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M A G A Z I N E

MARCH 2023

Revealing Rich History

Rob and Misti Kastl
honor their Irish and
Czech ancestors

In the Kitchen With
Austin Van Zandt

Also inside:

Scavenger Hunt

Crossword

Featured Business:
FunDentist Pediatric &
Adolescent Dentistry

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Sandra

Sandra Walters
MansfieldNOW Editor
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EDITOR'S NOTE

Dear Mansfield Family ...

As we prepare for the month of March, a lot of things come to mind. There are so many exciting activities that happen during this time.

School-age kids and teachers immediately think about spring break with great anticipation. I'm sure they are looking forward to traveling places, bingeing Netflix or simply sleeping in to catch up on rest. I recall my spring break being the week that my dad left a to-do list on the refrigerator daily. I remember two of the items being sweep the garage and the street. There were times when I questioned if I was really on break. Maybe, we took a trip here or there. However, when I asked my kids recently, "What did we do for spring break?" They replied, "Clean, math problems and camped with daddy." Perhaps I created a list for my kids, too. I didn't realize I did that until now. As an experienced parent, now I suggest you make fun memories. Spring cleaning is great, just balance the work with exciting tasks.

Many of us will be celebrating the Irish culture by participating in the St. Paddy's Pickle Parade and Palooza. I received the honor of learning more about the culture by interviewing Misti Kastl. Reading history in a book has always been dull to me, but listening to the eye-opening story of a person's history who lives in our community is fascinating. I'm excited about hearing even more. Please email me at sandra.walters@nowmagazines.com. MansfieldNOW loves sharing stories about you and your neighbors!

Have a great St. Patrick's Day and March!

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REVEALING RICH HISTORY

— By Sandra Walters

St. Patrick's Day commemorates the death of the patron saint of Ireland, St. Patrick. The celebration of Irish culture includes parades, special meals, music, dancing, drinking and wearing a lot of green. While preparing to celebrate the Irish culture, the Kastls share their Irish-Czechoslovakian family history with the community. They rediscover their rich, captivating history when they think back on their past.

"My ancestors immigrated here about 150 years ago from Ireland," Misti explained. "The stories my grandmother told are cemented in my head. They fled the Potato Famine, also known as the Great Hunger, in the 1800s landing in America, and traveled west with the railroad settling in El Paso, Texas, during a homestead land grab." She noted that approximately 1 million men, women and children died in Ireland as a result of starvation. Therefore, many of the people left Ireland on "coffin ships." These vessels weren't

officially named "coffin ships." The term merely denoted the terrible conditions passengers aboard these vessels endured — overcrowding, unsanitary conditions and the spread of disease. Many lost their lives while attempting to reach the United States, England, Canada and Australia. Though many people didn't arrive at their planned destinations, Lawrence Grant O'Keilly made it to Ellis Island. "Many Irish people dropped the 'O' upon registering to assimilate in the Americas. This is where my American-Texas story began. Once Lawrence arrived in El Paso, he married, had a family and worked as a farmer on their own homestead, which we still own today. They truly lived the American dream."

Misti's parents relocated to the family farm when she was in the seventh grade. After traveling in support of her father's job, her parents desired that she and her siblings create friendships that lasted longer than a few months. They attended junior high, high school and college with many of the same people. She met Rob at the age of 12, and they became friends. "Moving home allowed us to grow up with grandparents, aunts and cousins around. It was like there was a parenting council. Our family is extremely close, helpful, friendly, and I attribute this to my heritage. My grandmother, much like her mother before her, was the leader of the family. They both instilled being warm, welcoming and inclusive of all. I believe I got that from them. I see us as storytellers,




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religious and superstitious. We have the gift of gab, and we see it as a blessing,” Misti added.

Rob and Misti started dating during their junior year at New Mexico State University. They married after college and planned to join his family’s business. Rob’s grandfather, whose ancestors immigrated from Czechoslovakia, became an attorney in Nebraska. However, he found law not as fair as one would hope, so he bought a carnival, and this became the family business. They have been traveling all over the Southwest for three generations now. Originally, Rob and Misti prepared to work in the carnival industry with family, but corporate theme parks called them to Dallas.

Rob was offered a job at Six Flags. “Currently, Rob consults with amusement parks all over the nation, building and remodeling the games operations in theme parks. We also work in the carnival industry



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School, and he chose to go to Ireland and Scotland on his family graduation trip. Gavin wanted to play golf on the first golf course, St. Andrews, in Scotland, and Peyton, their daughter, desired to tour castles and attend a Highlands game. They all envisioned kissing the famous Blarney Stone. “It was such a treat. We enjoyed experiencing our Irish culture. I saw more red heads and fair skin in Ireland than any other place. I looked around and people looked like me. Everybody was extremely helpful and kind. I reminisced about my grandmother’s sayings, ‘As babies we are innocent and can talk to the angels, and that’s why they smile.’ ‘If your hands itch, your luck is changing, and you should come into some money.’ ‘If the broom falls, company is sure to arrive soon.’ ‘Open the door at midnight on New Year’s Eve, letting the old year out and welcoming the new year in.’ And we never missed a birthday without the Irish birthday blessing being said. After her passing, I believe she still visits in the form of a cardinal. As a culture, we struggled for centuries to simply survive,

but now the Irish are considered tough, scrappy and hardworking. Many of these characteristics I am proud to see in our own family.”



When Misti returned home, she thought about how her children got the opportunity to experience their culture. “That was a gift to us all. I began to get excited about the upcoming St. Patty’s Day festivities. My favorite being the Pickle Parade, which made me appreciate where I live even more. As I enjoy the festivities this year, I will think about the beautiful structures in Ireland and our family trip,” Misti said. “I hope to see you at The World’s Only St. Paddy’s Pickle Parade!” **NOW**

independently by operating games at many fairs, rodeos and festivals in North Texas, including the country’s largest fair, the State Fair of Texas. We hire between 50-75 people each year to facilitate games. They must be entertaining because this is all about engaging people and having a good time. Now that our kids are older, they help, too,” Misti continued.

Recently, the couple’s son, Gavin, graduated from Lake Ridge High

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Zoomed In:
Daniel Henry

By Sandra Walters

Daniel Henry performs admirably enough at the Texas Swimming & Diving Regional Championships to represent Timberview High School in the State 5A 1m Boys Dive Meet. This diving event consists of a 1 meter in height diving board, which may include a somersault pike, somersault tuck and reverse pike. “I didn’t join the diving team until my seventh-grade year at Coble Middle School. That was the first time I leaped off of a diving board,” Daniel said.

Despite only being a freshman, Daniel broke Timberview’s 11-dive record set at the district dive meet, a record that had been set before he was even born. As he progresses, his proud family will be there to watch.



Kirk and Heather Kinnick spend date night at Topgolf.



Barry Smith is known as Papa Bear to those he loves.



Mansfield and Lake Ridge swimmers head to the State Meet.



Benita Ibrahim and her granddaughter enjoy Buc-ee’s.



Mykah's Mutts conducts a popup shop at the Squirrel Coffee Company.



Omarian and Kim Brown enjoy a date night.



Chayse Szmuc has fun at the Fort Worth Stock Show & Rodeo.




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Dr. Charles Miller is a local who graduated from Arlington High School. He was certain about his career goals during his junior year. Dr. Miller explained, “I enjoy working with my hands because my father was a carpenter. I also received the opportunity to hang out with my best friend’s dad, who happened to be a dentist. I spent a lot of time at his office, so this intrigued me.”

Following graduation, he attended The University of Texas at Arlington. After completing his bachelor’s degree, he enrolled at Baylor College of Dentistry in 1980. “At that time, Baylor had an independent dental school, which is now Texas A&M College of Dentistry,” he continued. From there, he attended University of Illinois College of Dentistry, receiving a Master of Science in Pediatric Dentistry.

When asked why he selected pediatric dentistry, he replied, “My older brother’s best friend was a pediatric dentist, and he influenced that decision. He was a dentist in Fort Worth, and my dad built all of his cabinetry. Therefore, I was always around dentists.”

As a pediatric dentist, his brother’s friend seemed to

enjoy dentistry while entertaining and teaching children how to take care of their teeth. Dr. Miller simply observed as a young man and desired to follow his path. He said, "I like educating kids about their teeth. I make it enjoyable by making up brushing-your-teeth games. Being a pediatric dentist is about a triangle relationship — the kid — caregiver — dentist. The kid is my No. 1 priority, so we try to create an environment that is fun and healthy.

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CookingNOW *In the Kitchen With* AUSTIN VAN ZANDT

— By Sandra Walters

“When I received an Easy-Bake Oven at the age of 4, that is where my passion for cooking began. Now, I enjoy seeing how people react to my food, whether they are positive or negative. This lets me know if this dish makes it into the recipe book or not,” Austin Van Zandt said.

As a Ben Barber Culinary Arts student, he perfected his cooking skills. This high school culinary program competed in *Chopped Texas*, which is like the TV show, *Chopped*. His team won and received two scholarships to two different culinary schools. Austin added, “I’m not a professional chef. I chose a different direction, but my favorite style of cooking is grilling, whether it is smoking meats or hot-and-fast grilling a steak.” **NOW**

Meatloaf

2 eggs, beaten
3/4 cup milk
2/3 cup dried breadcrumbs
1/2 tsp. each sage, basil and oregano
1 tsp. salt
1/2 tsp. pepper
1 1/2 lbs. ground beef
1/4 cup onion, finely chopped
1/4 cup ketchup
2 Tbsp. brown sugar
1/4 cup mustard

1. In a medium bowl, combine the eggs, milk, breadcrumbs, sage, basil, oregano, salt, pepper, meat and onions; mix well.
2. Place in an 8-inch meatloaf pan. Bake at 350 F for 1 to 1 1/4 hours.
3. Once done, spoon off the fat; put the fat in a bowl with the ketchup, brown sugar and mustard. Combine and spread the mixture over the top of the meatloaf; bake for 10 minutes.
4. Let sit for 10 minutes and enjoy. This pairs great with mashed potatoes, a side salad and Texas toast.

Pan-seared Lamb Chops With Tarragon-infused Sweet Potato Puree

Puree:

2 sweet potatoes
1 Tbsp. dried tarragon
Salt, to taste
Pepper, to taste
Garlic powder, to taste
1/2 cup milk

Lamb Chops:

4 lamb chops
Salt, to taste
Pepper, to taste
Garlic powder, to taste
1 Tbsp. dried tarragon
2 Tbsp. olive oil
4 Tbsp. butter
2 cloves garlic
1 sprig fresh tarragon
1 sprig fresh rosemary

Garnish:

Nonna Pia Balsamic Glaze
Sunflower micro greens

1. *For puree:* Bring a pot of water to a boil. Add the sweet potatoes; boil until fork tender. Once tender, remove all skins and the ends.
2. Place in a food processor. Add the dried tarragon, salt, pepper and garlic powder to taste. Pulse the food processor until incorporated. Add the milk slowly until a smooth consistency. You may not use all of the milk. Taste and adjust the seasonings to your liking; set aside and keep warm.
3. *For lamb chops:* Season the lamb chops with salt, pepper, garlic powder and dried tarragon on both sides.
4. Heat a large cast-iron skillet on high heat. Add enough olive oil to sear. Sear both sides until golden brown, for 3-4 minutes.
5. Reduce heat; add the butter, garlic cloves, fresh tarragon and rosemary. Tip the pan; using a spoon, scoop the butter juices and oil and baste the lamb chops. Repeat until the lamb chops are a nice medium between 140-145 F (Over this and they will become tough.) Let them rest for 2 minutes.
6. *For plating:* Place 1/2 cup of sweet potato puree in the middle of a plate. Stand a lamb chop in the middle of the puree. Drizzle balsamic glaze around the plate; add the micro greens.

Avocado Toast

- 1/2 avocado
Salt, to taste
Pepper, to taste
2 mini red and yellow peppers, diced
1/2 Tbsp. butter
1 egg
1 slice sweet Hawaiian bread
Sriracha Sauce, to taste
Balsamic glaze, to taste

1. Mash the avocado; season with salt and pepper to taste.
2. In a pan, sauté the peppers. Remove the peppers; set aside.
3. Add the butter to the pan; cook the egg over easy. Season with salt and pepper to taste.
4. Place the bread in a toaster; toast until golden brown. Spread the avocado on the toast; add the egg on top with the peppers. Drizzle Sriracha and balsamic glaze on top.
5. Enjoy! This pairs great with a side of fruit

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There are a variety of retirement planning options that can meet your needs. Some plans are employer provided retirement plans, and some can be funded individually. In most cases, early withdrawals before age 59 1/2 may be subject to a 10 percent federal tax penalty. The latest date to begin required minimum distributions is usually April 1 of the year after you turn age 73. Withdrawals are usually taxed as ordinary income.

Individual retirement accounts are available to virtually any wage earner at any salary, up to certain income limits. They are funded completely by individual contributions. IRAs are usually held with a bank, brokerage firm, insurance company, mutual fund company, credit union or savings association. They provide either a lump-sum payment or periodic withdrawals upon retirement. There are two basic types of IRAs: traditional and Roth. Contributions to traditional IRAs may be tax deductible and are taxed upon withdrawal, whereas contributions to Roth IRAs are not tax deductible but qualified withdrawals are tax-free.

Self-employed plans are specifically designed for self-employed people. They are funded completely by wage-earner contributions and provide either a lump-sum payment or periodic withdrawals upon retirement. Self-employed plans have the same investment opportunities as IRAs. Contributions to self-employed plans are tax deductible within certain limitations. Self-employed retirement plans are referred to by the same name that is used for each type of plan, such as a SEP IRA, SIMPLE 401(k), or self-employed 401(k).

Simplified employee pensions, or SEPs, were designed for small businesses. Like IRAs, they can provide either a lump-sum payment or periodic withdrawals upon retirement. Unlike an IRA, the employer funds a SEP, although some simplified employee pensions do allow employee contributions. SEPs are usually held in the same types of accounts that hold IRAs. Employee contributions — in those SEPs that allow them — may be tax deductible.

Savings Incentive Match Plans for Employees, or SIMPLE plans, were designed for small businesses. They can be set up either as IRAs or as deferred arrangements — 401(k)s. The employee funds them on a pre-tax basis, and employers are required to make matching contributions. Principal and interest accumulate tax deferred.

Strictly speaking, annuity contracts are not qualified retirement plans. But they do provide tax-deferred growth like qualified retirement plans. However, due to the complexity and variety of annuity contracts, they will not be explained in this article.

Please consider the investment objectives, risks, charges and expenses carefully before investing. The prospectus, which contains this and other information about the variable annuity contract and the underlying investment options, can be obtained from your financial professional. Be sure to read the prospectus carefully before deciding whether to invest. The information in this article is not intended as tax, legal, investment or retirement advice or recommendations, and it may not be relied on for the purpose of avoiding any federal tax penalties. Please seek guidance from an independent tax or legal professional. Neither the information presented, nor any opinion expressed constitutes a solicitation for the purchase or sale of any security. Content in this material is for general information only and not intended to provide specific advice or recommendations for any individual. **NOW**

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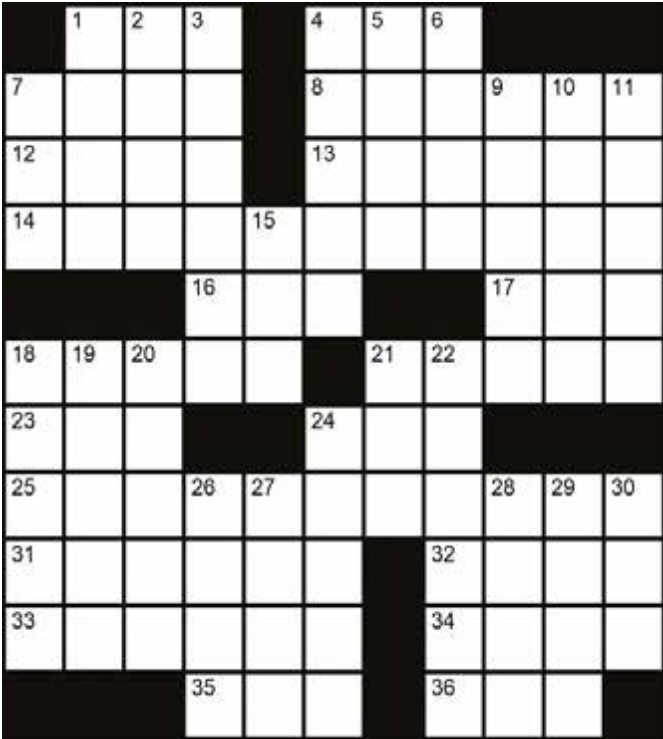
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Across

- 1 L runners
- 4 Viper
- 7 "Chinatown" film genre
- 8 Hits it off
- 12 All time
- 13 Auto garage service
- 14 Concept in economic theory
- 16 --- Harburg, "Somewhere Over the Rainbow" lyricist
- 17 Maxim
- 18 Enjoy with relish
- 21 Consumers
- 23 "Halt! --- fire!"

- 24 Powdery residue
- 25 British Fox News contributor and Trump supporter
- 31 Skilled with
- 32 Supercelebrity
- 33 Work hard battering rivets
- 34 Temperate
- 35 Sailor
- 36 Shareable computer file

Down

- 1 Sheltered inlet
- 2 Cake layer
- 3 Gully
- 4 Be a brat
- 5 Run-down part of a city
- 6 Engine knock
- 7 --- Percé (Northwest Native American)
- 9 Discontinue
- 10 "Harold & --- go to White Castle" (2004 movie)
- 11 Ejects forcefully
- 15 Respectful form of address
- 18 Vocal music
- 19 Very funny
- 20 Forceful exertion
- 21 Where you are now, probably
- 22 Bubba Gump offering
- 24 Hunting
- 26 Prepare for publication
- 27 Kind of lamp
- 28 Sour
- 29 "A good walk spoiled" (Mark Twain)
- 30 Conclusion

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Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

3/5

"Bold and Majestic":

The Mansfield Philharmonic presents music by Chevalier de Saint-Georges, Siobhan Cassidy Robinson, Mozart and Beethoven. Free. 7:00 p.m., First Methodist Mansfield, 777 N. Walnut Creek Dr.

3/10

Paddle Battle Pickleball Tournament:

Choose your partner or have one assigned. Ages 10-plus. 5:30-9:00 p.m., Mansfield Activities Center, 106 S. Wisteria St. Enroll at [https://anc.apm.activecommunities.com/mansfield/activity/search/detail/15894?onlineSiteId=0&locale=en-](https://anc.apm.activecommunities.com/mansfield/activity/search/detail/15894?onlineSiteId=0&locale=en-US&from_original_cui=true)

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3/10-3/13

Arts Week 2023:

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3/18

DIY Sprinkler Repair Workshop:

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3/17 and 3/18

The World's Only St. Paddy's Pickle Parade and Palooza:

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3/25

Repair Café:

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

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