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Bud Ford conquered the rodeo arena and put his daughters through college.

Photo by SRC Photography.

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Editor's Note

Dear Friends,

July starts off with a bang — rather, a gazillion bangs that change the atmosphere throughout the nation, as well as here in front yards and city parks. The next day, we're off to the races.

Some of us have three-and-a-half work weeks ahead of us in this month. Some of us have family reunions to plan for, travel to, produce, clean up after and travel home from.

Some of us have annual conventions to participate in. Some of us have friends to tend to, dogs to walk, arts to craft, wine to drink, cucumbers to pickle, balls to bat, miles to hike, stars on which to gaze.

None of us are alone in this universe, though. And if some summer evening we get to feeling that we are all there is, try stepping outside and singing along with that silvery bit of lunacy by James Merrill Brickman:

*I see the moon,
The moon sees me
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Melissa

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NO Tying HIM DOWN

— By Rick Mauch

Billy “Bud” Ford Jr. smiled, leaned back in his chair and recalled a special time in his youth. He was 8 years old chasing a toy, called an Inchworm, with a rope down a hill at his boyhood home. “I had a white Shetland named Pete,” he said. “I used an old extension cord as a rope. I’d rope anything. I got in trouble roping my sisters as they’d get off the school bus. I quit ’cause I got a whipping.”

Now, 44 years later, at age 52, Bud is still roping — and he’s gotten quite good over the years. Earlier this year, he won the prestigious Cowboys of Color Rodeo at Fort Worth’s Will Rogers Coliseum, posting a winning time of 9.6 seconds. “Ever since I’ve been old enough to get on a horse, I’ve been riding,” he said. “My dad was a roper. He helped me and my cousins. He didn’t compete much. He’d rope at Kowbell and did good. He ran it for 35 years, up until the day he passed in 2002.”

The Kowbell Rodeo and Arena are no more, closing a few years ago. But, Bud still has vivid memories of the days he’d watch his father and then became a staple at the rodeo himself. In fact, he’s among several people making a push to bring the rodeo back. “I owe a lot to Jack Ratjen (the late owner of Kowbell). He let me rope, let me practice — gave me a green light,” Bud said. “It ought to come back. It kept a lot of people out of trouble. World champs came through there.”

Bud played basketball in junior high. By the time he reached high school, however, he focused on his passion for roping. While he was content competing regularly at Kowbell and elsewhere around the state and region — and winning quite a bit — there was a push to prove he



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could compete at the highest level. This he did — and very well.

In 1995, Bud joined the Professional Rodeo Cowboys Association. In 1996, he competed in 100 rodeos, including qualifying for the prestigious National Finals Rodeo in Las Vegas, winning \$65,000 in 10 days. “I won \$118,000 in 1996, but I spent \$50,000 trying to win,” Bud said. “It costs a lot of money to play this game, and you’ve got to be good. Also, it’s hard to do that and take care of your kids.”





Over the years, Bud has made many friends through rodeo. Among them is Weatherford College rodeo coach Johnny Emmons. “Bud and I grew up together and competed against each other for many years, and he is one of my best friends,” Johnny said. “He is an outstanding roper, one of the best I’ve ever seen. We had many good times traveling the rodeo circuit together.”

Bud competed for a few years in the PRCA. He also won the Houston Livestock Show Rodeo in 1998. However, having proven himself, he returned to competing more locally and put his daughters, Shniqua and Brittany, through Texas Christian University. Both are social workers in the area now. “I’m proud of my daughters,” Bud said. “And my grandkids are my heart.” He has two grandchildren from his daughters. Fifteen-year-old Brayden belongs to Shniqua and 10-year-old Bria is the daughter of Brittany.

Though neither his daughters nor his granddaughters got involved in roping, Bud does work with young ropers on a regular basis in the small arena he has at his family property. “I love to help those kids,” he said. “Roping is not on PlayStation 4, though. It’s real. And now, you’ve got kids 12, 13 years old roping in 7 seconds.”

Bud works for area cities catching animals when they get loose. He’s roped everything from a stray donkey to a pot-bellied pig. “The rope kept slipping off,” he said, laughing about the time he chased the pig. “Every time I thought I had him, he’d slip away. Took a while,

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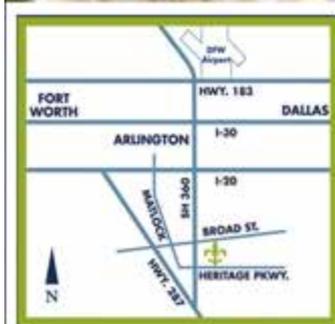


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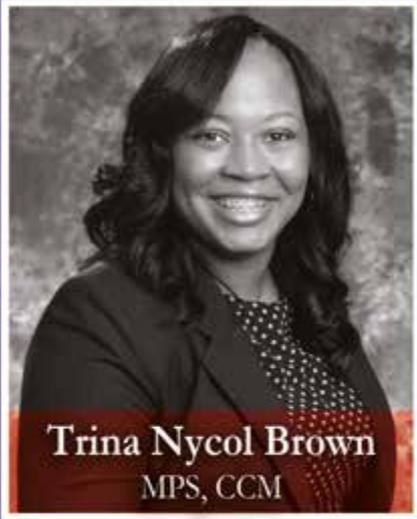
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Bud Ford enjoys helping young ropers like Huey Bowman improve their skills.

but we finally got him. I've gone as far as Waco, Bay City and Gunter. They call me when they're out. I'll go, even if it's 2 o'clock in the morning."

He also has his own business purchasing used automobile parts and selling them to be rebuilt. For example, when a part breaks down on a car, he'll purchase it for a few bucks, then sell it for more to someone who will rebuild and then sell it for even more. "I like doing that," he said. "It's fun, and it's a great way to make money."

Bud is grateful to a lot of people for helping him with what has been a long roping career, including Cleo Hern, founder of the Cowboys of Color Rodeo. He's also thankful to a number of people who have let him use their horses throughout his career, including Steve Cone; his dad's friend, Carl Woodard; Glenn Jackson; and Donnie Suggs. "It helps to have friends," he said. "And I'm not just talking about someone who will give you a high-five."

Longtime friend, Kiki Hatley, recalled the effect Bud has on a crowd when competing. It is among his favorite memories of their friendship. "The whole place got quieter than a church mouse, and that's the truth," he said.

"Roping Bud Ford is right up there with the best ropers ever," said another old friend, Jim Bob Wallace. "The guy was always fun to be around, and he

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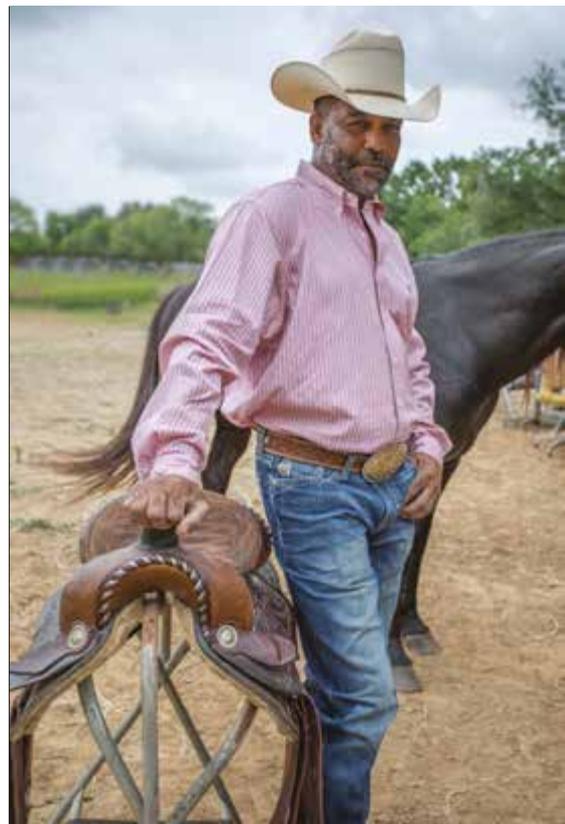
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loved to rope. We were in Gladewater, Texas, on a Wednesday night. The calves over there were big, and Bud had one of the sorriest ones, but when he roped, he was 7.7 seconds.

“Bud was unbelievable on that calf. They gave away hand-made spurs that night. A guy showed them to Bud, and he told them to go ahead and give them to him because nobody would be faster than 7.7,” Jim Bob continued. “He did get the spurs.”

About eight years ago, after watching a lady named Jackie Crawford tying calves in 7 and 8 seconds, Bud finally found his hero. “She’s a beast!” he said.

As for the future, Bud would like to open his own scrapyard, perhaps in Stephenville, where he may move someday because, he said, “That’s where all the cowboys are.” He also plans to keep working with youngsters and compete, as long as his body lets him.

Bud still gets the same thrill he did as a youngster every time a calf leaves the chute, and he chases it down. “When you get one of those calves roped, get him on the ground, get adrenaline going, there’s nothing like it,” he said. “I can’t make those runs myself. I give God the glory, but I’m going to compete as long as I can.” **NOW**

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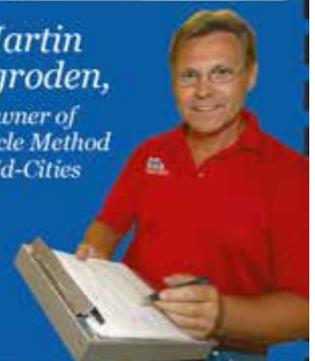
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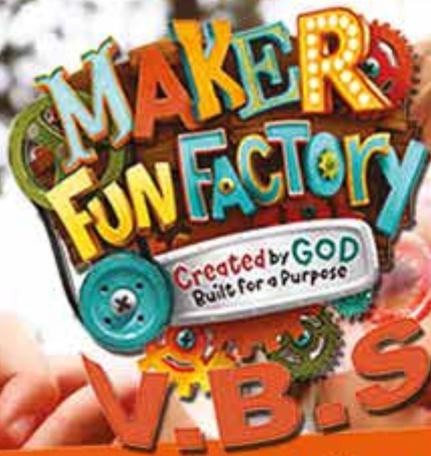
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TO S

Quite simply, Sue Boger loves to help. If there's a way to make someone's life a little — or a lot — better, she's going to be there. The 69-year-old Mansfield resident spends much of her time working with the Open Arms Clinic in Arlington — a health clinic for all ages. It focuses on giving free care for those who have no insurance or are underinsured. She loves her volunteer position as a clerical administrator. She checks patients in and out, schedules appointments and, mostly, does her best to brighten their day with a smile and kind words. "I try to take a special interest in them," she said. "If they want to talk, I let them talk. I love the interaction with people. I love being in that window and being the first person they see when they walk in."

— By Rick Mauch

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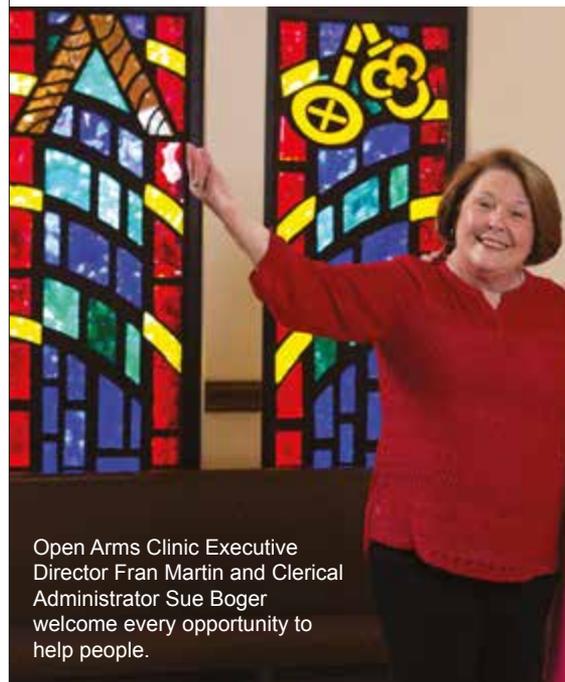
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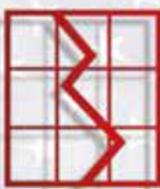
Sue has been with Open Arms for a year-and-a-half. She joined the organization after being introduced by a friend. Being the widow of a pediatrician, she understands the importance of having health care, along with the battle some folks are facing without it. "We're big on women's health. We have a Women's Day of Caring," she said. "I just think it does so much good for people, and that's what it's all about for me. And nobody gets paid."

Still, Sue treats her responsibility as she would if she were paid. She is every bit as diligent as when she worked in school administration in Duncanville for 17 years and Amarillo for 14. "You can't just fly in and fly out," Sue said. "You need to be there if you've made the commitment. You have to take responsibility."

Such responsibility earned her the Open Arms Hero Award from the clinic last year. It's their award for volunteer of the year. "I wasn't expecting it when they called out my name. I couldn't believe it," the ever-humble Sue said.



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“Sue has a true passion for the clinic, which shows when she deals with patients. You can see how each of them touches her heart, and in turn, they feel her caring nature,” said Fran Martin, executive director of Open Arms. “Other volunteers find her upbeat enthusiasm contagious. This enthusiasm has blossomed over into all clinic activities. When we branched out to a new Electronic Medical Record, requiring us to transfer charts of over 3,000 patients, she spent countless hours assisting in the endeavor. This little lady has such a great big heart just brimming over with Christian love, and she shares that love freely.”

Sue’s charity work has also included helping the homeless through a shelter in downtown Fort Worth. Among her duties was fitting them for clothes, including new Dickies coats. “I’d go down in the basement and sort through all those clothes people would give,” Sue recalled. “The most rewarding was giving out those puffy coats Dickies would give us each winter. Those coats went fast.”

Sue’s charity work not only helps those in need, it serves a purpose in her own life. It adds meaning. “The relationships are real. You get down in the trenches,” she explained. “There’s just something in me that drives me every day.”

That drive to make a difference was evident early on, and influenced Sue’s career choice. She began working for the Duncanville Independent School District





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in her 20s and had been working there 15 years when she met and married Jim. It was at his urging that she returned to college and graduated from Dallas Baptist University with honors in 1993. After spending a decade-and-a-half in Amarillo, where Jim was a professor at the Texas Tech School of Medicine, they returned to the area in 2008 and settled in Granbury.

Sue got heavily involved in charity work after retiring, especially following Jim's death in 2012. They had been married for nearly three decades. Sue stayed in Granbury a year after Jim's death, and then she moved to an apartment in Grand Prairie for a year. She relocated to her place in Mansfield two years ago because of its central location. Her son, Steve, lives in Arlington and her daughter, Stephanie, lives with her husband outside of Ennis. She also has three stepchildren from Jim who live in Lubbock.

The area holds fond memories for Sue. She remembers being on the drill team at Cedar Hill High School, and the Longhorns playing Mansfield High. (The city had only one high school back then.) She also had an uncle who played at Cedar Hill, whom she'd watch when she was even younger. She doesn't get out to high school games anymore, but she does remember going to the Cotton Bowl with Jim. They had three children who attended The University of Texas, including a daughter who was in the band. "We had so much fun there," she said. "It was so great to see her perform on that field at the Cotton Bowl."

Another of Sue's great passions is the Catholic religion. She will finish her confirmation to become a member in June. After Jim's passing, she found it difficult to return to their Baptist church and the empty seat. She began visiting St. Jude's with a friend and soon found

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her new church home. “I have so much admiration and respect for him [her friend] and how he takes his faith,” she said.

“Sue is sincere and eager, seeking to love God in the tradition of the Catholic Church,” said Father Thu Nguyen of St. Jude’s. “I can testify Sue is faithful in her journey of faith. I sense there is hunger in her stories and testimonies when we share experiences of faith. Sue will be a wonderful and faithful Catholic Christian.”

When she’s not volunteering or attending church classes, Sue stays active. She swims regularly, takes long walks and sometimes bikes. “My friend just got an electric bike. I said, ‘I can’t keep up with you, and I just bought this bike a couple years ago,’” she said with a chuckle.

But the truth is, Sue is the one who’s hard to keep up with — and she’s proud of that. She doesn’t plan on slowing down, and she’s always on the lookout for a new event in her life. In fact, she has now been named the chairwoman of the committee planning the Open Arms annual gala. She is heading up the 2018 event. “There’s so much to do — a silent auction, live auction, getting people to donate,” she said. “This clinic works off donations and grants, and that’s it. I’ve had people put pesos in envelopes to help, various coins and sometimes a \$50 bill.”

Former WFAA-TV news anchor Gloria Campos has been the guest speaker at the event the past four years, according to Sue, and she expects her to commit again for 2018. Among the event’s big donors are the Texas Rangers baseball team and Disneyland. “As long as I like what I’m doing, I’m going to keep doing it,” she said. “There’s always a first for someone, no matter your age.” **NOW**

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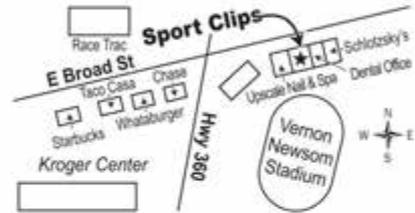
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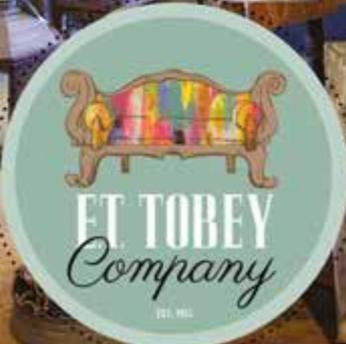
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Their Journey

AT HOME WITH
Daryle and Melisa Perez

Together

— By Rick Mauch

Upon entering the home of Daryle and Melisa Perez, visitors are greeted with a mirror that has inscribed on it the words Enjoy the journey. And that is exactly what they are doing in their 2,800-square-foot, Tuscan/modern home. Next to the mirror on the wall are some photos. One is of their children and some friends in a frame appropriately shaped in the word memories. Also, there is a vividly large family portrait above an inviting bench.



The adjacent dining room features a table set for six, with a java black top and antique white legs. The room is also home to an old dresser that has been reworked to match. Melisa painted them both. "We were at a friend's house, and they had done this to match furniture," Daryle said. "This is our Thanksgiving area, and we fill every spot. We can get 14 people in here."

On the wall is an assortment of crosses gathered from various places they've visited. On top of the dresser is a large mirror with a rustic frame, and next to it are some old black-and-white photos of Melisa's father as a child. He passed away recently.

It is on the back patio, her backyard oasis, that Melisa contemplates this and many other things in her life as she begins each day. It's a morning ritual that includes devotionals and just a little time with the Lord before entering the hustle and bustle of life. Her other passion is running her business, Mary Lou's Sandwich Shop on Main Street in downtown Mansfield, where she features her mother's recipes. Also, she is a graduate of Texas Coffee School and prides herself on serving gourmet coffee to her customers. She is a graduate of Dallas Baptist University and has a degree in Christian ministries.

"Every morning I get up, have coffee and sit outside. That's where I have my one-on-one with God," she said, adding with a laugh, "and if I don't have it, you can tell."

Daryle has a drive each morning to his job directing business development for Chris Harris and Associates, an Alamo Title company. He listens to devotionals





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on his commute. However, he also has an appreciation for the specialty the patio offers. “Even in the middle of summer with no air, we somehow always get a breeze back here,” he said.

The patio includes a grill and seating for about 10 people — or eight and their two Yorkie puppies, Libby and Toedoe. It has an outdoor fireplace that doubles as a table and, when ignited with propane, has beads that light up and provide warmth. Two other outdoor wood-burning fireplaces with miniature chimneys are used as planters. Melisa prefers a crawling variety. “I like something that trails down



— a Creeping Jenny or a potato vine,” she said.

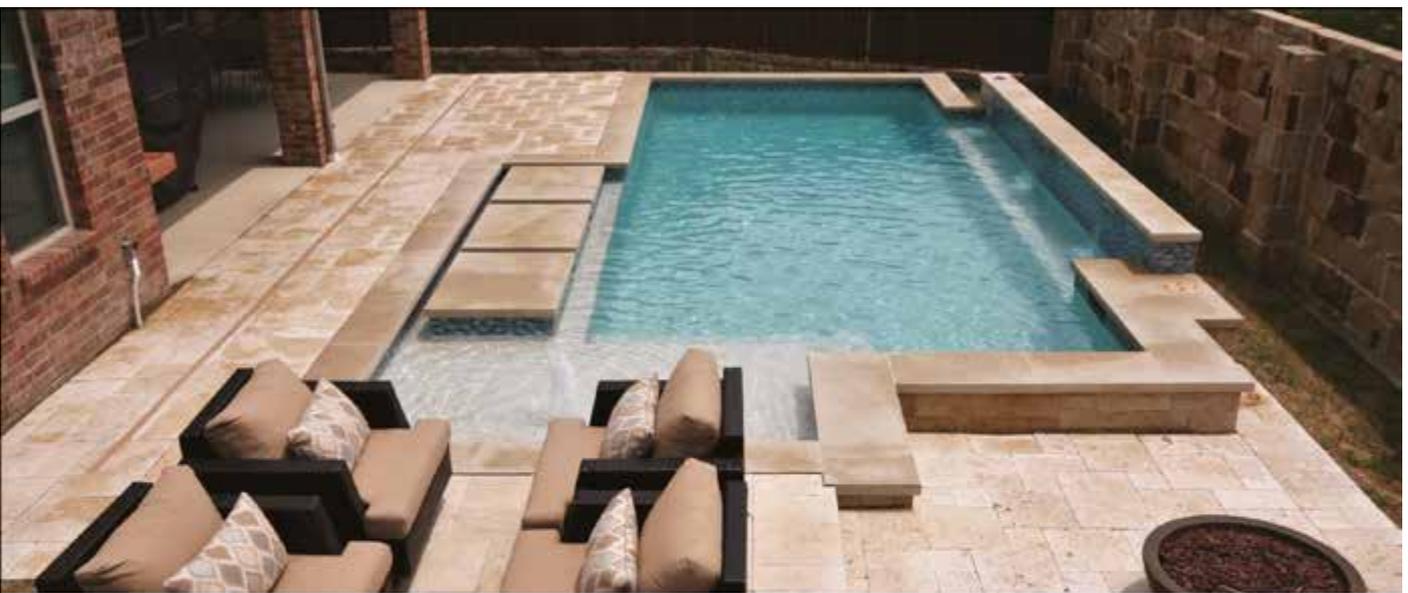
The couple is also environmentally minded. Out back are 42 solar panels connected to a converter box with their electric company meter. Each month, their bill is offset

by the amount of money they save by using solar energy. “We’ve had a 13 cent bill and a 28 cent bill,” Melisa said. “It doesn’t happen that often that they are that cheap, but it’s nice when it does! We save a lot of money each month.”

Back in the house, the master bedroom has another of Melisa’s creations. It is a simple wooden sign above the bed with an inscription from Philippians 4:13 that reads, *I can do all things through Christ who strengthens me.* “I was in the hospital for 18 days, and I kept saying that over and over,” Melisa said, recalling the time not so long ago when doctors removed a cancer from her appendix. “My sister died of cancer, and she was 38. I was 39.”

The living room wall features a prized piece of modern art by Daryle’s friend, Scott Shubin, a local artist. It was created from copper circuitry. “I knew him when he was a starving artist,” Daryle said.

On another dresser, perfectly matching the aforementioned black-on-white dresser in the dining room, are a variety of photos — not painted by Melisa. One is a black-and-white shot by Daryle of a church in Monterrey, Mexico. “That was



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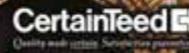
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back in the days when you had to develop your own film,” he noted.

On the other end of the dresser is another black-and-white photo that is eye-catching. Melisa shot it in Comanche. It's an old cabin that looks as though it was quite the comfortable home for its time. In between are more family photos, including Daryle's grandmother and grandfather, married 76 years. She passed away last summer, and he recently turned 102.

The big-screen television provides entertainment. “Well, with one notable exception,” Daryle said. “We can watch Cowboys football games — without Tony Romo,” he said, referencing the recent retirement of the team's longtime star quarterback who is now an announcer for CBS TV.

In fact, Daryle is named after a former National Football League quarterback, Daryle Lamonica. His brother, Gabriel, is named after another former NFL signal caller, Roman Gabriel. “I used to think, as a kid, they were saying Daryle Harmonica,” he said with a chuckle. “Then I saw his name, and I realized what they were saying.”

Upstairs in the recreation room is a black-and-white photo of the famous Rat

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Pack including Frank Sinatra, Dean Martin and Sammy Davis Jr. It's a scene from the original *Ocean's 11* movie.

The floors throughout the home are a combination of hardwood and grayish tile that resembles stone. They are especially proud of the new floor in their bedroom, which is clear lake chestnut and has a 50-year warranty.

The upstairs balcony is a place to relax. It is also a place for observation, something that was proven valuable to the neighborhood, as Daryle and a friend noticed some teenagers checking to see what cars in the area were unlocked. "We just sat here watching them, and we called the police," he said. "I guess we were like the Neighborhood Watch."



Daryle and Melisa sold their funeral home in Mansfield last August. They loved working together but said it was time for something different. "I'd been a funeral director for 25 years, and I was on call for 24," he said. "I was the youngest funeral director in Austin at the age of 21. I had done it a long time, but it was time for a change." In fact, Daryle and Melisa met at a funeral. They were married at the Globe Life Park (formerly called the Ballpark in Arlington).

They have four children between them from previous marriages, two boys ages 25 and 23 and a pair of daughters ages 27 and 24. They also have four grandchildren. And whatever the future holds, they will greet it together in their home. After all, there is always room for more memories because the journey is far from over. **NOW**

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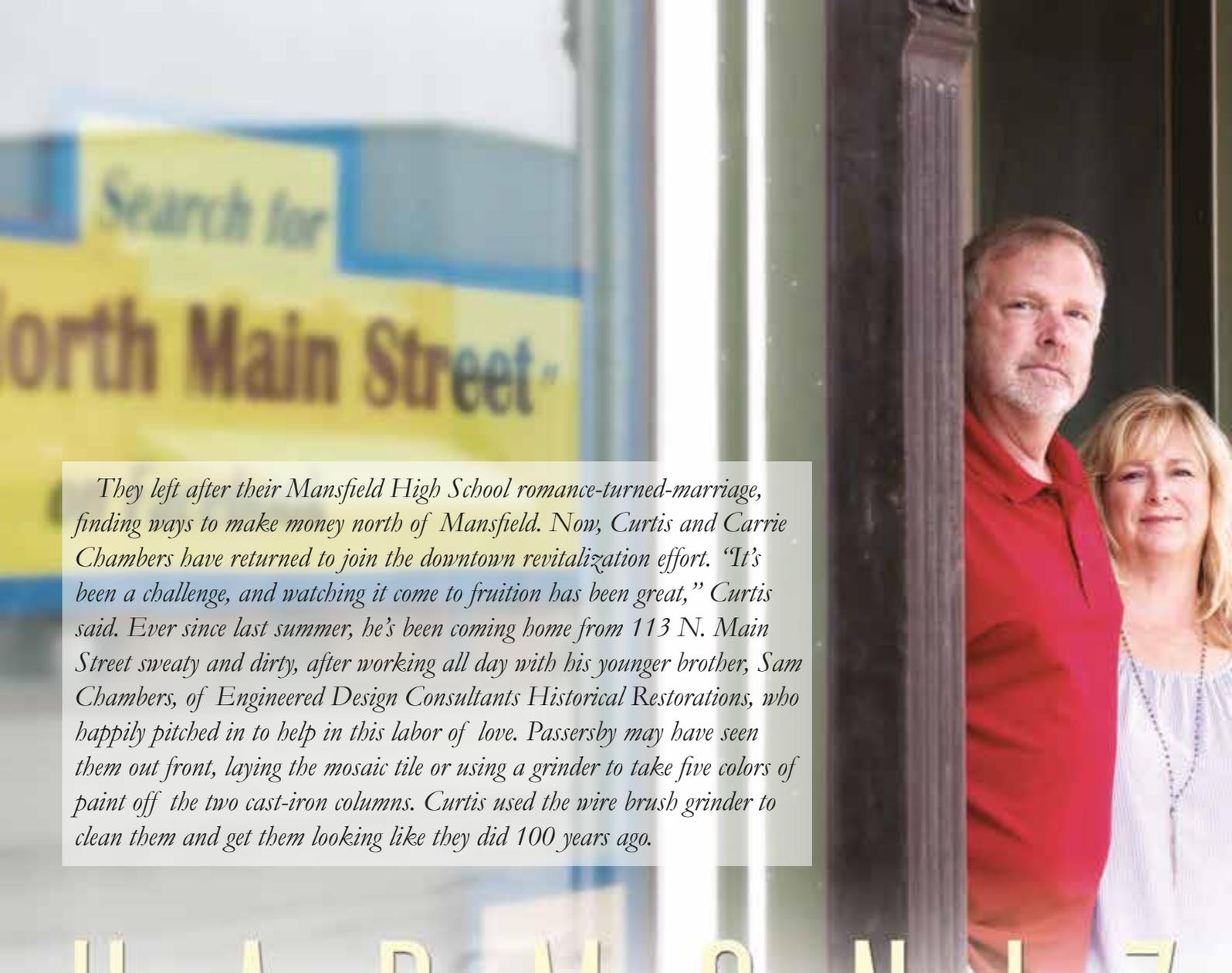
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They left after their Mansfield High School romance-turned-marriage, finding ways to make money north of Mansfield. Now, Curtis and Carrie Chambers have returned to join the downtown revitalization effort. "It's been a challenge, and watching it come to fruition has been great," Curtis said. Ever since last summer, he's been coming home from 113 N. Main Street sweaty and dirty, after working all day with his younger brother, Sam Chambers, of Engineered Design Consultants Historical Restorations, who happily pitched in to help in this labor of love. Passersby may have seen them out front, laying the mosaic tile or using a grinder to take five colors of paint off the two cast-iron columns. Curtis used the wire brush grinder to clean them and get them looking like they did 100 years ago.

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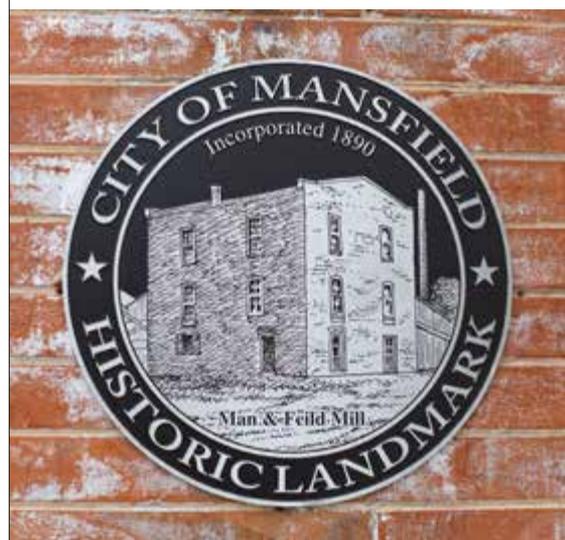
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In keeping with the city of Mansfield's commitment to historic preservation, the Chamberses harmonized their reconstruction to design guidelines established in 1988 for preserving the unique character and identity of Mansfield's historic landmarks and their environments. It was as important to the Chamberses as to the city that they retain the historic character of the property, which is recognized as a physical record of its time, place and use.

The couple had their work cut out for them when they purchased the building in 2015. It had a commode in each window and was filled with supplies for the plumbing company that leased it from the people who own Don's Pawn Shop. Fifty years prior, the business operating there sold feed as well as furniture. "They had a long counter here with a cash register and, in front of it, bins of candy," Carrie recalled. She sometimes came here to buy candy, since she grew up near downtown on 2nd Street.





This past winter, she was fascinated when they found a tobacco tin that had been opened up and flattened out to patch a hole in the ceiling. “It was interesting to see how they repaired things,” she said, explaining the history as she understands it. “Originally, this was 111 N. Main St., but they split a building on the end of the block and renumbered. There is no known photo of this building straight on. It had burned at one time and was a two-story wood structure before 1904. Known as the AJ Dukes building, it was built by people who have been here forever, the Harrisons. Their first known tenant was the Davis and Curry Dry Goods store.”

Much later, in the 1960s, the building was modernized. With only clues about what it looked like originally, the Chamberses can't truly say their labor is a restoration. “We're just making it look old, which the historical commission calls reconstruction,” Curtis said. For instance, they reconstructed the modernized entrance to reflect its original design, with an inset front door. “We could tell by the paint patterns on the damaged, lead-covered, bead-board ceiling indoors that the front door had been inset.” They gained further clues by looking at other cast-iron storefronts also built in 1904 in Grapevine and in Midlothian, where they discovered the name of the cast-iron storefront's builder engraved.

Certain key elements at 113 N. Main Street needed repairing, too. The first seven ceiling trusses were cracked, so Sam fixed them, plus another five. They also took the time and expense to rebuild and reinforce the ceiling under the shattered glass skylights, which they

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replaced with unbreakable plastic. In the process, they discovered a pulley system for opening the skylight, made with metal rods hammered out by a blacksmith.

"I cannot drive a nail, but our father had a welding shop, and I can build anything with steel," Curtis said. "For years, Sam has taken old homes and fixed them up and gotten them up to code while still making them look old. I had all the confidence in the world about what he could do."

"They did it back in 1904. Why can't we do it now?" Sam asked. "When you remodel, you start from the top down. I can rebuild what other people designed and built. A lot of it is common sense that needs to be common again."

Mansfield's Chambers Road, off Lonestar Road south of town, was named for the brothers' grandparents, who were married here. Before Curtis married Carrie, she was a Braswell, and her sister still lives here. Carrie worked as accounting manager for American Airlines and its subsidiary, Sabre, for 37 years, retiring this past year. The tremendous travel benefits allowed her to indulge an interest in old buildings.

"Here, it seems, we just tear down and build anew what we want," Carrie noted. "In London, where I lived for six months, they just take the building that has existed for hundreds of years and restore it and make it work for apartments or retail shops."

It wasn't until Curtis went to cheese-making school that the duo started looking at buildings they thought they could renovate for a business. Since they're from Mansfield, they looked here and found this one. Curtis was unafraid of the project.



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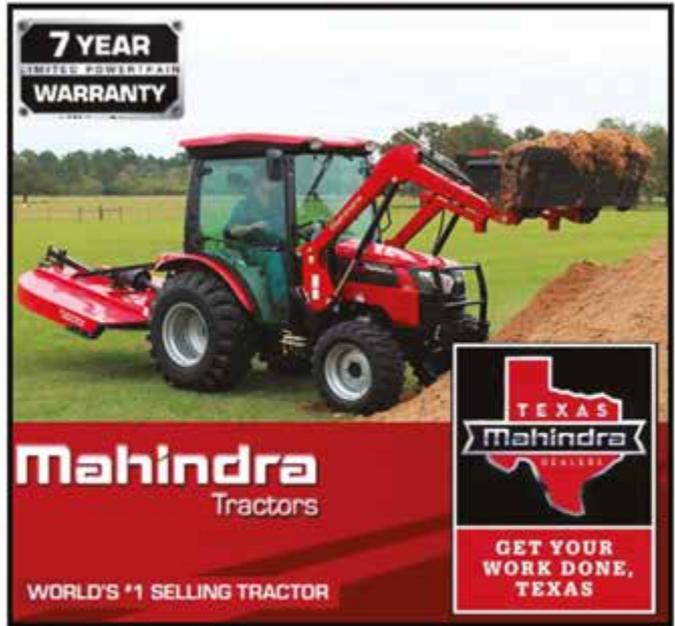
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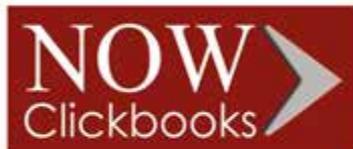


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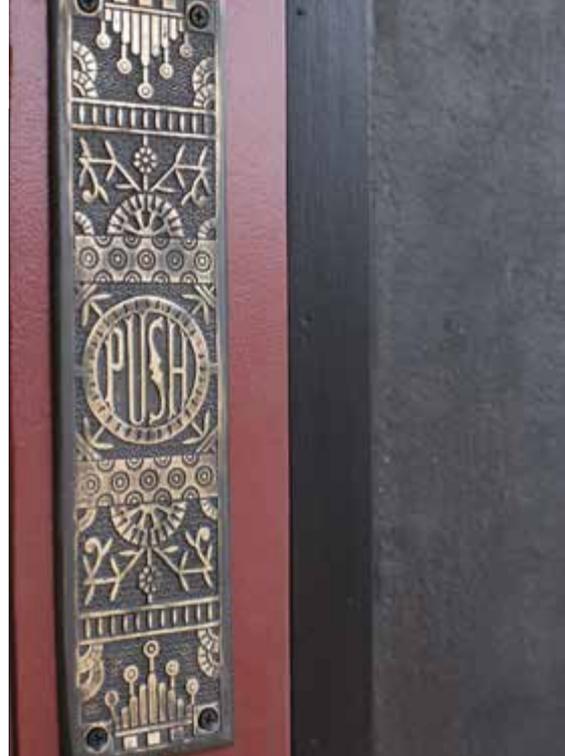


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“My brother was a plumber’s assistant, then a certified welder, then a safety officer, then a partner and, finally, a consultant,” Sam said, reflecting. “During school days, I’d bus tables at the Bronco Café, where our stepmom was a waitress. I always tell people, ‘I can design your toilet, install your toilet or clean your toilet. It makes no difference to me.’ It’s always important to be diverse in what you do.”

Sam’s niece, Cara Chambers, is proud of her parents. “Mansfield has always been home for them. It’s never been lost on me that they’ve worked so hard for what they have, and now this project is their way to give back.”

Her father still travels frequently with his work to all 50 states and has depended upon Sam to accomplish whatever needed doing at 113 N. Main Street. “I did not have an end goal in mind,” he said. “So we can do it at our own pace, and let ideas stew and change it up a bit, if we desire — taking no shortcuts, making no compromises.”

In the process of this reconstruction, the family has greatly enjoyed conversations with the people in historic downtown. They’re becoming better acquainted with those they already knew, including their neighbor, Troy Dorsey, who boxed in the Golden Gloves Boxing Tournament with Carrie’s brother when they were teens. “Getting to know these people downtown has been a treat,” Curtis said. “This project is going to help everyone’s property value, but more than anything, this has felt like a very pleasant diversion in the grand scheme of life.” **NOW**

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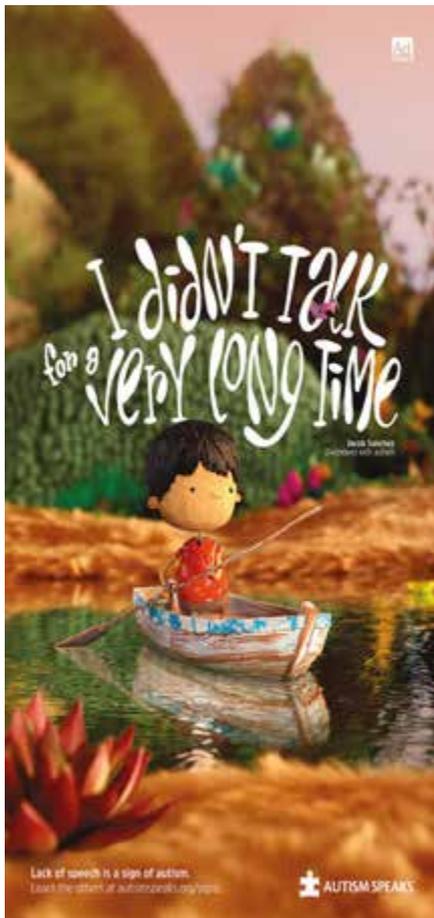
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— By Melissa Rawlins

The physician who founded Mansfield Urgent Care & Family Medicine worked first and foremost with real people in mind. Establishing the first walk-in clinic with extended and weekend hours for families who needed quality care close to home, Dr. Jeffrey James Fisher made convenience for patients a priority.

Offering a call-ahead option, patients can wait in the comfort of home for their turn. When the schedule is 15 minutes from an examination room opening, Mansfield Urgent Care & Family Medicine staff will call to alert the patient they can drive over. Still, no appointment is ever necessary, and using the nearby SuperTarget shopping center as a landmark makes it easy for new patients to find the Mansfield Urgent Care facility, too.

The clinic's spacious, warm waiting room holds a sturdy

credenza, storing children's coloring books and magazines for adults. The customer care from front office staff is friendly and calming, helping to ease any anxieties.

Almost all insurances are accepted at the facility. The staff is trained in using electronic technologies to verify the patient's insurance benefits prior to being seen. "We keep our services accessible and affordable," Didi Gleeson, office manager, said. "And we'll file your claim and any appeals, if necessary." The clinic is credentialed as a family practice through insurance companies, meaning the patient's PCP or primary care benefits will apply.

People come needing help for every sort of illness and emergency imaginable. To accommodate patients, there are

always two care providers on staff to help alleviate wait time and be able to focus on patient care. Their training is impeccable, and the professionals at Mansfield Urgent Care & Family Medicine bring 40 years' experience to the examination rooms.

Inside the clinic, children and adults suffering general sickness and illness or minor injuries receive on-the-spot compassion along with minor surgeries, as necessary. Additionally, the staff prides themselves on being able to provide well-woman exams, annual physicals, immunizations and sports physicals. Treatments for minor sports injuries, removals of foreign bodies and repairs to lacerations are available year-round at Mansfield Urgent Care & Family Medicine.

Seasonally, with the cold and flu season behind us, summer months are the perfect time to get a preventative well-visit exam and immunizations up-to-date. Staff at Mansfield Urgent Care & Family Medicine can efficiently help prepare children for the school year. Schedule your school physical or adult well visit now, and start a comfortable relationship with the doctor, nurses and staff who have earned the company's reputation as the No. 1 Urgent Care in Mansfield four years in a row.

Dr. Fisher's goal is to improve his patients' health, and to do so, he recommends preventative exams that will save people money in the long run. Screenings for blood pressure, cholesterol levels, diabetes, cancers, nutrition, sleep disorders, thyroid, liver, kidney, lung and digestive tract diseases, as well as annual physicals with all routine lab work, can be performed quickly, thanks to the in-house Quest phlebotomist at Mansfield Urgent Care & Family Medicine. Since proactive, preventative health care is one of the best ways to improve overall health, Dr. Fisher's services are intended to identify and treat medical conditions before they become more severe.

It is good to know experienced medical professionals are just around the corner. When something sudden happens while you're in the middle of life, Mansfield Urgent Care & Family Medicine is here for you. **NOW**

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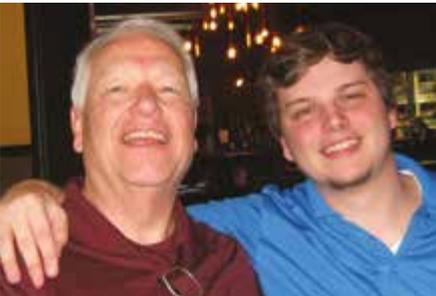
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Chamber President Lori Williams celebrates the future with her guest, the Rev. Michael Evans, who spoke at a recent Mansfield Chamber chat.



Darryl Haynes and his son, Chris, make every second count together.



Frost Bank's Blake Sanders, Bryan Adkison, Randall Canedy and Henry Sandoval help the 2nd Annual Wesley Mission Center Charity Golf Tournament raise over \$27,000 for Mansfield families.



Mansfield Police Officers Cecil Smith and Rexanne Nelson help Keven Smith prepare a picnic for students at the Ron Whitson Agricultural Center.



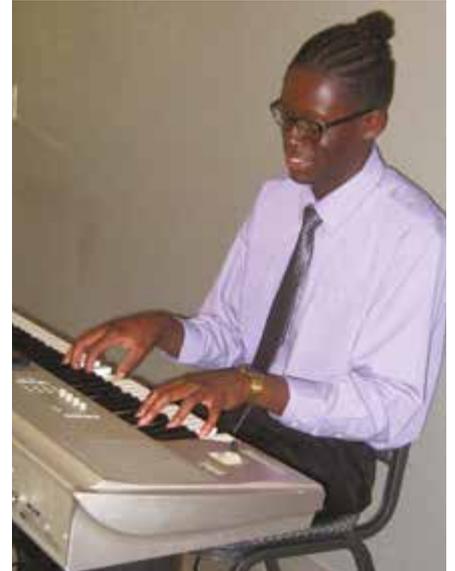
Fabrizio Foragi serves up a fresh spinach and beef cannelloni at George's Pizza & Pasta.



Curator Vern Raven points to a photo of George Ballweg, WWI veteran, with his dad, Martin, a Civil War veteran, upstairs at the Mansfield Historical Museum and Heritage Center.



Marcella Gomez and her daughter, Abigail, enjoy a relaxed luncheon at Los Molcajetes.



Jazz master Benjamin Kachungu entertains on his own Korg for an early summer gathering.



Kay Harmon and her 8-year-old daughters, Abby and Lily, watch Joaquin Cortez sculpt sand on Broad Street.



Travel specialist Claudine Pascal greets Mansfield's Sim Chatba in the lobby of the La Quinta Inn he manages.

Keeping Your Investments Working for You

Another school year has ended, and summer vacations are well underway. Sometimes investors can take time away from spending time with their portfolios, while enjoying some well-earned time away from work. There are a few important things to keep in mind during the heat of summer to help you stay focused on your financial goals.

1. Take a close look at your individual holdings and evaluate whether to sell, hold or buy more. Now might be a good time to harvest some tax losses in preparation for your 2017 income tax bill. If you own investments that may not have the potential to recoup losses, consider selling those investments to offset potential capital gains before the end of the year. Or perhaps those holdings have just hit a slow spell and fundamentals look good again. If so, consider adding money to take advantage of the potential recovery.
2. If you and your advisor have established a specific asset allocation, make sure the allocation is still within the parameters of your plan. If some investments have grown more quickly than others and caused your allocation to be off, take gains and add to investments that might be down in value.
3. Re-evaluate your financial goals, and make adjustments to your portfolio, if necessary. Some things that might have affected your goals are a birth, death, marriage, divorce, graduation, inheritance, sale or purchase of a business, changing or losing a job or retirement. Evaluation of your investments to make sure they align with your goals is important.
4. As you grow older, age milestones are important to keep in mind as well. When you turn 59 1/2, the early distribution penalty goes away for Traditional

IRAs. Even though taking money from an IRA could result in additional income tax, there is no penalty. Also, the Internal Revenue Service requires minimum distributions from Traditional IRAs after the account holder turns 70 1/2. If you were born on July 1 or later and are now 70 years old, consult your tax professional or financial advisor about taking your RMD. Waiting until the end of the year is not necessary.

5. Evaluate your current household budget to see if you need to change the amount of income being taken from your portfolio. If expenses have gone up or down, your financial advisor may be able to help you change some investments to accommodate those changes.

Just because you might be taking time off from work, make sure your investments don't go on vacation with you. Keep your money working in conjunction with your financial plan. You should always seek the advice of your tax consultant and your financial advisor before making any major changes to your investments. **NOW**

This material is for general information only and not intended to provide specific advice or recommendations for any individual, nor intended as tax advice. Investing involves risk, including loss of principal, and no strategy assures success or protects against loss.

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

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A Shock of a Sting

— By Betty Tryon, BSN

Those pesky bugs! They just love us, whether or not we love them in return. They bite us, sting us, stick us and scare us out of our wits. To many people, they are a nuisance, but others see the great benefits of having insects on this planet and consider the downside as a mere inconvenience. However, some bugs are crawling, flying death traps for humans. When that situation exists, great care needs to be taken.

The usual culprits that can set off an allergic reaction in humans are bees, wasps, fire ants, yellow jackets and hornets. According to the American College of Allergy, Asthma & Immunology, “The red or black imported fire ant now infests more than 260 million acres in the southern United States, where it has become a significant health hazard and may be the number one agent of insect stings.”

There is a normal reaction to insect venom that can be somewhat traumatic, but will not necessarily be an allergic reaction. Most people will have a normal reaction to an insect sting with symptoms of pain, redness and swelling. An allergic reaction is when your body overreacts to an allergen (any substance that causes an allergic reaction or specific hypersensitivity). The allergic reaction causes the same symptoms of pain, swelling and redness, only the coverage is beyond the site of the sting. You may experience itchiness or hives and/or a feeling of warmth in the area. If it progresses to the point that you begin wheezing, having trouble breathing, difficulty swallowing, swelling of the facial area, dizziness, weak and rapid pulse

and clammy skin, you may have anaphylaxis. This is a serious, life-threatening allergic reaction and requires immediate medical attention.

For someone in anaphylactic shock, there is no time to waste. Call 911. If the person carries epinephrine, sometimes referred to as an EpiPen, it needs to be administered right away. Even if symptoms improve, medical attention should still be received. Those symptoms could come back. Have the person lie down, elevate their legs and loosen any tight clothing. Cover them with a blanket or whatever material is handy. If any nausea or vomiting is present, turn them on their side. Do not have them eat or drink anything. If they stop breathing, administer CPR until emergency help arrives.

In order to avoid insect stings, do not make yourself a target. Avoid activities at dawn and dusk. When outside, wear insect repellent. Don't wear bright colors. Avoid perfumes, scented hairsprays, deodorants and lotions. If you are stung and have a generalized reaction, see an allergist for follow-up and treatment. **NOW**

Source:

<http://acaai.org/allergies/types/insect-sting-allergies>

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

July 3

Rockin' Fourth of July Celebration: 7:00-10:00 p.m., Big League Dreams, 500 Heritage Pkwy. Free parking and shuttle service at Newsom Stadium beginning at 6:45 p.m. Bring lawn chairs, blankets, insect repellent and cash for food vendors and some activities. (817) 804-5795.

July 5, 12, 19, 26

Veterans Support Groups: 6:00-9:00 p.m., C Building, First United Methodist Church, 777 N. Walnut Creek. (817) 477-2287, x 231.

July 6, 20

Intro to Fishing: **July 6**, 9:00-10:00 a.m., **July 20**, 7:00-8:00 p.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd. Pre-register for \$7 per person at Mansfield Activities Center, (817) 728-3680.

July 8

DIY Sprinkler Expo: 9:00 a.m.-noon, Water Works Learning Center, 1801 Circle Dr., Fort Worth. Call David Macias, (817) 276-4239.

Bryan Anthony and Austin Kiefer: 7:00-9:30 p.m., The LOT Downtown, 110 S. Main St. Free performances by hometown pop singer

Austin Kiefer and, later, Bryan Anthony and his quartet playing Cole Porter, Irving Berlin, Rodgers and Hart and Jerome Kern. www.thelotdowntown.com.

July 13

Business After Hours: 5:30-7:30 p.m., Southwest Bank, 1701 US Hwy. 287 N. Call (817) 473-0507 or Lori@mansfieldchamber.org, to RSVP.

July 15

Sunflowers of Destiny 5K Walk/Run: 7:00 a.m.-1:00 p.m., Katherine Rose Memorial Park, 409 N. Walnut Creek Dr. Carter Blood Care will conduct a blood drive. \$10-\$20. Fecunda@rafsunflowersofdestiny.com.

July 22

Get Growing Mansfield: 10:00-11:00 a.m., Mansfield Farmers Market, 703 E. Broad St. Visit www.mansfieldtxfarmersmarket.com/events.html.

July 24 — 30

Children's Music Camp: 6:30-8:30 p.m., A Building, First United Methodist Church, 777 N. Walnut Creek. Free for children entering the second through sixth grades to learn biblical stories through music, drama and motions.

Campers will lead the 11:00 a.m. Sunday worship service. Contact (817) 477-2287.

July 25

Shoe Drive: 8:30-10:00 a.m., Mickey's Bar and Grill, 3758 S. Carrier Pkwy., Grand Prairie. Mansfield's Not So Basic Movement is partnering with Fueling Our Future to collect gently used shoes for students who are on MISD's free and reduced lunch list. (817) 473-0507.

July 27

Community Business Luncheon: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club. (817) 473-0507.

Ongoing:

Saturdays Through October 28

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.

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 Karol Johnson

— *By Melissa Rawlins*

Karol Johnson and her husband, Joey, have been part of Mansfield’s growth since moving from Arlington 18 years ago. Karol works for Cook Children’s as the Children’s Miracle Network Hospitals coordinator. She partners with companies and individuals to inspire giving in support of their patient families. When she’s home, Karol enjoys cooking for others.

“I couldn’t even count how many times I’ve made banana pudding for friends, church gatherings, co-workers and family outings,” said Karol, whose favorite cooks are her mom, Olevia, and her mother-in-law, Jolene. “They are both in heaven now, but I learned so much from both of them. Jolene used to tell me, ‘Scrape all the goodness from the bowl,’ when I poured into a dish. Now, I tell my daughter, ‘Get all of the goodness out that you can.’” **NOW**

Banana Pudding

- 2 3.4-oz. boxes instant vanilla pudding mix**
- 3 cups cold milk**
- 1 14-oz. can Eagle Brand sweetened condensed milk**
- 1 12-oz. tub Cool Whip, slightly thawed**
- 1 11-oz. box Nabisco Nilla Brand Vanilla Wafers**
- 3 big bananas**

- 1.** Combine pudding mix, milk and Eagle Brand milk. Stir with a wire whisk until smooth, and the mixture starts to thicken. Add Cool Whip, folding into the mixture until smooth. Don’t overbeat.
- 2.** Put a little pudding mix on the bottom of a large bowl or pan. Layer wafers, bananas and pudding mix. Repeat. Top with wafers.

Sausage and Egg Casserole

Serves 8-10 people.

- 6 slices bread, cubed**
- 1 lb. sausage, browned and drained**
- 1 1/2 cups cheddar cheese, shredded**
- 8 eggs, beaten**
- 2 cups milk**
- 1 tsp. salt**
- Pepper, to taste**

- 1.** Place cubed bread evenly in a greased 9x13-inch pan or baking dish. Sprinkle evenly with sausage and cheese.
- 2.** Mix eggs, milk, salt and pepper. Pour over ingredients in the pan.
- 3.** If choosing to cover and chill overnight, remove from refrigerator 15 minutes before baking. Bake 45 minutes at 325 F, or until set. Cut into squares to serve.

Spring Salad With Apple Cider Dressing

- Apple Cider Dressing:*
- 1/3 cup apple cider vinegar**
 - 1 cup vegetable oil**
 - 2 Tbsp. honey**
 - 3/4 cup sugar**
 - 1 Tbsp. grated onion**
 - 1 tsp. minced garlic**
 - 1 tsp. dry mustard**
 - 1/2 tsp. salt**
 - Pepper, to taste**

- Pecan Crunch:*
- 2/3 cup pecans, chopped**
 - 2 Tbsp. butter**
 - 1 Tbsp. sugar**
 - 1/2 tsp. salt**
 - 1/4 tsp. cayenne pepper**
 - Black pepper, to taste**

- Salad:*
- 4 cups spring greens**
 - 4-5 slices red onion, separated into rings or finely chopped**
 - 1 green apple, chopped**
 - 1/3 cup crumbled bleu cheese**
 - 1/3 cup dried cranberries**
 - 1/3 cup Pecan Crunch**

- 1.** *For dressing:* Combine apple cider vinegar, vegetable oil and honey in a jar. Add sugar, onion, garlic, dry mustard, salt and pepper; shake to mix well.
- 2.** *For pecan crunch:* Combine pecans, butter, sugar, salt, cayenne pepper and black pepper to taste in a saucepan. Cook until the mixture caramelizes.
- 3.** Transfer to a small paper bag to cool, shaking occasionally to break up. The mixture can be stored in an air-tight container or frozen for up to one month.
- 4.** *For salad:* Combine greens with the onion, apple, bleu cheese, cranberries and 1/3 cup pecan crunch in a large bowl. Add 1 cup of the dressing and toss to coat evenly.
- 5.** Store the remaining dressing in an airtight container in the refrigerator. Remaining Pecan Crunch can be saved for use on another salad or for a snack by itself.

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

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