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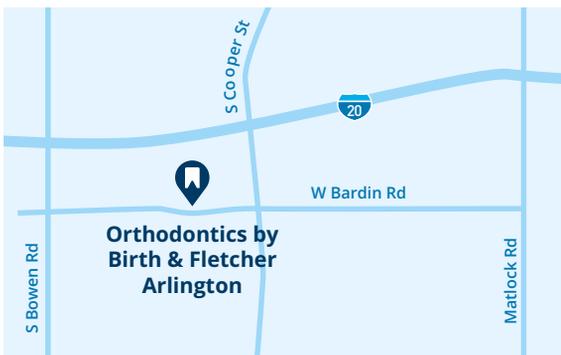
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Colin Agor and Isaac Sityar look forward to diving.

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EDITOR'S NOTE

Mansfield Family ...

When I consider this season, I reminisce about memories of summer break with my kids. I absolutely loved it! However, today I am an empty nester, so summers look different. My life used to be shaped by my job and children's schedule.

Those enjoyable times included me looking forward to being my children's teacher in the summer. I allowed them to have complete freedom for a whole week, while I prepared their lesson plans for June and July. I created a daily schedule that included standards for reading and math according to their grade level for the upcoming year. We conducted school from 8:00 a.m. to 11:00 a.m. Then, we had scheduled days like computer day, eat-out day, movie day, swimming day and library day. They participated in the Summer Reading Club and tried to win as many rewards as possible. I would take them to different places to redeem their rewards for reading. As they got older, we added sports and more advanced activities such as ACT and SAT practice, wrote college applications and applied for scholarships. Parents should address weaknesses during the summer. This will assist a child who is behind, on level or advanced.

On social media, I noticed a group of parents making sure their kids focused on reading novels, comprehension and writing skills this summer. The English teacher and mommy in me was thrilled to celebrate the moms from a distance by simply liking their post. Don't miss the opportunity to teach your sweet little darling something new or help them improve a skill to create more confidence.

Have a great month!

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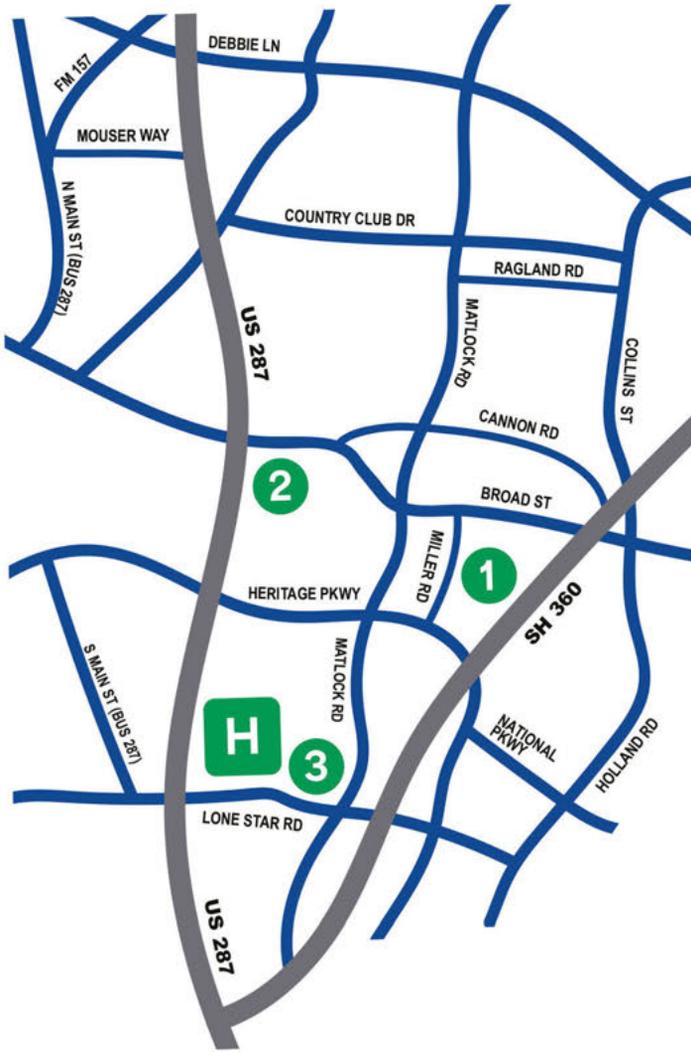
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DIVING FORWARD

— By Sandra Walters

Though Colin Agor and Isaac Sityar first walked through the doors of the Debbie Weems Natatorium in the Mansfield Independent School District years apart from each other, their stories have some similarities. Their ages at the time were in the single digits. Now, Colin is going into his senior year of high school, and Isaac will be a sixth-grader at Alma Martinez Intermediate School.

Colin watched divers practicing during his swimming lessons, and Isaac was on the swim team, but both were drawn to join the Mansfield Diving Club team. They have been trained by coaches Andy Serie and Natalie Harris, learning the proper fundamentals of springboard diving, beginning with basic skills like forward approach with jump, backward take off with jump and correct entry positions and follow through, and they have worked up to more difficult dives with multiple somersaults and twists.

Both athletes put in hard work daily, practicing five days a week for two hours, continuing to grind. "I've been diving for three years," Isaac said. "When I became bored with swimming, I moved to diving, and it's much more enjoyable!"

A 10-year veteran, Colin added, "Diving provides a challenge for me. I like the adrenaline that I get from trying difficult dives and doing them well." Colin and Isaac both mentioned taking a few gymnastics classes to improve their skills. They claimed diving was similar to doing gymnastics in the air and explained that many gymnasts transition to diving after career ending injuries because those skills transfer to this sport. As they train in the chlorine-scented space day after day, they think about the possibilities.

"And Isaac is doing extremely well. He's talented and has accomplished so much in a short amount of time," Colin said.

When asked how they prepare for competitions, Isaac responded, "I just go with it! When I dive, I feel like I'm in another dimension. I position my body and close my eyes, then proceed. I'm working on keeping my eyes open, but that's hard. I'm still learning. There are a lot of complex requirements to grasp, like twisters."

Colin explained, "I tell myself this is like any other meet, no matter how important the meet is. I walk onto the board confidently, take a breath and get into position. I think about the process and take off into the air. It's like driving a car in congested traffic because I hear things around me, but I must stay focused. My eyes remain open, since I need to see where I am going throughout the dive. I

can feel in my body positions if I'm doing well, especially when my palms hit the water. If it's like a hard high-five, I did it correctly. I can also tell from the splash around my feet."

Colin has qualified for USA Diving Nationals four times, and he won the 1-meter and 3-meter events at AAU Nationals last year. Isaac finished second and third in his events at AAU Nationals.

Coach Serie said these young men are exceptional. They are always practicing like it's a mock competition, so when the big day comes, it feels natural. "When our coach announced we qualified, we were shocked and only had three weeks to prepare, which meant cleaning up our skills," Colin said.

As a result of their success at AAU Nationals, Colin and Isaac were invited to represent the United States on the AAU National Team in competitions in Sweden last October. These two Mansfield residents competed against athletes from all over the world. They met people from Sweden, Finland, Scotland, Denmark, Germany, Croatia and Norway and traveled with 40 other American divers along with their families. The flight was eight hours. When the team arrived at Stockholm, Sweden, that night, they began practicing.

After getting some rest and a bit of practice, eventually, the two competed in their respective age groups. This experience was more intense than their American meets. As they stepped onto the diving board, the judges evaluated their stances immediately, looking at their body language for nervousness or confidence. Both divers performed well. Colin unexpectedly won the 3-meter event.

"Diving has given us so much confidence. I've learned to stand in front of an audience in my Speedo with everybody looking at me, so standing in front of people with clothes on while talking is easy," Colin joked. "Isaac is really just getting started in the sport, so the sky is definitely the limit for him."

This past school year, Colin focused on college visits and making a selection. Next year will be his final year at the Mansfield Natatorium. He chose to continue diving as a college athlete at the University of Arizona. Isaac will continue to improve his skills as he moves forward. Isaac and Colin hope to compete in the national championships in California next month. Root them on as they progress! **NOW**

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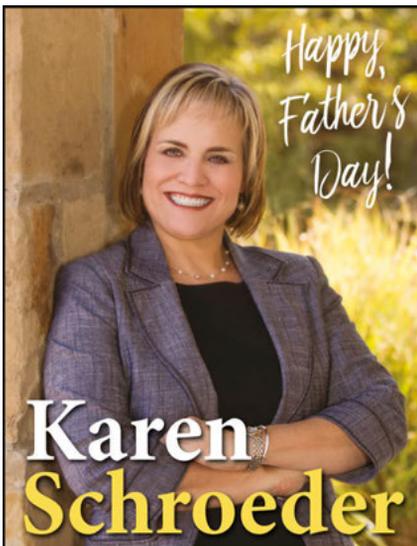
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— By Sandra Walters

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in 1987. Eventually, they collaborated as technicians, and their friendship developed. "However, I ultimately left that company and convinced Dwayne to join the new business. And we've been buddies ever since, always looking out for one another," Richie stated.

"Around 2009, I remember the economy getting really tight, so we discussed creating our own HVAC business," he continued. "We believed if we didn't establish the company at that time, it would never happen. Therefore, on January 1, 2010, we opened Performance Heat and Air, Inc. as 50/50 owners and worked super hard to get here. Dwayne and I both come from modest beginnings, but our work ethics create a great deal of success. Our personalities work well together. I am the customer service person, while Dwayne has more of a construction HVAC background. In the beginning, I remember installing a heating, ventilation and air conditioning unit in a newly constructed house with him, and our work chemistry continued from there. Now we're like family. His son just got married, and it was like attending a family member's wedding."

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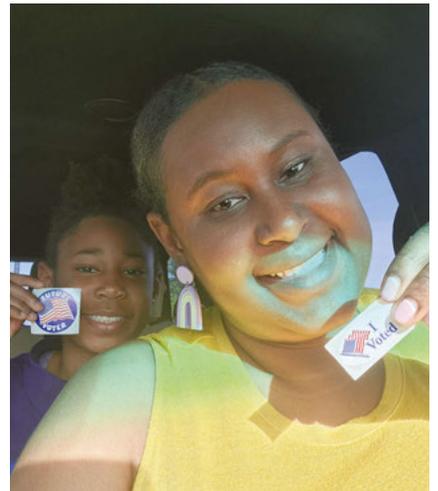
The Mansfield firefighters are amused by the bluebonnets.

Zoomed In: Logan James

By Sandra Walters

Logan James exclaimed, “Yay! I love the water!” while giving a thumbs up. Even though he’s just 2 1/2 years old, he had no trouble using the splash pad. Logan assisted others by pressing the child-friendly button to reactivate the water flow. This was the perfect place for him to cool off, play in the water and meet other kids. He eagerly anticipates his next visit.

Children in Mansfield may enjoy splash pads every day from 10:00 a.m.-8:00 p.m. at Gertie Barrett Park, McClendon Park West and Clayton W. Chandler Park until the end of the summer. To ensure cleanliness and safety, every park has a set day for maintenance. Take advantage of the chance to relax when it’s hot.



April Richmond votes while her daughter, Ava'Ray, tags along.



Mansfield ISD Education Foundation collaborates to bring creative programs into the classroom.



Mom Boss Expo presents a donation to Mansfield Mission Center.



Janekka Colbert, Sir Carson Graves and Johnny Wimbrey pose during Janet Brockett Elementary Career Day.



Owen Skinner celebrates pitching a heck of a playoff game for Legacy.



Jennifer Robertson and Stacey Henderson enjoy time with friends.

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CookingNOW In the Kitchen With MITCHELLE HANDLEY

— By Sandra Walters

“Cooking has always been my passion. As a little girl living in Nigeria, my mom and aunt taught me how to cook, so my techniques are a combination of home cooking and self-taught. I live for food and love traveling to try food from all over the world,” Michelle Handley said.

She moved to the United States in 2015 and recently settled in the Mansfield area. “My husband loves my cooking so much that he had a local artist design a mural in our home to spotlight the kitchen as a café,” Michelle said. “It’s uniquely designed, and I create all kinds of food — not just Nigerian — including fresh baked breads and pastries, main courses and other delicious desserts like beignets.” **NOW**

Puff Puff

1/2 to 3/4 cup sugar (divided use)
2 cups, plus 2 Tbsp. warm water
2 1/4 tsp. instant yeast
3 1/2 cups flour
1 tsp. salt
Vegetable oil, enough for frying
Powdered sugar, to taste

1. Mix 1 Tbsp. of the sugar with the water and yeast; set aside for 5 minutes.

2. In a large bowl, add the flour, salt and the remaining sugar. Pour in the yeast mixture; mix.

3. Cover; let the dough rise for approximately 45 minutes to 1 hour.

4. Pour the vegetable oil into a saucepan until it is at least 3 inches high; place on low heat.

5. Test to make sure the oil is hot enough by putting a drop of the batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot rather than rise to the top.

6. Use your hands or spoon up the batter, and create a ball. Then, using a spatula, drop it into the oil.

7. Fry for a few minutes until the bottom side is golden brown. Turn the ball over; fry for a few more minutes until the other side is golden brown.

8. Remove; place them on napkins right away to soak up the excess oil.

9. Sprinkle with powdered sugar and enjoy!

Nigerian Chin Chin

2 1/4 cups all-purpose flour
1/4 tsp. baking powder
1/4 cup sugar
1/2 tsp. salt
1/2 tsp. nutmeg
2 eggs
6 Tbsp. butter, melted
6 Tbsp. evaporated milk
Vegetable oil, enough to deep fry

1. Mix the flour, baking powder, sugar, salt and nutmeg together in a bowl. Add the eggs, melted butter and milk to the

dry mixture, while mixing ingredients together until a dough is formed. Knead the dough for 2 to 4 minutes.

2. Roll the dough out into a 1/4-inch thin sheet; use a pizza cutter to cut the dough into tiny square pieces.

3. Preheat the oil in a pan to deep fry the Chin Chin. Fry until golden brown.

4. Remove from the pan. Allow to cool completely before serving; enjoy!

Milk Bread

4 3/4 cups bread flour

1 3/4 cups milk

2 1/4 Tbsp. sugar

2 tsp. sea salt

3 1/3 tsp. instant yeast

1 2/3 Tbsp. butter

1. Attach a dough hook to a stand mixer. Add all the ingredients, except the butter; mix on low. Add the butter; beat on high speed until well mixed.

2. Take the dough out of the mixer. Lay it on a flat surface; knead until smooth to create a ball.

3. Grease a large bowl. Place the dough inside; cover with a towel. Set aside in a humid room for 1 hour.

4. Flour a flat surface; divide the dough into 6 even pieces. Roll each into a ball. Loosely cover the dough balls; let rest for 15 minutes.

5. Roll each ball into an oval shape. Flip it over so the surface is on the bottom, and do a letter fold. Then roll it up to form a spiral; pinch the seam closed. Place three spirals in each 1 lb. loaf pan. Repeat for the other pieces.

6. Place in a warm, humid place until doubled in size, or until it's 1 cm below the rim of the loaf pan. Preheat your oven to 356 F. Bake for 25 minutes.

7. For a shiny, golden crust, immediately after removing from the oven, brush on an egg wash coating. Enjoy.

Fried Dumplings (aka Jamaican Fried Dumplings)

2 cups all-purpose flour

2 tsp. baking powder

1 tsp. salt

4 Tbsp. granulated sugar

1 Tbsp. unsalted butter, room temperature

2/3 cup water

3 cups oil, for frying

1. Sift the flour, baking powder and salt in a large bowl. Add the sugar; whisk it all together.

2. Place the butter in the bowl. Use your hands to spread it evenly.

3. Pour in the water, little by little. Mix it all

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Puff Puff

together, using your hands to form the dough. Don't overwork. It will be soft.
4. Leave the dough in the bowl; cover with plastic wrap. Place the container in the refrigerator overnight.
5. Dust a surface with flour to knead the dough. Divide the dough into 12 pieces, creating each piece into a ball. Set the balls aside.
6. Pour the oil into a pot to deep fry. Heat the oil to 300 F.
7. Add each ball to the heated oil. Let them fry for about 8 to 10 minutes, rotating each side.

8. Put them on a paper towel to drain any excess oil and cool.

9. Enjoy them while they are warm.

Chocolate Chip Cookies

2 1/4 cups flour
1 tsp. baking powder
1 tsp. salt
1 cup butter, room temperature
1/4 cup white sugar
1/4 cup brown sugar
1 tsp. vanilla extract

2 large eggs
2 cups chocolate chips

1. Preheat the oven to 375 F. In a small bowl, combine the flour, baking powder and salt.
2. In a large mixing bowl, beat the butter, white sugar, brown sugar and vanilla extract until creamy.
3. Add the eggs, one at a time, beating gradually after each addition. Stir in the chocolate chips.
4. Scoop a 1 tsp.-size portion of the dough for each cookie; drop them onto ungreased baking sheets. Bake for 9-11 minutes. Cool on baking sheets for 2 minutes. Remove to wire racks to cool completely. Enjoy!

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The Power of Dividends in a Portfolio

Not so long ago, some investors regarded dividends as roughly the financial equivalent of a record turntable at a gathering of MP3 users — a throwback to an earlier era, irrelevant to the real action. But fast-forward a few years, and things look a little different. Since 2003, when the top federal income tax rate on qualified dividends was reduced from a maximum of 38.6 percent, dividends have acquired renewed respect. Favorable tax treatment isn't the only reason. Dividends can provide income and potentially help mitigate market volatility, which is also attractive to investors. With more baby boomers retiring and focusing on income-producing investments, the long-term demand for high-quality, reliable dividends may increase.

Dividend income has represented roughly one-third of the total return on the Standard & Poor's 500 stock index since 1926. According to S&P Global, the portion of monthly total return attributable to dividends has ranged from a high of approximately 68 percent during the 2000s — in other words, about two-thirds of that decade's return resulted from dividends — to a low of 14 percent during the 1990s, when

investors tended to focus on growth. (Source: S&P Global, September 2021.) If dividends are reinvested, their impact over time becomes even more dramatic. When you reinvest dividends, you are buying more shares of the dividend-paying stock. The reinvested dividends can then start earning returns and dividends of their own. Dividends can be especially attractive during times of relatively low or mediocre returns. In some cases, dividends could help turn a negative return positive, and also can mitigate the impact of a volatile market by helping to even out a portfolio's return. Another argument has been made for paying attention to dividends as a reliable indicator of a company's financial health. Investors have become more conscious in recent years of the value of dependable data as a basis for investment decisions, and dividend payments aren't easily restated or massaged.

Finally, many dividend-paying stocks represent large, established companies that may have significant resources to weather an economic downturn. That could be helpful if you're relying on those dividends to help pay living expenses.

Please consider the investment objectives, risks, charges and expenses carefully before investing. Remember that past performance is not a guarantee of future results.

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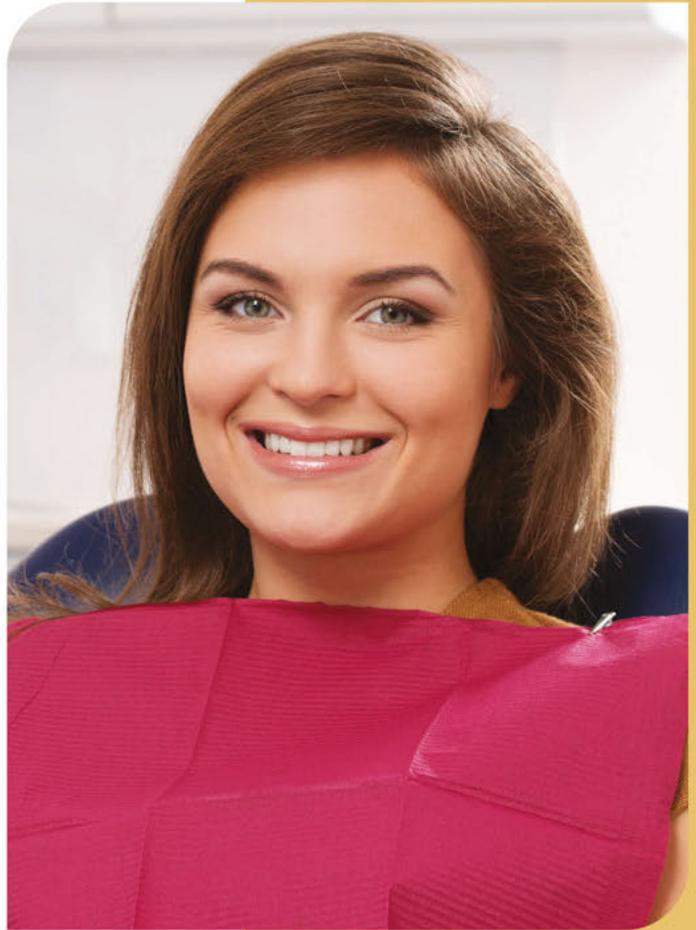
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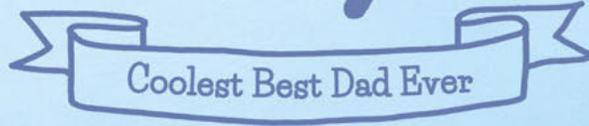


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