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FEBRUARY 2019

In the Kitchen With
Tynecia Martin

Living
Efficiently

At Home With Clint
and Kaitlyn Cox

Hear the
Music, See
the Beat

Smiles widen when
the Summit Jag Step
Team shows out

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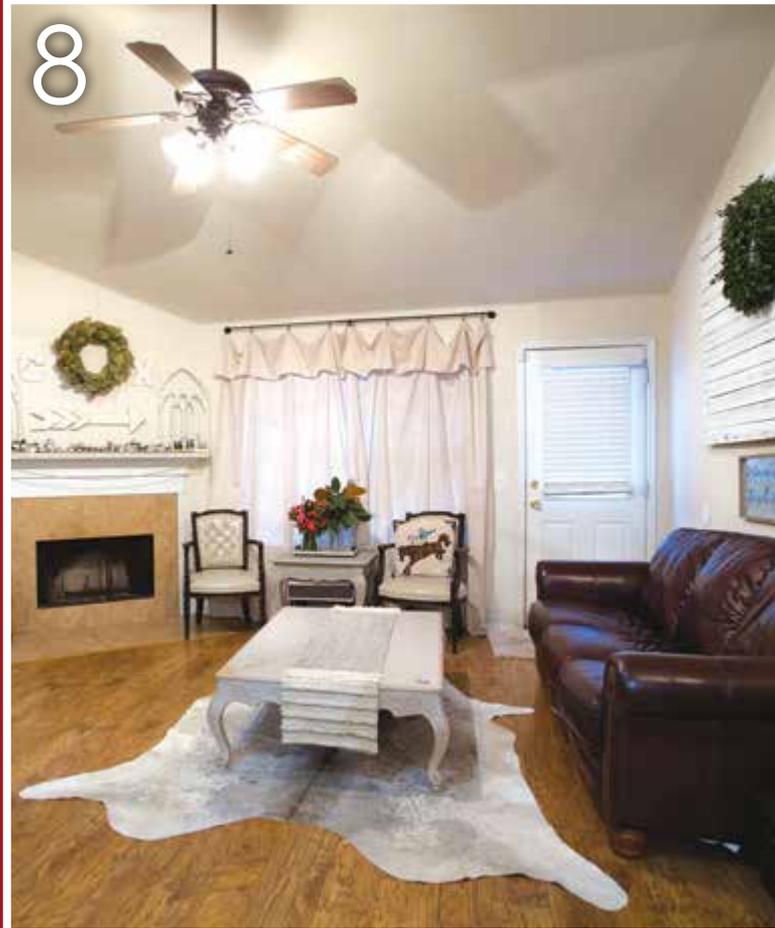
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*Managing Editor, Becky Walker | Mansfield Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith | Writer, Virginia Riddle
Editor/Proofreader, Angel Morris*

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen . Martha Macias . Anthony Sarmienta

PHOTOGRAPHY

*Photography Director, Chris McCalla
Photographer, Lori Baur*

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ON THE COVER

Their living area is the center of most of the Cox family's activities.

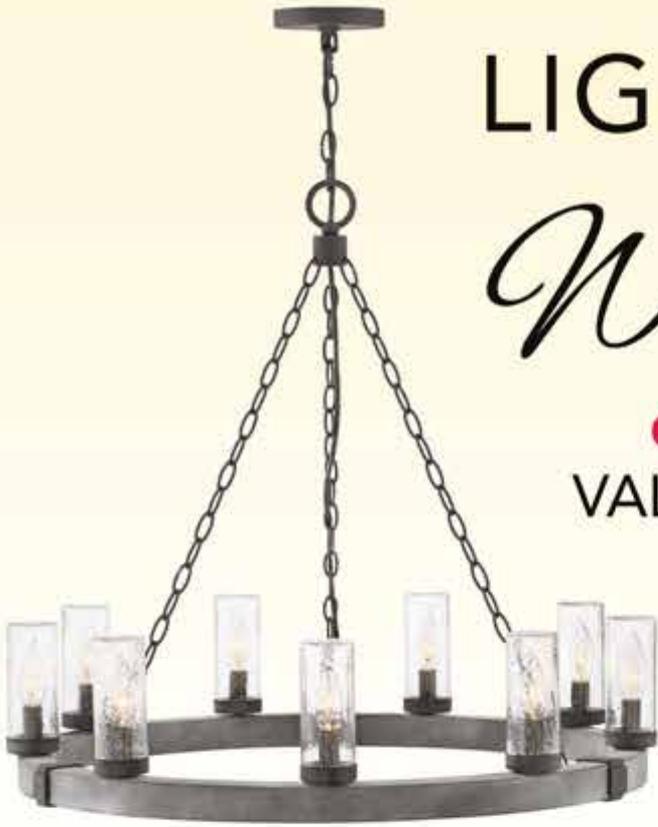
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EDITOR'S NOTE



Melissa

Melissa Rawlins
MansfieldNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888

Random acts of kindness?

Until recently, I've not been on the receiving end of a *random* act of kindness. The key word in that sentence, really, is *random*. I certainly have been blessed daily by my Creator, and one of those blessings is that I have loving parents who never neglected me. I've many friends who know how to check on me and give me gifts.

But when a stranger in a restaurant suddenly decides to pay your bill for you — quietly, so that when you ask your waitress about your ticket, you learn “that gentleman has covered you” — you find yourself thanking a stranger and asking him, from an utterly humbled heart, “Why?” You know he's being honest when he says, “I just wanted to perform a random act of kindness,” and then smiles kindly and gently exits the restaurant.

The sincere, generous kindness of this man may have felt *random*, but certainly wasn't coincidence. It was the perfect, living example of a devotional I had read that very morning. Dr. Wes Saade, who has branded himself The Leadership Doctor, sent in his weekly email: “In the busyness and rush of life, sometimes we lose our focus on relating to people with grace and love. If you have ever felt that way, I have a simple formula to share with you today. Before you talk to someone, silently ask yourself this question about them: ‘How can I bless you today?’”

May you each enjoy kindnesses of every flavor this month!

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LIVING EFFICIENTLY

— By Virginia Riddle

AT HOME WITH CLINT AND KAITLYN COX



For Clint and Kaitlyn Cox, life hasn't always been easy. After all, during their 12 years of marriage, their life together has been a whirlwind that has whirled and twirled them back to Clint's hometown of Mansfield. "We've lived in three states, and had four kids, all in the past 12 years," Clint explained. "Through our faith, life has been good."

A more rural Mansfield than today afforded Clint a childhood of team penning, football, hay baling and "just having fun." Kaitlyn was growing up in California, where her parents still live. He attended Tarrant County College and then transferred to Ouachita Baptist University, where the couple met. "I enjoyed the liberal arts, majoring in education and history," Clint recalled. Kaitlyn was a mass communications major. He added, "We were together in the first class I had at Ouachita. She was 19 and a freshman, and I was a junior and 20. She wouldn't wave at me, but I had a peace about her from the beginning. I knew she was the one when she walked through the door."

The family moved back to Mansfield in 2014. Clint took a position as a teacher in Arlington, where his mom and dad had served the community faithfully for more than 70 years. Later, he followed his calling to educate people as a financial advisor with Northwestern Mutual.

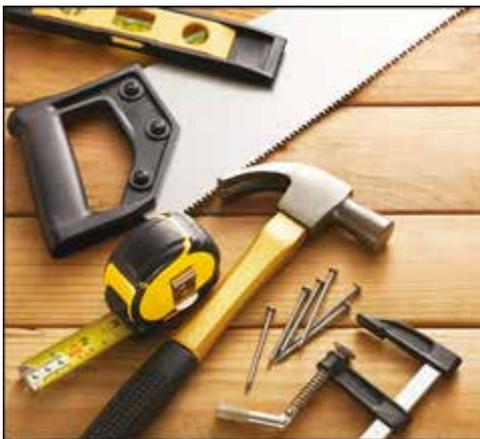
Kaitlyn followed her childhood dream and is a flight attendant for American Airlines. "We love the small-town feel and living south of the Metroplex is great," she said. "This area reminds me of Cherry Valley, California, where I grew up. It has a lot of diversity, is relaxed and laid-back and growing."

"Downtown Mansfield has been redone well, and the schools are great, too," Clint added. Their four children, Chloe (9), Maevely (7), Nina (6) and Isla (3), enjoy living close to Clint's parents and extended family. The three oldest attend Newman International Academy of Mansfield. Ella, a Shih-Poo, and Lady, a Labrador Retriever, along with other occasional pets and puppies, greet the girls when they return home from school.

This move gave Clint a little more freedom to be a dad and be home more, something that he treasures. "We've been very excited about our move here where there's a great family atmosphere," he said.

The family does, however, love to travel, a passion which Kaitlyn's job makes affordable. Instead of a birthday party, each daughter gets to pick a destination for a family trip together. "We want to live efficiently, not extravagantly. Our kids are being trained to live our life with us, adopting our philosophy," Clint explained. With that in mind, they are currently renting their home, but Clint has made the backyard a place to play after school and on the weekends with swings, a basketball goal, castle and balance beam. A hammock and an outdoor living area he's installed, complete with lights and a firepit, are available for relaxing times together. "The girls love to have fun





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and play out here and help me. It's a large fenced backyard."

The girls also enjoy area parks and riding a pony at their grandparents' home. "We like to kayak, and I take the girls hunting in their pink camo," Clint said. The family volunteers and hosts home gatherings through Restore Church in Arlington. They also volunteer at the girls' school. Clint attends the Mansfield Chamber of Commerce events. "Kaitlyn and I like to work out at the gym, eat out and hang with the kids," he said.

Their living area is the center of most of their activities. Photos of the family adorn the room and the staircase. A piano, crafted in 1889, has been in Kaitlyn's family for more than 90 years. Kaitlyn plays the piano and the ukulele, a skill learned in Hawaii. And seated at the piano, another generation is learning to play and perform at recitals. "Every day's a memory made with our girls," Kaitlyn said. "Friday nights are movie nights. We normally eat and do homework at the dining table together, but on movie night, we bring the blankets down, make popcorn on the stove, frost cookies and eat pizza in the living room."

The home's entryway features a decorative rack on which the girls' backpacks are organized, as well as a craft closet, which is filled with supplies. Elizabeth Barrett Browning's sonnet,





“How Do I Love Thee?” decorates the entry’s wall. “We became fans of Browning’s work when we were dating and separated for three months, with me in Pennsylvania and Kaitlyn in California,” Clint recalled.

“Our front room is where we like to sit and read, draw or play games together,” Kaitlyn said. “I like antiques, so this room is decorated with a little old-timey school desk, books and a blackboard, along with Clint’s grandmother’s chair. The girls like to play school.”

Friends enjoying an afternoon play date with the girls are entertained on the home’s second story landing, complete with a daybed and everything-in-pink playroom. “We have a rule — no toys downstairs,” Kaitlyn said. The two older girls have their own bedrooms. All the girls’ passions are proven in their decorating choices — Chloe with her Paris and gold theme, and Maevely, Nina and Isla with ruffles and pink, grandmother’s around-the-world doll collection and Nina’s personal favorite: horses and Dolly Parton. “We went to Branson, but didn’t see Dolly,” Kaitlyn said, “but Nina even looks like Dolly.” Mementos of family travels decorate their bedrooms.

“We believe in being honest and listening,” Clint explained. “We’re willing to do whatever it takes to take care of loved ones and help other people realize their dreams, too. Our family’s philosophy makes every day worthwhile to live,” he concluded.

“We’re a part of Mansfield, and we’re excited to see it grow,” Kaitlyn added. “We want to put our footprints into Mansfield’s future.” **NOW**

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When steppers are in the zone, pumping hands, swinging hair, stomping feet and wide-open vocal chords flow into sudden silence, followed by further movement. These are sounds of glory.

This month, the 12 steppers at Summit High School are celebrating the contributions of African-Americans in U.S. history through dance. Across Mansfield ISD, schools will be producing special programs, read-ins, performances and other events to commemorate Black History Month and spotlight cultural diversity.

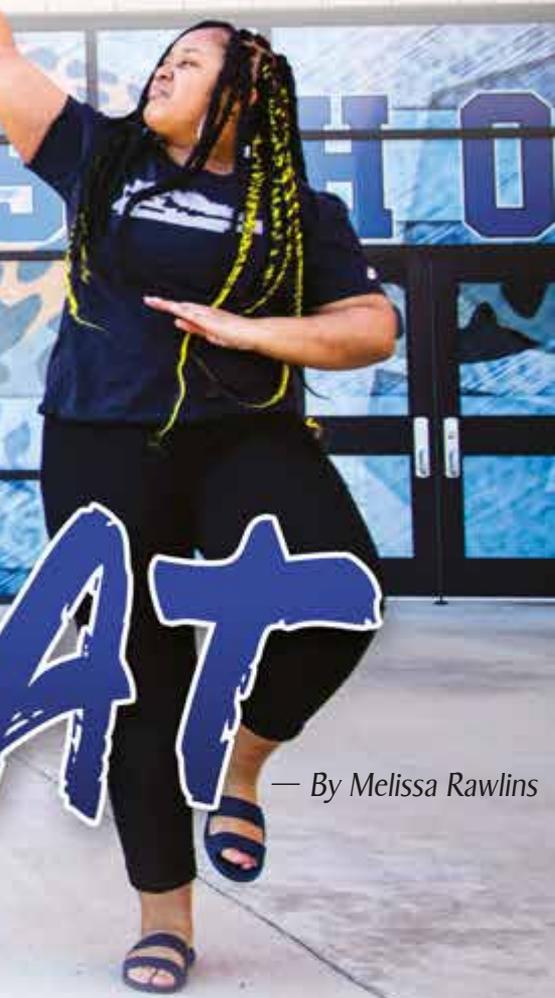
Many cultures have developed forms of dance focused on stomping, tapping, jumping and kicking. In and of itself, step is an art form incorporating African beats into present-day

realities. “I’ve seen African, Caucasian, Hispanic people step,” three-year veteran and team captain Cornelius Davis III said. “I feel what defines stepping is an inner thing — which way you choose to project your artistry.”

“To do it where everybody on the team is synchronized, and the beats and movement articulate with each other, is very important,” co-captain Candida Charles said. A senior who is coming out of her shell since beginning to step last year, she is convinced that an audience should hear the music and see the beat. “How your hands move to make that beat — *Is it sharp or is it wavy?* — is vital.”

Conveying emotions through the steps, each team member practices until they find their unique way of expressing themselves and their perception of the world around them. Trinitee Kaweesa, a junior in her third year of co-captaining with Cornelius, found her signature step last year. “One of our former captains introduced ‘Push It’ to us specifically for the 2018 Black History Month step show,” she explained. “I just kind of put my own flair on it.” Relational by nature, Trinitee’s self-expression actually requires other steppers.

“In that step, we’re in a line. She’s in front. Whatever she does, I feed off of, so I have to finish it off,” Candida said. “That’s where I get to shine. I’m very quiet, but when I get to step, I show out.”



— By Melissa Rawlins

Performing each move carefully, steppers encourage audiences to understand their hearts. “For Black History Month, you want people to hear the stomp, while you put your fist up. You want people to hear your message,” Candida said. Last year, the theme was Captivity to Glory, and they choreographed a routine to “Rise Up” by Andra Day. “We were telling the story of moving from being submissive to having freedom. This year, we are feeding off of that empowerment and expressing that feeling through stepping.”

With future performances and competitions to prepare for, Black History Month gives the Summit Jag Step Team a chance to practice sending out a clear message. Guidance from faculty sponsors Mr. Albert McCombs, Mrs.

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Fawna Taylor-Jenkins and Mrs. Danielle Moss, an English teacher who is also a choreographer and a stepper, the leaders have taken input from the entire team and developed routines meaningful to them. "This year, I want to express more of a thank-you to those historical figures who made it possible to be where we are today," Cornelius said. "We're past what happened in the past. Let's learn to appreciate where we are."

Since his early days stepping at Berean Christian Church in Stone Mountain, Georgia, Cornelius learned that "stepping is really God shining through us." Fed by that philosophy, the Summit Jag Step Team usually steps without music. "It's OK to have a beat. It's OK to have a song, but generally the music, the step itself, comes from you," Cornelius said. "It comes from the rhythm, the continuity and the synchronization. The average person would have the same enjoyment watching 10 minutes than listening to a three-minute song."

Along with his co-captains — including Keonna Burnette and Quindon Cooper, who are part of another dance team called The Summit Mob — Cornelius promotes positivity within the team and, through them, for all to see. More often than not, Cornelius is in the back of the choreographed group, intentionally giving the freshmen on the team the opportunity to lead a step. "They have another four years together to grow as a team," he said.

The Summit Jag Step Team members are unquestionably passionate about what they have built. The non-UIL organization started only three years ago, when Cornelius was a sophomore, and they constantly work together to

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fund their own uniforms and travel to competition after competition. "I think that's why the team is so strong, because we take those extra steps to make sure we, as a family, can get to competition and strive," Cornelius said.

"Something that's always inspired me is the impact I see we have on students who go here," said Trinitee, who began stepping at Koinonia Church in Arlington 10 years ago. She and her teammates call themselves "family" and have seen that connecting with each other allows them to connect with their audience. By knowing one another well, supporting each other through hard times and good, encouraging each other to rise to every academic challenge, the "brothers and sisters" on this team have developed an admirable chemistry through transparency, truth and talent.



"It's important to be comfortable with the people you're around, so everyone can feel free doing the step accurately," Candida said. "Without chemistry, we won't sound as one."

One thing Trinitee learned through being co-captain is how leaders help sad people get happy. "Energy reflects. If we call a step in a monotone voice, with no energy, it reflects on our family," she said. "And if someone is not feeling well that day, when we have positive energy you can tell that person feeds off of us, and that just brings them up."

Next month, the Summit Jag Step Team is committed to making people happy at competition. "Last year was my first," Candida said. "We sometimes get clouded by this concept of having to be better than ... But our competition was all about positivity and supporting people who do the same thing as you." Finding freedom in fellowship, this family of steppers is out to change their world. **NOW**



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BusinessNOW

Walnut Creek Auto Clinic

— By Melissa Rawlins

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Javaid and Amber’s daughter went to two schools here before becoming a teenager and entering a private school in Irving. Still, she is often with her parents at Walnut Creek Auto Clinic, where she and the manager, Christian Walters, joke around just like family. “Chris was lead technician when we purchased the facility, and now he is service manager. We depend a lot on him,” Amber said. “He’s been good for us, and, hopefully, we’ve been good for him.”

Javaid and Amber invested quite a bit when they bought this business from the family that had operated in the same location for 23 years. “We grew the business, bringing in state-of-the art equipment for diagnostics and factory tools for all brands. We are able to do everything a dealer can do at a much lower cost with the same quality of service.”

Just last year, they installed a new computerized wheel alignment machine and began offering new tire sales. “We offer any kind of tire,” Javaid said. “If you order in the morning, our supplier delivers it in the evening.”

In 2019, they are adding hybrid vehicle repair to their

service repertoire. "We already do maintenance, like brakes and regular repairs, for hybrid vehicles," Javid said. "Because of those cars' high-voltage issues, I'm now investing in specialized training for my staff, so they can safely repair hybrid vehicles."

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Competency is one hallmark of Walnut Creek Auto Clinic. Another is the owners' belief in using quality parts. They warranty all parts and labor for 24 months, nationwide, through a network called Pronto. They also refuse to sell unnecessary parts or service. "We recently had a customer who was convinced he needed a starter," Javid said. "He called, and we gave him an estimate for the starter. After he brought the vehicle in, all it needed was a battery, and that's all we sold him."

Amber recalls a woman whose dealership said her vehicle had a power steering problem. "When she came here, we found her car simply needed a small fix, and we saved her \$1,300," she said.

Walnut Creek Auto Clinic offers specials on their website from time to time. "For instance, we have a \$20 State Inspection deal on our website," said Javid, who is a licensed vehicle inspector holding ASE certification as a Customer Service Specialist along with his Master of Business Administration in finance.

"Our specials are always changing. It's a good idea to check the website and the Facebook page frequently for promotions," said Amber, whose Master of Business Administration is in marketing.

Walnut Creek Auto Clinic sponsors local events for the community and appreciates its employees, too. "We value our employees, who are our biggest asset," Javid said.

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Chad Pegues, personal trainer at the YMCA Mansfield Training Center, adjusts the strap on the PB Extreme weighted ball that people use for core exercises.

Zoomed In: Bryan and Brian Golden

By Melissa Rawlins

The day was crisp and clear, and Bryan Golden was out with his dad. Brian Golden had taken his 7-year-old to Wal-mart to buy something with the gift card Bryan's aunt and uncle gave him. Bryan chose a black beanbag chair. "I like to play games, and need to sit closer to the screen," he said.

"I'll probably end up sitting on the futon I bought last year," his dad said.

Highly competitive, they remember their wins and losses. "You beat me on NBA 2K10," Brian told his son.

His son responded, "You always beat me on Madden." Purchase complete, the duo held hands while walking through the parking lot. Before getting into their car, Bryan took time to thank his father for the shopping trip, adding: "I love you, Daddy."



Melissa Lamb helps her friend, Jennifer Groce, order coffee at Panera.



Yogi Julie Zimmerman, left, celebrates Sunshine Yoga Shack's opening with its owner and lead teacher, Lynn Rozak.



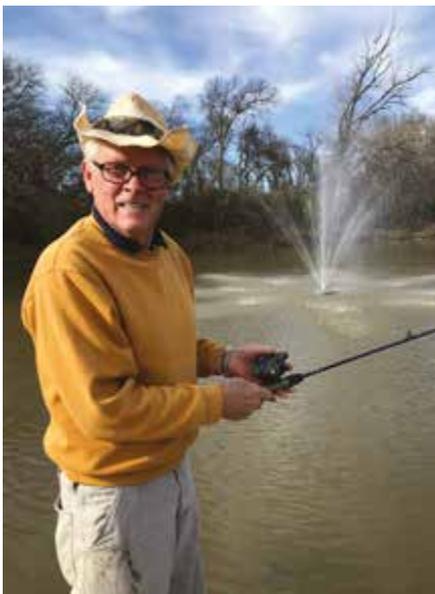
Past and present volunteers gather to see and tour the newly expanded, free, client choice Mission Market.



David Mickits hugs his sister, Jodi Buzek, at her Farmers Insurance Agency's grand opening.



Terri Green and Kenzie Aldridge, interns at the Mansfield Area Chamber of Commerce, join the Healthy This Way initiative to walk Pond Branch Linear Park.



Michael Hanson likes the trout at the little lake in Katherine Rose Park.

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CookingNOW

In the Kitchen With

TYNECIA MARTIN

— By Melissa Rawlins

Three years after moving here from Los Angeles, Tynecia Martin's husband, son and daughter eat lean and clean, with a healthy twist. "For example, I make meatloaf with ground turkey instead of beef," Tynecia said. "When we make hamburgers, we use lean ground beef: 90/10."

She has an excellent take on traditional jerk chicken and has fond memories of making meals with her parents. Tynecia's favorite cook is her father. "He's the best at making a meal out of leftovers," she said. "I remember one time he made a garbage salad that was delicious. It had everything in it that no one else would have thought to make a meal with."

Always the one asked to bring dessert to potlucks, Tynecia is sharing some of her favorite recipes "to bring a little of my family joy to the Mansfield community," she said. "Dessert is necessary for a happy home." **NOW**

Chocolate Chip Cookies

Yields 2 dozen cookies.

2 cups, plus 2 Tbsp. flour
1/2 tsp. salt
1/2 tsp. baking soda
1 1/2 sticks unsalted, grass-fed butter, melted and cooled
1 cup light brown sugar
1/2 cup granulated sugar
1 large egg, plus 1 egg yolk
2 tsp. vanilla extract

1 12-oz. bag semi-sweet chocolate chips, 70% or higher

1. Heat oven to 375 F. Combine flour, salt and baking soda in a medium bowl.
2. Mix butter, brown sugar and granulated sugar until well blended in the bowl of an electric mixer or by hand. Mix in egg, yolk and vanilla. Gradually add flour mixture until combined. Stir in chocolate chips.
3. Mound about 1 1/2 Tbsp. of dough per cookie onto parchment-lined baking sheet

using hands or a small ice cream scoop. Bake cookies until just golden brown around the edges, about 12 minutes.

4. Remove from oven; place pans on wire rack for 3 minutes. Remove cookies to rack to cool completely.

Whipped Carrots With Cranberries

Serves 4.

1 cup water
1 lb. fresh carrots, sliced
3 Tbsp. butter
1 Tbsp. brown sugar
1/2 tsp. ground ginger
1/4 tsp. salt
1/4 cup dried cranberries

1. Place 2 inches of water in a small saucepan; add carrots. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes, or until tender. Drain.
2. Place carrots in a food processor. Add the butter, brown sugar, ginger and salt. Cover; process until smooth.
3. Transfer to a serving bowl; stir in cranberries.

BBQ Meatloaf

Serves 5.

- 1 lb. ground turkey
- 1/2 bell pepper, finely chopped
- 1/2 onion, finely chopped
- 1 egg, lightly beaten
- 1/4 cup dry breadcrumbs or 1 slice of bread
- 1 cup barbecue sauce of your choice (divided use)
- 1/2 pkg. meatloaf seasoning mix

1. Mix all ingredients in a large bowl (only use half of the barbecue sauce) until well blended. Shape meat mixture into a loaf; place in a loaf pan.

2. Bake in a preheated oven set at 375 F for 30 minutes. Remove from oven; spread the top of the loaf with the remaining barbecue sauce. Return loaf to oven for 30 more minutes.

Peach Cobbler

Cobbler:

- 1 roll frozen piecrust, thawed
- 8 fresh peaches, peeled, pitted and sliced into thin wedges or 2 large cans of sliced peaches, drained
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1 tsp. fresh lemon juice
- 2 tsp. arrowroot or cornstarch

Topping:

- 1 cup all-purpose flour
- 1/4 cup, plus 3 Tbsp. white sugar (divided use)
- 1/4 cup brown sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 6 Tbsp. grass-fed unsalted butter, chilled and cut into small pieces
- 1/4 cup boiling water
- 1 tsp. ground cinnamon
- 1 tub vanilla ice cream

1. *For cobbler:* Preheat oven to 425 F. Roll crust into a 2-qt. baking dish; pierce with a fork to prevent bubbling. Brown in oven for 10 minutes; remove to stovetop.

2. In a large bowl, combine remaining cobbler ingredients. Toss peaches to coat evenly; pour into the baking dish on top of the browned crust. Bake in preheated oven for 10 minutes.

3. *For topping:* In a large bowl, combine flour, 1/4 cup white sugar, brown sugar, baking powder and salt. Blend in butter with your fingertips, fork or pastry blender until



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Employee SPOTLIGHT

Lolly Waller, Escrow Officer



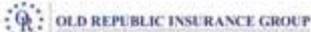
An Ohio native, Lolly attended Kent State University before moving south in search of a warmer climate. She found her heart and home in Texas. Lolly started her career in real estate but soon transitioned to the title side, where she's handled escrow for a variety of residential and commercial transactions since 2003. Lolly loves helping first-time home buyers and new agents navigate the closing process, and she has the dedication and expertise to help with any title or escrow need. Lolly is married with four children. In her spare time, she enjoys reading and watching sporting events.

 <p>Lolly Waller Escrow Officer</p>	 <p>Sheri Scott Branch Lead/ Escrow Officer</p>	 <p>Jacque Sanderson Escrow Officer</p>	 <p>Jo Waldrop Escrow Officer</p>	 <p>Robyn Barrere Sales Executive #177514187</p>	 <p>Autumn Black AVP/Escrow</p>
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Whipped Carrots
With Cranberries

mixture resembles coarse meal. Stir in water until just combined.

4. Remove peaches from oven; drop spoonfuls of topping over them.
5. Combine remaining sugar and cinnamon; sprinkle over entire cobbler. Bake until topping is golden, about 30 minutes.
6. When finished, serve topped with ice cream.

Baked Corn

- 1 15.25-oz. can whole kernel corn
- 1 14.75-oz. can cream-style corn
- 1/2 cup sour cream
- 1 cup grass-fed butter, melted

- 2 eggs
- 1 12-oz. pkg. corn muffin mix

1. Preheat oven to 350 F
2. Combine all ingredients. Mix well; pour into a 9x13-inch baking pan. Bake for 35-45 minutes. Stick with a toothpick to see if it's done. It should come out dry when done.

Turkey and Beef Chili

- 1 lb. ground turkey
- 1 12-oz. pkg. smoked beef rope sausage, sliced
- 1 14.5-oz. can diced tomatoes, undrained

- 1 8-oz. can tomato sauce
- 1/2 onion, chopped
- 1 red bell pepper, chopped
- 1 15-oz. can red kidney beans, undrained
- 4 Tbsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. crushed red pepper flakes
- 1/4 tsp. cayenne pepper
- 1 tsp. dried oregano
- 2 tsp. paprika
- 2 Tbsp. ground cumin

1. Place ground turkey and beef sausage in a Dutch oven. Cook over medium-high heat until evenly brown; drain and set aside.
2. Stir in all remaining ingredients. Reduce heat; simmer for 30 minutes.

To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.

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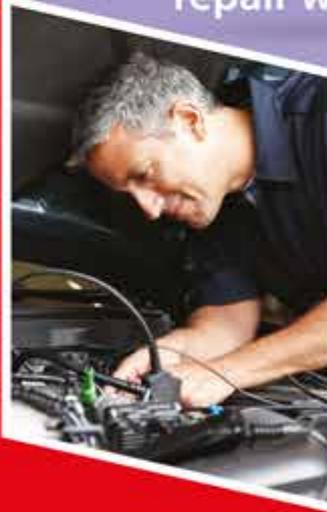


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ADVENTURE

T H R O U G H

HISTORY

— By *Melissa Rawlins*

Lift your glass for a toast: To life! And give three cheers for destiny — a concept Americans hardly discuss anymore. Since accomplishing our manifest destiny, we tour distant places on a roundtrip ticket, sure that our final destination is home sweet home.

Yet, there is a spot on this planet that has been and will be home to countless generations. And its doors are open to visitors year-round. Israel's heartland, otherwise known as Samaria and Judea, has welcomed intrepid travelers ever since Abraham left Ur Kaśdim (commonly translated as Ur of the Chaldees) for Canaan. But the 40-mile-wide swath of land, with Jerusalem in its center, is especially popular now that agritourism is trendy.

Participating in farm activities while touring this part of the Middle East provides a balanced approach to travel. Seasonally, there are grapes to prune in the winter and harvest in the summer — when figs are also easy to find — and olives to pick in the fall. Organic olive orchards, planted near vineyards equidistant between the Dead Sea and Jerusalem, experience pure sunshine throughout the year.

One reputable organization that has developed relationships with multiple local farmers is HaYovel.com, based in the United States. Since Israel's Hebrew-speaking populace rests every Saturday, and prepares for the Sabbath on Fridays, agritourists only work a few days per week and then give their bodies a rest while investigating various aspects of the region's art, archaeology and appetite.

Health nuts can smell, taste and hear the story of the Saboneto family of organic soaps after driving northeast of Jerusalem to Kochav HaShachar. Foodies will be fascinated by the cuisine throughout Israel. Small cafés with spicy, healthy meats and vegetables are usually ensconced near museums, synagogues, marketplaces and gas stations.

In Jerusalem, larger restaurants like Ima's cater to tourists visiting Israel's center of government, the Knesset. Throughout the day, kiosks pressing juices from fresh pomegranates make a nice alternative to the ubiquitous coffee break. And it's always a treat to start mornings with a visit to the *shuk* (fresh market) in Jerusalem, where cheeses and candies unlike any other are bought in the thousands by people who plan to share them in their own restaurants or homes.

Afternoons and evenings are perfect times to visit the wineries that are popping up throughout the country. Sixteen years ago, Samaria and Judea had only a few small vineyards serving individual families. Now, more



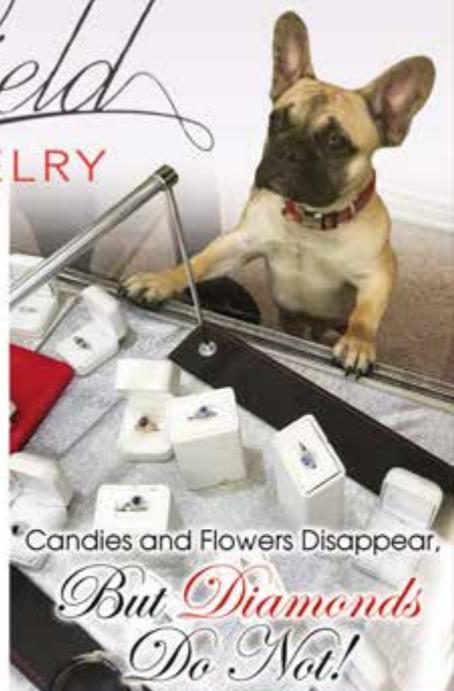


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than 350 acres are planted with fruitful vines, and a million bottles of wine are produced annually. This is partly because volunteer agritourists are empowering the wine industry's growth. Psagot Winery, close to Beit El (Bethel) northwest of Jerusalem, is a modern gem boasting wide-open views of rock-studded mountains. Kabir Winery, farther north in Elon Moreh, feels a bit more "ancient." Maybe that is because its vintner, Eliav Hillel, is also a scribe. Nearby, the settlement of Itamar, established in 1984, is at the forefront of Israel's organic agriculture.

Forty miles north, you can wine and dine in Tiberias, where a 10th-century crusader castle now hosts a nightclub. Not far up the shore of the Sea of Galilee, viewing fine and modern art in Ginosar's Museum of the Galilee can precede an invigorating swim in the harp-shaped lake. A little farther north, Capernaum provides history buffs an abundance of beautiful ruins to study. And the beaches of Ein Gev invite families and individuals to simply chill.

No matter how much you enjoy traveling independently, you'll glean more of the depth and breadth of Israel's nature, history and culture by traveling with a guide who lives in the land. Michael Bar-Neder (annbn@012.net.il) specializes in guiding mentally and physically challenged people, as well as families, on tours of biblical Israel. Maayan Usva Cohen (pathsofisrael@gmail.com) guides both on contemporary political issues and in the biblical landscapes of Judea and Samaria, and can also take you on off-road adventures in her jeep. Ask for recommendations when you start planning your trip to the heartland of Israel with the Shomron Regional Council at www.tourshomron.org.il.

Israel awaits with much to learn and see. *L'chaim* — to life — and to destiny! **NOW**

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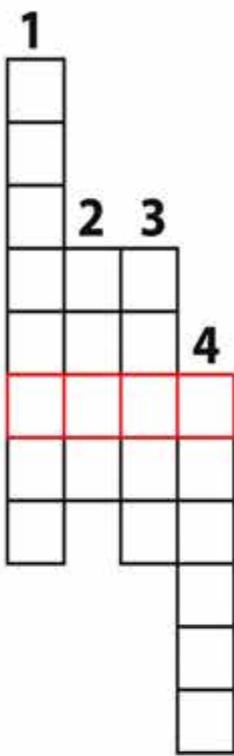
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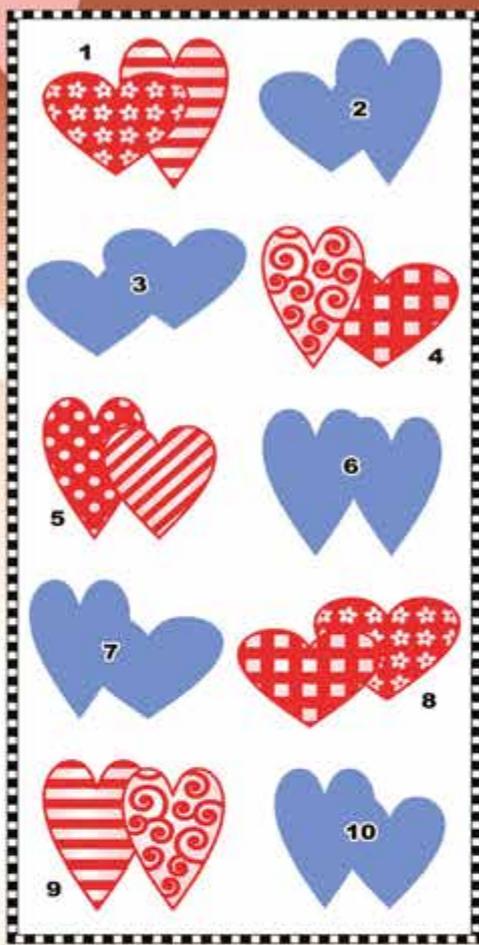
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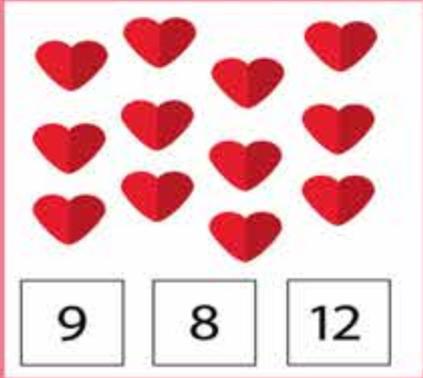
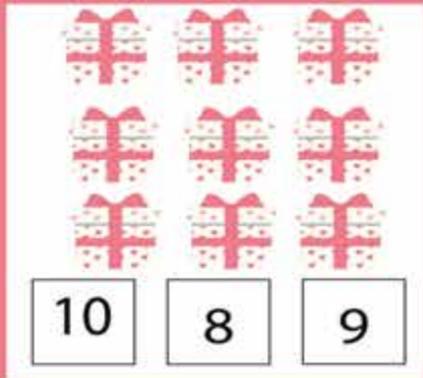
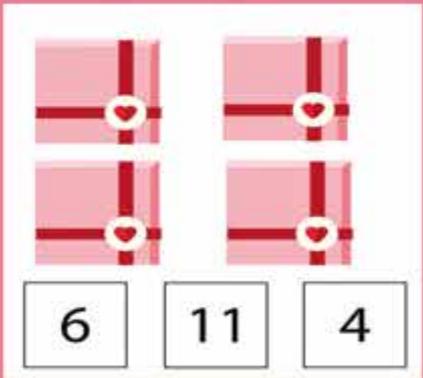
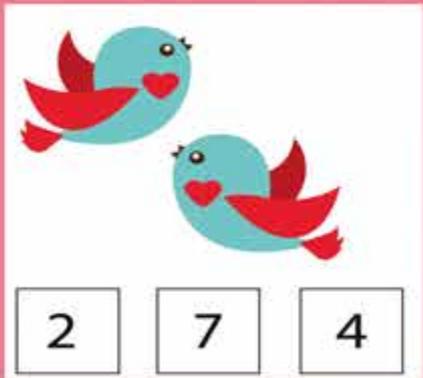


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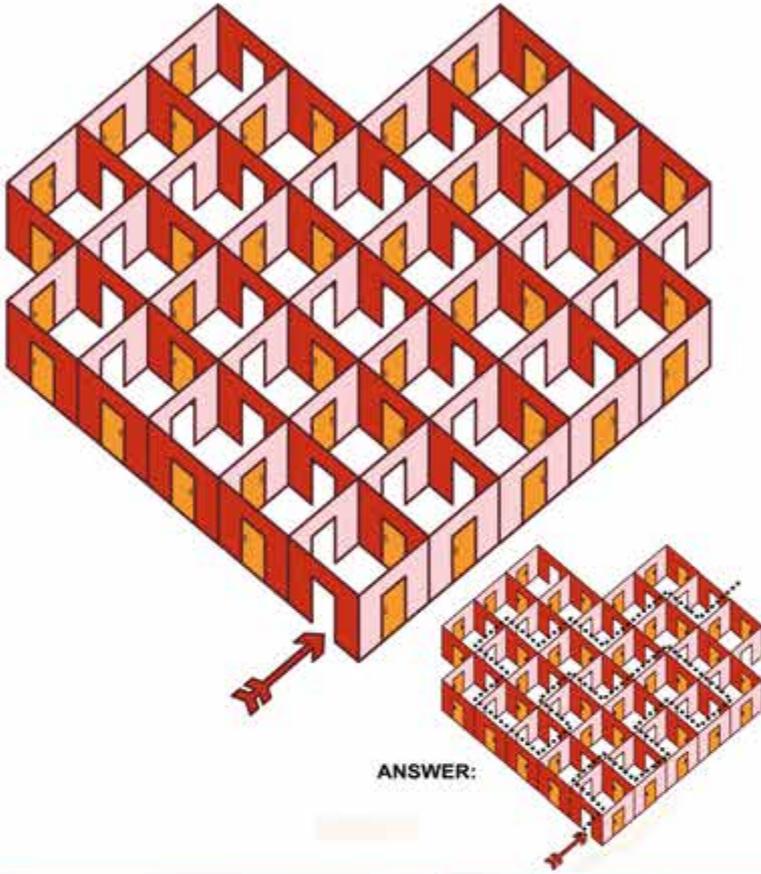


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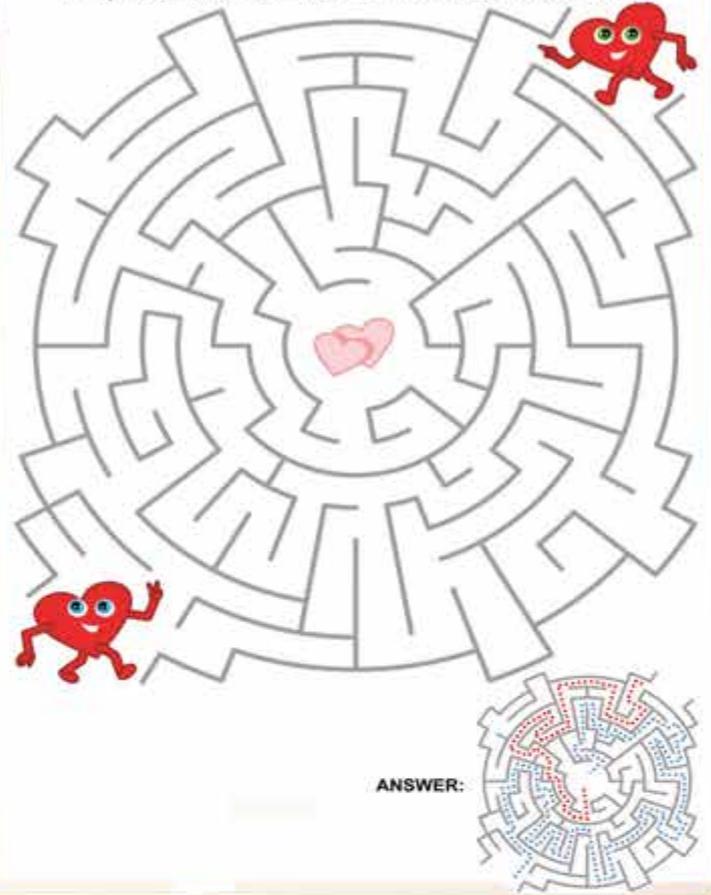


Kids' Fun Pages

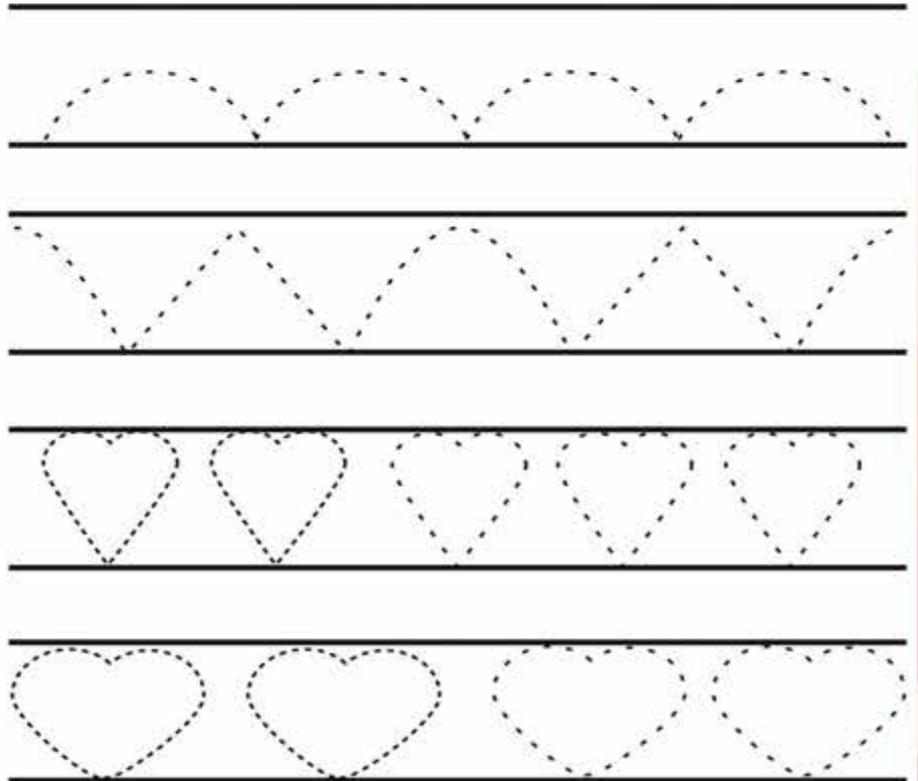
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Handwriting practice



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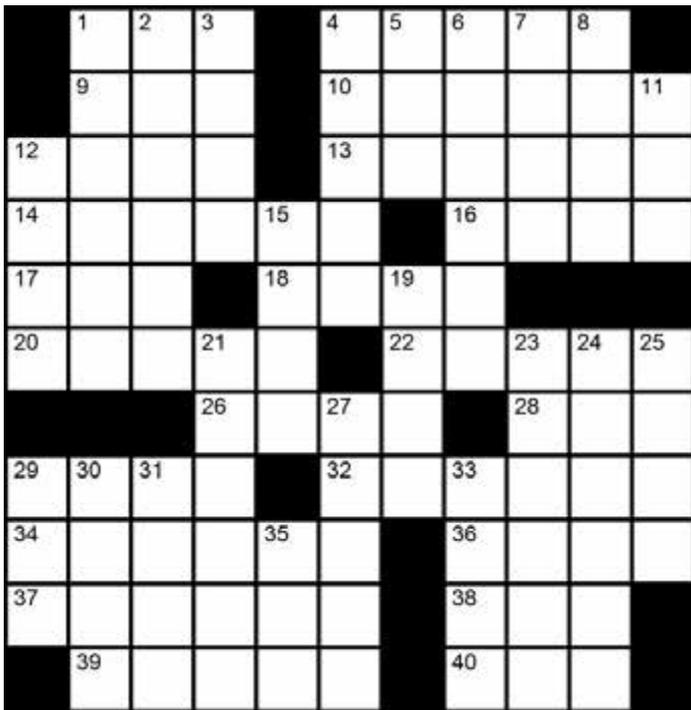
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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 " --- now or never"
- 4 Hard on the nose
- 9 Vast amount
- 10 Arranged for voices
- 12 Pie-crust ingredient
- 13 Only state with two official lang
- 14 Puncture
- 16 Caltech, for ex.
- 17 Sparse fluid
- 18 P --- puzzle
- 20 A freckle past ---
- 22 Once more
- 26 Exultation
- 28 Attempt
- 29 Comedienne née Molinsky
- 32 Commuter computer
- 34 Taking the place
- 36 Outer covering
- 37 Softened
- 38 "Halt, --- fire!"
- 39 Prolonged blockade
- 40 Advent mo.

Down

- 1 Prophetic Bible book
- 2 Blessed Mother
- 3 --- City (Baghdad district)
- 4 Pains
- 5 Half a dance, perhaps
- 6 Quarreling
- 7 Pakistan neighbor
- 8 Politician's stand?
- 11 Snockered
- 12 Where to find swinger Michelle Wie
- 15 Songwriter --- Perkins
- 19 UN nuclear watchdog
- 21 Set on fire
- 23 What one goes around in
- 24 Subtly sarcastic
- 25 Big Apple corps
- 27 Cleverly avoid
- 29 Dandy beginning?
- 30 Singles
- 31 Slimming drug
- 33 Urge along
- 35 Brain surgeon's test equipment

Solutions on page 44

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Sudoku Puzzle

Easy

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

Medium

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

CrosswordSite.com Ltd

Solutions on page 44

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- Virginia Woolf

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- Virginia Woolf

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HAPPY VALENTINE'S DAY

FEBRUARY

2/1 — 2/2

Hairspray: The Broadway Musical:

Timberview Theater presents a show based on the New Line Cinema film written and directed by John Waters. \$10 at the door. 7:00 p.m., The Center for the Performing Arts, 1110 W. Debbie Ln. MelissaDanforth@misdmil.org or (817) 299-1252.

2/1, 2/15

Mansfield Connects:

Bring-your-own-bag to lunch-n-learn. 11:30 a.m.-1:00 p.m., Mansfield Chamber of Commerce, 114 N. Main St. (817) 473-0507

2/2

Evening By The Campfire:

Families are encouraged to bring their own folding chairs. \$10 program includes s'mores and live music, plus stargazing and storytelling. 5:30-7:00 p.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Mansfield Activities Center, (817) 728-3680.

2/4

Colors for Caring Day:

MISD encourages the community to wear a color that represents a cancer that affected the life of a loved one. Free. 7:00 a.m.-7:00 p.m., Wherever You Are. (817) 299-1252.

2/7

Chamber Chat With Mark Lucas-Kelly:

Explore the journey that brought one of our community leaders to this moment in time. 8:00-9:00 a.m., Mansfield Chamber of Commerce, 114 N. Main St. (817) 473-0507

2/7 — 2/9

Household Hazardous Waste Collection:

Bring your paint, aerosol cans, electronics and recyclables along with proof of Mansfield residency. A list of accepted items is at www.mansfieldtexas.gov/ecc. Thursday and Friday, 3:00-7:00 p.m.; Saturday, 10:00 a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. David Macias, (817) 276-4239.

2/12

Mansfield Garden Club meeting:

Enjoy appetizers before hearing a message from Jim Jones, representing the Fort Worth Audubon Society. 6:00-8:00 p.m., Chris W. Burkett Service Center, 620 S. Wisteria St. RSVP to Donna Mendenhall, Director of Member Engagement, (817) 475-4428.

2/13

Wine Down Wednesday:

Enjoy complimentary beer and

wine while networking with other business professionals to grow your relationships and business. 5:00-7:00 p.m., The Office, 1103 Alexis Court, Ste. 108. Visit www.theofficeinmansfield.com or call (817) 606-7059.

2/14

Heartstrings:

Ft. Kiarra Saito-Beckman plays the violin with guest conductor Juan Carlos Lomonaco in a concert featuring Saint-Saens' Overture to the Yellow Princess and Corigliano's Chaconne, from The Red Violin. 7:30 p.m., Symphony Arlington, 224 N Center St., Arlington. (817) 385-0484.

2/15

Daddy Daughter Date Night:

The YMCA hosts this special time for dressing up and enjoying each other's company. \$45 members; \$65 non-members. 6:30-10:00 p.m., 2227 W Park Row, Arlington. (817) 989-9629.

2/6, 2/20 — 2/21

Mansfield Lions Club meeting and fieldtrip:

Work closely with MISD to provide free vision testing and eye glasses to students who need them. Noon-1:00 p.m., Mansfield Methodist Hospital, 2nd Floor

Conference Room, 2700 E. Broad St. RSVP to Jane Jones, vice president, (817) 723-3817

2/16

National Audubon Society Great Backyard Bird Count:

Join the citizen-science project collecting data on wild birds. Free program activities include games, bird feeder making and nature walks. 9:00 a.m.-noon, Elmer W. Oliver Nature Park, 1650 Matlock Rd. (817) 728-3680.

2/20

Quilting With Heart:

Join us if you are interested in making charity quilts and would like to learn more about and share the art of quilting. Open membership with no dues. 1:00-3:00 pm, First Methodist Church Mansfield, 777 N. Walnut Creek, Bldg. C, Room 11. qwhinfo@gmail.com.

2/23

How To Make A Rain Barrel:

Learn all about rainwater harvesting. Free, but registration is required. 10:00 a.m.-12:15 p.m., 620 S. Wisteria St. Email rebecca.sales@mansfieldtexas.gov.

Mansfield Cares 20th Annual Charity Ball:

This Party Like It's 1999 event



2/9

Craft My Valentine: Make something special for someone special. Supplies are provided. Free for individuals or entire families. 11:00 a.m.-noon, Mansfield Public Library, 104 S. Wisteria St. Julie Crisafulli, Youth Services Librarian, julie.crisafulli@mansfield-tx.gov.

will feature live and silent auctions, heavy hors d' oeuvres and a cash bar. Valet parking will be available. \$125 per person/\$150 at the door. 7:00 p.m.-midnight, Walnut Creek Country Club. www.mansfieldcares.org.

2/26

The Power of Your Subconscious Mind:

Learn how you can drive your conscious mind to lead a happier life. 8:00-9:00 a.m., Mansfield Chamber of Commerce, 114 N Main St. Free. (817) 473-0507

3/2

Mardi Gras Gala:

In the true New Orleans tradition, breakfast is served at 11:00 p.m. after a VIP reception, casino play, silent and live auctions. 6:00 p.m.-Midnight, Walnut Creek Country Club, 1151 Country Club Dr. Details on sponsoring this event, hosted annually by the ATHENAs to support their charitable programs throughout Johnson County, www.athenasocietyofburleson.org/athena-gala/.

**By Appointment
Mansfield Mission Market:**

Families, seniors or anyone in MISD who needs access to food is welcome to call. Pets are provided for, as well. 10:00 a.m.-2:00 p.m., Mansfield Mission Center, 777 N. Walnut Creek Dr. (817) 473-6650, www.mansfieldmission.org.

Mondays

Sunrise Toastmasters Club:

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

Miracle Mondays:

We pray at no charge for people with any issues, and teach others to pray for healing and wholeness. 10:30 a.m.-1:30 p.m., The Healing Place, 600 Strada Circle, Suite 210. Bill Dasch, (817) 319-0129.

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