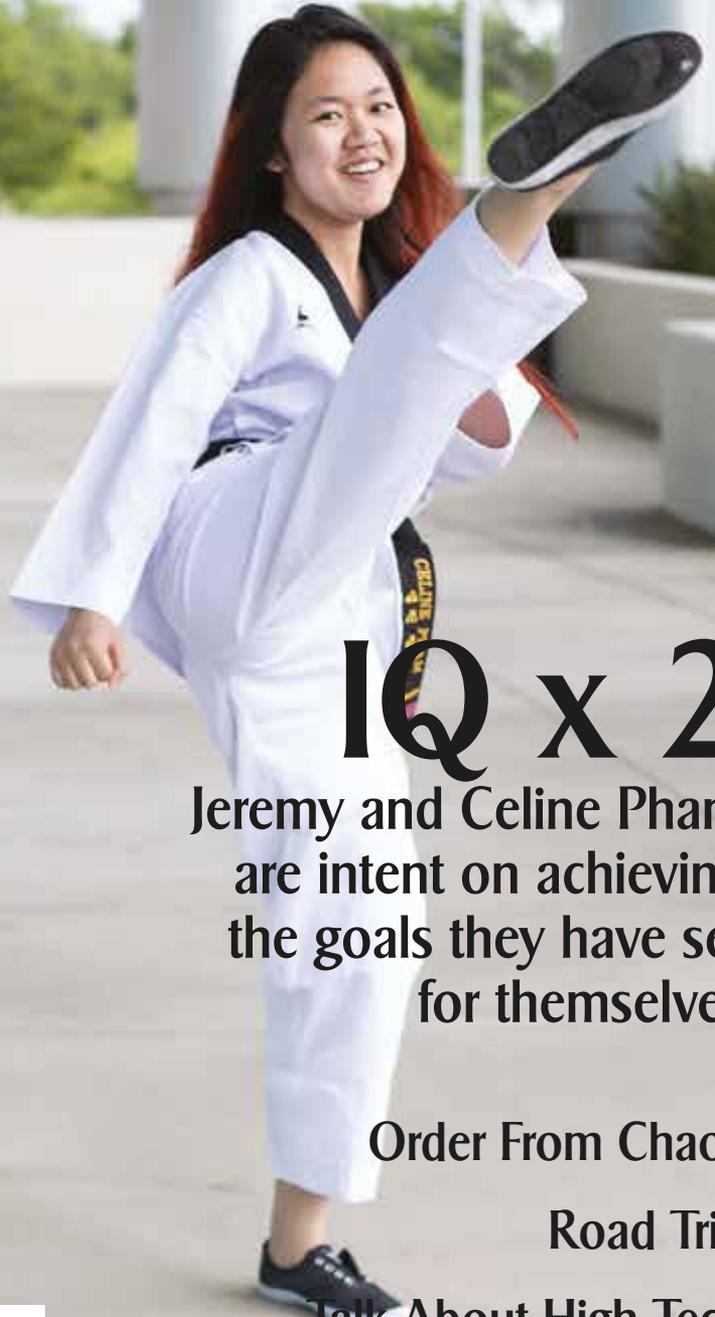
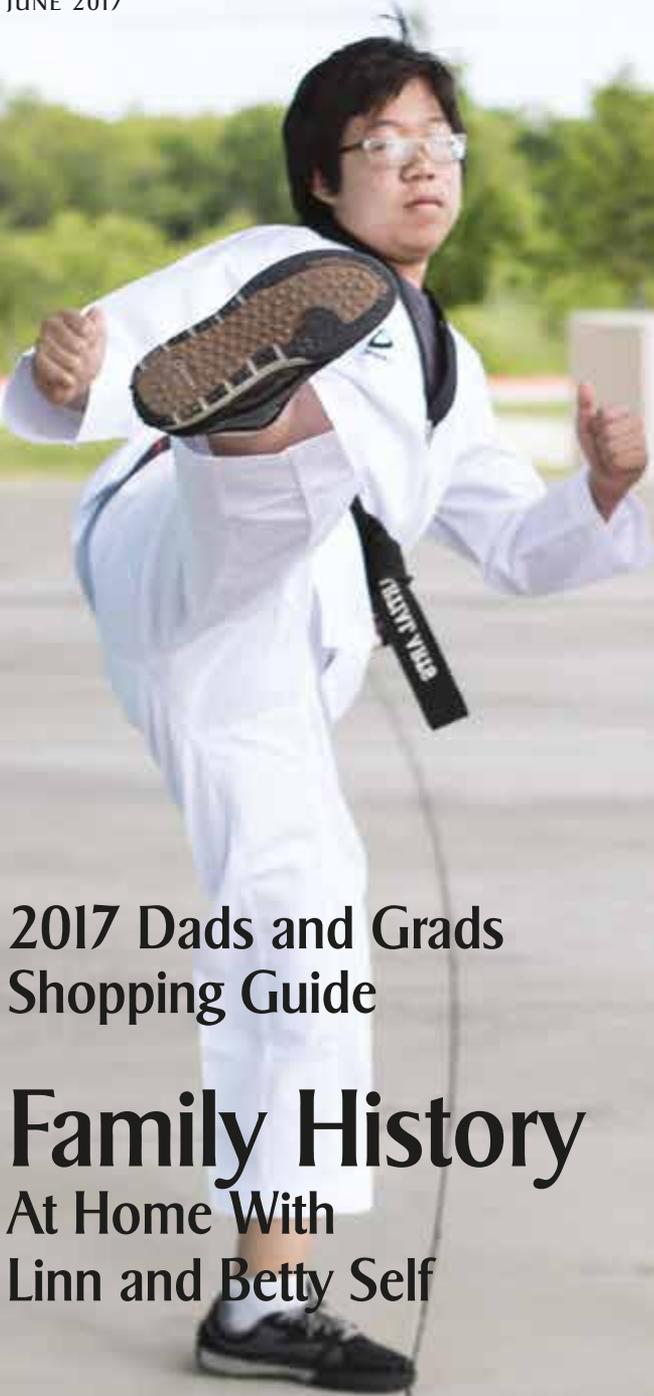


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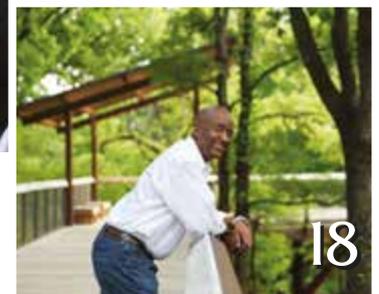
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Jeremy Pham and his sister, Celine, are both taekwondo black belts.

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Editor's Note

Dear Friends,

While fireflies dance on the still-green lawn, I reflect that summertime holds awesome reasons to celebrate life. In early June, on the 6th, there's a double memorial important to me. D-Day, initiating the liberation of Europe from Nazi Germany, occurred on this day in 1944. Twenty years later, on June 6, my parents married. They waited about three years to bring me into the world, and certainly didn't know what they were getting into. But with a lot more help from On High, my life is a useful one.

As Father's Day dawns this year, I'll be on the telephone with my dad, reminding him that he's free to just enjoy me. And on the 19th, there's another memorial important to me. Juneteenth is celebrated in honor of the emancipation of slaves in Texas, where the announcement of liberty was heard on June 19, 1865.

May you all feel like a firefly this month!

Melissa

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IQ x 2

— By Biranda L. Sims

The words Marilyn Le and her husband, Phillip Pham, heard from the doctor when she was six months pregnant with her unborn son were not something expectant parents want to hear. The doctors had taken many tests, and the results showed that Jeremy Pham would be born with Down syndrome. The life-changing precursor to Jeremy's life couldn't have been further from what he would go on to accomplish. Although scared and unsure, they consulted with family members and prayed.

On November 19, 2001, the Phams welcomed a healthy baby boy and gave 2-year-old Celine a brother. While he was born healthy, the miracle baby didn't speak a word until the age of 3. Although Jeremy's verbal communication was slowed, he began to show an uncanny ability to solve math problems. As he attended pre-school, his teachers noticed that he could solve complicated math problems without any assistance from them. At home, he excelled at solving math-related puzzles with little or no help from his mother. This special gift continued to grow and expand over the next four years.

His eidetic memory would suit him well as he began dominating the spelling bee community. "I had stomach problems," Jeremy recalled with a light chuckle.

"My heart almost stopped, I was so scared," Marilyn laughed, as she shared how she felt watching her son from the audience.

The anticipation of being on stage in front of a sea of people and having to remember multiple spelling

words caused the proverbial butterflies to awaken in Jeremy's stomach. "I wanted to join something and see what I was able to do. So, I applied for the spelling bee and got in," he explained. "It was very difficult at first because I had to study hundreds of words. That's very hard."

After studying all these words, Jeremy stated that only some of them were used in the spelling bee. The more rounds he passed, the more difficult the words became. "The further you go, the harder it gets, and then they use words from the dictionary," Jeremy added.



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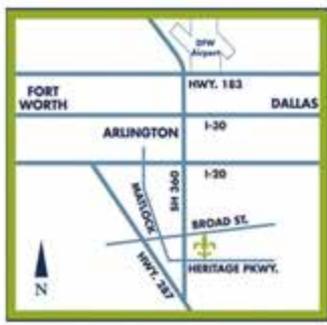


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He was small, but he was intense. This brown-eyed, black-haired little boy of Vietnamese descent had made up in his mind that he could hold his own. And that he did. He entered his first spelling bee when he was in the third grade. Despite his loss in the first round, he didn't quit. Over the next five years, he entered and placed in five Mansfield ISD districtwide spelling bees. Fourth and fifth grade yielded runner-up places for the young phenome. In the sixth grade, he placed third. Tired of coming in behind the rest, he won in his seventh and eighth grade years. And fittingly so, since eighth grade was the last year he could enter a spelling bee.

Jeremy is now a young man with a medium build and the same jet black hair, bursting with anticipation for what the future holds. When asked how the spelling bees have helped with school, Jeremy answered, "Well, when I studied the words for the spelling bee, it helped increase my vocabulary and that helped me in English which, ironically, is a topic I struggle in. It also helped me in computer class because I type very fast." He types 130 words per minute.

Celine is two years his elder. She is a force of intelligence to be reckoned with. While Jeremy was gifted with a photographic memory, Celine was gifted



with the unique ability to stay laser focused on being at the top of whatever she puts her mind to. She is in the top 2 percent of her class at Timberview High School, and received a \$32,000 academic scholarship from The University of Texas at Arlington, where she will study biology and work toward becoming a pharmacist. She will be a sophomore upon entering UTA due to the dual courses she took in high school. Her scholarship is the



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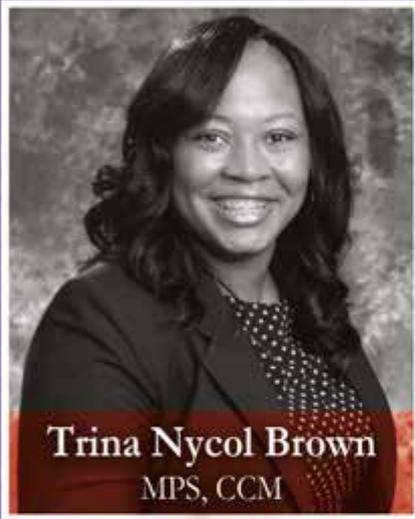
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manifested reward of a strong study ethic, extremely high ACT scores and the inability to relax, if not studying.

She has a mysterious and calm demeanor encased in the 5-foot, 2-inch frame of an average 17-year-old. Her long, black, wavy hair cascades into deep auburn tresses, reaching the middle of her back, as she plays skillfully on the piano. She doesn't rightly recall if this talent was something she wanted to develop, or if her parents encouraged her. "I don't remember," she laughed.

"She used to get out of bed and walk to the piano and try to lift the cover of the piano when she was supposed to be in the bed," Marilynn explained.

Extreme typing is another talent Celine shares with Jeremy. The siblings attribute this specialty to the fact that they both play the piano. Actually, the whole family plays.

Celine looks up to family members and some of her teachers. Jeremy admires his mother.

Their mom is most proud of Celine because of how hard she has worked to be at the top her class. "It wasn't as easy for her as it was for Jeremy," she shared. "It came easy for him. I never had to tell her to study, I had to tell her to get some sleep."



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Celine, at the age of 12 and Jeremy, at the age of 10, started taking taekwondo classes. They are now black belts. Jeremy is also a gamer and has made a video that got close to 100,000 views on YouTube.

They've accomplished so much in the early years of their lives. What will they do and become once they are not in the safe comforts of their home? A home that is embellished with all the awards and rewards Jeremy has received for his spelling bee wins. A home with the same piano they both practiced on since the tender age of 3. There is a sense of pride and duty between the siblings. They think before they speak and offer answers that every layman could understand.

And they respect each other's moments of attention. While Celine plays one of the most beautiful renditions of "Für Elise" by Beethoven, Jeremy politely leaves the room. After she finishes, he returns and plays a stirring and heart pounding version of the *Pirates of the Caribbean* theme. This deference is a common occurrence at the Pham home.

These siblings have advice to share. "Always stay motivated," Celine stated.

"Anyone can be successful if they put effort into it," Jeremy said, "with 'it' being anything you want to accomplish." **NOW**

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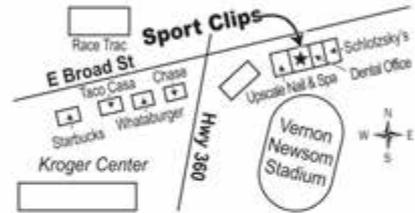


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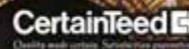
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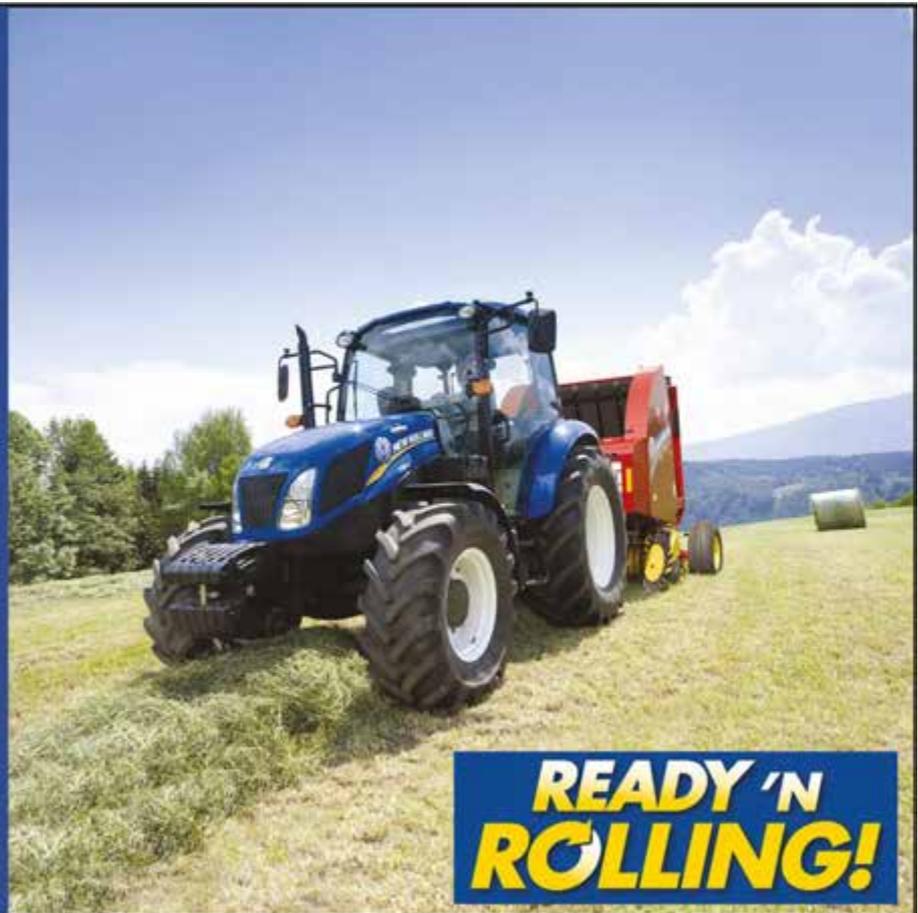
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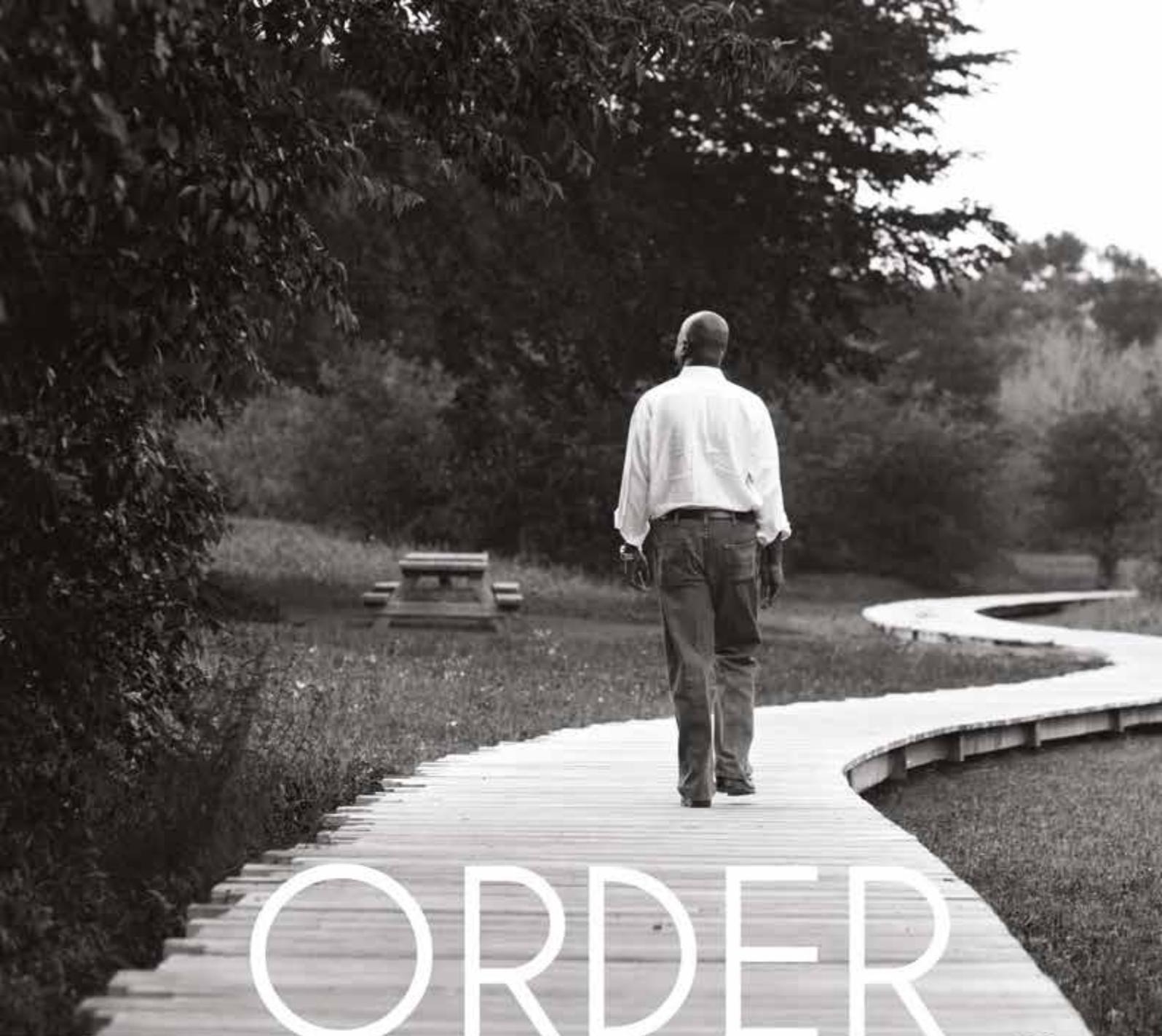
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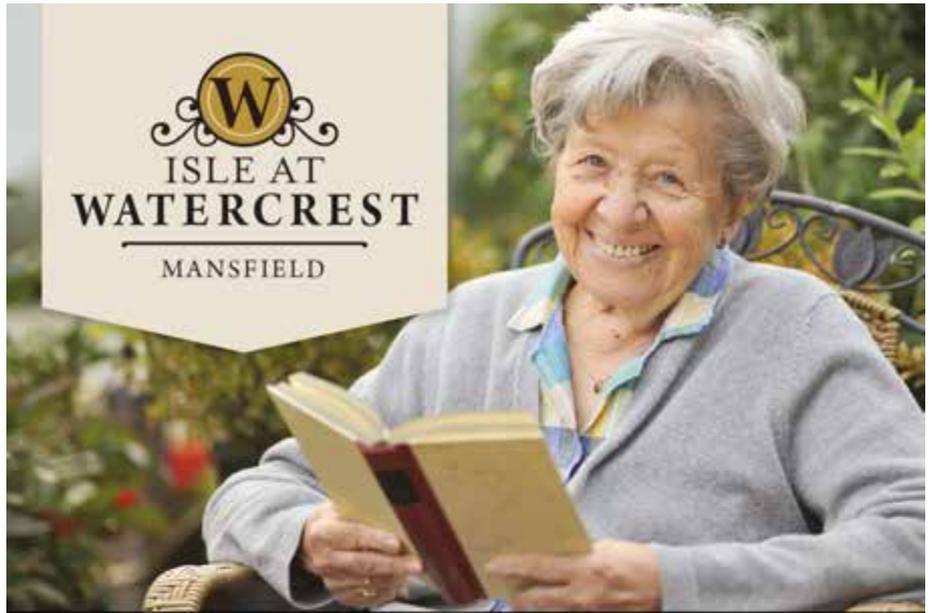


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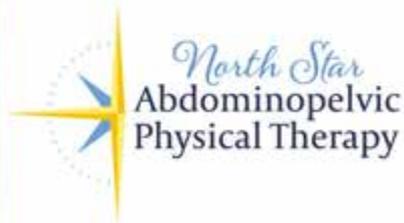
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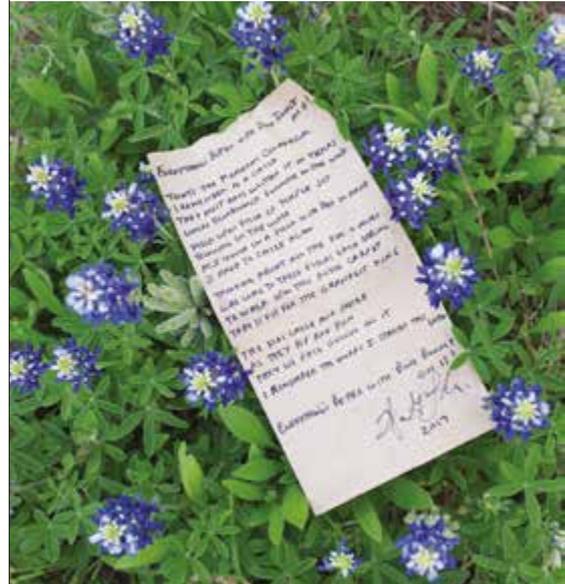
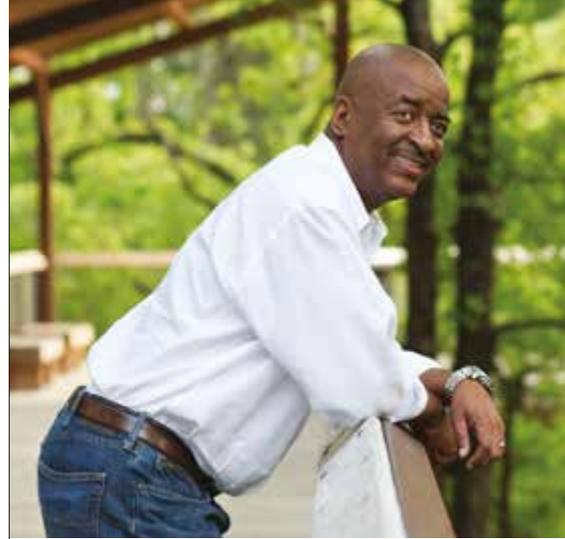
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Warren was blessed to have excellent English teachers in junior high. “Miss Aquino, from the Philippines, and Miss Winters and a couple more were really encouraging. They turned me loose to be creative,” he said. Warren has since written across the disciplines, taking on technical writing in his 34-year career as an IT professional. Now, he is a senior systems engineer for Baylor Scott & White. “I’ve gotten promotions at work from getting my point across with my pen,” he said. Warren enjoys his work because it lets him interface with people. “I like making order out of chaos.”

That aspect of his personality is on display for readers of Warren’s books. His first published book of poetry, *The Heart and Soul of a Black Man*, is dedicated to his father. “I realize how lucky I was to have one who cared as much for his kids as he cared for us,” Warren said, as introduction to two poems. One is repeated in a later book, *Let’s Go Home To Indiana Harbor: Reflections From Mid-town*

“It feels good when I’m putting stuff on paper.”

America. Its eighth chapter contains one aerial photo of a steel mill and the poem, “Youngstown Sheet & Tube.” Its central stanza describes the day-in-day-out reality experienced by working residents of the harbor, including Warren’s father: “Twenty-Three years of sweat and smoke / Working on that tin mill line / And there’s only fifteen more to go / Before you’ve served your time.”

In the book’s bonus chapter about a midnight fishing trip with his father, Warren writes about his dad. “His face looked so peaceful and serene, and yet, so strong and determined. I don’t think, before or since that time, that I have ever had such a feeling. It was like, ‘All is right with the world. The universe is in balance, and everything is as it should be.’” Later in the story, when he asked his father what he would be if he could be anything in the world that he wanted to be, his father revealed that he really enjoyed working with his hands and building things. Warren reflected that during the times they did home improvement projects together, his dad really did seem to be at peace and in total control.

Fifty-seven years later, Warren brings order out of chaos by writing. “It feels good when I’m putting stuff on paper,” he said, recalling the moment he wrote “The Lake As I See It,” his first published poem. It was 1980. He had just gotten out of the U.S. Air Force and was living back in his hometown of Indiana Harbor, a suburb of Chicago on the Indiana side. He worked in a refractory called Harbison Walker, while earning his undergraduate degree in programming at a regional campus of Purdue University. As he sat on a huge rock on the banks of Lake Michigan, he experienced awe. “Looking at the lake, which is just like an

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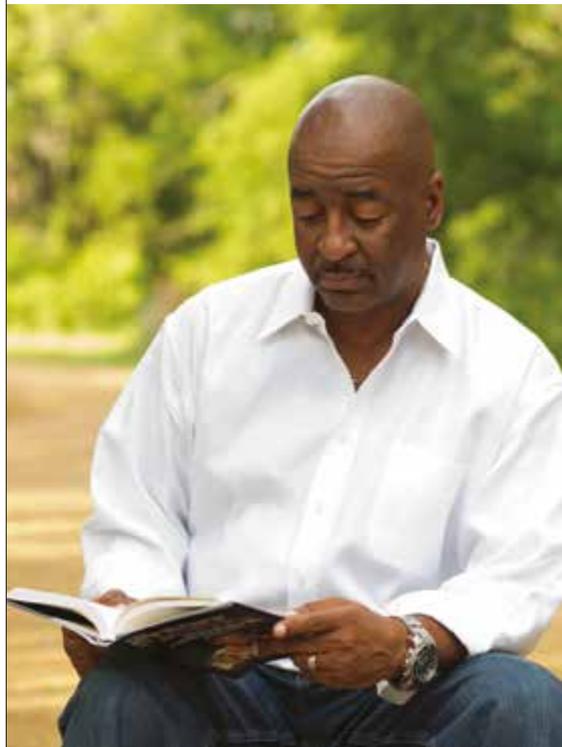
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ocean, I felt small because it was so big. I saw a brown paper bag on the ground and started writing. I don't know if I was conscious of any emotions, but being in the presence of something so majestic felt special, like something I had to capture."

Since then, Warren has continued applying pen or pencil to paper or, at times, the back side of envelopes. When a comment made by another person or a scene he observes in nature inspires him to write, it flows freely from pen to paper.

His fascination with people and cultures increased during international travels in both military and civilian careers. Having been to Bangkok, Thailand, 12 different times and meeting his wife, who is from Kingston, Jamaica, Warren plans to weave those cities into his adventure novel that, after four years, has about five chapters on paper. "When I retire, I want to devote myself to writing full time," he said. "I'm trying to put out a message of positivity, getting people to grow by learning."

In Warren's home office hang paintings reminding him of his roots and his blessings. "It's not because of who I am. It's by the grace of God," he said, pointing to one painting of people picking cotton, surrounded by ever-helpful angels, and another depicting a traveling minister eating at a dinner table with people who could have been Warren's parents.





Spirituality is woven into *The Heart & Soul of a Black Man*, yet it's not overt in *Let's Go Home to Indiana Harbor*. "I wrote it for three purposes: to reawaken in readers a sense of community, to produce a feeling of nostalgia and to posit my hometown as an example of peaceful co-existence," he said.

His third book, *Texas Politics*, presents what he has learned through political experience. "I have been working tirelessly as a community organizer since we settled in Mira Lagos," Warren said. He recently accepted State Representative Chris Turner's appointment as Emergency Interim Successor.

Stroke of Grace, Warren's fourth book, is an autobiography co-written with NBA basketball player Juaquin J. Hawkins. "He wanted to share with kids and young black men to give them a positive outlook on life. My job as a professional author and writer was to refine it and give it a logical flow," Warren said. "We used flashback a lot, and as a learning tool, we added an appendix about warning signs before a stroke and things you should do if you have a stroke," he explained.

That was the first time Warren collaborated on a written work. The second time was just last year, while writing a travel book with Carol. "We just wrote about Italy, saying we're thankful to still be here. We wanted to expose readers to what they might expect and give tips for what to look out for while traveling. In the book, we're also sharing ourselves with people. By letting our light shine, hopefully, people will see it's a bright, good light, and it will open people's eyes to see a better way."

His most recent creative effort, "The Blue Bonnet Poem," was inspired by this spring's gift to Texans, as well as a television commercial he still has tucked away in his head. By sharing it, here, the poem has become part of a whole community. **NOW**

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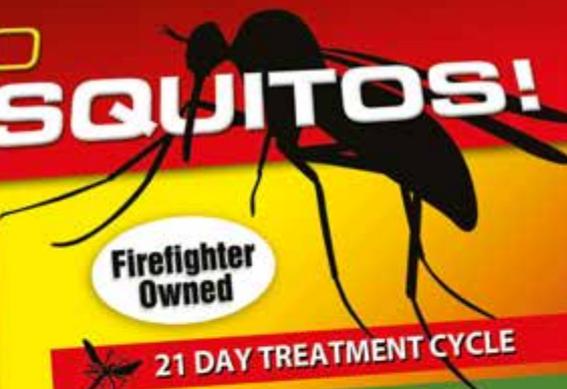


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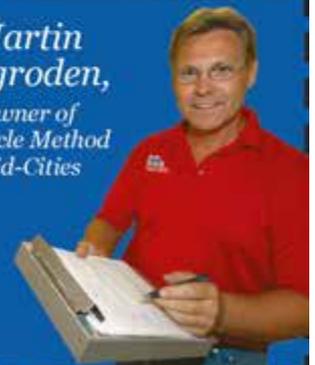
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Family History

— By Rick Mauch



At Home With Linn & Betty Self



Out of the mouths of babes the answer often comes. Linn Self was reminded of this by his granddaughter when he and his wife, Betty, were looking for a home in Mansfield. “Our oldest granddaughter got in our faces about it and said, ‘Granddad, you know you’re supposed to be here. God’s got a house for you, and there will be a sign over it,’” Linn recalled, chuckling. “Sure enough, she was right.”

The entrance to the Self home, which they share with their daughter, Michele Gooch, features an etched glass window above the door. It includes a dove with what they like to think of as an olive branch in its mouth, along with a cross and a rose. “My granddaughter said, ‘I think God’s sign is more amazing than I expected,’” Betty recalled.

That is only the beginning of the many things the home has to offer. Linn and Betty have lived there almost 11 years, and Michele moved in a couple of years ago when she decided to “redesign her life” and began her business, Life by Design.

Their favorite place at home is the backyard and its magnificent view of the large pond that borders their property at Walnut Creek Country Club. Across the pond is the 17th fairway of the club’s Pecan Course. A few steps down through the backyard leads to a small deck with a couple of chairs for relaxing with a cup of coffee or a large glass of iced tea. When the sun is shining, it reflects off the water beautifully. “It’s usually full of ducks,” Michele said.



"I've done something I never thought I'd do — I became a birder," Linn said. "We've got about 15 or so different kinds of songbirds in our backyard, six or eight different ducks, four or five heron. It's just fun to keep up with them. We'll also see coyotes in the fairway, and we have beavers come up in our yard, sometimes."

The yard is both lovely and inviting. It includes a comfortable porch swing between two trees, a small windmill blowing proudly in the breeze and a small, almost miniature, bench. On the back porch railing are the words, *Be still*

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and know that I am God. Betty painted them shortly after they moved in. "That's what that porch is all about," Linn said.

Linn and Betty are both from Kansas. They met as students at Friends University. His work as a Baptist minister

brought them to Texas. They moved to Mansfield from Corpus Christi, after he retired from his position as president of South Texas School of Christian Studies. However, he still fills in as an interim pastor. "I put the word out I wouldn't go more than an hour-and-a-half from home, and I don't want to relocate," he said.

Michele mentioned some branding irons hanging on the patio as decorations. She remembers them from her family's ranch in Kansas. "We went up there every summer," she said. "We were the only cousins in the crowd who were city slickers," she added with a laugh.

Another reason Linn loved the house was the accompanying golf cart garage he immediately turned into a workshop. His handiwork can be seen throughout the home. In the kitchen is an antique table with three chairs from the family ranch. Linn restored them to beauty after they were all but destroyed. "This table is actually mine," Michele said. "It belonged to my brother-in-law's aunt. It was trash to them, but Dad saved it. It's beautiful now."

The centerpiece of the table is a drawer from an antique sewing machine. Betty is a seamstress, and they even have her grandmother's working antique



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sewing machine in their bedroom, along with two wingback/Queen Anne chairs for an exquisite view of the backyard and pond in those times when it is too cold or hot to go outside.

The table for eight in the dining room has rustic centerpieces of glass milk jugs, pine cones and berries — also Michele's idea. "We like to re-purpose things, using them for a different design than they were originally made for," she said.

The nearby cabinet is filled with teacups Betty collected before and during their 54 years of marriage. And, of course, it includes some legendary Blue China. "There's some that belonged to Linn's grandmother," Betty said. "The greatest thing is we had tea parties with our grandkids."

Sure enough, photos of the tea parties are hanging in their bedroom. There's also a plaque containing the phrase, *Love you bushel and peck*. "That's what Mom says to the grandkids," Michele explained.

Michele's antique treasure chest makes for a conversation piece coffee table in the living room, as does the small pewter cowboy and the calf he's roping. Next to the fireplace is a similar chest used as a shelf for holding a plant. Against the wall is an antique door with mirrors replacing the windows.

The nearby library table belonged to Betty's grandmother. The piano desk belonged to her parents. Of course, Linn restored both. One of Linn's prized works is a chair made from a



combination of items from their church home, Arlington First Baptist. It features a back and seat from the balcony, with arms from the ends of pews. “I designed this, combined them, and it’s comfortable,” Linn said.

He also collects and restores clocks of all sorts. Among his favorites is a rhythm clock. The face splits open to show the inside works as a tune plays.

In Michele’s bedroom is one of her favorite possessions. It’s a painting of a field in Wimberley, where she lived before moving to Mansfield. “This painting *is* Wimberley. That’s the way it looks every spring,” she said.



Michele worked as network pastor at a nondenominational church. She said her tenure there helped open the door to her current profession. “I built small communities throughout the town,” she said. “One time, we mobilized all the churches in town and were able to replace two full-time maintenance staff (in the school district). We called it The Big Serve. I took everything that brought me joy and applied it to my job as a transition coach.”

The hallway features another of Michele’s favorites — a painting of a Cuban village by a Cuban friend of the family. Her bathroom features more unique uses of old sewing machine drawers, along with an old gym locker basket, for storage.

Michele has two sons, 25-year-old Christopher and 27-year-old Jonathan. In all, Linn and Betty have six grandchildren between Michele and her sister, Nanette, who lives in Arlington. They also have Michele’s 16-year-old English Pointer, Sunshine. “He loves it here. We all love it here,” Michele said, referencing the view of the pond. “What’s not to love?” **NOW**

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Road Trip

— By Zachary R. Urquhart

Here in Texas, summertime usually means road trips! With miles as expansive as these, it will not be long before you are traveling like a true highwayman. Whether a seasoned pro or a first timer, here are some tips to make sure your trip does not sputter from the start.





MAKE SURE YOUR CAR IS READY

• *Have the tires rotated and inspected.* Tires should be rotated every 6,000-8,000 miles. While this is a simple enough job for you to do on your own, it might be worth giving the tire shop a turn, so they can thoroughly check for depth and even wear patterns before you trust your car's shoes for hundreds of miles. It is relatively inexpensive, and some shops will rotate and balance free, after installation. Be sure also to inflate the tires to the car's recommended pressure, which keeps you safe and improves gas mileage.

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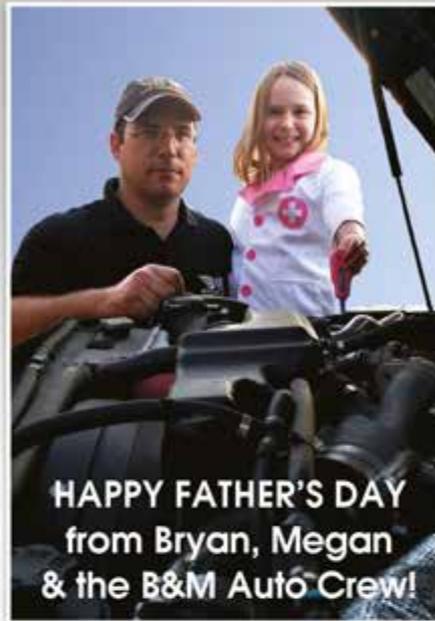


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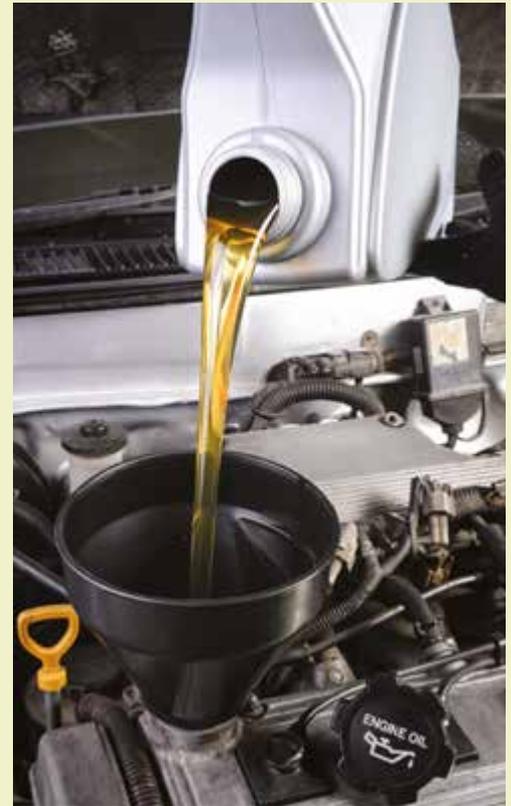
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- *Oil changes are important.* While the old model of changing your oil every 3,000 miles or three months is often outdated, you do need to make sure to maintain your vehicle's standards. But before you run to an oil shop just before a trip, know that gaskets on oil pans and filters can be faulty, so you want to make the change at least a few days before your trip. That way, you will avoid getting stranded on the highway with a blown engine.

- *A clean car is a happy car.* Washing your car helps with more than just aesthetics. Regularly washing and waxing will protect your car's paint. And if your trip takes you to the sandy beaches of the Gulf or the red dirt near Oklahoma, you will want to make sure to give the car a thorough cleaning after your trip, as sand and grit can hurt both your car's exterior and its inner workings, if left over time.

PLAN FOR THE WORST

- *A little preparation goes a long way.* While no one wants to break down or be in a wreck, ending up stuck on the highway is sometimes an inevitability. While you cannot prepare for every situation, having an emergency kit is a simple step to take. You want to include

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things like foam tire sealant, jumper cables and duct tape that may allow you to fix minor problems until you can get into a proper shop. You should also have road flares or reflective triangles, as well as a fire extinguisher and flashlight to keep yourself safe and protected.

- *Have more than just tools.* In addition to roadside safety items, you should always travel with food and certain clothing items. It is smart to throw bottles of water and nonperishable snacks in the car for a long trip, in case you are stranded for a long period. Gloves will come in handy when changing a tire or lifting the hood to check for leaking fluids. And even though it is summer, you want to be sure you have blankets and a poncho, as changing a tire in the rain is no fun at all.

- *Information is key.* You should always have an up-to-date insurance card with you, but especially before embarking on a long trip. Additionally, know where your various roadside assistance numbers are located. All Texas driver's licenses have a number on the back, as do toll tags and insurance cards, if that is part of your coverage. And if you are a member of a group like AAA, you have ample options for getting help when your car is stranded.

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DRIVE SAFELY

• *Don't be distracted.* Drivers sometimes think that long stretches of highways are less dangerous, but trying to text or otherwise letting yourself be distracted is dangerous. Playing road trip games or singing along is great, as long as the driver stays focused on the road.

• *Speed kills.* “Young drivers, especially, often think the open road is an open invitation to see how fast they can go, but that is a huge mistake. Other than being distracted, the biggest problem is driving too fast and following too close,” an officer with the DeSoto Police Department said. “Make sure you keep at least three car lengths between you and the next driver in town — more on the highway.”

WORST CASE SCENARIOS

• *Don't make it worse.* If you end up having an accident, the first thing you need to do is get yourself in a safe place. “If the car can drive, slowly

move it off the road,” the officer continued. “If the car cannot drive, just leave it where it is and stand in safety away from the road.” Before worrying about insurance, fault or repairs, you need to be in a safe place.

- *Make the call.* When you are in a wreck, the first call you make needs to be to the police. “If it’s a teen driver, they should call the police first, then call their parents,” the officer detailed. “Then, call your insurance company.” If a tow truck is needed, you or your insurance should call it in. State troopers calling a wrecker often leads to higher costs.



- *You should see the other guy.* Only when both drivers are safe, exchange insurance and contact information. If you are hit and the other car flees the scene, do not try to track them down. “The best advice is to get the color, the plate and any description of the driver you can,” the officer stated.

No one wants to break down or be in a car wreck. But, by being prepared and knowing how to handle the worst situations, your summer can be full of open roads and new destinations. **NOW**

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Weyland and Molly Talafuse, shown here with their children, help people in Mansfield, Burleson, Midlothian, Arlington, Alvarado, Crowley and surrounding areas.



TALK ABOUT HIGH TECH

Your friend in the tow business, the Providence Tow family is here to help you. — By Melissa Rawlins

When the management of Providence Tow receives compliments, the text messages read like this: “I use you because you treat new cars or old cars the same way. We sure do love y’all.”

And the owners and staff of Providence Tow provide high-quality and full customer service. Courteous drivers apply damage-free towing techniques, using bridging technology and Kevlar straps. “We are Better Business Bureau certified because we make sure we won’t add more damage to your car than what has been done in the first place,” Owner Weyland Talafuse said.

He and his wife, Molly, opened Providence Tow nearly five years ago and have grown with their market share. They endeavor to help people in Mansfield, Burleson, Midlothian, Arlington, Alvarado, Crowley and surrounding areas. Mansfield residents can trust the Talafuses to charge reasonable prices, while getting their vehicle where it needs to be.

Advancements in technology have made it possible for Molly, who has a full-time job as an IT consultant, to accomplish Providence Tow’s back office work during her free time between work and rearing the Talafuse children, 6-year-old C. Keitt and 8-year-old Mackenzie. Often, Mackenzie will dispatch after her father receives the calls coming in on a Cloud-based app. Then, Mackenzie will answer calls when her dad can’t make it to the phone immediately and say, “Providence Tow, please hold.”

The Talafuse children have also accompanied Weyland to the company’s storage facility when, for example, the customer is female and needs help feeling more comfortable. “Providence Tow is a family business that prides itself on helping other families,” said Molly, who grew up in a family-owned business. “You learn a lot as a kid watching your parents take pride working in their own business.”

Business **NOW**

Volunteering in both their church and their PTA, the Talafuses have committed themselves to the community they've called home since about 2006. Molly had been working in Dallas, while Weyland was in law enforcement after serving in the military in Germany both before and after Desert Shield and Desert Storm. He had acted as a combat medic with the 31st Combat Support Hospital, 7th Corps.

Mansfield residents can trust the Talafuses to charge reasonable prices, while getting their vehicle where it needs to be.

Experience has taught Weyland the importance of attention to detail, accountability and planning. Providence Tow uses satellite-based location equipment, so they communicate with their customers in real time the exact location of their vehicle. They plan ahead for any situation. During snow and ice storms, their trucks are fitted with snow chains and other equipment necessary for dealing with the elements. Weyland hires employees skilled in pulling vehicles out of ditches, even during ice storms. Anticipating the needs of clients — like plumbing companies needing to pull water lines from underground — they have a wrecker that has winch capabilities. And for summertime, they keep drinking water and umbrellas handy.

“An umbrella is just as much your friend in the sunshine as it is in the rain,” Weyland said, recommending every driver prepare for summer by getting their vehicle's antifreeze and cooling system running right. “Batteries fail in extreme heat, as well as in extreme cold. Have your vehicle serviced, and make sure your charging system works.”

Providence Tow provides boutique services, too, hauling exotic cars, muscle cars and classic cars to and from repair or restoration facilities. One look at their website shows they can move other items, like portable buildings, aircraft, boats, motorcycles, recreational vehicles, fork lifts, shipping containers and equipment, such as bobtail trucks, tractors and trailers.

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Steve and Sharon Stous shop at Calloways after lunch with their son and daughter-in-law, Tyson and Ashley Stous.



Summer camp students at Oliver Nature Park are finding all sorts of flying wildlife.



Award-winning author Chitra Banerjee Divakaruni enchants the crowd with her talk about Oleander Girl at this year's Mansfield Reads! program organized by the Friends of the Mansfield Public Library.



Ben Powell and daughters, Mya and Eve, get ready for opening day.



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Life Insurance Needs Will Change Over Time ... So Be Prepared

If you're going to achieve all your goals, such as sending your kids to college, retiring in comfort and leaving a legacy, you will need to save and invest throughout your lifetime. But to really complete your financial picture, you'll also need to add one more element: protection. And that means you'll require adequate life insurance for your situation. However, your need for insurance will vary at different times of your life — so you'll want to recognize these changing needs and be prepared to act.

When you're a young adult, and you're single, life insurance will probably not be that big of a priority. And even married couples without children typically have little need for life insurance. If both spouses contribute equally to household finances, and you don't own a home, the death of one spouse will generally not be financially catastrophic for the other.

But once you buy a home, things change. Even if you and your spouse are both working, the financial burden of a mortgage may be too much for the surviving spouse. So, to enable the survivor to continue living in the home, you might consider purchasing enough life insurance to at least cover the mortgage.

When you have children, your life insurance needs will typically increase greatly. In fact, it's a good idea for both parents to carry enough life insurance to pay off a mortgage and raise and educate the children, because the surviving parent's income may be insufficient for these needs. How much insurance do you need? You might hear of a "formula," such as buying an amount equal to seven to 10 times your annual income, but this is a rough guideline, at best. You might want to work with a

financial professional to weigh various factors — number and ages of children, size of mortgage, current income of you and your spouse and so on — to determine both the amount of coverage and the type of insurance ("term" or "permanent") appropriate for your situation.

Once you've reached the "empty nest" stage, and your kids are grown and living on their own, you may need to re-evaluate your insurance needs. You might be able to lower your coverage, but if you still have a mortgage, you probably would want to keep enough insurance to pay it off.

After you retire, you may have either paid off your mortgage or moved into a condominium or apartment, so you may require even less life insurance than before. But it's also possible that your need for life insurance will remain strong. For example, the proceeds of a life insurance policy can be used to pay your final expenses or to replace any income lost to your spouse as a result of your death (e.g., from a pension or Social Security). Life insurance can also be used in your estate plans to help leave the legacy you desire.

As we've seen, insurance can be important at every stage of your life. You'll help yourself — and your loved ones — by getting the coverage you need when you need it. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Trentbam is an Edward Jones representative based in Arlington.







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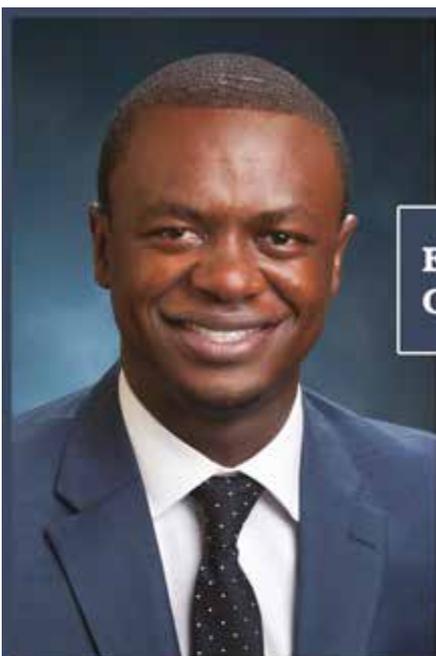


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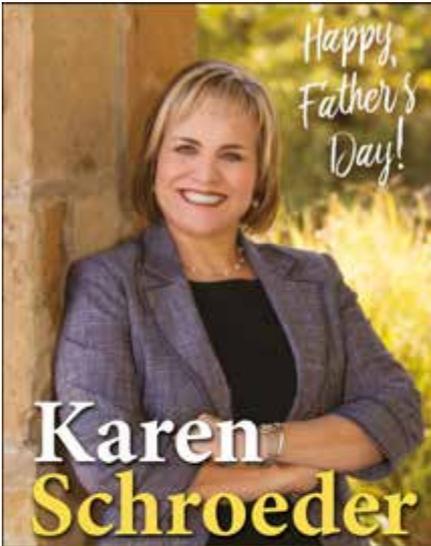
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Mansfield Farmers Market: 8:00 a.m.-1:00 p.m., 703 E. Broad St. Contact Rex Wenger, (817) 501-6027, or www.mansfieldtxfarmersmarket.com.

June 6, 20

Widowed Persons Fellowship: 3:00-6:00 p.m., First United Methodist Church, 777 N. Walnut Creek. Contact Jane Morton, (817) 473-2437.

June 8 — 10

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. 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. Contact David Macias, (817) 276-4239.

June 10

SalsaRita Fest and 5K: 2:00-5:00 p.m., 136 Bufford St., Burleson. Love both margaritas and salsa? Burleson restaurants, boutique vendors and musicians bring you an evening of family fun and good food to benefit Briar Oaks Volunteer Fire Department. Register for the 5K run at www.eventbrite.com.

June 10, 24

Mulch Madness: 8:30-11:30 a.m., 24 N. Mitchell Rd. Free mulch is given away to residents who bring their containers, truck or trailers for self-load, weather permitting. For more information, visit our website at water@mansfieldtexas.com.

June 11, 21

Intro to Fishing: **Sunday**, 6:00-7:00 p.m.; **Wednesday**, 9:00-10:00 a.m., Katherine Rose Memorial Park, 303 N. Walnut Creek Dr. The City of Mansfield supplies equipment, bait and instruction for junior anglers 3-16 years old. Pre-register for \$7 per person at (817) 728-3680.

June 12 — 16

Galactic Starveyors: 9:00 a.m.-noon, First Baptist Mansfield. Kids 5 years through fourth grade are welcome to "Discover the God of the Universe." For questions, call Derinda Williams, (817) 473-1889, ext. 231.

June 13

Multi-City Mixer: 5:30-7:30 p.m., Walnut Creek Country Club. Texas School of Phlebotomy hosts this free, fun way to meet people you can help. RSVP to (817) 473-0507 or info@mansfieldchamber.org.

June 16

Mansfield Connects: 11:30 a.m.-1:00 p.m., Mansfield Chamber. Educational program relevant to any business, on Initiative and Leadership according to Napoleon Hill's Laws of Success. Bring your lunch. (817) 473-0507.

June 17

Donuts with Dad: 10:30-11:30 a.m., Mansfield Public Library. Enjoy coffee, juice and donuts while playing games, making crafts and celebrating Father's Day with your favorite guy. RSVP to Faria Matin, (817) 728-3690.

June 19

MISD Education Foundation Golf Tournament: 10:00 a.m.-5:00 p.m., Walnut Creek Country Club. Shotgun start at 1:00 p.m. Lunch, dinner and cart are provided. Contact dannywilson@misdmail.org.

Caregivers Support Group: 6:30-8:00 p.m., The Atrium, First Methodist Mansfield, 777 N. Walnut Creek Dr. www.firstmethodistmansfield.org.

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

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In the Kitchen With Christine DiGiorgio

— *By Melissa Rawlins*

“Dessert should be the proverbial capstone to our food pyramid, the smallest yet most exquisite part of the meal — both visually appealing and pleasing to the palate,” Christine DiGiorgio said. She started baking in elementary school, and here shares the family recipes that began her love affair with baking. Through her cottage bakery, Sweet Sugars Cookies, Christine multiplies the joy that helped her cope after a personal tragedy when she was 32.

She still occasionally bakes all sorts of goodies for friends and family, and her husband of over 20 years counts his blessings each time he indulges. Serendipity brought them together after she moved to Mansfield and took a job requiring her French speaking skill. She met him her first day on the job. Now they’re both hooked on a life full of sweetness. **NOW**

Grandpa’s Beer Bread

Makes 2 loaves.

5 to 5 1/2 cups all-purpose flour
(divided use)

2 pkgs. instant yeast

1/4 cup sugar

1 1/2 tsp. salt

1/2 cup water

12 oz. warm beer

3 Tbsp. oil

Corameal

1. In a large bowl, combine 2 cups flour, yeast, sugar and salt; mix well.
2. In a saucepan, heat water, beer and oil until warm (120-130 F). Add flour/yeast mixture to water mixture. Blend at low speed until moistened. Beat 3 minutes at medium speed. By hand, gradually stir in remaining flour to make a soft dough.
3. Knead on floured surface until smooth and elastic, about 5 minutes. Place in a

greased bowl; turn to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

4. Punch down dough. Divide into two parts.
5. On a lightly floured surface, roll or pat dough into a 7x11-inch rectangle. Roll up tightly, starting with the longer side and pressing dough into roll with each turn. Pinch edges and ends to seal. Place seam side down on a greased cookie sheet sprinkled with cornmeal. With a very sharp knife, make 3 or 4 diagonal slashes across the top. Repeat with remaining dough to make a second loaf. Cover and let rise in a warm place until light and doubled in size, about 30 minutes.
6. Bake at 375 F for 30-35 minutes, until golden brown; cool.

Meringue Cookies

2 egg whites, very cold
1/8 tsp. cream of tartar

1/8 tsp. salt
3/4 cup sugar
1 cup mini white chocolate chips,
or mix-in of your choice

1. Preheat oven to 300 F.
2. Beat egg whites, cream of tartar and salt until stiff. Gradually add sugar while keeping mixture stiff. Fold in chips.
3. Spoon stiff batter onto parchment paper-covered cookie sheet. Bake 25 minutes at 300 F until dry and split, but not brown.

Chocolate Oatmeal Cookies

2 cups sugar
1/2 cup butter
1/2 cup unsweetened baking
cocoa or 2 squares unsweetened
baking chocolate
1/2 cup milk
3 cups oatmeal
1 tsp. vanilla

1. Place sugar, butter, chocolate and milk in a saucepan and bring to a boil. Reduce heat to medium until soft-ball stage (when a drop of the mixture balls up when dropped into water).
2. Remove from heat. Add oatmeal and vanilla.
3. Drop spoonfuls on parchment paper to cool and dry.

Beacon Hill Cookies

1 cup chocolate chips
2 egg whites
Dash of salt
1/2 cup sugar
1/2 tsp. vanilla
1/2 tsp. vinegar

1. Preheat oven to 350 F. Melt chocolate chips.
2. In a separate bowl, combine egg whites and salt; beat until foamy.
3. Gradually add sugar, beating until there are stiff peaks.
4. Mix in vanilla and vinegar. Fold in cooled melted chocolate.
5. Spoon onto parchment paper-covered cookie sheet. Bake 10 minutes.

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

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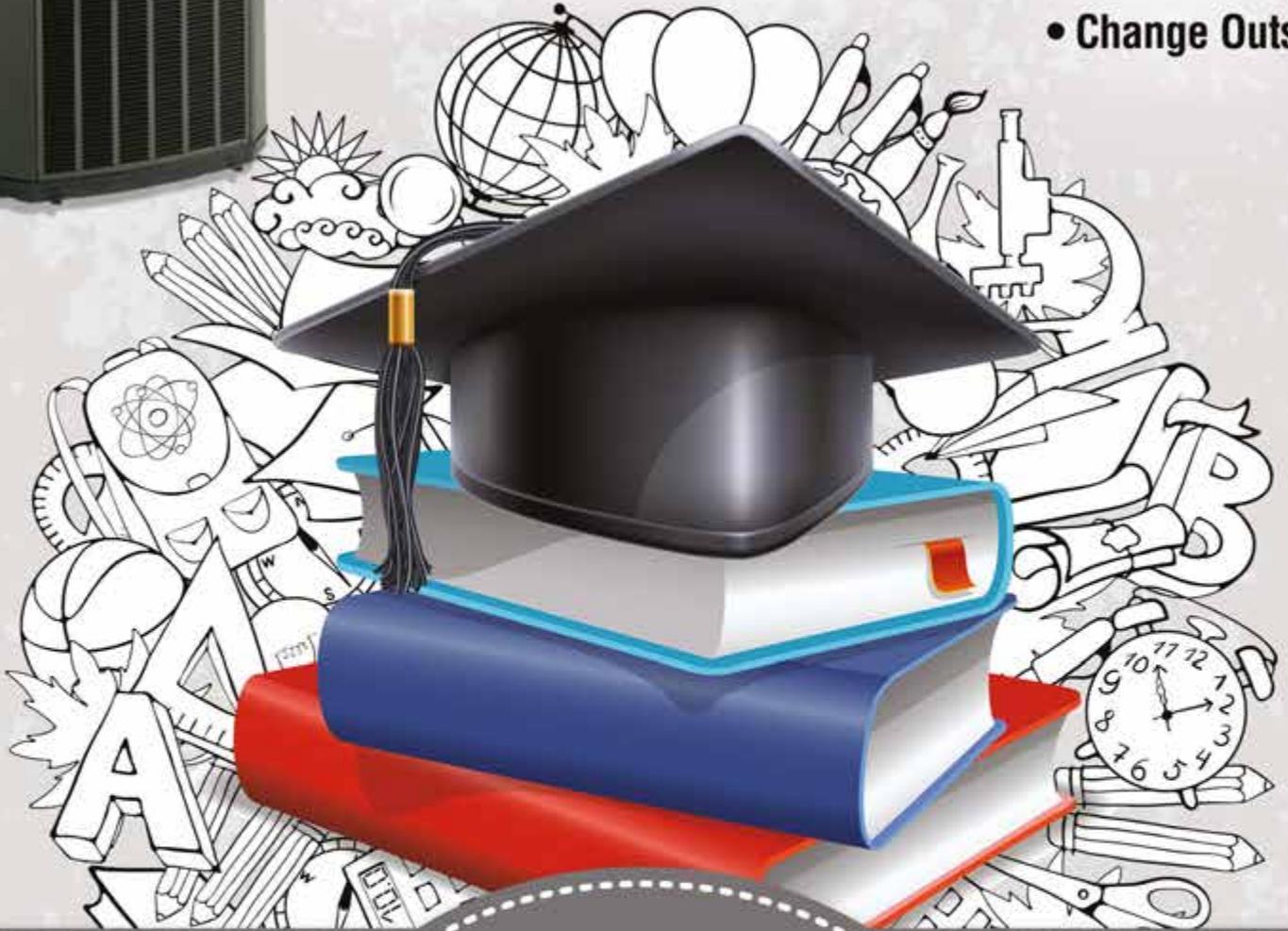
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