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Sandra

Sandra Walters
MansfieldNOW Editor
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EDITOR'S NOTE

Dear Mansfield Family ...

As we step into the heart of summer, July brings with it 100-plus degrees of sunshine, but access to swimming pools and air conditioning will keep us satisfied. At this time, the celebration of Independence Day heightens our anticipation. The Fourth of July stands as a beacon of freedom, unity and the enduring spirit of America. This month, we invite you to dive into our nation's history, culture and traditions. The narratives may differ from person to person.

Independence Day is more than just fireworks and barbecues. This is a time to reflect on the values that have shaped our nation. It's a moment to honor the courage and vision of the founders, the sacrifices of those who fought for freedom and the continuous journey toward a more perfect union.

As July drew near, I thought about the joyous family routines of cooking, talking, hugging, playing, kisses on the cheek and getting together again. I recall riding to the "country" in the back of a pickup truck to set off firecrackers. Later in life, after getting married and having kids, the tradition began with going to Grammy and Poppy's house to watch a show from their backyard. The neighbors contributed to a special production, while the community pyrotechnician created a fireworks production. I appreciate being an American and enjoy the opportunities to celebrate again and again.

As we welcome this month, revel in the family time and celebrations!

RE-ELECT ★★★★★★ SANDRA LEE

My adult life has been dedicated to volunteering on PTA Boards, Site Base Management, YMCA Board, to being elected to Kennedale City Council then appointed as MAYOR PRO-TEM. Those positions gave me the knowledge needed to manage the Constable's Office. Street experience is great, but it does not give you the management experience that's required to manage a budget, manage personnel or be able to recognize the changes that are needed. We have had a significant increase in requested services (revenue to the county \$900,000).

We were still available to volunteer our time to help The Women's Center, One Safe Place, Meals on Wheels, Mansfield Methodist Hospital, Special Olympics and so many others. This is a Christian Based organization. Our goal is to protect the citizens and make sure that every taxpayer dollar is accounted for.



FOR TARRANT COUNTY CONSTABLE PCT.7

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Butterflies were found on pages 11, 15, 18, 27 & 29.



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We celebrate the Declaration of Independence of the United States of America on July 4th. As we pay tribute to individuals who served in the military, we recognize many people experience freedom because of current and past servicemen. We honor one of our U.S. Navy veterans today as he shares his story.

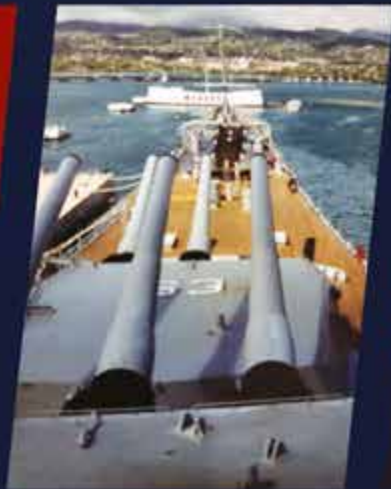
At a very young age, Ross Dodes knew what he wanted to do. His uncle held the rank of master chief in the U.S. Navy. "I visited my uncle in Florida when I was 12 years old, and I saw him on ships. Immediately, I was inspired and certain that I wanted to join the U.S. Navy. In my hometown of Homer, Michigan, the majority of people went on to become farmers or foundry workers, but I had other aspirations. I desired to see the world!" he said.

Enlisting in the military was his clear path to achieving this goal. He knew his parents wouldn't be able to send him to college. However, his dad was a diesel mechanic and taught him how things worked. "I enjoyed taking lawn mowers apart and making them work again. My dad instilled skills in me that could take me places,



FULFILLING HIS AMBITIONS

— By Sandra Walters



so when I took the test to join the Navy, I scored high enough to work on airplanes, and that was my dream. I wanted to be an airplane mechanic. Eventually, I received an associate degree in electrical and mechanical engineering, and a bachelor's degree in environmental management," he added. As an aircraft mechanic, he was responsible for repairing planes to ensure the safety of the aircrew.

He gained knowledge while working on structures of planes and conducted daily aircraft repairs. As he collaborated with other aviation specialists to fix the aircraft's internal components, Ross constructed different parts of the plane. During combat and training missions with other mechanics, he ensured airplanes were operational when the aircrew flew their sorties. "I recall servicing hundreds of airplanes when aircrews landed for repairs or refueling in Desert Storm. To get the upper hand over the U.S. coalition forces, the Iraqi military started setting oil field fires everywhere, trying to achieve an advantage. I'll never forget when one plane attempted to land and clipped the airfield perimeter fence, severely damaging the bottom of the plane. We swiftly made the necessary repairs to the skin and underlying structures, some of the most crucial sections of the aircraft. That was a challenging time, but we had to act quickly."

Ross has been all over the world and never saw it as work. He said, "I would still be a part of the Navy if I could. I've been stationed in Diego Garcia, Sicily, Spain, Turkey, Iceland, South America, Panama, Puerto Rico, Bermuda and the Philippines to name a few. I traveled to these places supporting the aircrew



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who were in combat or on training missions. I was never afraid. I'm not afraid of death. However, I know my mom was when I left for boot camp in Great Lakes, Illinois. I don't recall ever really being scared of anything — other than, maybe public speaking.”

Recently, his buddy, Steve Miller, retired after 30 years, and asked him to speak at his retirement ceremony. They were stationed in Brunswick, Maine, together. He's from Iowa, and they were both country boys who connected well. Ross respects him so much he had to get past how he felt about public speaking. He prepared to speak during the event while wearing his proper dress uniform. He purchased medals to wear because his original ones are in his sealed shadow box. He got a new tie

and shoes to show up for his buddy, but he could still wear his uniform. “Steve always has a smile on his face and never seems to have a bad day,” Ross said. “I had to show up for my shipmate.

“Being in the Navy, I learned to work with lots of personalities, different leadership styles and diverse groups of people. In addition, my family taught me to receive people according to who they are and how they carry themselves. We had to figure out a way to work together and get along with each other, no matter the circumstances. Along with that, a person can't commit to the military and quit. It doesn't work like that. Regardless of how hard things become, you are required to continue and wait until your tour ends.”

Ross served 26 years in the U.S. Navy. “I could have achieved higher ranks,” he remarked, “but I cherish the time I spend with my wife, Bunny Dodes, and son, DJ.” He teaches his son fundamental mechanics skills, similar to the way his father taught him. His son can change the oil in a car already, and he's only 12. Ross acquired endless skills as he worked



in the military. Now these traits are engrained in him. Currently, he leads a team of aircraft mechanics and manages approximately 30 people. Also, he is an assistant coach for his son's baseball team. Serving in the U.S. Navy allowed him to accomplish his goals of exploring the world and becoming an aircraft mechanic. As Americans, we are honored to share in his dreams and appreciate his service, while we celebrate the Fourth of July. We salute all who allow us to experience a life of freedom. **NOW**

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Both Robin and Mark Husband retire from teaching.

Zoomed In: **Zhivonni Cook**

By Sandra Walters

Zhivonni Cook served as the public information officer of Mansfield Police Department for many years. Now she embarks on a new chapter as she bids farewell. She stood with Mayor Michael Evans while numerous individuals gathered to acknowledge her.

Officer Cook reflected on her career of two decades spanning both the Arlington and Mansfield police departments. "It has been a privilege to utilize social media to share our narratives with the community. This role has allowed me to humanize our officers and staff by showcasing their daily contributions," she expressed. "The growth of our social media presence has been remarkable since my tenure began, and I attribute this success to the unwavering support and affection from the community. Thank you, Mansfield!"



Leila Williams shows her love as The Pet Vet.



Leadership Mansfield teaches individuals how to be city leaders.



Angelique Ford enthusiastically volunteers at Mansfield Public Library.



Nia Butler reflects on running track most of her life as she prepares to run for Dillard University.



These friends are celebrate Donna O'Brian's monumental birthday.



Many participate in the Summer Reading Challenge.

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EXPERIENCE THE

Spirit

— By Virginia Riddle

It's almost dusk in summertime. A slight breeze, refreshing after a hot day, begins to whip around the scrub brush of Palo Duro Canyon State Park's rock walls. Spotlights dance along the park amphitheater's natural backdrop searching frantically. Hooves pound with increasing intensity. The spotlights converge on a lone rider, leaning forward to urge on her galloping horse crossing a 600-foot narrow ledge. Reins in her left hand, she holds proudly and steadily in her right hand a Texas flag fluttering fully. The crowd rises, whoops and claps, while musicians strike up the overture. Texas Outdoor Musical has begun to the delight of another full house.

Since 1965, this story of Texas Panhandle Comanches, led by Chief Quanah Parker; ranchers, such as Colonel Charles Goodnight, co-owner of the famed JA Ranch and co-founder of the Goodnight-Loving Trail; and other settlers such as sheep herders

and farmers has been told through well-known, loved songs, dances and state-of-the-art sound and lighting effects. There were struggles as those cultural groups converged in the late 1800s, along with celebrations, death, the coming of the railroad and politics with those legislator folks down in Austin. There's humor, tears, courtships and drama.

The idea for this legendary production was hatched in 1960 when Margaret Harper, a Canyon ISD piano teacher and author, read a story in *Reader's Digest* about Paul Green, a Pulitzer prize-winning playwright of regional themed plays, screenplays, poetry and musical dramas. She contacted Green with information about the beauty of the canyon and the drama of the land's history. By the next year, Mrs. Harper had founded the Texas Panhandle Heritage Foundation, which funded through donations from area residents a very interested Paul Green to journey to the High Plains with the intent to write the saga. The Pioneer Amphitheater was carved out of the wall of sandstone, siltstone shale and caliche color shades; moveable sets, sound and light boards were installed; and, as the saying goes, the rest has become part of the area's history and hospitality. Financing for the production comes from ticket and concession sales, as well as underwriting that still comes from area foundations, individuals and businesses.

Over 60 actors, singers and dancers in colorful and authentic period costumes have brought Paul Green's script to life each season for 58 years to a nightly, nearly always sold-out audience. Either as part of the warm-up or as the audience is reseated after intermission, a cast member comes out and asks members of the audience to declare their hometowns. It's an amazing time of discovery, since many have come from far away international locations to share this experience. The cast and crew, which include sound, lighting, choreography and set design folks, as

well as electricians, wardrobe, horse wranglers for the equine performers and instrumentalists, have come from far and wide to audition, rehearse and perform. A "Who's Who" listing of the cast and crew members is part of the provided program. West Texas A&M University provides housing and much of the administrative and hospitality staff. All ages and ethnicities are represented, and Native American actors and singers speak and sing in their ancestral languages.

Tickets include admission to the park during preshow hours, and audience members are warmly welcomed by park rangers at the park's entrance. Palo Duro Canyon's history is told at the Visitor Center and along the drive through the park. Theater goers can explore the beauty of this second largest canyon in the United States on hikes and birdwatches, or they can prearrange an overnight camping site or cabin. A chuck wagon barbecue and canyon outfitter horseback rides can be arranged separately to add to the "flavor" of the Texas experience.

Thunder echoes in the canyon as lightning flashes along the wall in one of the scenes. Sometimes the rain becomes very real, and unless there is a major threat, the show, in true theatrical tradition, still goes on. Audiences get a real experience of how quickly the summertime High Plains weather changed for the Native American peoples who made the canyon their home for centuries and for the pioneers who later settled there.

The show ends with a bang. Patriotic fireworks resound for several minutes throughout the canyon. Cast members await the departing audience and pose for group photos, ending the evening with, "Thank y'all for coming!" NOW

Sources:

1. Texas Outdoor Musical program, Texas Panhandle Heritage Foundation, Inc., 2023.

2. Texas State Historical Association, Harper, Margaret Pease, www.tshaonline.org.

3. Texas Outdoor Musical, www.texas-show.com.

Photos by TEXAS Outdoor Musical official photographer Jim Livingston. www.jimlivingstonart.com.



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COMING SOON!

Beginning July 15, 2024 - A new commuting option is around the corner for Mansfield residents with the introduction of the six-month pilot program, Trinity Metro On-Demand.

Ride Trinity Metro On-Demand anywhere within the Mansfield city limits!

Trinity Metro On-Demand hours of operation effective July 15, 2024:

Monday - Friday: 7 a.m. - 7 p.m.

Frequently asked questions?

How do I book a ride?

Download the Trinity Metro Go Pass app or call 817.215.8600.



Where can I ride?

Anywhere within the city limits of Mansfield.

How much does it cost?

\$3.00 - Per trip, per rider
\$5.00 - Day pass
\$25.00 - 7-Day Pass
\$80.00 - Monthly Pass

Are there discounts for Veterans or Seniors 65+?

Yes, Veterans and Seniors 65+ are eligible to purchase a discounted day pass for \$2.50.

SCAN



www.mansfieldtexas.gov





CookingNOW

In the Kitchen With

JANETTE DENT

— By Sandra Walters

“I recall standing on a step stool while my mother stood next to me showing me how to cook pancakes and popcorn in a cast-iron skillet at the age of 6,” Janette Dent said. “My upbringing took place in our family church, where we took pleasure in cooking meals for Soul Food Sundays. Typically, they asked my mother to cook various foods like fried chicken and greens. I love the fellowship cooking creates.”

Now people ask her to cook the same food, but according to her vegan regiment. Once she began her vegan journey, she taught herself to make the food she loved so much in vegan-based form. “I receive requests from people who are missing food from their previous eating lifestyle,” she concluded. “And non-vegans are curious about plant-based food.” **NOW**

My Momma’s Melt in Your Mouth MacUnChz

- 1 lb. macaroni noodles**
- 1/2 cup vegan butter**
- 1/3 cup Bob’s Red Mill All-Purpose Flour**
- 3 cups oat milk**
- 3 cups plant-based cheddar cheese**
- 1 cup plant-based Mozzarella cheese**
- 1 cup plant-based Parmesan cheese**

- 1.** Boil the pasta according to the package directions. Drain the noodles once they are fully cooked; set aside. Preheat the oven to 350 F
- 2.** In a large pan, melt 6 Tbsp. vegan butter; whisk in the flour to create a slurry. Once blended without lumps, stir in the oat milk until combined. Add the cheeses. Mix for about 5 minutes over medium heat until the cheese has completely melted.
- 3.** Add the cheese sauce and the remaining 2 Tbsp. vegan butter to a 9x13-inch baking

pan, along with the cooked noodles; toss to combine.

- 4.** Bake mac and cheese for 25 minutes.

Susie’s Southern Seasoned Collard Greens

- 1-2 slices vegan plant-based bacon, finely chopped**
- 1-2 medium sweet onions, finely chopped**
- 1-2 garlic cloves, finely chopped**
- 1-2 32-oz. containers homemade vegetable broth**
- 3 1-lb. pkgs. fresh collard greens, washed and trimmed**
- 1/3 cup apple cider vinegar**

- 1.** Place the vegan bacon over medium heat in a 10-qt. stockpot for 10-12 minutes, until crisp.
- 2.** Add the onions; sauté for 8 minutes, or until caramelized. Add the garlic; sauté for about 1 minute.
- 3.** Stir in the broth, collard greens and apple cider vinegar. Reduce the heat to medium-low. Cook 2 hours, or until desired degree of tenderness.

Susie's Scratch Country Corn Bread

- 1 cup Bob's Red Mill Flour
- 1 cup Bob's Red Mill Cornmeal
- 2/3 cup monk fruit sweetener
- 1 tsp. sea or Mediterranean salt
- 3 1/2 tsp. baking powder
- 1/3 cup grapeseed oil or vegan melted butter
- 1 cup oat milk
- 1 cup JUST Egg

1. Grease a 9-inch round cake pan or baking pan; set aside.
2. In a medium mixing bowl, add the flour, cornmeal, sweetener, salt and baking powder; whisk to combine. Make a well in the center of the dry ingredients; add the grapeseed oil or vegan butter, oat milk and JUST Egg. Stir until the mixture is smooth.
3. Pour the batter into a prepared pan. Bake at 400 F for 20-25 minutes until the top is a deep golden brown. Insert a toothpick into the center to ensure it is cooked. Serve hot.

Susie's Yummy Yams

- 1 Tbsp. Mediterranean or sea salt
- 2 qts. spring water
- 3 lb. orange-fleshed sweet potatoes, cut into 2-inch pieces

Glaze:

- 1 cup agave
- 4 Tbsp. vegan plant-based butter
- 1/4 cup maple syrup
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. allspice

1. In a large pan, add the salt and spring water. Add the sweet potatoes; Over medium heat, bring to a simmer. Reduce the heat to low until the potatoes are tender. Cook 5 to 7 additional minutes.
2. For glaze: Once the potatoes are cooked, to another pan, add the glaze ingredients. Place on the stove; cook until the ingredients melt and start bubbling.
3. Pour over the potatoes. It will continue to cook while the mixture begins to thicken within 4 to 6 minutes.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.



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What Is Asset Allocation?

— By Todd Simmons

Failing to plan is planning to fail. This is certainly true when it comes to investing. Without a financial plan, investment portfolio construction has very little meaning. Financial plans and goals make asset allocation very important. The term “asset allocation” is often used when discussing investments. But what exactly is it? Simply put, asset allocation is about not putting all your eggs in one basket. Asset allocation may help you determine the most efficient mix of assets based on your risk tolerance and time horizon.

Asset allocation helps manage investment risk by diversifying a portfolio among the major asset classes, such as stocks, bonds and cash alternatives. Each asset class has a different level of risk and potential return. At any given time, while one asset category may be increasing in value, another may be decreasing in value. Sometimes, if the value of one asset class or security drops, the other asset classes or securities may help cushion the blow. Some investors view risk as how much their portfolio increases or decreases in value. But every investment carries some type of risk.

Diversification is a method to help manage investment risk. Asset allocation and diversification do not guarantee a profit or protect against loss. Spreading your investments in this way may help you ride out market fluctuations. Of course, it is also important to understand the risk versus

return tradeoff. Generally, the greater the potential return of an investment, the greater the risk.

As a result, the makeup of a portfolio should be based on your risk tolerance. Generally, you should not place all your assets in those categories that have the highest potential for gain if you are concerned about potential of a loss. It is essential to find a balance of asset classes with the highest potential return for your risk profile.

Other factors that are important to developing an asset allocation strategy are your investment goals and time horizon. When you are considering how to diversify your portfolio, ask yourself what you want to accomplish with your investments. Time can be just as important as the investments you choose. We sometimes measure risk tolerance by how much of a loss you are willing to take in one year. Some investors believe they have a high risk tolerance, but when their portfolio drops 10 percent they are ready to sell everything and move to cash. These factors should all be considered when outlining an asset allocation strategy.

If you require a specific amount of money at a point in the near future, you might want to consider a strategy that involves less risk. On the other hand, if you are saving for retirement and have several years until you will need the funds, you might be able to invest for greater growth potential, although this will also involve greater risks.

Whichever asset allocation scenario you decide on, it's important to remember that there is no one strategy that fits every type of investor. Your specific situation calls for a specific approach with which you are comfortable and one that could help you pursue your investment goals. **NOW**

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- Virginia Woolf

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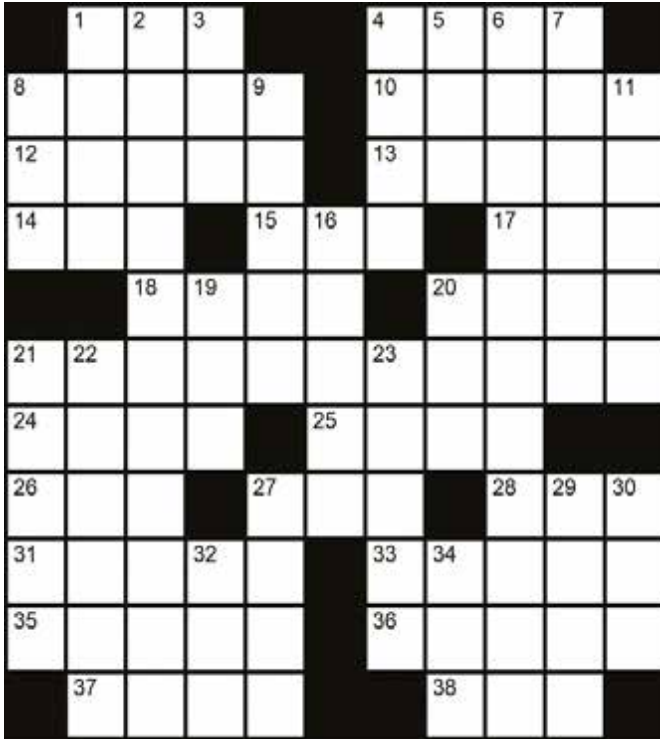
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Across

- 1 "... we there yet?"
- 4 Fall short
- 8 Bit of color
- 10 Veep disgraced in 1973
- 12 Capital of Jordan
- 13 Shingle material
- 14 Menlo Park initials
- 15 Superlative ending
- 17 Fiancé's last words?
- 18 Like a lamb
- 20 Where Gretel shoved the witch
- 21 Teenager's occupation
- 24 Concerning, in legalese
- 25 Nervous twitches
- 26 Viral gene material
- 27 Exploit
- 28 Pronunciation guide
- 31 Beach formations
- 33 "Dead Poets Society" actor - Williams
- 35 Plunders
- 36 Huffish
- 37 Ogle
- 38 Course launch site?

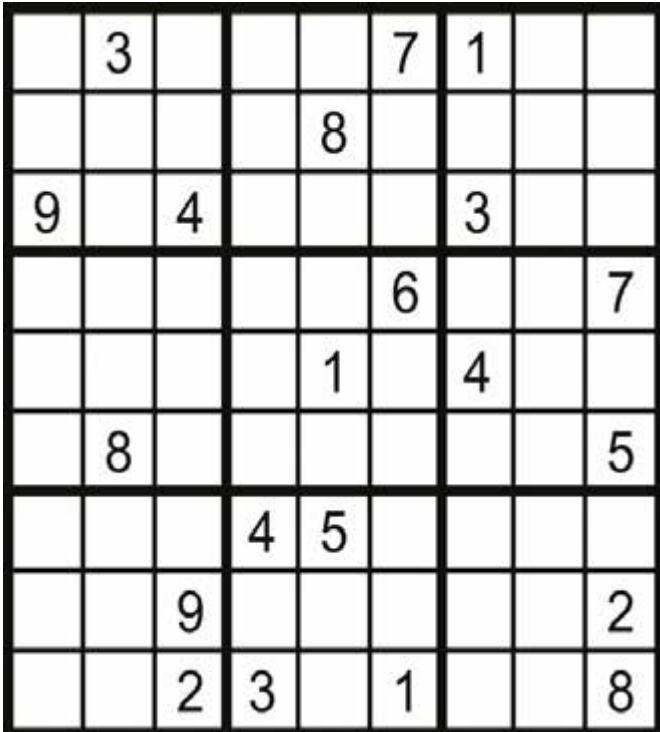
Down

- 1 Michigan college
- 2 Recognition
- 3 Federal cultural exchange organization
- 4 It's not fiction
- 5 Subdivision of an epoch
- 6 Ibis lived in chaos, as recited in the Pledge of Allegiance
- 7 Heavy
- 8 Trainer's target
- 9 Prayer supports?
- 11 Off base
- 16 Short satires
- 19 Scrutinize
- 20 One way to trade stock
- 21 Shuttlecocks
- 22 Once-a-year publication
- 23 Rows
- 27 Former Red giant?
- 29 Medieval weapon
- 30 "Unsafe At --- Speed" (Ralph Nader book)
- 32 Duke Ellington, initially
- 34 "Shoo!"

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.

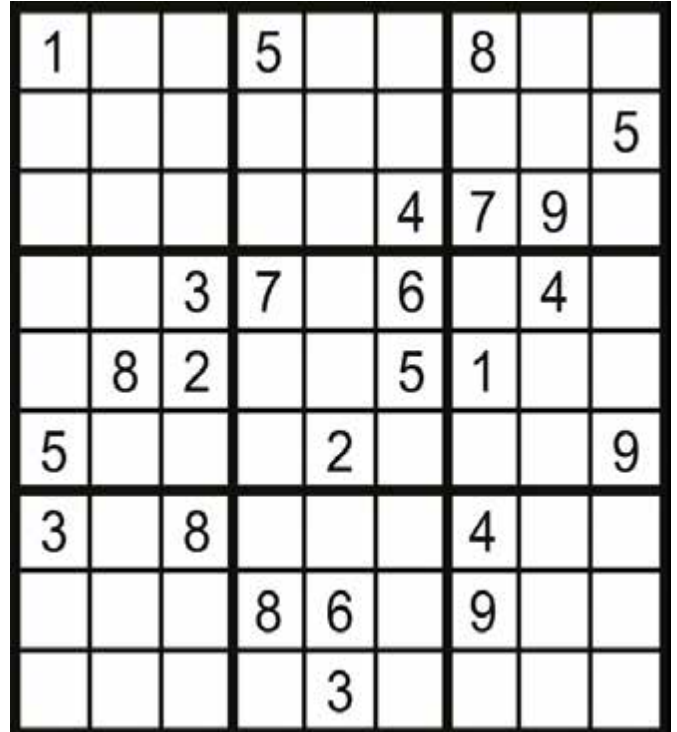
Sudoku Puzzle

Easy



Crosswordsite.com Ltd

Medium



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JULY

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.

7/3

Mansfield Rocks:

Hawaiian Falls Admission ticket or 2024 Hawaiian Falls Mansfield Season Pass holders may park for free to watch the fireworks production. Spaces will be limited. Sold on first come, first served basis. Credit card only on July 3. Cost: \$20 per car. No Refunds. 9:00 p.m., Hawaiian Falls, 490 Heritage Parkway South, Mansfield. www.MansfieldRocks.com.

7/5-7/6 and 7/12-7/14

All I Really Need to Know I Learned in Kindergarten:

Presented by The Fleetwood Project. Adults: \$17; seniors: \$14; students: \$10; children under 13: Free. 7:30 p.m., with a 2:30 p.m. matinee on **7/14**, Farr Best Theater, 109 N. Main St. For more information, visit <https://www.mansfieldtexasarts.org>.

7/10

The Creature Teacher:

(For 5-12 years). Come discover a wide array of amazing animals from around the world with the Creature Teacher! By popular demand, the same show will be held twice, back-to-back. Cost: Free, no registration required. 10:45-11:45 a.m., Mansfield Activities Center, 106 S. Wisteria St.

7/12

Family Movie Matinee:

All ages can sit back and relax, as we dim the lights and start the show! Bring your friends and family to enjoy a cozy afternoon filled with laughter, drama or maybe even a few tears. Grab some popcorn, get comfortable and immerse yourself in the magic of the silver screen. We can't wait to see you there! Cost: Free, no registration required. 1:00-3:00 p.m., Mansfield Public Library, 104 S. Wisteria St.

Home Run Derby:

Grab your whiffle bat, step up to the plate and launch one out of the park. Registration comes with a free T-shirt and other goodies, plus prizes for the winners of each age group. All proceeds go to the Team Hilliard Foundation, supporting research and awareness for ALS. The charity was founded by Sam Hilliard, a Mansfield High graduate and Major League ballplayer who tragically lost his father to the disease. Cost: \$20. 6:00-9:00 p.m., Geyer Field, 599 Broad St.

7/25

Braden Daniels Magic Show:

For ages 18-plus. The library welcomes magician and mind reader, Braden Daniels, for a special magic and mystery show. Cost: Free, no registration required. 6:00-7:00 p.m.,

Mansfield Public Library,
104 S. Wisteria St.

By Appointment

Mansfield Mission Market:

Families, seniors or anyone in MISD who needs food is welcome to walk-in. Pets are provided for, as well. **Monday, Wednesday, Thursday:** 10:00 a.m.-2:00 p.m.; **Tuesday:** 10:00 a.m.-6:00 p.m., Mansfield Mission Center, 78 Regency Parkway (park and enter around the back of the building). For details, call (817) 473-6650 or visit www.mansfieldmission.org.

Mondays

Sunrise Toastmasters Club:

Become the speaker and leader you want to be. 7:00-8:00 a.m., Methodist Mansfield Medical Center, Canedy Community Room, 2700 E. Broad St. Email Gary Lockhart at garylock28@gmail.com.

Miracle Mondays:

We pray at no charge for people with any issues and teach others to pray for healing and wholeness. 10:30 a.m.-1:30 p.m., The Healing Place, 600 Strada Circle, Ste. 210. Bill Dasch, (817) 319-0129.

Second Tuesdays

Mansfield Garden Club Meeting:

Come grow with others

learning about native and adaptive plants for North Texas from Sher Dunaway, a Tarrant County Master Gardener. 6:00-8:30 p.m., Chris W. Burkett Service Center, 620 S. Wisteria St. Sonya Bryant, (817) 266-4422.

Second Wednesdays

Mansfield Lions Club Meetings:

We work closely with MISD to provide free vision testing and eyeglasses to students who need them. Noon-1:00 p.m., Mansfield Methodist Medical Center, 2nd Floor Conference Room, 2700 E. Broad St. RSVP to Karen Williams, president, (817) 729-4978.

Second Thursdays

Business Unplugged:

Unplug from your social media for face-to-face networking, free food, drinks and music. 4:30-6:30 p.m., www.mansfieldchamber.org.

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