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AUGUST 2016

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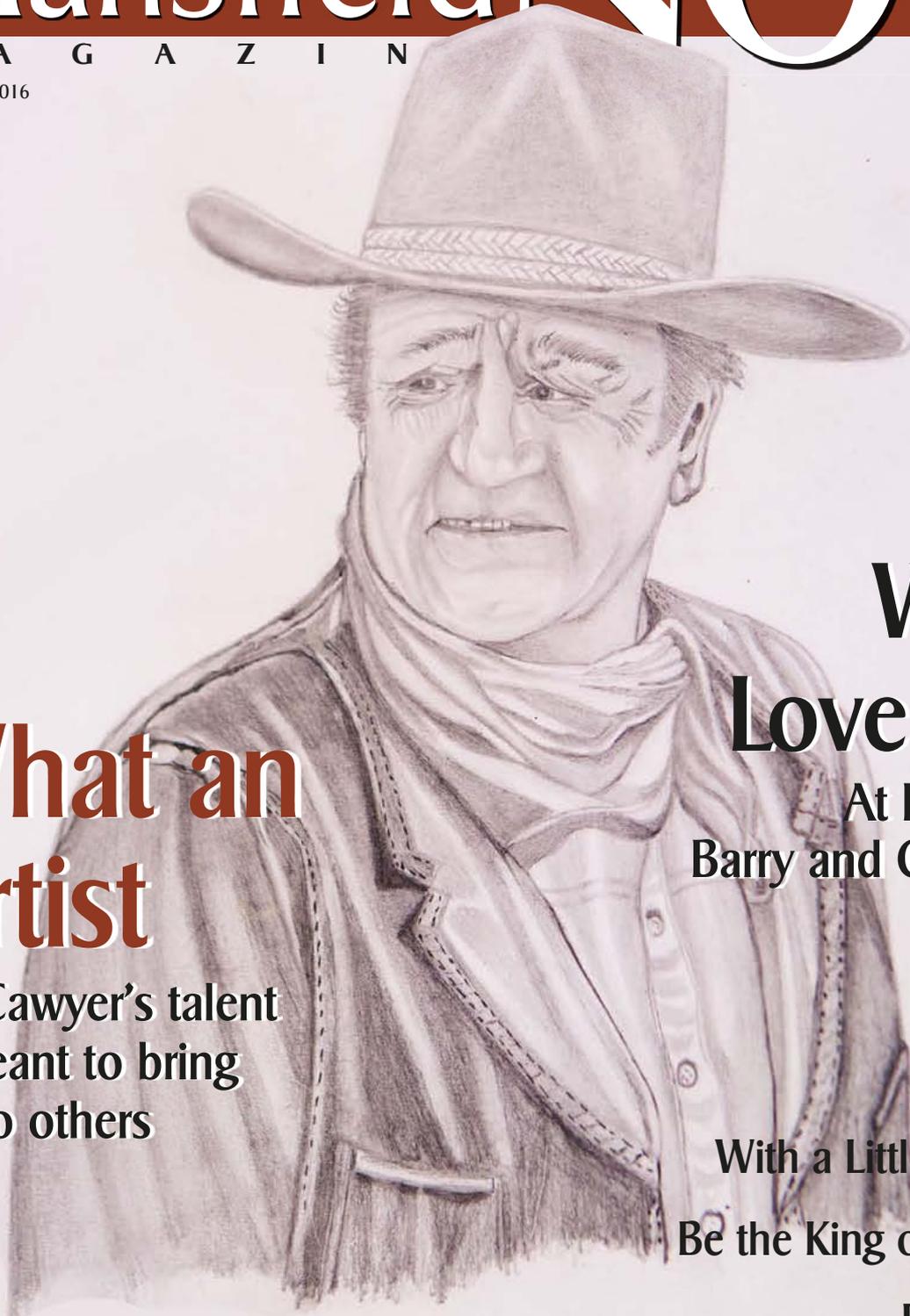
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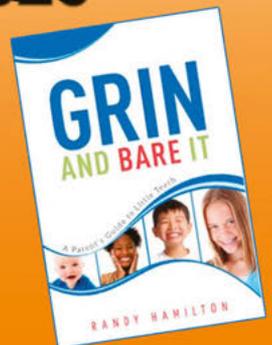
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ON THE COVER



Jim Cawyer's creativity led to a gig teaching art to disabled veterans.

Photo by Vanessa Polozola.

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Editor's Note

Dear Friends,

Oh, if only we all were experts at expressing love, putting others first and practicing kindness. It took my first four decades to recognize the value of a selfless lifestyle, and I'm still learning how to live that way. Thankfully, I serve your community, and am learning generosity from the people I know here.

For instance, this month I notice there are two different back-to-school events hosted in two different venues by two distinct organizations of people with a heart for children and their parents. The MAC and the MISD have developed methods for reaching out to those in need of extra help in order to be successful in their 2016-2017 school year. Here's a hearty shout-out to all the master-minds, volunteers and sponsors whose inspiration, time and money have been donated, so every child in Mansfield can start their studies with heads held high!

May all your children grow up to enjoy life, liberty and the pursuit of peace!

Melissa

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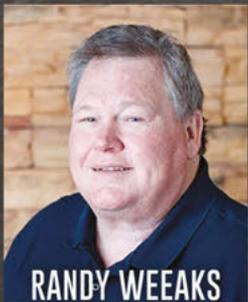
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What at

Any given afternoon, Jim Canyer can be found sitting in a booth at a local restaurant with his wife, JoAnn. While JoAnn enjoys a hamburger, Jim sips a Coke Zero and inconspicuously sketches the faces of patrons and staff with a variety of well-used, lead pencils and his oversized sketchpad. He carefully, thoughtfully and deliberately recreates the smile lines and personal histories of the faces of everyday people at the restaurant — one stroke of his pencil at a time.



n Artist

— By Sara Edgell

Jim began developing his artistic abilities as a young boy. “I’ve been drawing all my life,” he explained. Around the age of 8, he started drawing the cartoons from the comic section of the Sunday paper. “I got pretty good at it, so in high school, I started putting characters on plywood for people to put out in their yard,” he said. “Then I sponsored a stock car by doing the lettering on it. I did just a little bit of everything.”

After high school, Jim entertained the idea of pursuing a career as a cartoonist, so he wrote letters to both Disney and Warner Bros., and sent along with the letters several of his drawings. The response he received from both was the same. “They told me that cartoonists were a dime a dozen and in order to make it, I’d have to come up with my own character. Looking back, that’s exactly what Charles Schulz did with The Peanuts Gang.”

However, Jim never did create his own character, and he did not do much drawing other than for personal enjoyment, and for family and friends from time to time. Rather, he focused more on life. He enlisted in the Army and served in Europe and Germany from 1959 to 1960. He also procured a wife and subsequently, a family. Life was happy and full for Jim, living in Fredericksburg, Virginia — or so he thought.

In the summer of 2000, Jim and his family traveled to Frederick, Maryland. During the trip, they visited the Carroll Street Bridge, which features the Community Bridge Mural, a large-scale, award-winning trompe l’oeil mural that gives a three dimensional illusion. The brick, stone, statues, ivy, birds and iron French doors, among other features, were all so vivid and captivating to Jim that he had an epiphany. “The painting looks so real you want to go up and hug the figures. It is fascinating





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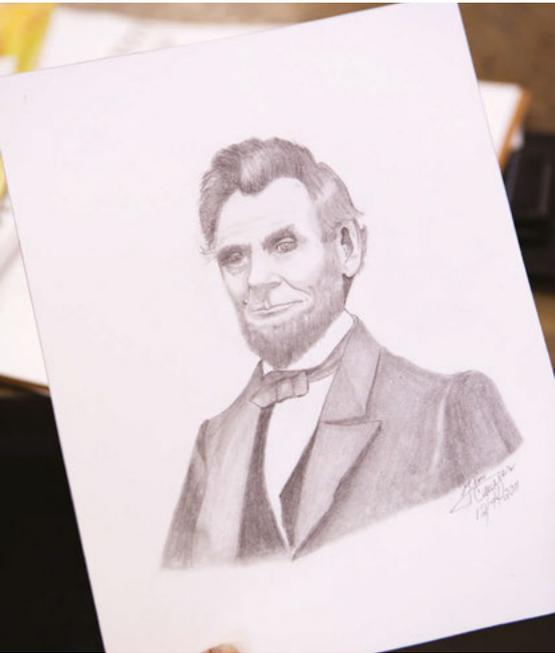
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artwork. Seeing it really turned my head around," he revealed. "I said to myself, 'Jim, you have a talent. Use it and share it with the world.' So that's what I did." Thanks to that bridge, Jim's happy, full life became even happier and more full.

Soon, not only was he back into drawing, but he was also experimenting with other mediums like acrylics and new techniques like the five pencil method. This method requires the use of five different grades of lead or graphite pencils in order to achieve a three dimensional effect, similar to that of the bridge that inspired Jim so much. Using this method, he was able to give the images he drew a lively, yet natural quality.

In 2003, not too terribly long after he began drawing again, he and JoAnn moved to Mansfield to be closer to their daughter. Despite being retired and 100-percent disabled after service in the military, he keeps himself busy, as he is all about helping others. As frequenters of Whataburger, Jim, a friendly and jovial man, quickly made friends with staff and other regulars at the eatery. "I'll get to know the employees, and eventually I'll ask them to let me draw them. I do it because it's therapy for me, but also because I want to give these people something they may never have the chance to get otherwise," he stated.





The people who get his full attention feel honored to be his muse of sorts. Not only does he draw the staff at his favorite burger joint, but he also captures the happy faces of friends, family and the local IHOP staff. "I absolutely love it," he beamed.

Jim's drawing is what got him his weekly gig at the VA, too. One afternoon, he was waiting for an appointment at the VA and to pass the time, you guessed it, he was working on a drawing. He was approached with the proposition of teaching art to disabled veterans at the facility. Jim agreed, but on one condition — he would teach leather tooling rather than drawing. Thus, every Wednesday morning, Jim can be found leading leather tooling and crafting classes as a form of therapy for hospital patients. "Working with your hands is such a powerful activity," Jim said.

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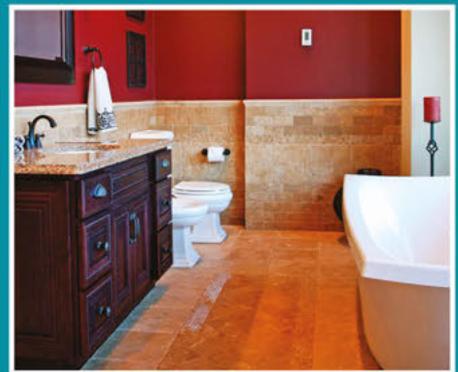
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Like drawing, leather tooling was something Jim first engaged in as a kid. He did not get back into it until after relocating to Texas. While driving down Interstate 820 with JoAnn, he saw a billboard for a leather company and he had another epiphany. "I said, 'Jim, you know about leather tooling, now get on it and do it!'" he explained. "This happened at a time when I needed something to do other than drawing. I was not completely satisfied with only drawing. This was the perfect solution."

With that, Jim turned his van around and immediately purchased himself a starter kit. That was just the beginning as Jim now owns hundreds of tools and has completed just as many projects,





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including wallets, gun holsters and saddles. Once a month, he teaches leather classes on making gun holsters at Tandy. At the VA, he teaches patients to make a variety of items based on what they want to make. Despite the pride the individuals feel from handcrafting such a unique item, they also reap the therapeutic benefits from learning a skill and working with their hands. "It brings people out of their shell and gives them a feeling of accomplishment," he explained.

Jim also benefits from the experience as it gets him out of the house and interacting with others. "I am able to utilize my talents and help others develop their own. The relationships I form with the students are invaluable to me," he said. "God plays a big part in everything that has happened in my life, including this. I know that through art I am really helping people."

Because of his love of people, Jim shares his talents with others in order to bring them joy. He may be known in Mansfield for drawing portraits of employees and customers at his favorite hamburger joint, but he's better known as a caring man seeking neither recognition nor notoriety for his craft. Instead, Jim is an artist uplifting himself and others with his work. **NOW**



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With a Little Bit of Faith

— By Sara Edgell



Cancer is one of the leading causes of death in the United States. Unfortunately, it knows no boundaries concerning age, religion, creed or location. When it strikes, it sends individuals and families alike reeling in shock, followed by helpless acceptance and then eager action in an attempt to reclaim the life they once knew, before cancer changed them forever. On August 7, 2012, the Lautzenheiser family learned this firsthand when Faith Rose was diagnosed with osteosarcoma and began her 10-month cancer journey. That fateful day set the family



“To think of her is to think of joy.”

on a course entirely different from the one they'd imagined. This time together, fighting, living and experiencing a life of cancer with Faith, changed everything for Ken and Ruth forever.

When they met in 1993, it seemed as if the stars had aligned. Ken and Ruth knew they were meant to be together, so they were married and soon after began a family. Their oldest son, Drew, was born first, followed three years later by their second son, Derek. Their daughter, Faith, came along a few years later, completing the family of five perfectly. “She was a girly girl, but she would fight and wrestle with the boys like she was one of them,” Ken recalled with a smile. “I remember one time, the boys were going through the house shouting, ‘Boys Rule, Girls Drool’ over and over. Before long, here they came with Faith in tow, chanting right along with them.”

That happy, fun-loving spirit embodied Faith’s character and personality in every imaginable way. Even in the throes of her cancer journey, her room-illuminating smile and happy eyes never wavered. Her loves, including animals (especially puppies), playing card games, sneak attacking unsuspecting

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visitors with silly string, singing, dancing, laughing and reading, were things she unabashedly shared with everyone she knew and met. "She took all of her books from *The Puppy Place* series she loved so much and gave them away to kids at school simply because she enjoyed them so much that she wanted others to enjoy them, too," Ruth smiled. "To think of her is to think of joy."

During treatment and subsequent hospital stays, Faith and her family grew close to the nurses, doctors and other medical staff at the various facilities Faith visited. These individuals could not help but notice the spark in Faith. During one particular procedure, Ruth remembered Faith breaking out in the song, "10,000 Reasons" by Matt Redman. "Before long, everyone in that room was singing with her," Ruth smiled. "I have never seen anything like it."

Although 10-year-old Faith was chosen to take her visit to heaven so soon, her legacy carries on through Fabulous Faith's Foundation, a nonprofit organization created by Ken and Ruth in honor of their daughter. After their experience, they wanted to do something to give back to others, specifically those



with children who had been diagnosed with cancer. “Each day, 43 parents are told that their kid has cancer,” Ken stated.

“We need to do something about this because it is not getting better — it’s getting worse,” Ruth added.

Therefore, the foundation’s mission is to end suffering caused by pediatric cancer. Affected families as well



as medical service providers and facilities are the driving force in promoting awareness and supporting cancer research. “Of every dollar the government spends for cancer research, 96 cents go to adults. Only 4 cents go to children,” Ken explained. “We want to raise money to specifically donate to childhood cancer patients, families, research and those that provide medical care for these kids, because cancer is the No. 1 cause of death by disease among children.”

Ruth and Ken work closely with the board of directors in order to ensure each event and function goes off without a hitch. The board consists of

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individuals with a personal connection to Faith, the family and their cause. “In some way, they are all connected to Faith,” Ruth said.

The foundation’s debut event was held at Rose Memorial Park in September 2015, and it was a smashing hit. The Fabulous Faith 5K came together and ultimately raised \$15,000, which was donated to Cook Children’s Medical Center hematology/oncology child life specialists. The event featured a fun run and chip-timed 5K. There was a deejay, games and lots of family-friendly entertainment for all ages after the race. “People shared with us how impressed they were with how well the event went, especially since it was the first year,” Ruth said.

However, the highlight of the event was the dove release. The dove was chosen because it symbolizes love and peace as well as messenger. On the wings of those doves, messages of love and peace were carried to the heavens that day. “It was such a powerful moment and such a hit with the participants,” Ruth admitted.

“We learned that we had one of the largest turnouts for a first-time 5K in Mansfield,” Ken explained. “It was very gratifying to know that what we were doing was working. It was validation that we were doing the right thing.” Given how smoothly the event went, the Lautzenheisers are looking forward



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to another flawless and successful 5K next month.

“We are planning on making the Fabulous Faith 5K an all-day family event. We will have everything we had last year plus more,” Ruth explained. Games, a dove release and fun for the entire family are all on the itinerary.

In the future, Ken and Ruth have big goals. They hope to have a diverse array of events — one per quarter each year, such as a gala with dinner and an auction. “What are we going to do? We are going to do anything and everything,” Ken affirmed.

Their motto is simply: “We believe in a cure.” And they do believe, with everything they have, that a cure is out there. They also believe that the pain and suffering caused by childhood cancer can be alleviated through their efforts. By educating others and spreading awareness, their efforts can be adopted by others. Their impact will in turn grow. They believe that together, childhood cancer can be eradicated.

Even though Faith cannot be a part of her legacy physically, her spirit and joy live on. Every time her name and story is spoken, Faith lives. Every time her smile and face is shared, Faith lives. Every time another child diagnosed with cancer receives medical assistance, Faith lives. Every time she’s remembered, Faith lives. **NOW**

Editor’s Note: For sponsorship opportunities and registration information, visit www.fabulousfaithsfoundation.org.



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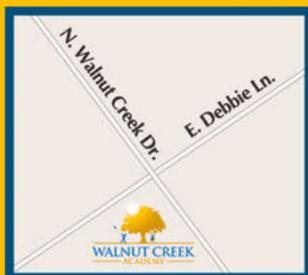


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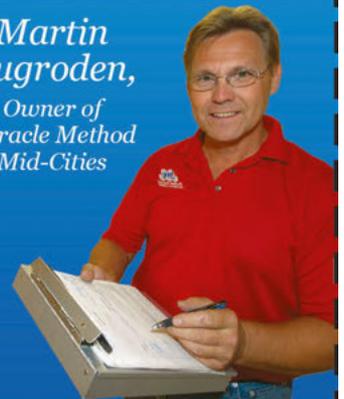
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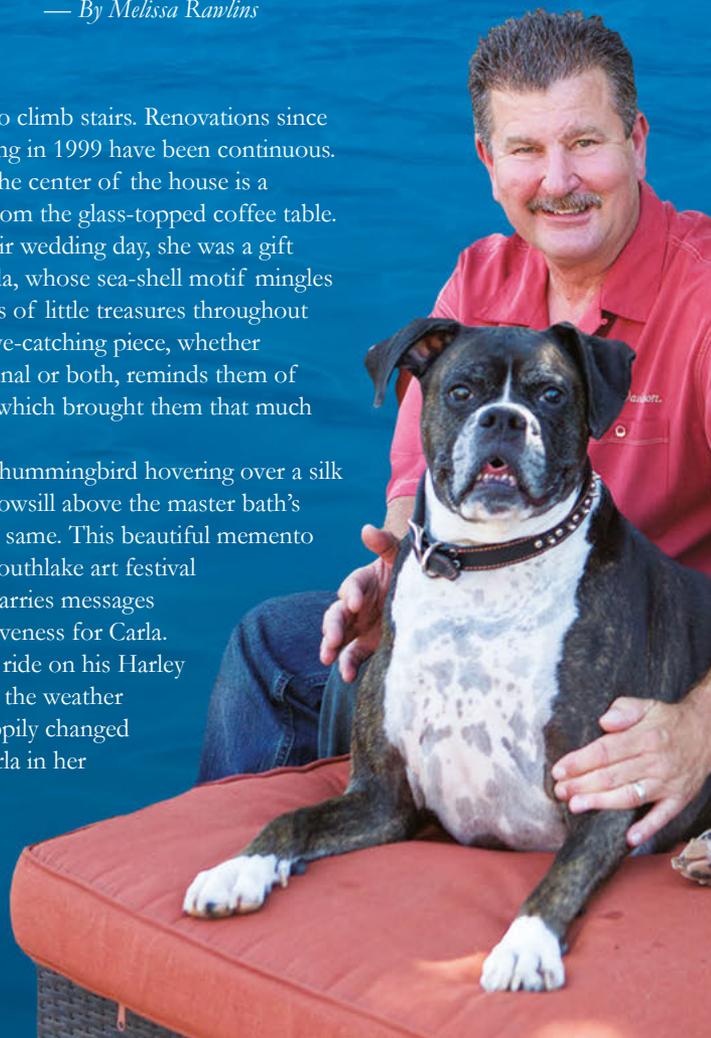
Fourteen years ago, Barry and Carla Green were unknown to each other, even though they worked two blocks apart. Both were recently divorced. Mutual friends noticed their complementary natures and invited them to meet at a party. Their activities became joint efforts. When they married on the beach in Cozumel, following the fanfare of a rainbow, even the dolphins rejoiced. Since then, what could be mundane is anything but. "It's been beautiful finding someone you love to do cooking, shopping, even laundry with," Carla said. The life in the home they've remodeled testifies to their joys.

Builder Vincent Piras convinced Carla 19 years ago to invest in this four-bedroom, three-bath, one-story house, so her mother could live with

her and not have to climb stairs. Renovations since her mother's passing in 1999 have been continuous. Subtly anchoring the center of the house is a mermaid arising from the glass-topped coffee table. A reminder of their wedding day, she was a gift from Barry to Carla, whose sea-shell motif mingles nicely with all sorts of little treasures throughout the house. Each eye-catching piece, whether decorative, functional or both, reminds them of places and events which brought them that much closer together.

The hefty glass hummingbird hovering over a silk flower in the windowsill above the master bath's garden tub did the same. This beautiful memento of their trip to a Southlake art festival more specifically carries messages of Barry's protectiveness for Carla. They'd planned to ride on his Harley that day, but when the weather turned wet, he happily changed gears and took Carla in her Toyota Sequoia.

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automotive business, Barry's happy to adjust for Carla's sake. Recently, during a year spent looking for an enjoyable shop to work in, Barry found ways to help his wife with her home-based business, as well as household chores. Reared in the kind of home where men fixed broken things themselves, his cheerful diligence blessed Carla immensely. She is Producing Branch Manager with Fairway Independent Mortgage Corporation, helping veterans and others achieve home ownership. When Barry set up an interview to go back to work, she surprised him by saying she could use his

time to free her up for her business. Now, not only does Barry share in cleaning, grocery shopping and cooking, he also helps with picking up papers and selecting closing gifts for Carla's clients.

"At 50, we want to have a life," she said. "We enjoy every moment we get to be outside, watering our plants and being with the bunny rabbits, squirrels, blue birds, blue jays and cardinals where everybody's having a little feast."

This scene is one she enjoys from her office, renovated by Barry when her boys went off to college and quit using the space as their game room. He removed

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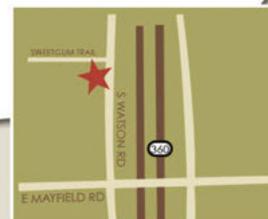
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the French doors and painted the walls a deep maroon and trimmed everything in bright white, which really sets off the room's huge picture window.

Throughout the house are custom picture windows, opening up the whole house. Since their lot is shaped like a wedge of pie and surrounded by a privacy fence built by Barry, they don't use blinds. "The only casualty," Carla noted, "is birds that sometimes fly into the windows."



Once, a bird flew against their bedroom window while they were in the pool with Zeus, their 5-year-old rescued Boxer. Buoyed by the life vest Barry bought him, Zeus watched the bird bounce off the window and into the pool, and he swam to rescue it. Thinking of their dog as a person, Zeus is kept spotlessly clean and given freedom to enjoy his home, just as all the Greens' friends and family do.

Encouraging people to knock off their shoes and have a good time, these two homebodies entertain joyfully. He loves to cook, and the well-designed kitchen serves as center stage when they have a party. Formerly white tile, counters and cabinets have been painstakingly replaced with richer colors and textures. Carla gave up some of her girly ways and learned to help Barry lay tile floors and granite countertops.

Barry rebuilt the bar, positioning two decorative metal sconces Carla brought home as supports underneath the granite top. The big copper Vent-A-Hood took the place of two cabinets after Barry left a pan of hot oil on the stovetop to throw the Frisbee for Zeus. Behind the curio cabinet in the kitchen's dining area are two mirrors, inverted, and behind that is sunflower-themed wallpaper original to the house when Carla first built it on a sunflower-filled lot in 1996. The renovations are topped off by a large copper dragonfly above the etched-glass pantry door, made of wood

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Barry stained green with a hand-rubbed finish. The resulting ambience feels like a combination of French Country with Tuscan.

The Greens' 2,400-square-foot home easily hosts 10-12 guests. People sit at the bar, the kitchen seating area or the leather living room couches to eat their food. The comfortable feeling stems in part from the expansiveness of the home's design. "Vincent was very good at using all the angles," Carla said. Hardly a square corner can be found, and access to other parts of the house radiate out of the kitchen and living room, from which picture windows allow a view of the colorful foliage surrounding the pool.

From any vantage point in the Greens' secret gardens, it's easy to understand why Carla participates on the Keep Mansfield Beautiful Commission. She also recently joined the Mansfield Cares board of directors, for which she and Barry both have served as ambassador. "Those two projects feed into my love of decorating," said Carla, who got Barry involved in the community service.

"Last year, I enjoyed helping build raised bed gardens with Mansfield Cares," he said. "This year, driving around on my Harley getting donations and helping out with the Care Ball was fun." This Mansfield Cares ambassador keeps his garage extraordinarily clean, with rubber mats and gray walls as backdrops for his silver tool chests and metallic gold Harley. That beautiful machine, however, doesn't hold the same magnetism as the oasis he and Carla have created out back.

The couple can be found planting, trimming, watering and "Miracle Gro-ing" year-round. He's learned to drill a couple holes through the bottom of her clay pots to give them drainage. They bought a classy, walk-in greenhouse to over-winter plants like plumeria and use shredded cedar mulch in their grass to prevent mosquitoes. Cozy seating areas are found underneath flowering mimosas or, where there are no trees, underneath umbrellas, which cast shade.

Every potted plant has a sentimental attachment for Carla. "When we were dating, he sent me flowers every week," she said. Now, her husband buys her real flowers, in big pots, to decorate the yard they care for together. This is where love lives. **NOW**

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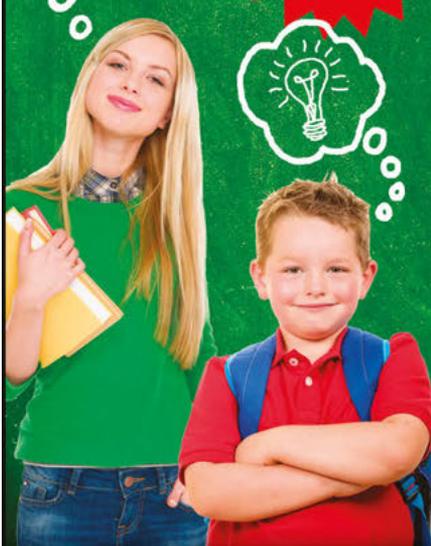
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Cars are fine-tuned machines that require precise care and attention. Everyone knows to keep the gas tank full, but sometimes people neglect some of the other steps needed to ensure the family vehicle keeps the family safe. By changing the oil regularly, keeping tires rotated or replaced and performing routine maintenance, you can keep your car working at its highest level.

The Manual

- *Read it.* While your owner's manual may not be an exciting read, it is important to have a general idea of what it says. The manual will tell you what type of bulbs, fluids, tires and components to use for many of the jobs you can do on your own. It includes when to perform oil changes and other routine maintenance.
- *More than oil.* The manual will also list intervals for things like changing spark plugs, timing belts and other maintenance that often goes overlooked. Though you could neglect them and never have problems, these services are highly recommended and will help ensure your vehicle performs at its best.



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- *When to change oil.* Car lube stations put a little sticker on your car's front window to encourage you to change your oil every 3,000 miles, but that is probably more



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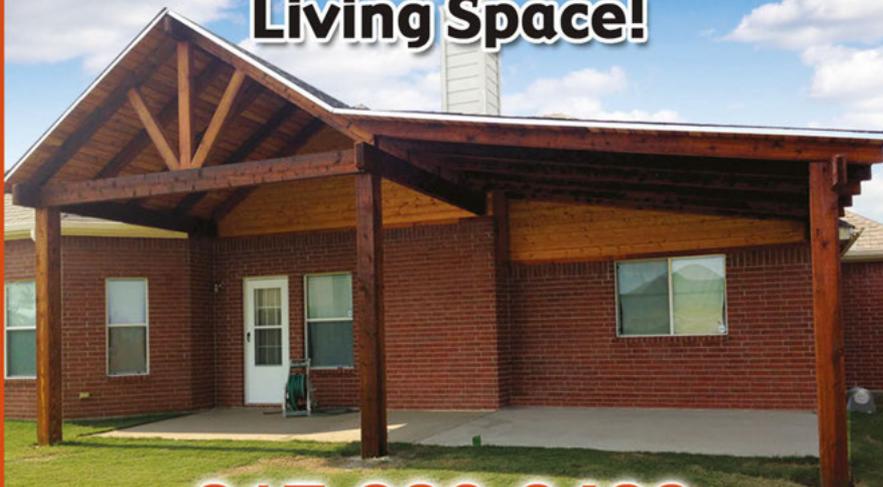
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frequent than your car actually needs. Most vehicles today can run at least 5,000 miles without needing a change, and some can go well over 10,000 miles before they need oil, so you should check your manual for the specific mileage.

- *Know your driving habits.* Make sure you are changing your oil based on the type of use your car gets. Stop-and-go driving, as well as driving in dirty or dusty areas, will mean you need to change the oil more frequently than optimized, highway driving requires.



- *“W” means winter.* The numbers that identify oil indicate how viscous the oil is, and how well it flows in cold and warm temperature tests. 10W-30 is considered the standard oil, but many modern vehicles require oil with alternate viscosity levels. Verify your car's preference in the manual, and then tell the shop. Otherwise, they will probably just use 10W-30.

- *Weigh the cost.* Synthetic oil holds up better, but it is costlier. Most oil companies offer blends, especially for higher-mileage vehicles, at a cost that may or may not be worth it. If you are not sure whether the extra cost is worth it, there are online forums for almost any specific make and model of car, where you can read the experiences of people with your same car.



Caring for and Changing Your Tires

• *Check the pressure.* Changes in temperature will almost assuredly change your air pressure, as will any time you hit a curb or pothole. Even a car sitting for an extended period in the garage may lose enough pressure to need more air. Conversely, your tires may increase in pressure in the hotter months, so be ready to take air out as well. A tire lacking in air often looks flat, but a tire that is overinflated looks a lot like a normal tire, so always use a gauge, not just your eyeball.

• *Look with your hands and eyes.* If you notice any deviation in what should be a smooth, round shape, you might need a new tire. Tires start with a depth of 11mm, and need to be replaced when they reach 3 mm. But when checking depth, make sure to check the inner portion of the tire, which is often much more worn than the outer edge.



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• *Rotating is essential.* Your tires need to be rotated every 6,000 to 8,000 miles. This is possible to do yourself if you have the proper equipment, but there are plenty of inexpensive locations where you can have your tires balanced and rotated. Most tire shops will include lifetime tire rotations, either free or for a nominal fee, when purchasing new tires. And if you happen to be installing two new tires instead of four, make sure the new tires are in the rear of the vehicle, which gives the most stability, especially in wet conditions.



Taking Care of Your Brakes

• *Pay attention to warning signs.* Unless something catastrophic happens, your brakes are not likely to stop working completely, but many components in your braking system wear down over time. If you hear your brakes making a squealing, grinding or any sound that is loud enough to hear over the engine, you may have an issue. In addition to sounds, you may notice your car wobble or shake when braking. In any of these instances, your best bet is to take your car into a shop to check components. It is wise to use an ASE-certified mechanic. Look for the blue seal indicating automotive service excellence before having work done on your vehicle.



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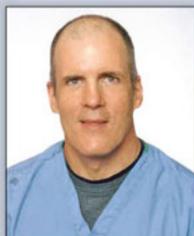


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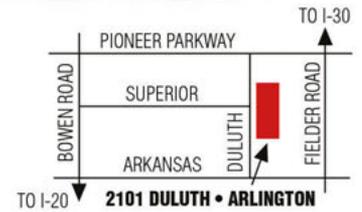
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The Sticker

• *Deciphering the system.* The state of Texas has switched to a single sticker to track your car's registration and its safety inspection. While there are long-term benefits for the state and its residents, these first few years of implementation are proving to be slightly confusing. You will get your single sticker, if you have not already, when you register with the local tax office. In order to do that, you have to have a current inspection on file. Most counties will allow you to renew your registration online for an extra \$2, and the system will recognize whether your inspection is up to date. If you have not switched to the single sticker yet, just make sure to get a new inspection no more than 90 days before your next registration date.

You can never prepare for every situation you might face while driving your car. Following these tips, however, should prevent some issues and keep you and your family safe on the road. **NOW**

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Tommy Frantzen keeps Quantum Mechanix running clean for the sake of his wife, Nicole, and their daughter, Ashley, and her grandmother, Donna Frantzen.



RUNNING RIGHT

The experts at Quantum Mechanix help extend the life of your vehicle.

— By Melissa Rawlins

“Cars are kind of like people. If we’re comfortable, they’re comfortable,” Tommy Frantzen said, explaining why the newly expanded Quantum Mechanix is performing so many air conditioning repairs this month. Even though it’s extraordinarily busy, this shop is ultra clean — just like the engines the experts here maintain.

Tommy and his employees provide a complete range of services to help keep vehicles safely on the road. The men at Quantum Mechanix perform repairs and maintenance for air conditioning and heating systems, brakes, transmissions and engines. They’ll even rotate tires. “The quality of work we do here is exceptional,”

Tommy said. “We like to keep our word, so people are happy when they walk out.”

When Quantum Mechanix opened six years ago, Tommy had a little help from his mother, Donna Frantzen. This year, she’s working full time invoicing, doing payroll and answering the phone. Donna tells customers what she’s learned from Tommy and if their questions are about something not-so-serious, she’ll put them on hold while asking Tommy how to advise them.

When he’s not consulting with customers, ordering parts or supervising his employees, Tommy is hands-on getting his customers’ vehicles into tip-top shape. He especially enjoys finding

ways to make improvements to the cars he works on.

His mechanical inclination showed up early in his youth. Tommy frequently helped his father work on older cars. "His dad was astounded when he was a young teenager and took apart a carburetor and then put it together again, and it worked," Donna said. "His dad had a big influence with Tommy, and encouraged him to open up a business of his own one day."

When he was 16, Tommy's parents gave him an '84 model Mazda RX-7 that didn't run. After making it drivable, he took it to an Arlington auto shop to find out how to get it running right. Their diagnosis was misleading, expensive and, in the end, unworkable. "Turned out it had everything to do with ignition timing," Tommy said. "I took it home, adjusted the distributor teeth, and it ran fine. After that, I figured, *I can do this. I know how to do this, and I like it.*"

At almost 17 years of age, Tommy went to work for a mechanic who taught him a lot. Then he worked for multiple companies for many years, gaining a loyal clientele. By 2010, Quantum Mechanix was operating from a bay not far from its current location. After moving to 7920 Rodeo Trail, the shop gained a bigger garage, including three lifts.

Although Rod Hawkins moved from Mansfield to Hurst five years ago, he still comes to Quantum Mechanix for help with his 13-year-old Ford van. "Tommy is the best mechanic I've found in 40 years of driving," Rod said. "It's well worth driving 25 miles to get Tommy to work on my vehicle."

Making honesty, quality and integrity company priorities, Tommy educates customers about diagnoses and solutions. Often, when the job is complete, people drive away without knowing the extras that Quantum Mechanix performed. The staff makes sure each car is safe to drive. Their checklist includes meticulously torquing down vital moving parts, from brakes to wheels.

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Hannah Mathiesen wears a pink crown and celebrates her 10th birthday at the library with her brother, Michael, and sisters, Hayley and Megan.



Charlene and Frank Cotton take their 2010 charcoal gray convertible on an excursion with the Unique Corvette Club.



Elizabeth Quiroz and Rusty Ridgway spend time washing their car and enjoy long awaited sunshine.



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Gen Xers Must Juggle Both Money and Time

If you're an older member of Generation X — that is, if you were born in the early-to-mid-1960s — you may have a lot of “balls in the air.” You are saving for your own retirement — which might not be that far away — while at the same time possibly wanting to help pay for your children's college education. And you may also be assisting your aging parents in some ways. How can you manage this juggling act?

To begin with, you need to emphasize your retirement. Now that you are likely in, or near, your peak earning years, you should contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. Your plan likely offers you a range of investment options, so you can create a portfolio that's appropriate for your needs. The money in your 401(k) or similar plan can grow on a tax-deferred basis, and your contributions are typically made with pretax dollars. So, the more you put in, the lower your annual taxable income. You won't have to pay taxes until you take withdrawals, but if you do withdraw money before you reach 59 1/2, the withdrawals may be subject to a 10-percent IRS penalty.

Even if you're contributing to a 401(k) or similar plan, you're probably still eligible to contribute to an IRA. Like a 401(k), a traditional IRA offers tax-deferred growth potential, while a Roth IRA can provide tax-free earnings distributions if you've had your account at least five years and don't take withdrawals until you're at least 59 1/2.

If you devote most of your investable income to your retirement plans, you may not have much left to help pay for your children's college education. But that may not be a disaster. After all, they could get scholarships and financial aid. And even if they need to take out student loans, they have a lot more years to pay them back than you have until your retirement. If you can afford to help your children, choose a smart

college-savings vehicle, such as a 529 plan, which offers tax-free earnings distributions as long as the money is used exclusively for qualified higher education expenses. (If it's used for other purposes, you'll be taxed on it and also could face a penalty.)

How about your elderly parents? How can you best help them? Hopefully, they will not require any outright financial assistance from you, but that doesn't mean you can't assist them in other ways. If you haven't already done so, try to find out as much as you can about their estate plans and any arrangements they've made should they become incapacitated. Ideally, you'll want to get answers to questions such as these:

- Have they named a durable power of attorney?
- Have they chosen an executor for their estate?
- Have they thought about how they would pay for any long-term care services they might need, such as a nursing home stay?

It may not be that easy to have these conversations, but they are important — especially if you are going to play an active role in your parents' plans. Clearly, as a Gen Xer concerned about retirement, college-age children and aging parents, you'll have a balancing act involving both money and time. But with planning, patience and realistic expectations, you can help yourself and the ones you love. **NOW**

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

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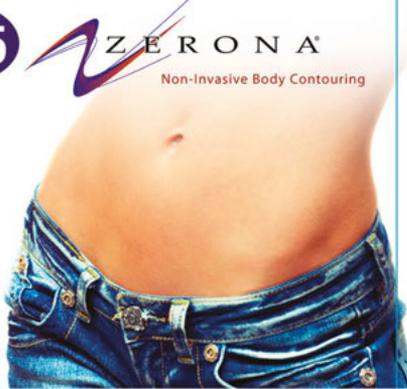
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August 2

Back 2 School Bash: 5:00-8:00 p.m., The MAC, 106 S. Wisteria. Children Pre-K through 8th grade may register; \$5 per child for residents. Get school supplies, swap books and visit with program instructors. (817) 728-3680.

August 3, 10

Feed The Kids for Summer: 10:00-11:00 a.m. and 6:00-7:00 p.m., Mansfield Cares Warehouse, 150 S. 6th Ave. Volunteers are invited to fill bags for distribution to local food pantries. Contact Jerry.Ritchie@walnutridge.com.

August 5

3rd Annual When Jade Smiles Charity Golf Tournament: 7:30 a.m., Tierra Verde Golf Club, Arlington. Proceeds from silent auction and raffle support children who have lost a parent. www.whenjadesmiles.org.

Free Movie: 8:30-10:00 p.m., The LOT Downtown, 108 S. Main St. Enjoy *Star Wars: The Force Awakens* with the whole family. Bring blankets and lawn chairs. Call (817) 449-4732 for more information.

August 6, 13, 20, 27

Mansfield Farmer's Market: 8:00 a.m.-1:00

p.m., 206 Smith St. at Oak St. For more information, contact Rex Wenger, (817) 501-6027.

August 10

Women's Professional Group: 5:30-7:30 p.m., Harvest International. This is an action day, so bring the family. Call (817) 473-0507.

August 11

Business After Hours: 5:30-7:30 p.m., Cedar Bluff Assisted Living & Memory Care, 354 Matlock Rd. Free. Call (817) 473-0507.

FanFest 2016: 7:00-8:00 p.m., Vernon Newsom Stadium, 3700 E. Broad St. Free for individuals and families seeking a preview of the MISD varsity football teams. Contact the MISD Athletics Department, (817) 276-5200.

August 12

The Chairman's Circle Luncheon: 11:30 a.m.-1:00 p.m., 114 N. Main St. Joanie Pace, current chairman of Mansfield Area Chamber of Commerce, hosts this fun, networking luncheon. RSVP to (817) 473-0507.

August 13

Household Hazardous Waste Drop-off: 10:00

a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. Free. (817) 276-4239.

MISD Back-to-School Bash: 8:00 a.m.-2:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Free health services for students, games and other fun activities. Call (817) 299-6345.

August 15 — 18

Summer Blast: 6:00-8:00 p.m., First Methodist Mansfield, 777 N. Walnut Creek Dr. Students entering 5th and 6th grades are invited to play games, have snacks and make new friends. Register: www.fmcm.org/summerfun.

August 19

Senior Citizens' Day: 9:00 a.m.-1:00 p.m., MAC, 106 S. Wisteria. Celebrate life in your best beach attire. Morning snacks, coffee service and lunch provided free to all seniors. **RSVP by August 15** to (817) 728-3680, ext. 3687.

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



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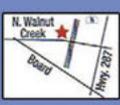
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In the Kitchen With Kay Ray

— By *Melissa Rawlins*

Sitting on the front porch in Sulphur, Oklahoma, while eating a grilled cheese sandwich gave a then 10-year-old Kay Ray a thrill of accomplishment, since she'd made the treat with help from her grandmother. Later, thanks to her resourceful mother who made dinners out of very little, Kay became seriously interested in cooking fun, healthy meals on a limited budget without giving up taste.

She won her first cooking contest in eighth grade, with a recipe she and her mother made up called Wokless Western Chicken. Since moving to Mansfield 15 years ago, Kay married businessman Roger Ray, raised her child and poured her heart into the community. At Eterna Health Store, she teaches Batch Cooking classes, where individuals create meals for the week in only two hours out of affordable, healthy ingredients. **NOW**

Italian Stir Fry

Serves 6.

- 1 8-oz. box penne pasta**
- 3 cups water**
- 1 yellow squash**
- 1 zucchini squash**
- 1 14-oz. pkg. Eckrich smoked sausage**
- 1/2 large yellow onion**
- 1 8-oz. pkg. mushrooms**
- 1 Tbsp. garlic**
- 1 15-oz. can Italian diced tomatoes, with juice**
- 2 tsp. Italian spice herb blend**
- Sea salt, to taste**
- Cracked black pepper, to taste**
- 1 Tbsp. olive oil**
- 6 Tbsp. Parmesan cheese, freshly grated**

- 1.** Cook pasta in boiling water according to package directions.
- 2.** Cut both squashes plus the sausage into

bite-size chunks. Dice the onion, slice the mushrooms, dice the garlic and open the tomatoes.

- 3.** Pour olive oil into a wok heated to medium-high heat.
- 4.** Add all ingredients, except cheese, to wok; cook until squash and zucchini are soft. When vegetables are done, stir in cooked pasta.
- 5.** Garnish with Parmesan cheese.

Spanish Chicken

Serves 4-6.

- 4-5 whole, skinless, boneless chicken breasts**
- 2 Tbsp. olive oil**
- 1 tsp. ground cumin**
- 1 tsp. chili powder**
- 8 mini bell peppers, halved and chopped**
- 1 cup salsa**
- 1 15-oz. can black beans**

- 1.** Place chicken into a Crock-Pot and drizzle with olive oil. Sprinkle spices and bell pepper over chicken. Pour salsa and black beans over the top.
- 2.** Cook for 4 hours on high.
- 3.** Shred chicken breasts for eating in tortillas, or eat breasts whole with a side salad.

Chicken Soup

Serves 10.

- 4 oz. fresh mushrooms, sliced**
- 1 zucchini**
- 1 yellow squash**
- 1/2 large yellow onion**
- 5 Roma tomatoes**
- 4 carrots**
- 4 slightly frozen chicken breasts**
- 4 cups chicken broth made from 2 tsp. bouillon paste**
- 2 cups water**
- 2 Tbsp. garlic, minced**
- 1 1/2 tsp. basil**
- 1/2 tsp. sea salt**
- 2 Tbsp. lime juice**
- Pepper, to taste**

- 1.** Slice all vegetables and chicken breasts into small, bite-size chunks.
- 2.** Place all ingredients into a large cooking pot; cook over medium-high heat until chicken is done, or cook in a Crock-Pot on high for 4 hours or low for 8 hours.

Roasted Veggies

Serves 8.

- 1 small red onion**
- 4 oz. fresh mushrooms, sliced**
- 6 carrots**
- 1 large sweet potato**
- 1 zucchini**
- 1 yellow squash**
- 3 Tbsp. olive oil**
- 1 tsp. cumin, ground**
- 1/4 tsp. cinnamon**
- 1 1/2 Tbsp. balsamic vinegar**

- 1.** Preheat oven to 425 F.
- 2.** Cut onion into wedges and separate slivers. Cut all other vegetables into bite-size chunks. (Substitute your favorites for those you do not like.)
- 3.** Put all ingredients and spices into a large roasting pan. Mix well.
- 4.** Bake for 42 minutes, or until carrots are done. Use a toothpick to test doneness.

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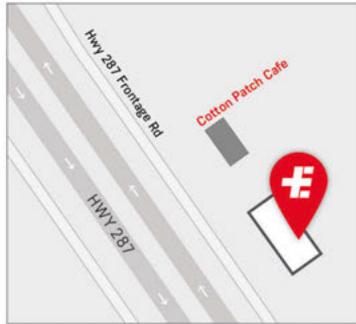
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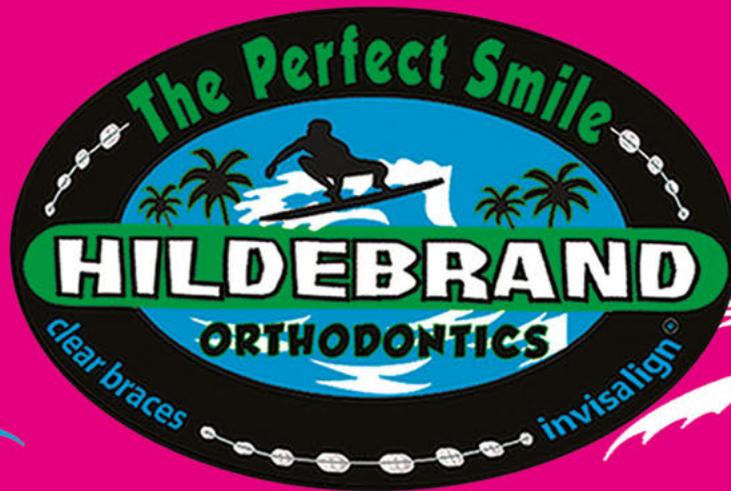
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