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APRIL 2019

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The Force Is With Them

Kevin Flynn and his friends specialize in fundraising

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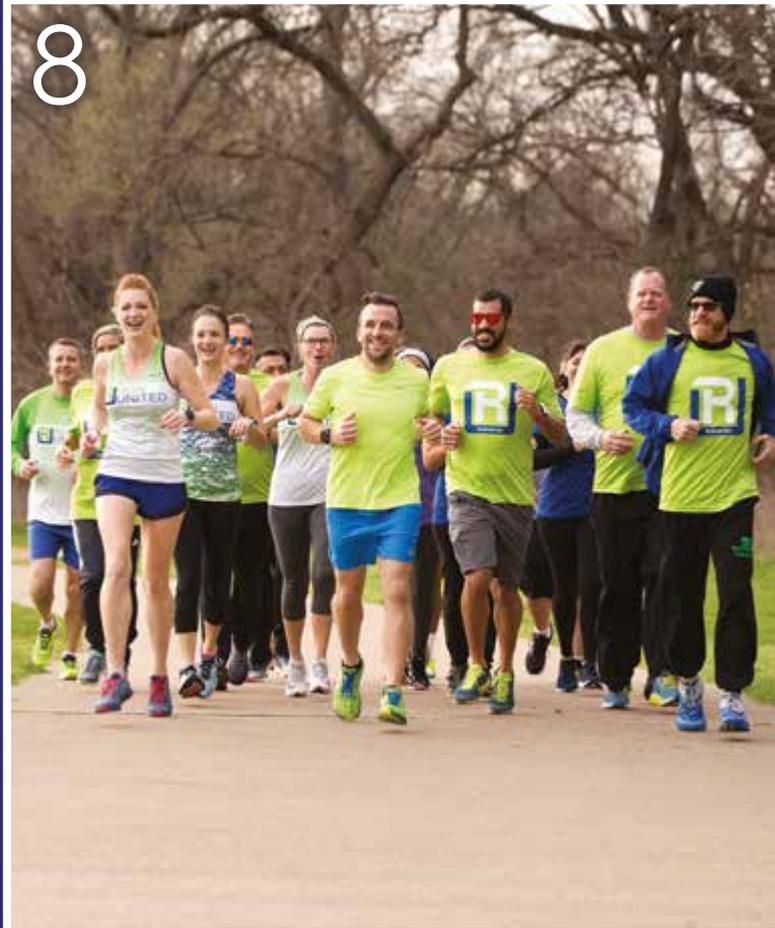
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ON THE COVER

Elizabeth Cantrell leads a run from Historic Downtown every Thursday.

Photo by
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EDITOR'S NOTE



Melissa

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Rainy days are electric!

Living in the country, with a great, big tin roof covering my screened porch, I always go outside when I hear the beginnings of a rainstorm. Short and gentle, or torrential, the falling drops of water bring with them an energy that acts like food for my soul.

Researching this proves the electricity in the air during a storm is literally nutritious. Wikipedia told me that while an average thunderstorm releases energy amounting to about 10,000,000 kilowatt-hours — equivalent to a 20-kiloton nuclear warhead — a large, severe thunderstorm might be 10 to 100 times more energetic. This is when positive ions are separated from electrons, and negative ions have long been attributed to improvements in mood and physical health, according to nutritionreview.org.

Only once has it rained during our family Thanksgiving gathering in the state park. That was certainly an energizer — everybody was up, rescuing casseroles and table settings without even being told what to do. We've learned since then that a canopy, though it does block the view of the birds flitting through the tops of the pines, surely keeps the hard-earned meal tasty. Yet we're ready to enjoy the excitement that will come with another life-charged rain.

During spring storms, especially, the promise of new growth thrills me. The buds on the peach trees are always brighter after a good, late-night downpour. Last month's daffodils have given way to iris and lilies. Next up, I'm hoping for tulips!

May your April showers bring May flowers!

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THE RUNNING LIFESTYLE

— By Melissa Rawlins

While the Healthy This Way initiative and IT'S TIME TEXAS Community Challenge encourage Mansfieldians to walk local trails, a fresh, young group of runners is picking up the pace all around the city. Three times a week, packs of up to eight people travel on foot at speeds between 3 to 9 miles per hour. When the Run United Run Group gets going, it's as much for socializing as for exercise. And for those who have families, it's a family affair.

"Dads have brought their sons, and moms their kids on their bikes," run leader, Elizabeth Cantrell, said. "Another family comes with their three girls. The parents coach together in their triathlon business, and their girls are involved in running, swimming and cycling." For Elizabeth and her husband, Scott, it's nice to have another family of equal size and similar lifestyle to run with.

Running became Elizabeth's friend during high school. "Once I got my first taste of a race, I knew this was fun. Training every day after school in the 105 F heat and sweating buckets, but doing it with the most fun girls ever, hooked me. Something about pushing myself to a place I didn't think I could reach gave me enjoyment and a sense of purpose," Elizabeth recalled.

She ran recreationally during college and in her early 20s, to keep in shape or to de-stress, but she wasn't consistent. Four years ago, after her third child was born, she returned to running. "It's like the friend that it takes no time at all to catch up with even if you've been separated for years. Time could pass, but every time I came back to running, I felt we were saying, 'Hey friend, here you are. Good to see you again.'"

In 2014, Elizabeth desperately needed that friend. Normally, she weighed in at 125 pounds. Despite caring for three children, her home and her career as an art teacher in the Arlington ISD, she was over 150 pounds and fatigued because she was not physically active. Tired of looking in the mirror and seeing extra weight, running was the only thing she knew to do.

Taking the challenge to push her body back to health, Elizabeth ran her first half-marathon in November 2015, and through meeting other runners, she met the owner of Run United. She was teaching at the time, and he offered her the management of his store. Keen to pour her energies into her friend, Elizabeth accepted the position and all its responsibilities. She organized the store's run group, which takes three social runs weekly.

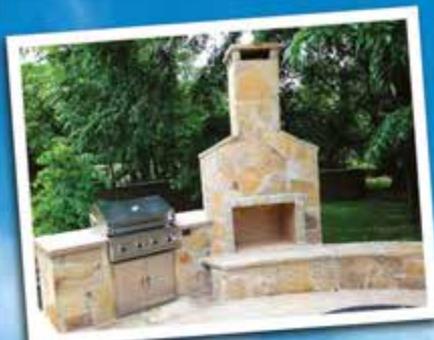
She's been able to educate people — transferring the skills she developed during eight years of explaining creativity to her curious, young art students. "Now, when people complain about a part of their body that is hurting, I can explain why they're hurting and what we can do about it," Elizabeth said. "While we run together, I can reach out, suggesting changes, tips and

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tricks, if you will, and say, 'If you try this adjustment to how your body moves, you might not feel the pain you're complaining about.'"

Pain, in fact, made her step back just at the time the club started. "I was injured and not able to physically be here to run with people, so my husband stepped in and still leads the long run every Saturday morning," said Elizabeth, remembering how running really had no place in her husband's life when they met. "Scott was playing ice hockey recreationally — he lived and breathed hockey," she said. "He did not run until after I did my first half-marathon. He'd watched me train for it and seen the spark ignite. When he was there at the race, he was so moved by the other people there spectating. He could not believe people were there to cheer on complete strangers. That really said a lot to him about the sport. On the car ride home, he said, 'I want to do this, just like you.'"

While he accepted the joy resulting from the challenges running presents, Scott helped his wife live through pain unimaginable from a condition that reared its ugly head during her first full-marathon in 2016. It wasn't until February 2018, that she identified her condition as osteitis pubis. "It's a movement disorder, putting strain on a muscle group that plays a support role, rather than putting the workload on the workhorse muscles. Because I wasn't using those workhorse muscles, the support group muscles of the thighs were pulling my pelvis apart. It was so painful just to move," Elizabeth explained.

Aside from Scott, her best friend, Leigh Ann Scicluna, has provided Elizabeth unwavering support throughout her rehab. "She's been there with wine when I needed to cry, and has literally picked me up off the sidewalk before. Without

her, I don't know whether I would have gotten this far through this journey," Elizabeth said. "We can talk while we run, if it's an easy run. That's where I solve the world's problems — and my own."

Elizabeth now leads the run leaving from Dirty Job Brewery every Thursday evening. "Our brew run is fun," she said, "because after we're finished, we'll all sit in the brewery and have a beer and talk."

The Cantrells have inspired their 8-, 7- and 5-year-old children to run, as well. "It's part of their lifestyle, too. My 5-year-old will run two miles at his afternoon run club," Elizabeth said. "Before I came to work today, I said, 'OK guys, Daddy is out running his loop.' The children are thinking, *He's nearby. Mom and Dad run, race and are active. I guess this is what life is supposed to be.*"



When the weather is nice, Scott and Elizabeth usually bring their children along on their bikes while they run at Katherine Rose Park. When they head out on a social run from Run United, the whole family heads down the linear trail and then loops back. The children know the rules, like not getting too far ahead and making sure their brother isn't left behind.

One day, they'll be able to keep up with their parents and the entire run group. Meanwhile, they are inspired watching their mom cross-train — reinforcing proper running mechanics in her barefoot running shoes and improving her swimming and cycling, while preparing to someday do a triathlon. One day, Elizabeth will say she's a bulletproof runner. **NOW**



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THE FORCE IS WITH THEM — By Rick Mauch

Even the police need help sometimes. When the Mansfield Police Department identifies a need, Kevin Flynn and his friends step up. Kevin is now treasurer of the Mansfield Citizens Police Academy Alumni Association. While members of the association do many things to support the department, their primary goal is fundraising. “There are things the police department doesn’t budget for that are reasonable that we can go out and get,” Kevin said. “The other things we



"I believe everybody should have a knowledge of their police department and going through the Citizens Police Academy is a great way to get that."

get to do are very personal, such as feeding the entire department twice a year, sponsoring the annual banquet, as well as officers play in a golf tournament and purchasing gift baskets for expectant spouses."

Kevin, a 20-year resident of Mansfield, joined the MCPAAA in 2014 and became the association's president in 2016. In cooperation with the current president, Mark Hayes, Kevin relentlessly develops fundraising concepts to support the entire MPD. "We do these things because these officers deserve it," he said.

Over the past three years, much-needed, non-budgeted items have been purchased to help police officers in

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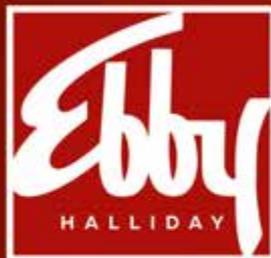
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their everyday duties. A self-contained LED lighting system for crime scene investigation was recently provided by MCPAAA-raised funds. Likewise, tablets for the negotiation team have been purchased so the most current information is available to the assigned officers and the command post.

“These tablets were instrumental in the Mansfield MPD Negotiation Team winning a state competition,” Kevin said.

Additionally, the association supplied dolls useful during suspect interviews for crimes against children, a wireless projector with portable screen for conducting neighborhood watch meetings, bikes and bicycle preventative maintenance for park-system patrols and many other items.

If the department had purchased these, the cost would have extended the time for officers’ purchase requests to be realized. “One item was over \$1,900, new,” Kevin said. However, he did what he and his friends do best. “We found a bargain at \$675, fully functional, on eBay.”

John Mathiesen has been a member for 15 years and loves fundraising. He’s proven himself to be very good. “John is a fundraising maniac,” Kevin said.

“I just wanted to be a part of the community, get out there and see if I can help people, especially kids,” John said. “I believe everybody should have a knowledge of their police department, and going through the Citizens Police Academy is a great way to get that.”

John maintains a network of community businesses ready to support MCPAAA events through donations of food, gift cards, coupons and, occasionally, cash. Recently, three businesses provided 90 percent of the food needed to feed the entire department. “I am amazed, but not surprised, by the support of the business community,” Kevin said.

Among his association’s favorite ways

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to help are MPD meet-and-greet events. These usually include activities for kids. "It's a great way for the community to mingle and get to know the officers in a relaxed setting," John said.

At the meet-and-greet last May, the group handed out sets of Jacks games to adults who stopped by the booth. "It was a big hit," Kevin said. "You should have seen the adults' faces light up."

He noted it was also a good recruiting tool for the Citizens Police Academy. The association recruited 12 people for the next class in September. "Those Jacks were a great icebreaker."

To join the MCPAAA, one must first go through the Citizens Police Academy, which has several classes each year. Graduates from the academy must then formally join the alumni association. "The big thing is community service. By going through the academy, you learn police procedures," Kevin said. "The knowledge gained empowers you to understand better what an officer does in a situation and makes you a community ambassador for the police department."

Along with fundraising and recruiting for the academy, members of the MCPAAA can help as volunteers in a variety of areas. These include park patrol, search and rescue, senior citizen programs, National Night Out, traffic control, parades and more.

Kevin said he wanted to be a police officer at the end of his first Navy re-enlistment. "I had no intention but to serve four years, but then I re-enlisted," he said. "I raised my hand to the U.S. government instead of the local government."

And while he's not a police officer now, he's part of the organization that overall helps his city's police department. And he couldn't be happier. "It's genuine and from the heart," he said. "Police have a tough job."

All it takes to become a member of the MCPAAA, an approved 501(c)(3), is a heart for doing good and helping the police department, which in turn helps all Mansfield citizens. All applicants must be at least 18 years old at graduation from Citizens Police Academy, but the MCPAAA has a diverse membership. "We have a good mixture of men and women. A lot of married couples even, including seniors, go through the academy," he said. "Just give us a try." **NOW**



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— By Melissa Rawlins

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The law excites Karen Schroeder. Teaching her family, friends and community how to care for and protect their family assets, and build wealth, is her passion. Karen focuses on trusts, estates and elder law/adult guardianship/probate. She also assists clients with real estate and new business start-ups, operation and termination.

With the heart of a social worker and the curiosity of an engineer, Karen spends most of her time researching and



applying the many specialized laws for estate planning, guardianships and probate proceedings on behalf of her clients. She is a member of The Texas Bar College, an honorary society of lawyers who are among the best-trained attorneys in Texas, attending at least double the required continuing education courses every year while maintaining high ethical standards. “This invitation and achievement is attained by fewer than 10 percent of all Texas lawyers,” Karen said. “I have turned my love for constantly learning into educating others and sharing knowledge with my community.”

On top of teaching seminars to her church family, local nursing homes, the local Chambers of Commerce, ALS groups, Alzheimer’s groups and many others, she teaches the public about wills and estates during a free event put on by the Tarrant County Bar Association and Tarrant County Bar Foundation each spring. Again this year, Karen joined other local legal professionals who taught the public nine separate

legal topics during The 15th Annual People's Law School last month.

"Many people don't know, for instance, that there is no automatic right of survivorship between spouses when they jointly own real estate," Karen said. "So, surviving spouses come to me in shock, asking why they have to hire an attorney and enter the court system to probate, with a will or not, to legally transfer title to their home out of the name of their deceased spouse."

"I have turned my love for constantly learning into educating others and sharing knowledge with my community."

Karen provides personalized legal advice from her branded practice, Your Trusted Neighborhood Attorney, which brings together homegrown charm and extensive legal expertise. She has served the citizens of the Dallas-Fort Worth area since obtaining her license to practice law 25 years ago. She is a fourth-generation Texan who was born in San Angelo and raised in Arlington since the first grade.

"I believe in long-term partnering and building relationships in the community," she said. "Both of my children are seniors this year, and their 18th birthday present from me was a will, financial and medical powers of attorney"

Her son, Alex, graduates from Texas A&M University this May, and her daughter, Jessica, graduates from Martin High School in June. Karen's husband, Brian, just celebrated his 36th year at Lockheed Martin, and she describes him as the man who stole her heart.

Karen's "trusted sidekick" is her long-term assistant, Kim Carper. "Our families keep us going, and caring for them is our highest priority," Karen said.

If you have family you care about, make an appointment with Karen Schroeder, Attorney at Law, to discuss how best to protect their interests after you are gone. While you're there, ask for her free, simple estate-planning checklist to help you go out and educate your loved ones. **NOW**

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Zoomed In: Ken Aldridge

By Melissa Rawlins

The Ladera Book Club recently featured Ladera resident, Ken Aldridge, who spoke about his writing style and how to get published. The first mystery he published, in December 2010, is *Triage of Trouble*. His eighth novel, published in December 2018, is *Death Be Nimble, Death Be Quick*.

During a later discussion of Graeme Simsion's book, *The Rosie Project*, which has a character with Asperger's syndrome, Ken was asked, "Do you have anyone on the Autism spectrum in your life?"

"How appropriate," Ken said, "because two of my grandchildren experience autism." Ken then described with awe the extraordinary gifts his granddaughter displayed at her own 10th birthday party. "She could introduce not only her guests, but both their parents!"

The next book Ken and the Ladera Book Club will take on is the Mansfield READS selection, *Before We Were Yours* by Lisa Wingate.



James Leggs, vice president of Historic West Mansfield Texas Community Development Corporation, speaks on affordable housing at the State Capitol in Austin, Texas, for Rally Day 2019.



Morgan Huitt poses at Mansfield's By The Horns Brewing, as her mother takes photos for her daughter's blog about bohemian western fashion.



Sam Adams plays with Sherrie Hudson's nametag at the Business Unplugged hosted by American National Bank.



Danny Jones Middle School celebrates its recognition as a Texas School to Watch by the National Forum to Accelerate Middle-Grades Reform and the Texas Association of Secondary School Principals.



Andrea McMillin admires adorable marshmallow stackers as she prepares AndiMac Candy Shack for Easter.



Word of Truth Family Church Minister Sara Conner and intern, Aria Sanders, greet ladies interested in learning about the April 5-6 TRIBE Conference.



Alex Saucedo grabs a Starbucks before starting her shift at Q'doba.



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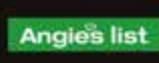
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CookingNOW
In the Kitchen With
 SHELLEY DAUNIS

— By Melissa Rawlins

Although she treasures cookbooks, Shelley Daunis usually does not use recipes. “Cooking is a bit of a Zen-like experience for me. I pretty much wing it in the kitchen,” she said. She is president of the Friends of the Mansfield Public Library and also organizes the Mansfield Area Cookbook Club. Her earliest memory of cooking is making holiday sugar cookies with her grandmother. “I’m pretty sure there was never a boxed mix of any kind in Granny’s kitchen.”

These days, Shelley cooks frequently for family and friends. “I typically prefer to cook fresh and healthy meals, but for parties I enjoy adding some decadent dishes, too,” she said. Her Granny is still her favorite cook. “She taught me that cooking is about family, caring and sharing. Cooking is how I share the love.” **NOW**

Spring Radish Salad
 Serves 4.

- 1 bunch radishes, finely diced
- 1/2 cup parsley, finely chopped
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. extra-virgin olive oil or avocado oil
- 1 pinch black pepper
- 1/8 tsp. sea salt, or to taste

1. Combine all ingredients; toss gently.
2. Adjust seasonings and lemon juice as needed. Note: This salad also makes an interesting garnish for mild, white fish.

Whole Roasted Cauliflower
 Serves 6.

- 3 Tbsp. extra-virgin olive oil, avocado oil, ghee or melted butter

- 1 Tbsp. fresh dill, finely chopped
- 1 Tbsp. fresh parsley, finely chopped
- 1 tsp. pink Himalayan sea salt
- 1 pinch black pepper, or more to taste
- 1 tsp. paprika
- 1 head cauliflower, leaves and core removed

1. Preheat oven to 400 F. Combine oil or butter, dill, parsley, salt, pepper and paprika in a small bowl. Brush oil mixture over cauliflower; rub evenly into head.
2. Place seasoned cauliflower head in a cast-iron skillet or other oven-safe pan or dish; cover with foil.
3. Cook for 40-50 minutes. When a knife slides in easily, it’s done. Remove foil and roast an additional 5-10 minutes, until cauliflower turns golden brown.

Baked Swordfish Steaks
 Serves 4.

- 1 large garlic clove, minced

- 2 Tbsp. extra-virgin olive oil or avocado oil
- 1 dash sea salt, or to taste
- 4 swordfish steaks (loin cut)
- 1 large lemon, juiced
- 2 Tbsp. fresh parsley, finely chopped

1. Preheat oven to 375 F. Combine minced garlic, oil and salt in a small bowl. Rub mixture into swordfish steaks on both sides; sprinkle each steak with a little extra salt.
 2. Bake for 15 minutes. Sprinkle steaks with lemon juice and parsley. Bake for an additional 5-10 minutes until steaks reach an internal temperature of 145-150 F.

Crab-stuffed Portobello Mushrooms

Serves 4.

Nonstick cooking spray

- 4 large portobello mushroom caps
- 1 Tbsp. Dijon mustard
- 1 tsp. seafood seasoning, such as Old Bay
- 1/2 tsp. dried oregano
- 1 tsp. Worcestershire sauce
- 1/4 cup, plus 2 Tbsp. mayonnaise
- 1 egg, lightly beaten
- 1 lb. lump crabmeat, picked over for shells (rinse and drain if using canned)
- 1/4 cup Parmesan cheese, grated (optional)
- 1 tsp. paprika

1. Preheat oven to 400 F. Spray a baking dish with nonstick cooking spray.
 2. Clean mushroom caps with a damp cloth; spoon out the gills.
 3. Combine mustard, seafood seasoning, oregano, Worcestershire sauce, mayonnaise and egg in a large bowl.
 4. Gently fold crabmeat into the seasoning mixture until combined. Cover; refrigerate 30 minutes, or until ready to use.
 5. Spoon 1/4 of the filling into each cap. Sprinkle with Parmesan and paprika; place in prepared baking dish.
 6. Bake for 15 minutes; serve immediately.

Scotch Eggs

Serves 6.

- 1 lb. turkey breakfast sausage, mild and lean (roll type)
- 1/2 cup nutritional yeast
- 2 Tbsp. flax or chia seeds, or a combination of both
- 6 eggs, hard-boiled and peeled
- 2 eggs, lightly beaten in a small bowl

1. Preheat oven to 400 F. Divide sausage into 6 equal portions; flatten into patties.

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- Combine nutritional yeast and seeds on a plate or in a shallow dish.
- Place each egg on a sausage patty; shape the sausage around each egg evenly, leaving no gaps. Dip each covered egg in the beaten egg; roll in nutritional yeast mixture. Place on ungreased cookie sheet.
- Bake for 35 minutes, or until sausage is cooked through and no longer pink. Note: Scotch eggs can be prepared ahead of time through step 3. Refrigerate until ready to bake.

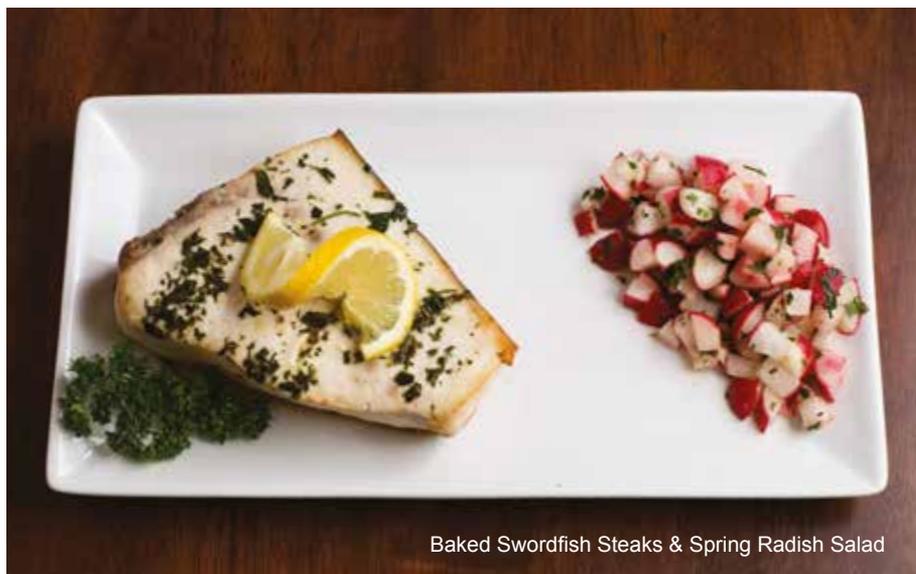
Orange Creamsicle Poptail

- 1 lb. oranges, peeled and quartered
- 1 1/2 cups vanilla ice cream
- 5 oz. marshmallow (or other) vodka

- Place oranges, ice cream and vodka in a blender; pulse until smooth and well combined.
- Pour mixture into popsicle molds or popsicle-shaped zipper bags; place in the freezer until frozen.

Balsamic Strawberries

- 4 cups strawberries, quartered or sliced, organic preferred



Baked Swordfish Steaks & Spring Radish Salad

- 2 Tbsp. brown sugar, unpacked
- 1 Tbsp. balsamic vinegar
- 1/8 tsp. black pepper
- 1/2 cup vanilla yogurt

- Combine strawberries, sugar, vinegar and pepper in a bowl; marinate in the refrigerator for at least 30 minutes, stirring once.
- Divide evenly between 4 small bowls or glasses. Top each with 2 Tbsp. yogurt.

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

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— By Lisa Bell

What began in 1881 as a T&P Railroad stop, Abilene, Texas, became so much more. Two to three hours from the Metroplex, Abilene is home to Dyess Air Force Base, three major universities/colleges, and one place where families can find adventure, history and art all rolled into one city.

Designated as a state cultural art district, throughout the year opportunities abound for visitors. A favorite time to visit is early June when the Children's Art & Literacy Festival runs for three days. Special events and activities allow children of all ages to enjoy favorite literature and try their hands at art. From the Storybook Parade to children's artists, costume contests and much more, this weekend brings books to life.

But any time of the year, Abilene features multiple places children adore. In fact, on October 17, 2018, Abilene received the distinguished title of Storybook Capital of America. With

24 sculptures around town and new ones added annually, kids get to pose beside favorite characters cast in bronze. With an audio storybook tour and adventure guide, families have fun in the downtown area finding Dr. Seuss favorites as well as figures from other books, including the infamous *No, David*. In the Adamson-Spalding Storybook Garden, kittens, dinosaurs, Stuart Little, Marcel and Wilfred, Charlotte and Wilbur, plus others wait for visitors of all ages. These statues evoke memories of favorite nursery rhymes and beloved tales.

In addition to the sculptures, don't miss the National Center for Children's Illustrated Literature. The museum celebrates the artistic achievements of children's book authors. During exhibits, they also offer free art activities for kids and their parents.

The Grace Museum and Center for Contemporary Arts are wonderful places where families enjoy a variety of art. At the

Grace, one floor also houses historic scenes depicting life over decades. And a children's area allows the entire family to enjoy this culturally rich environment. While the artist displays vary, the children's area remains static. With an oversized Operation game and a musical wall, everyone can have fun interacting together.

Live theater is also big in Abilene, some of it designed around the tastes of younger audiences. The perfect way to introduce children to ballet, live performances and old movie hits can be found in the city while adults can also appreciate events offered for them.

The historic Paramount Theatre is only one venue in Abilene. The fully restored 1930's theater still has a ceiling decorated with stars. During the early years, the stage and curtains allowed live performances, and the giant screens welcomed in movies. For a time, the theater changed to the hotspot for new movie releases. Today, they provide space for live theater, speakers and performances, as well as showing family films and classic movies. The building alone is an adventure that takes you back to a simpler time in history.

And Abilene has lots of history. The former T&P Train Depot now houses the Abilene Convention and Visitors Bureau. Part of the Texas fort trails, you can visit old Fort Phantom and Buffalo Gap Historic Village. For an extra treat, take in Frontier Texas where modern technology meets yesteryear and holographic figures help make history real. Learn about Texas in a unique way not soon forgotten.

On the wild side, the Abilene Zoo has 16 acres housing more than 1,000 animals, representing 250 species. Located at Nelson Park, there is also a splash area for warmer months and a park resembling a historic fort for fun beyond the zoo.

When in Abilene, local eateries and venues offer a great place to host events. The Mill and Soda District are two of many that welcome visitors. But the people of Abilene enjoy sharing the history and modern mix of art, culture and community. Some say the prettiest women live in Abilene. True or not, it's definitely a nearby destination you don't want to miss. **NOW**

Photos by Lisa Bell.

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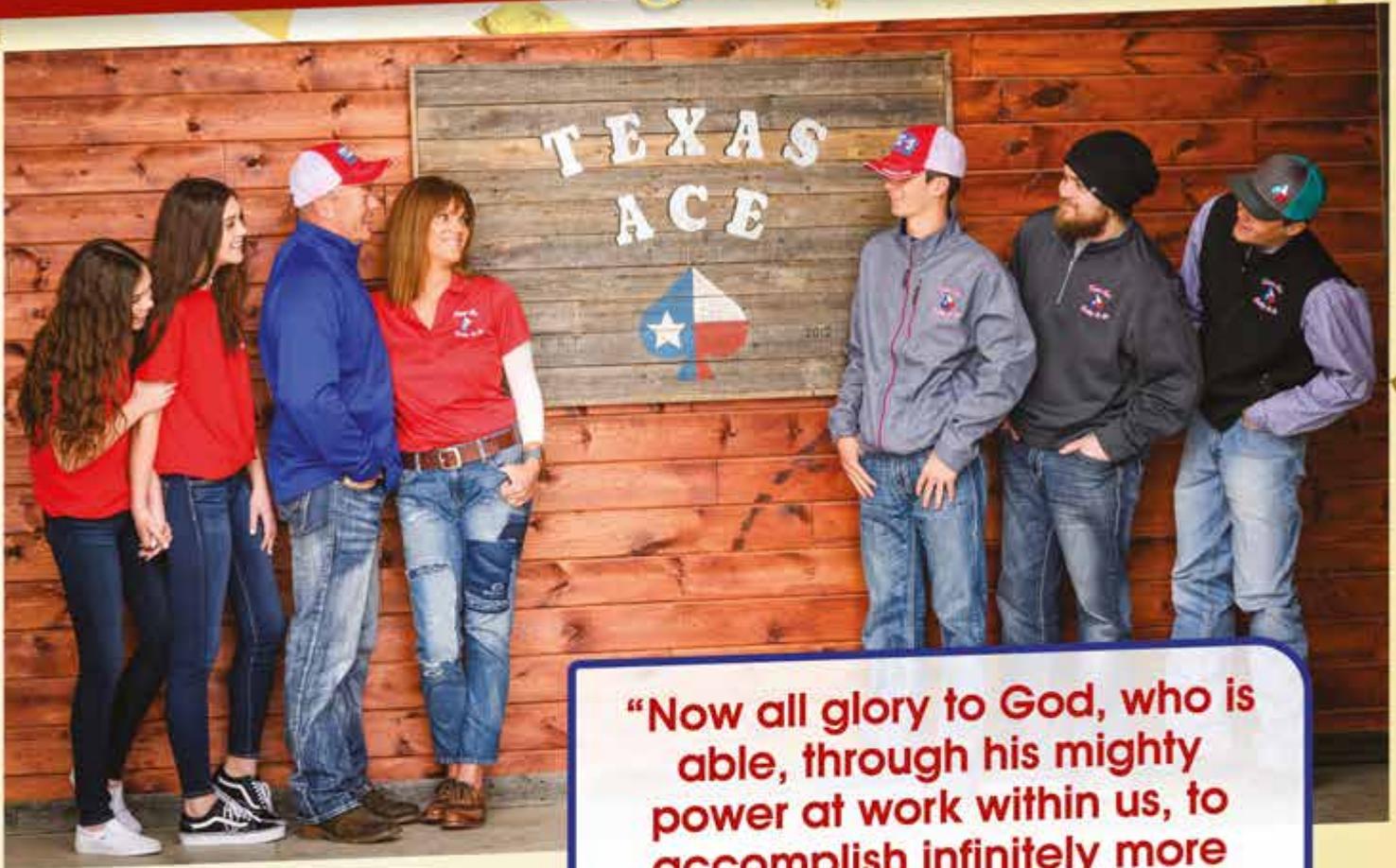
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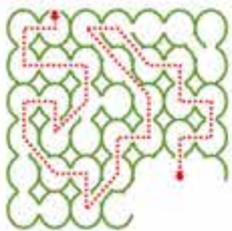
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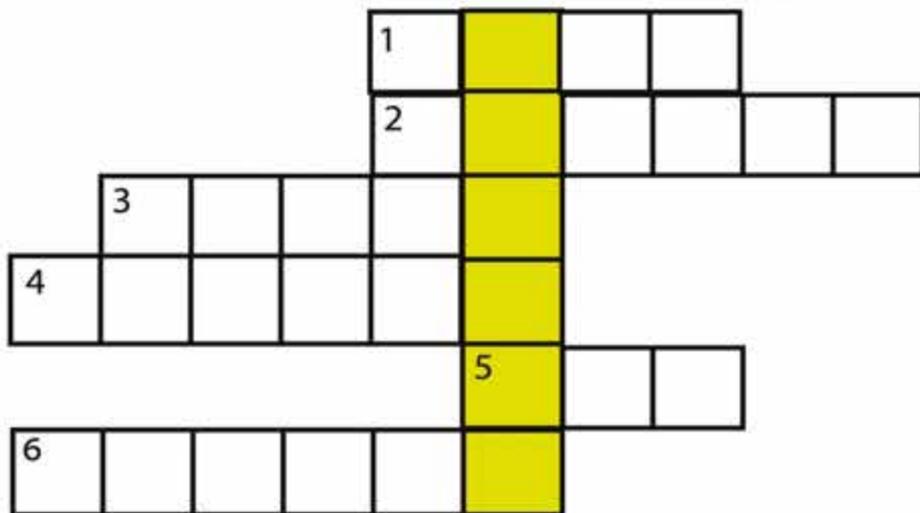
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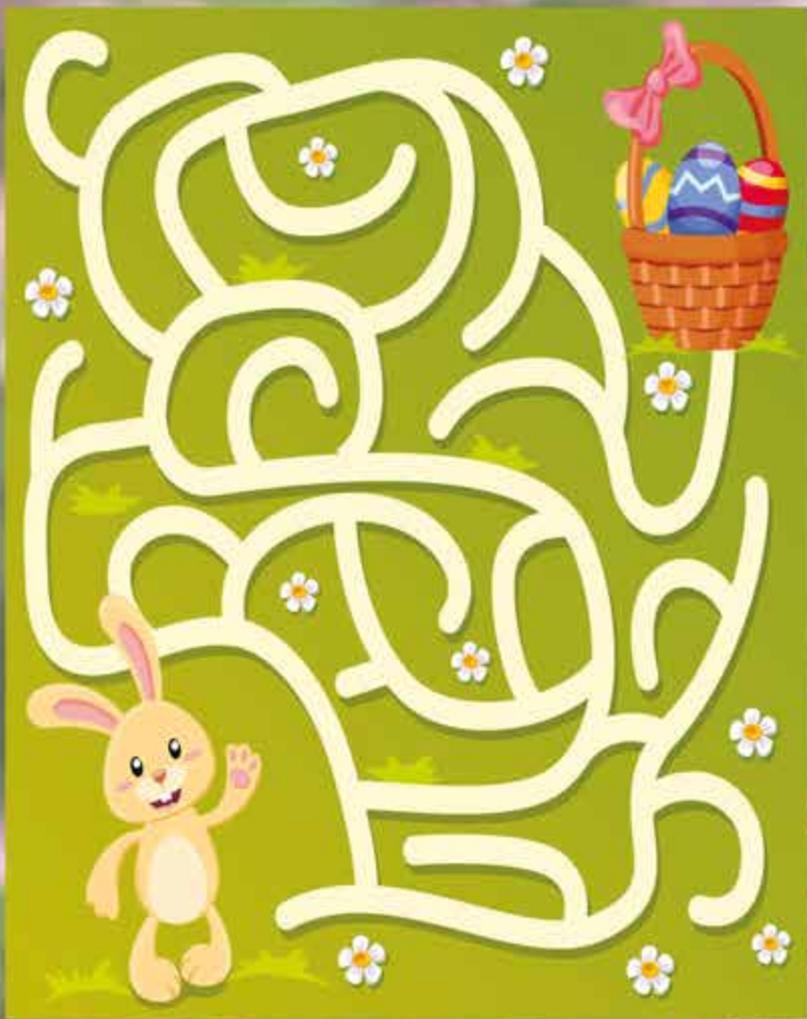
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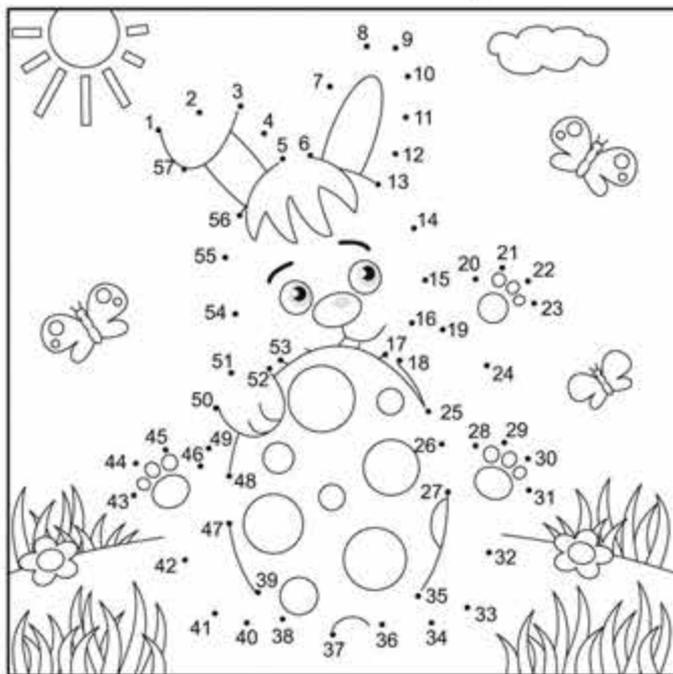


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Kids' Fun Pages



Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!



ANSWER:



G	K	F	L	O	W	E	R	L
N	U	G	S	O	P	T	X	Z
I	H	R	E	T	S	A	E	U
R	B	V	N	A	G	P	C	N
P	M	E	L	B	H	R	O	N
S	P	H	G	H	U	N	T	Y
N	H	B	A	S	K	E	T	P
B	Q	K	D	O	I	B	W	O
W	O	C	H	I	C	K	E	N

CHICKEN
SPRING
HUNT
EASTER
BUNNY
EGG
FLOWER
BASKET



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What Is a “Stretch” IRA?

If you inherit an IRA, keep in mind that taxes can be an issue. A “stretch” IRA may be useful. This is not a special IRA, but rather a term frequently used to describe a distribution strategy.

Here’s how it works. Investments can grow in the IRA tax deferred. Name as beneficiary someone younger, perhaps a son or daughter. When you start taking required minimum distributions (RMDs) from your traditional IRA after turning age 70 1/2, take only the *minimum* annual amount required by the IRS each year. (If you fail to take a minimum distribution, you could be subject to a 50-percent income tax penalty on the amount that *should* have been withdrawn.)

The beneficiary inherits the IRA and might also have the ability to take RMDs based on life expectancy. RMDs are calculated annually and must begin no later than December 31 of the year following your death. In this way, your beneficiary would have the potential to stretch the distributions over his or her own lifetime, enabling the funds to continue growing tax deferred until distributions are made. Your beneficiary can also name a beneficiary, who can potentially stretch the distributions even longer.

This idea has limits. The IRS doesn’t want to postpone taxes indefinitely. The distribution period cannot extend beyond the first-generation beneficiary’s life expectancy. As always, you should consult a tax professional for details on using this idea for legacy and estate planning.

Non-spouse IRA beneficiaries use a different set of rules to determine RMDs. They depend on whether the original account owner died before, on or after reaching the required beginning date for RMDs. Not only are these rules complex, but they can have far-reaching implications. Spousal beneficiaries of IRAs have more options than non-spouse beneficiaries.

If you desire to extend your financial legacy over future generations and don’t need the IRA assets for income during your lifetime, this strategy may work for you. Because many tax and distribution rules must be followed, make sure to seek legal or tax counsel before making any final decisions.

The information here 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. You are encouraged to seek advice from an independent professional advisor.

Todd Simmons is a registered representative with, and securities are offered through, LPL Financial, Member FINRA/SIPC. Investment advice is offered through 360 Wealth Management, a registered investment advisor, and separate entity from LPL Financial.

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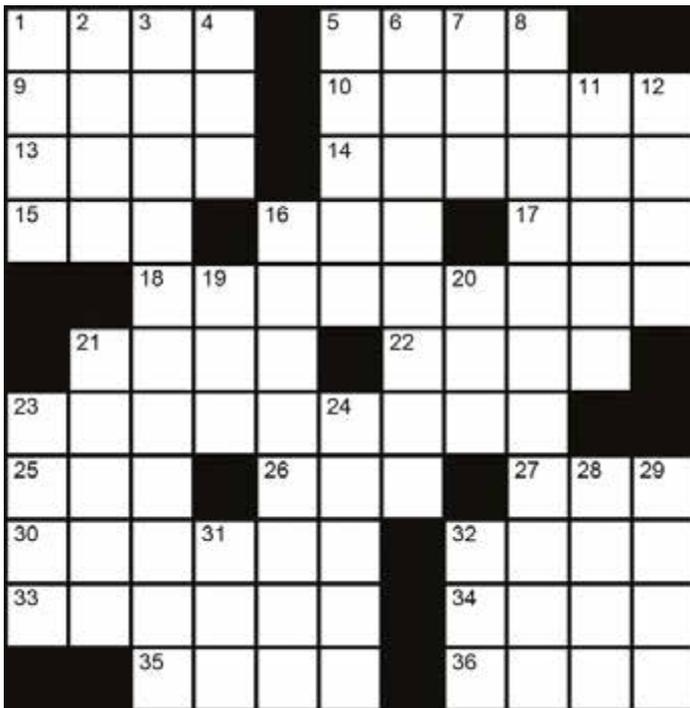
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Crossword Puzzle



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Across

- 1 Mountains
- 5 Set one back
- 9 Inamorato
- 10 Discord
- 13 Barely cooked
- 14 Westernmost Oregon cape
- 15 Alias
- 16 Speak
- 17 At the present time
- 18 Liberal magazine
- 21 Idle Monty Python comic
- 22 Swift
- 23 They'll make a play for you
- 25 Fifth Beatle?
- 26 Rank
- 27 Slugger's stat.
- 30 Muscular
- 32 Mattress feature
- 33 Sewer
- 34 Balladeer --- Seeger
- 35 Flatfish
- 36 Took advantage of

Down

- 1 Siren in "East of Eden"
- 2 Escaping fluid
- 3 Jumpy guy?
- 4 Johnny Cash's boy
- 5 Type of cigar or sandwich
- 6 Not many
- 7 Mexican Mrs.
- 8 Wear for those who serve
- 11 "Vamoose!"
- 12 Itty-bitty city
- 16 Firmly
- 19 Took cover
- 20 Sailor
- 21 Sgt. Bilko
- 23 Blue matter
- 24 Ciphers
- 28 Religious practice
- 29 Snow vehicle
- 31 Smartphone forerunner
- 32 Chip

Solutions on page 44

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Easy

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

Medium

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

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Solutions on page 44

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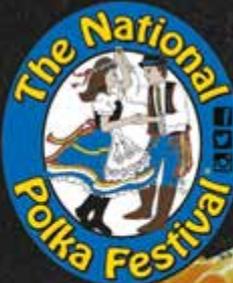
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4/3

Senior Health Fair:

Door prizes, music, flu shots and vendors of health, beauty and retirement solutions. 9:00-11:30 a.m., 7120 S. Cooper St., Arlington. Kim Bay, YMCA, (817) 419-9629.

4/5-4/6

TRIBE Conference:

Stand with women of every culture. **Friday:** 5:30 p.m.; **Saturday:** 8:00 a.m.-5:00 p.m., Word of Truth, 8201 Webb Ferrel Rd., Arlington. Register: (817) 453-8222 or info@wotfc.com.

4/6 & 4/20

Mulch Madness:

Free ground yard trimmings to residents with their own containers. 8:30-11:30 a.m., 24 N. Mitchell St. water@mansfieldtexas.gov.

4/12-4/13

Household Hazardous Waste Collection:

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. (817) 728-3655.

4/13

Creekside Cleanup:

Join volunteers to remove trash from linear parks. 9:00 a.m.-noon, Chris W. Burkett Service Center,

620 S. Wisteria St. Register with Rebecca.Sales@mansfieldtexas.gov or (817) 728-3610.

4/18

Candidate Forum:

Members and non-members of the Mansfield Chamber of Commerce learn about candidates for City Council and MISD School Board. \$10-\$40. 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151 Country Club Dr. Please register at www.mansfieldchamber.org.

The Business About Bee-Keeping:

Free introduction to maintaining bee hives. 6:00 p.m., Mansfield Public Library, 104 S. Wisteria St. Register ahead with Faria Matin, adult services librarian, (817) 728-3690.

4/22

Education Celebration:

Everyone is invited by MISD Education Foundation to recognize top scholars, as well as their teachers and staff who have helped the students excel in academia and in life. \$15-\$40. 6:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Register at (817) 299-6355.

4/25

Discover Your Next Level:

Learn from a strategist from Tony Robbins to shift your performance in just one hour. Free to members

of the Mansfield Chamber of Commerce; \$25 non-members. 3:00-4:00 p.m., Living Church, 570 N. Walnut Creek Dr. Register at www.mansfieldchamber.org.

4/26

2019 Mansfield READS!:

Enjoy desserts and conversation with Lisa Wingate, author of the book our community is reading this month: *Before We Were Yours*. 7:00-9:00 p.m., Summit High School Performing Arts Center, 1071 Turner Warnell Rd. Register by calling (817) 728-3690.

4/27

Colors for Caring Cancer 5K:

MISD Education Foundation sponsors this 5K and 1-mile Fun Run to show support to friends in the community. \$15-\$40. 8:00 a.m., Mansfield High School, 3001 E. Broad St. Call (817) 299-6355.

Earth Day Mansfield:

Free, fun, educational festival. 10:00 a.m.-2:00 p.m., Chris W. Burkett Service Center, 620 S. Wisteria St. Register with Rebecca.Sales@mansfieldtexas.gov or (817) 728-3610.

4/29

Situational Leadership:

Create a shared process, language and model for building leadership in your company.

8:00 a.m.-2:00 p.m., Mansfield Chamber of Commerce, 116 N. Main St. Free to members; \$50 non-members. Please register at www.mansfieldchamber.org.

By Appointment

Mansfield Mission Market:

Anyone in MISD who needs access to food is welcome to call. 8:00 a.m.-4:00 p.m., Mansfield Mission Center, 777 N. Walnut Creek Dr. Call (817) 473-6650 or visit 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, Ste. 210. Bill Dasch, (817) 319-0129.

Second Tuesdays

Mansfield Garden Club Meeting:

Potluck picnic in the park. 6:00-8:30 p.m., Town Park, 500 N. Main St. RSVP to Donna Mendenhall, director of member engagement, (817) 475-4428.



4/13

Bountiful Bazaar: Women of Hope brings you together with local vendors to help Common Ground and Harvest International provide food and clothing for our neighbors. 10:00 a.m.-4:00 p.m., 1800 E. Debbie Ln. Contact Lou Albertson, Community of Hope, (817) 773-6956.

Wednesdays

mindForge:

This free mindfulness session teaches evidence-based insight meditation. 7:00 a.m. and 7:00 p.m., Calibration Chiropractic, 408 S. Main St., Ste. B. Call Dr. Jordan Adams at (817) 779-3435.

Second Wednesdays

Wine Down Wednesday: Enjoy complimentary beer and wine while networking with business professionals. 5:00-7:00 p.m., The Office, 1103 Alexis

Court, Ste. 108.
(817) 606-7059.

Second and Fourth Wednesdays

Mansfield Lions Club Meeting: Learn how to become a Lion. 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

Third Wednesdays

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 p.m., First Methodist Church Mansfield, 777 N. Walnut Creek, Bldg. C, Room 11. qwhinfo@gmail.com.

Thursdays

Rotary Club of Mansfield Sunrise: Meet with others living by the

motto Service Above Self. 7:00-8:00 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. www.mansfieldrotarysunrise.org.

Saturdays

Free Gardening Classes: Learn from a Texas Certified Nursery Professional. 10:15 a.m., Calloways, 311 E. Debbie Ln. www.calloways.com.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.



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