. Spread almonds on wax paper or any other nonstick surface. Let cool for 10 minutes. Break apart any clumps.
- 3.** Add almonds to salad.

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

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