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JUNE 2024

The Running Advantage

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In the Kitchen With Vicki Zhao

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Scavenger Hunt

Crossword
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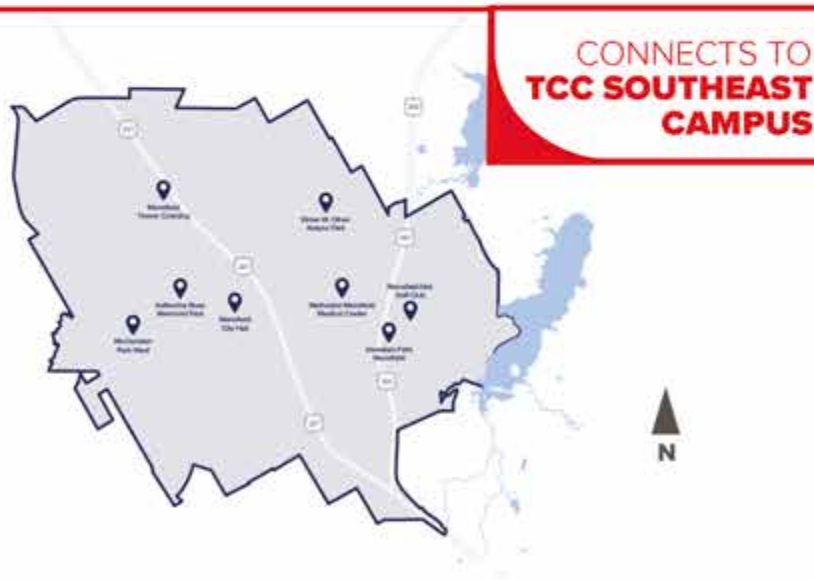


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ON THE COVER



Everett Pafford is still running strong in his 70s.

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*Managing Editor, Becky Walker
Mansfield Editor, Sandra Walters
Office Assistant, Kristin Bato
Editors/Proofreaders, Rachel Rich
Virginia Riddle*

GRAPHICS AND DESIGN

*Creative Director, Chris McCalla
Artists, Kristin Bato . Beth Davis
Martha Macias . Anthony Sarmienta*

PHOTOGRAPHY

*Photography Director, Chris McCalla
Photographer, Lori Baur*

ADVERTISING

*Advertising Representatives,
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EDITOR'S NOTE

Mansfield Family ...

As we embrace the arrival of June, we find ourselves at the intersection of Father's Day and Juneteenth. These moments offer opportunities not only for reflection but also for celebration and recognition.

Father's Day is observed in many countries around the world. This is the time many honor the paternal figures in their lives, whether it's a biological father, stepfather, grandfather, father-in-law or father figure who has played a crucial role. Father's Day serves as a reminder of the love, support and guidance they provide. While we navigate the complexities of our world, let's pay tribute to the fathers and father figures who have shaped us.

As a child, I recall one of my father figures taking us to visit Ms. Opal Lee's home museum on the south side of Fort Worth. I didn't fully understand her fight or passion. However, my childhood pastor scheduled field trips to this unique house, where we listened to Ms. Lee talk about Juneteenth. I learned at an early age that June 19 commemorated the emancipation of enslaved African Americans. I never envisioned this sweet lady being a historic icon. Today, Ms. Lee is known as the Grandmother of Juneteenth. On June 17, 2021, it became a national holiday. Juneteenth holds profound historical and cultural significance. It serves as a reminder of both the progress made and the work that remains.

This month as Father's Day and Juneteenth approach, many will acknowledge their amazing fathers and celebrate the emancipation of African Americans in the United States. Here's to dads! And here's to freedom!

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THE RUNNING ADVANTAGE

— By Sandra Walters

When Everette Pafford was a college student, he journeyed to this area. In 1971, he enrolled in Southwestern Assemblies of God College in Waxahachie (now Southwestern Assemblies of God University). Eventually, he obtained his bachelor's and master's degrees. He reminisced about traveling through Mansfield, Texas, saying, "287 was not a highway. It was a two-lane road. Mansfield has developed significantly." He returned here after serving as a pastor for 32 years in Ohio and Indiana.

"I discovered running when I was 40. I simply needed a way to relieve stress and thought about the best way to achieve this. I have a friend who is a pastor, as well, and he runs, so I thought, *I'm going to run, too,*" he said. Life can become demanding, regardless of the profession. However, as he desired to conquer the pressure, he signed up for his first half marathon, which is 13.1 miles.

Everette planned to run following work one day. "After work, I put on my deck shoes, jean shorts and a cotton T-shirt," he said with a smile. "Then, I headed out. Soon, I learned the importance of wearing the right clothing. By the time I returned home, the sensitive parts of my chest were chaffed underneath the cotton T-shirt and jeans." That was a lesson he would never forget. He thought businesses were simply trying to sell more shirts, shorts and shoes. However, his first run revealed the reasons for wearing proper clothing — lesson learned.

"I didn't run track or play any sports in school because we had a father and sons tree service, and we worked after school.

“

**I'M COMPETITIVE,
BUT I'M NOT SURE
WHERE IT CAME
FROM. MAYBE, IT'S
BECAUSE I'M THE
MIDDLE CHILD.
I ALWAYS TRIED
TO OUTDO MY
SIBLINGS.**

”

I didn't have time for other things. We were always outside cutting firewood, taking care of trees and yards. Therefore, when I run, I don't run on people's grass. But I do run on grass trails to protect my knees. Once, I had to preach from a stool for months because I injured my shins. I used to run on the pavement, but again I learned. I want to keep all of my original parts! Most days I run in the mornings to avoid this Texas heat," he acknowledged.

After running several half marathons, Everette signed up to run a full marathon without realizing the length. When he became aware of the distance, he was a bit alarmed. Wondering exactly how long a 26.1

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mile-run would be, he jumped in his car and drove until he completed those miles. *What have I gotten myself into?* he thought.

"I'm competitive, but I'm not sure where it came from. Maybe, it's because I'm the middle child. I always tried to outdo my siblings," he added. "I think most people need to train for at least four months. Use various apps, follow charts and join clubs. Observing the instructions consistently will help a person get ready. I can still picture my attempt to speed things along

by jogging too many miles too quickly. I recall hobbling off the practice trail. I had to see a podiatrist and a chiropractor. I discovered that wearing shoes for longer than six months and trying to speed up the process can

lead to injuries." The benefits of running are endless. He said, "I can eat almost anything and not gain weight, and when you get in shape, you become more health conscious."

There was a time when he had to take a break and change his marathon mind-set to running alongside his wife by taking care of her as she recovered from a stroke. "Now we try to walk together often," he said. "We just have to keep moving. On July 19, we will celebrate 49 years of marriage. My

wife and I are extremely proud of each other. We're both fighters.

"And my sons have joined me in marathons," he continued. "I recall one of my sons saying he hated running, but he ran with me. I can't say I love it, but I love the results. It allows me to meditate, pray and memorize things," he added.

Everette has run several mini marathons and completed six full marathons, the last full marathon being in 2015. He still dreams of running in the Boston Marathon someday. Recently, he ran in the 5K Run 2024 Cowtown Race in Fort Worth and placed 3rd in his division. That is his favorite run, which he ran along with one of his sons. Everette has a lot of runner's bling and swag. The medals are described as bling, while the other products are considered swag in the marathon world. Running is mental and physical, which allows him to relieve stress by moving. "I will continue to run to keep my mind sharp and body healthy as I multitask," he said. "I'm looking forward to my next race!" **NOW**

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The Shaw brothers and a friend enjoy the day at Katherine Rose Park.

Zoomed In:

By Sandra Walters

Aaron and Jezriel Robertson

Aaron Robertson spends quality time with, supports and protects his children. He recently took his youngest daughter, Jezzi, to get ice cream. "This is what fathers do," he declared. "I take Bear (her nickname) for ice cream because she enjoys it so much." The act of simply spending time together while enjoying a cone or cup of ice cream seemed to provide them both with immense happiness. This bond formed between this father and daughter was evident in the smiles on their faces and the gaze in their eyes.

As Father's Day approaches, Aaron and fathers like him are celebrated for all of the love, sacrifices, time spent and presence in their kids' lives. Happy Father's Day to all fathers as we honor them on June 16.



Luca Gattozzi is a future cowboy.



The Lake Ridge High School boys basketball team advances to state.



Renesmee Diaz, a kindergartener at Mary Jo, looks quite fancy as she ends the school year.



Stella Gattozzi enjoys Gertie Barrett Park and the spring sunshine.



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Kaedyn Edwards and Mr. McCombs celebrate being at the same schools from elementary to senior year.

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— By Sandra Walters

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Todd Simmons, the president of Simmons Wealth Management, grew up in Many, Louisiana. “My parents were both educators. However, after realizing they may struggle financially as teachers, my dad went back to college to pursue a law degree. And when I was in first grade, I remember my



The logo for Simmons Wealth Management features the word 'SIMMONS' in a large, stylized purple font with a yellow and blue swoosh above the 'S'. Below it, the words 'WEALTH' and 'MANAGEMENT' are stacked in a smaller, purple, all-caps serif font.

dad graduating from LSU,” Todd said. His mother kept teaching until he was in high school. Then, she transitioned into taking care of his younger siblings as a stay-at-home mom. His father continued to advance as an attorney, and his mother eventually went on to become a counselor.

After high school, Todd enrolled in Louisiana Tech University, where he earned a bachelor’s degree in political science. “I initially planned to be an attorney like my dad. However, as I considered graduate school, I decided to get another bachelor’s degree in accounting from Northwestern State University. Following that, I acquired a master’s degree in business administration from Centenary College,” he acknowledged. He became a public accountant, but this profession was not conducive to raising a family. So, after a while, he secured a position as the deputy director for the city of Shreveport, which was a better fit for his family’s lifestyle.

As he continued to learn, his heart yearned to help people with their finances, so he became a financial advisor. He said, “I

am a financial advisor, and I help people reach their financial goals. I like breaking it down to the basics like a teacher. Some people need a little help with knowledge, but others need me to be more hands-on longer. I will meet people where they are. This simply depends on the person. I enjoy educating those who want to work independently, and others who grasp the concepts quickly."

Now, Todd Simmons has been a financial advisor for 23 years. He and his wife, Rona Simmons, and their kids, Alana and Nolan, moved to Mansfield in 2000. His wife teaches in Mansfield Independent School District, and their children graduated from Mansfield High. "We attend Walnut Ridge Baptist Church, and I teach Sunday school. I believe it's important to give back to the community. I serve on the MISD Districtwide Education Improvement Council, Mansfield Economic Development Corporation Board and Methodist Mansfield Medical Center Advisory Board.

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CookingNOW In the Kitchen With VICKI ZHAO

— By Sandra Walters

“I grew up in China eating my mom’s homemade meals, and we ate family dinner every day. Sometimes our family of four made dumplings together, and that was our family happy hour. During Chinese New Year, my dad cooked special holiday dishes, and he also emphasized the importance of eating nutrition-rich food,” Vicki Zhao said. “I think that’s where my interest in nutrition and cooking started.”

She integrates her Chinese cuisine in a healthy way because she believes nowadays people eat out more than cooking at home. “I don’t make fried foods, use hot oil for sauté dishes or overcook vegetables. The phrase ‘stir-fry’ is misleading. It should be ‘sauté’ instead of ‘fry.’ I am grateful that I can contribute my knowledge and skills to help people live a healthy, happy life,” Vicki said. “Holistic living is so essential for wellness and longevity.” **NOW**

Scrambled Eggs With Tomatoes

- 2 Tbsp. vegetable oil (divided use)
- 4 large eggs
- 2 green onions, cut (separated into white and green parts)
- 2 1-inch pieces fresh ginger, sliced
- 3 large ripe tomatoes, sliced into chunks

- 1 tsp. sugar
- 1 tsp. sea salt
- 1 Tbsp. soy sauce
- 2 tsp. cornstarch
- 1 Tbsp. water

1. Pour 1 Tbsp. of the oil into a saucepan; scramble the eggs in the oil. When cooked, set aside.
2. In another pan, add the remaining oil; sauté the white parts of the green onions

and the ginger. Add the tomatoes, sugar, sea salt and soy sauce; simmer 2-3 minutes, or until soft.

3. Mix the cornstarch with room temperature water. Mix into the scrambled eggs. Pour the egg mixture into the other saucepan.

4. Garnish with the green parts of the green onions. Serve with rice.

Egg Custard

- 3 eggs
- 1/2 cup water
- 1/2 tsp. salt
- 1 tsp. soy sauce
- 2 green onions, chopped
- 1 tsp. sesame oil

1. Add the eggs and water to a bowl; beat while adding salt. Stir smooth.
2. Place water into a steamer. When it starts to boil, put the bowl of eggs inside to steam. Cover the bowl with a plate. Steam for 12 minutes on low heat. Turn off the heat. Let sit in the steamer for 5 minutes.

3. Top with soy sauce, green onions and sesame oil.

Chicken and Broccoli

1 chicken breast, sliced
1 Tbsp. soy sauce
1 Tbsp. water
1/2 of 1 egg white
2 Tbsp. cornstarch
1 large head of broccoli, cut in pieces
1/2 carrot, sliced

Sauce:

2 tsp. cornstarch
1/2 tsp. pepper (white or black)
2 Tbsp., plus 1/2 tsp. soy sauce
1 Tbsp. oyster sauce or fish sauce
1 Tbsp. brown sugar
1 tsp. ginger, grated
1 tsp. garlic, minced
1/2 cup chicken stock
1 Tbsp. oil

1. Place the first 5 ingredients in a bowl. Rub the ingredients into the chicken for 5 minutes. Marinate for 20 minutes.
2. Boil a pot of water. Immerse the broccoli and carrot slices into the water quickly and drain.
3. *For sauce:* Combine the cornstarch, pepper, soy sauce, oyster sauce or fish sauce, brown sugar, ginger, garlic and chicken stock.
4. Heat the oil in a large skillet; brown the chicken on both sides. Add the broccoli and carrots; mix well with the chicken. Cook for 2 minutes. Pour the sauce over the ingredients in the skillet. Stir to coat well.



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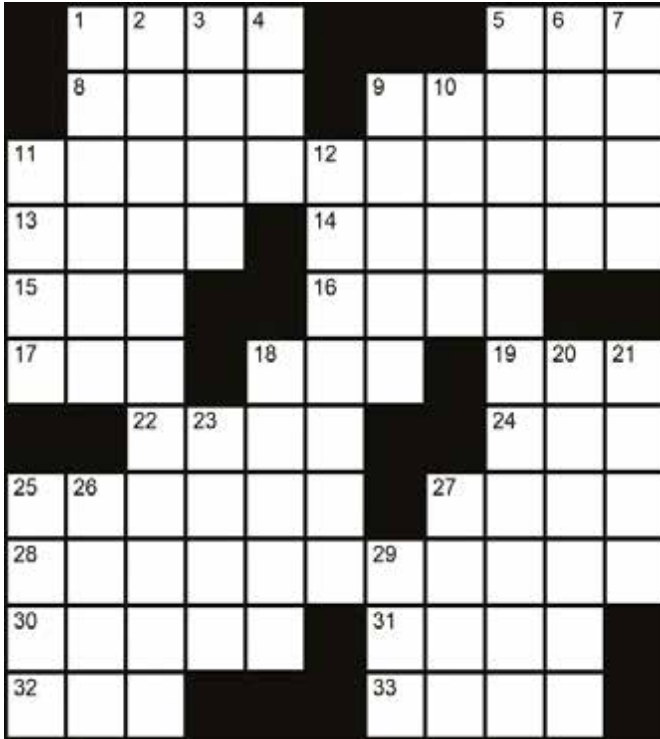
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Across

- 1 Poetical daybreak
- 5 Dove sound
- 8 Diva delivery
- 9 Not in silence
- 11 Put on
- 13 Slapstick ammunition
- 14 Stock car racing overseer
- 15 Arabic form of "Mac"
- 16 Suit shuffled: as found after leading in
- 17 Fruitcake
- 18 Fine hair
- 19 "Awesome!"
- 22 Opposite of nigh
- 24 Gun, at Indianapolis for example
- 25 Canny
- 27 Curve
- 28 Imitation diamonds
- 30 Dispositions
- 31 Cuzco valley dweller
- 32 Hankering
- 33 Leaves

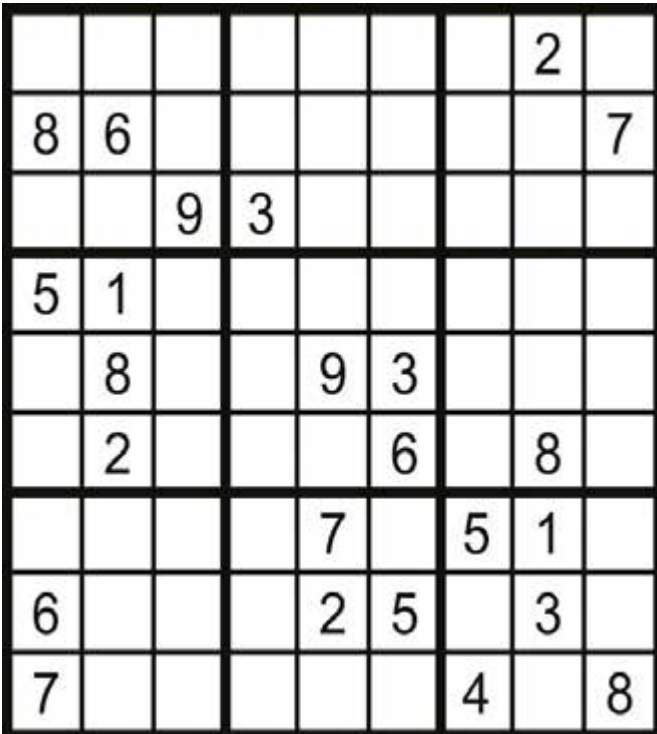
Down

- 1 Pepperdine University locale
- 2 Alignment altered on iteration
- 3 Patch targets
- 4 Doze
- 5 Agreement
- 6 Eke --- living
- 7 Bad aroma
- 9 Legendary oilwell firefighter Red ---
- 10 Schindler had one
- 11 What dreidels do
- 12 Guarantees
- 18 Three goddesses of destiny
- 20 Virgil's Trojan hero
- 21 Movie media
- 23 Back financially
- 25 Major organization?
- 26 Card case
- 27 If it's pro, it's free
- 29 Welding technique

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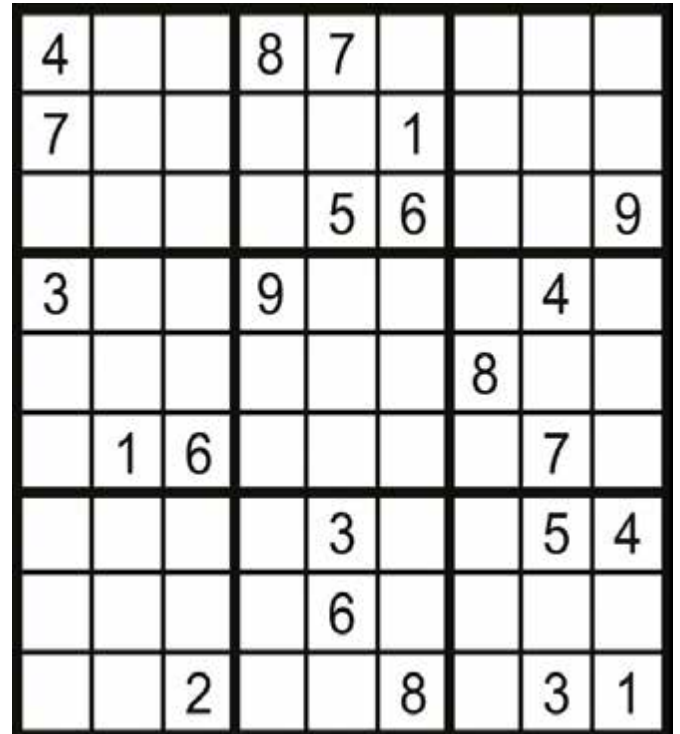
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Easy



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Medium



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If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives."

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the

newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

"I LIKE BEING WELL ROUNDED. I ENJOY BEING AN OVERACHIEVER, SO I'M CONSTANTLY TAKING CONTINUING EDUCATION, KEEPING UP WITH ALL THE NEWEST TECHNIQUES AND TECHNOLOGY."

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency — working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training."



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Dr. Cristina Allala
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HAPPY Father's Day

JUNE

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

6/1

Pancake Breakfast Fly-In/Drive-In:

Classic airplanes and fighters, live music, children's activities! Free entrance and parking. Breakfast: \$3-\$7 8:00-11:00 a.m., Mid-Way Regional Airport, 131 Airport Dr., Midlothian. (972) 923-0080.

6/7, 6/14, 6/21 and 6/28

Family Movie Matinee:

For all ages. Enjoy a cozy afternoon filled with laughter, drama or maybe even a few tears. Cost: Free. No registration required. 1:00-3:00 p.m., Mansfield Public

Library, 104 S. Wisteria St.

6/8

Super Awesome Amazing Tiny Tri:

For ages 1-6 years. Little superheroes can suit up in their best capes, masks and costumes and enjoy a fun non-competitive triathlon designed for the tiniest of athletes. All participants do need to register; parental sidekicks are welcome to assist but do not need to register. \$20. 10:00 a.m.-noon.

For information, email mac@mansfieldtexas.gov.

6/15

Daddy and Me:

For all ages. Come celebrate the father figure in your life! Enjoy crafts, snacks and light refreshments — all to celebrate dad.

Free. No registration required. 10:30-11:30 a.m., Mansfield Public Library, 104 S. Wisteria St.

Mansfield's Juneteenth Celebration:

Join us for the festivities as Mansfield celebrates Juneteenth. Live entertainment, great food, history and unity in the heart of Mansfield. Cost: Free. 4:00-6:00 p.m., The LOT Downtown, 110 S. Main.

6/28-7/3

Mansfield Rocks:

This year the fun kicks off in Mansfield with two free concerts on 6/28 and 6/29 with the End Of An Era Tour. Taylor Nation and Bluffett will have you dancing and singing along to your favorite hits from two different generations as we celebrate Independence Day. This will be followed by the annual Fireworks Spectacular on 7/3 at approximately 9:00 p.m. Cost: Free. 7:00 p.m., The LOT Downtown, 110 S. Main.

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

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