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AUGUST 2021

Finding Her Stride

Power walker Sonia
Salazar exercises
her will for the sake
of her health

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
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ON THE COVER

Exercising every day propels Sonia Salazar into her dream retirement.

Photo by
Lori Baur.

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EDITOR'S NOTE



Melissa

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Back-to-school never felt so good . . .

As most of the community goes back to school *in person*, excitement reigns. Mansfield ISD hosts its sixth annual communitywide Back-to-School Bash as an in-person event the morning of Saturday, August 7, 2021, at the MISD Center for the Performing Arts and Ben Barber Innovation Academy. While providing for MISD families in need, people throughout Mansfield have partnered to kick off the new school year in a fun way.

Meanwhile, I'm stepping into the new school year as a special education teacher of English Language Arts. I took advantage of the lockdown to study online toward certification. Then I served Mansfield students as an instructional aide, gaining classroom experience. I appreciate the people who gave me opportunities to fulfill my enthusiasm in action, according to my ability. "For," as Paul said in 2 Corinthians 8:12, "if there is a willingness, a person is accepted according to what he has and not according to what he does not have."

The excitement I'm feeling is hard to describe. You see, in order to take on such an awesome privilege, I'm saying goodbye to my NOW Magazines family and, in effect, to you. If you see an article with my byline, it's because I wrote it while I was also preparing for this new leg of my journey. After today, someone just as talented will actually be meeting you, interviewing you and inspiring you by writing the good stories about good people that are NOW Magazines' hallmark. And as always, the magazine will introduce local businesses to people living across the entire city.

May Mansfield continue to prosper!



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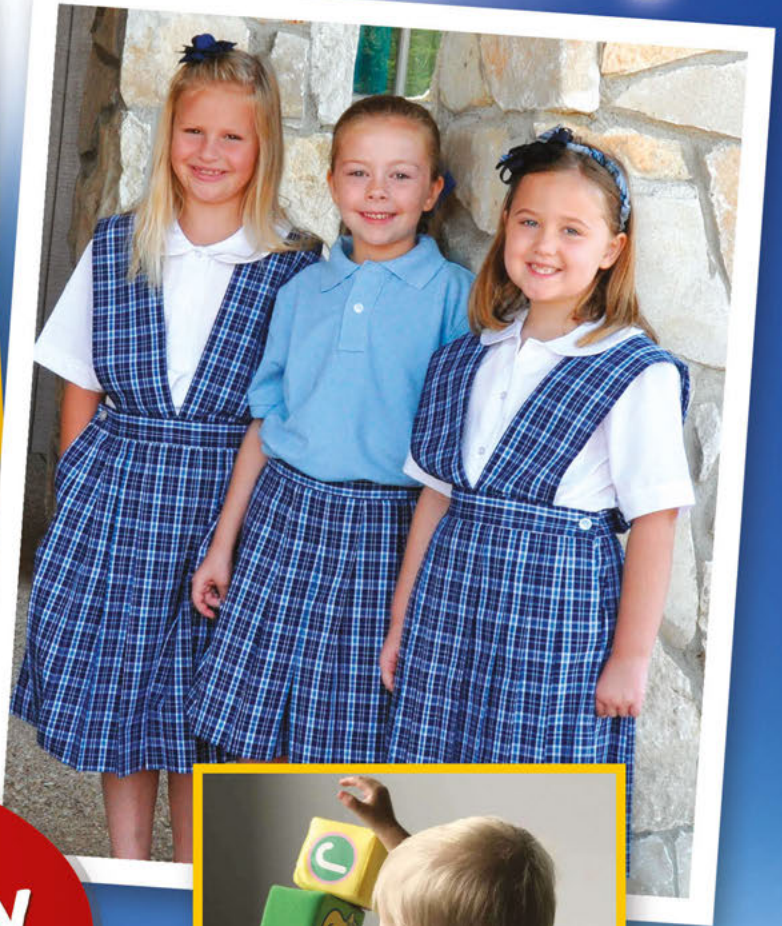
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After powerwalking the 5K on June 12 at Katherine Rose Park in support of the Mansfield Police Explorer Program, Sonia Salazar told her Facebook friends simply: “Finished my second one. It was hot.”

Her first wasn't terribly uncomfortable, as the Thrive 5K fell early in the cooler month of May. During September, in what *should* be the coolest month of summer, Sonia and her fiancé, Tom Wilkie, plan to walk-run the Piney Woods Ultra in Tyler. As they train, they're taking on the challenges of this hottest month of summer to walk-run the Hot Hatch Chile 5K in Southlake.

Still wearing the shoes she bought through Amazon this spring, Sonia's goal is to enter at least one 5K per month. Her knees are screaming at her less frequently as she loses weight and builds up the endurance to run. Her plan is to increase to a running pace incrementally, from her 18-minute mile in July's Treat Trot in Arlington to a 16-minute mile in October's NOLA 5K in Mansfield to a 15-minute mile in November's Lucy Jean Turkey Trot in Mansfield, until she is able to fully run The Candy Cane 5K in Arlington in December. Working on a strength training program with Michelle Cozine, education director at the Mansfield Area Chamber of Commerce, Sonia is building more muscle and becoming more efficient. She is on-target to achieve her goal of losing 30 pounds between June and December.

Her success started when Sonia heeded her doctor's advice to move, and her drive to powerwalk was related to his warning that she needed to keep her A1C below a certain threshold. “I've been saying for years I would do it with diet and exercise, and for years I have not,” Sonia said. Dr. Darrin Charles told Sonia she'd need to deal with layers of health issues, including ADHD. “I knew my diabetes is real, because both my grandmother and mother are diabetic. But the day he said it, the right part of my brain kicked in. He gave me a whole plan, and we set goals for exercise every day. Then Dr. Charles, who works for Mansfield Mission Center, put it out there and said, ‘If you want to do our Thrive 5K, I'll pay for it, and I'll create the team.’”

Realizing she's very early in this journey, she can look back and know she hasn't prioritized her health. “I'm to a point now in my life where I don't have kids in my house anymore,” said Sonia, whose grown children were all moved out by the beginning of this year. “I'm living in a tiny house, and Tom and I can deep clean in a half hour.”



ENDING HER STRIDE

— By Melissa Rawlins

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Sonia leaves the house by 9:00 a.m. every day to open her CBD shop near downtown Mansfield. She returns home after 6:00 p.m., where Tom has already cooked dinner. "He works from home and loves it. It's great for me, because I don't have to do anything except come home to Tom, so we have time to open up, create, visualize what we want for the future," Sonia said.

A techie since her childhood in Ohio, Sonia developed muscles for goal-setting and prioritizing through eight years of managing data-mining teams inside a large corporation. "Being able to hit targets and goals repeatedly, I won top performer regularly," Sonia said. "I never thought I'd be an entrepreneur, but I turned 40 and everything changed — including my thought patterns. Tom was my mentor, and we started working together and grew." Since retiring to start her own business in 2019, Sonia's learned to ask herself the daily question: *What is the most important thing you want to do today?* For Sonia, it's at least 10,000 steps daily in support of her 90-day goals.

"As my body is permanently changing — losing weight and gaining muscle and improving bone health and cardiovascular efficiency — I want to make sure my bones are strong enough for me to run. So, we're taking it in three-month increments. Doubling my effort, each time, is progressively harder until after I reach the crest of running. Then the active lifestyle will get progressively easier," Sonia said. "I don't know if it will ever get to looking effortless, but I want it to just feel effortless."





Accompanied by guided meditation music, she prefers to walk in the mornings. She uses an Apple watch to remind her to stand at least once an hour, exercise 30 minutes and burn 900 calories a day. Sonia appreciates her device as a tool, not a toy, and disciplines herself to use technology for productivity, creativity and accountability — instead of just sitting in front of it. Sonia uses her watch to push all her data to her phone where she can see all her progress, and then plan so that she can efficiently fit more into her life.

She's been reading *The 5 AM Club: Own Your Morning. Elevate Your Life.* by Robin Sharma. "I've read some books that have really changed my perspective about how to set yourself up for success," she said. "At the end of *The 5 AM Club*, they give to you the plan for your day that will help you get to the level of consistency so that things will just open up. I need to be in a flow state to get to that level."

As she takes charge of her "flow," she is prioritizing herself. "Having a supportive partner makes a huge difference when you're trying to do it all on your own," she said. "Having Tom, my partner in love, life, business and pleasure, someone to help me, has changed my life."

But Tom's stride is longer than Sonia's, so they actually walk separately most days. "Tom is in on the journey with me as a supporting actor," Sonia said. "Our goal, really, is being mobile in our older years." As they both pursue the flow state while they walk Mansfield's linear trails, they're also enjoying their newfound connection every day with nature. When the couple retires with their RV, they'll be fit for hiking our nation's parks for years to come. **NOW**



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“Change is always good,” Stacey Buettner said. As the new sales leader for Mansfield’s Ebby Halliday, REALTORS, Stacey is proud that her boots-on-the-ground team is making more care calls than ever before.

Ebby Halliday, REALTORS educates consumers, so they can make educated decisions. “This amazing, beautiful shift through the pandemic has helped us be more authentic, more efficient and even better servants for our clients,” Stacey said.

Plugging customers into the Ebby Halliday Companies’ full



menu of core services — title, mortgage, insurance — Ebby Halliday, REALTORS keep its focus on individual consumers. Ebby Halliday Companies’ platform is like a huge toolbelt Realtors use for meeting their client’s needs, according to Stacey. She began her career with Ebby Halliday, REALTORS, 24 years ago. She then managed her own brokerage for 10 years before devoting seven years as team leader with Keller Williams. She’s proud to be back with Ebby Halliday, REALTORS because of its client-centric, single-stop service.

“Our full-time professionals act as consultants who listen and guide clients in the right direction, and then take on full fiduciary responsibilities for the consumer,” Stacey said. “Our attitude is very much, ‘Where there’s a will, there’s a way.’ Yet if it’s not the right time, we help find the right time and the right path for the clients.”

We are living in transition months, when people around the city should have their HVAC maintained and prepped for the cold weather. In the process, it’s not a bad time to seek a

comparative market analysis from the experts at Ebby Halliday, REALTORS.

"It's been an odd market lately," Stacey said. "You don't have to move! A true professional real estate agent can have that conversation with you to tell you whether it's advisable to use your equity to remodel your home to suit your needs."

Mansfield's Ebby Halliday, REALTORS are a diverse group of people embedded into our community. Each is specifically positioned to service commercial, farm and ranch as well as residential customers with particular backgrounds or needs, like military personnel.

Ebby Halliday REALTORS access resources through the Ebby Halliday Companies to find the Realtor to help clients move anywhere around the world. "We provide exceptional, top-grade representation in the luxury marketplace, which includes properties \$800,000 and higher," Stacey said. "Our Realtors can work at all price points, because they have a company ready, willing and able to support luxury deals."

Maintaining a pay-it-forward culture, Ebby Halliday, REALTORS support the Mansfield Mission Center and the city's animal shelter, as well as the Ebby Halliday Elementary School in Dallas, where the company started in 1945. "Constantly evolving, we're like a new Ebby today," Stacey said. "The new Ebby hasn't lost the Ebby family feel, though, and has taken on new technologies that help the public."

Understanding the industry has changed since customers purchased the property they now desire to sell, Ebby Halliday, REALTORS slow down to explain how it used to be and how it is now. Such conversations happen in whatever space is most comfortable for the client, whether in the easy-to-access Ebby office or in a coffee shop or on a Zoom meeting.

As you're still going through your changes after the pandemic, be sure to call Mansfield's Ebby Halliday, REALTORS. You're sure to find someone expert in their field, available all the time, who will be your trusted partner in finding the best property — or selling yours — for the best value. **NOW**

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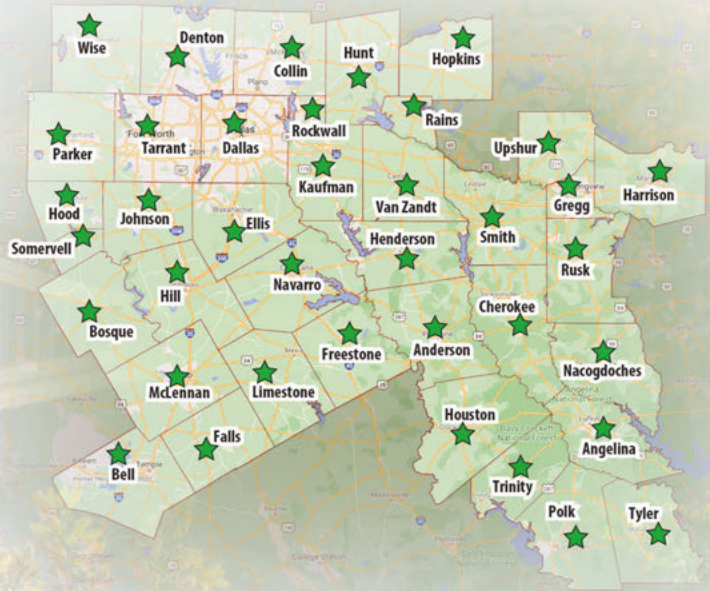
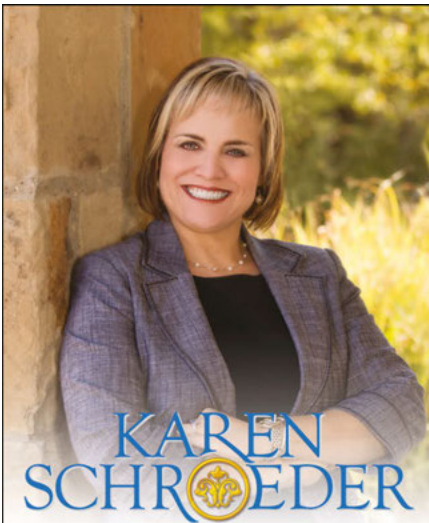
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Karsyn Jones keeps the beat for her uncle, Brock Horton, guitarist for The Lance Battalion.

Zoomed In: Brady and Rylie Gaither

By Melissa Rawlins

Brady and Rylie Gaither enjoy this summer's every-other-Friday Teen Night at Western Kountry Klub. On the historic wooden dance floor, the brother-and-sister duo practice their moves. The "dip" took Brady nearly four months to master. "I had to learn where to put my hands, and lift more weights to build strength for holding Rylie," he said, adding that he learned because she had such a love for it. "There are probably not any dance tricks I can do that she doesn't know. She's taught me everything."

"He follows my footsteps, in dancing and rodeoing," Rylie said. She's a senior, and he's a junior at Legacy High School, and both participate in Rodeo Teams of Mansfield with the one American Quarter Horse they share. "I can stand on her, but I don't dance on her." Yet.



Lauren and Tim Stephens grin big while selling miniature English trifle desserts at Mansfield's Sunday Farmers Market.



Doctors James Kelley and Ankit Patel join CEO of Baylor Scott & White, Robert Beck, to discuss men's health in a panel hosted by the Mansfield Health Council.



While her husband, Steve Cosio, plays oldies but goodies for a crowd, Maria Cosio visits with Ricky and Joy Wilson.



Leo Reiser plays a game of golf before dinner.



Chris Bryant, president of Mansfield Commission for the Arts, stands in front of one of his new favorites, Triple Portrait of Charles I by Kehinde Wiley.



Honey scraps and hams at the feet of Benjamin Richards while he enjoys dinner at Main Street Tacos with Jennifer Richards Moore.

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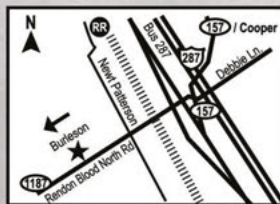
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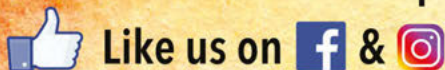
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A photograph of Jeanne Jasadireja, a woman with dark hair, wearing a white lace top and a red scarf, standing in a kitchen. She is surrounded by various Indonesian dishes, including fried potatoes, rice, and a bowl of soup. The kitchen has dark cabinets and a tiled backsplash.

CookingNOW

In the Kitchen With JEANNE JASADIREJA

— By Melissa Rawlins

Petrus Widjaja and Jeanne Jasadireja recently celebrated 52 years of marriage. They got here as soon as they could after their youngest daughter married and moved to Mansfield. Originally from Surabaya, Indonesia, Jeanne learned to cook because her mother had the traveling bug. So, at home, Jeanne and her older siblings pursued culinary variety. Her father always complimented her dishes, gently saying things like, “Just use less salt next time.” Later, while pursuing her college degree in the German language, one of her professors taught her, *Liebe geht durch den Magen*. Meaning *love through the stomach*, the thought further influenced her love for cooking.

“My method of cooking is by feelings,” said Jeanne, who usually doesn’t follow a recipe or measure ingredients. But she did for our readers in preparation for the 75th Anniversary of Indonesian Independence Day, which is August 17. Jeanne recommends joining the celebration by making outrageously festive food, like her recipes below. **NOW**

Soto Daging (Indonesian Beef Soup)

6 garlic cloves
3 slices ginger root
1 tsp. turmeric powder, or 5 cm.
fresh turmeric
2 tsp. coriander
9 cups water
2 lbs. beef stew cuts
2 bulbs fresh lemon grass
6 Kaffir lime leaves

4 Indonesian bay leaves
4 thin slices galangal root
Salt, to taste
1/2 medium onion
4 Tbsp. vegetable oil
4 cups cooked rice or noodles

Garnishes

1 11.3-oz bottle ABC Chili Sauce
1 7-oz. jar Maesri Fried Shallots
1 9.2-oz bottle ABC Sweet Soy Sauce
1 bunch green onion, chopped
1 8.8-oz. pkg. Star Garlic Crackers

1. Blend the first 4 ingredients in a pestle or a food processor, whichever is more convenient, until it makes a paste.
2. Boil the water. Put the beef in the boiling water until the meat becomes half tender; then add the next 6 ingredients to the pot.
3. Heat oil in a frying pan to medium-high temperature, and then fry the blended seasoning paste until it changes color and starts to smell good.
4. Pour the cooked paste into the stew; reduce the heat and simmer for 15 minutes or more.
5. Serve in a large bowl with rice or noodles, garnishes and Fried Potatoes.

Pergedel Kentang (Fried Potatoes)

2 lbs. russet potatoes
3 whole eggs
1 egg white
1 tsp. white pepper
6 tsp. Maesri Fried Shallots
2 cups vegetable oil

1. Steam the potatoes until they become soft; then peel them.

2. Mash the peeled potatoes in a bowl with a fork or a chopper.
3. Mix the eggs, pepper and finely flaked fried shallots into the mashed potatoes. Shape the mixture into egg-size balls; then press them into flat circles.
4. Heat the frying pan with a lot of oil until hot; put the flat potato balls in the hot oil. Flip them over slowly, until they become brownish.

Fried Tempeh With Flour

- 3 Tbsp. flour
 2 Tbsp. rice flour
 1 tsp. white pepper
 2 tsp. coriander
 1 tsp. sugar
 2 Tbsp. garlic powder
 Salt, to taste
 1/4 cup water
 1 8-oz. pkg. Lightlife tempeh
 2 cups vegetable oil

1. Mix the first 7 ingredients in a bowl, adding just enough water to give the mixture the consistency of porridge.
2. Cut the tempeh in 12 thin slices. Place them one by one in the flour mixture.
3. Fill a frying pan with enough oil to submerge all the tempeh completely.
4. Bring the oil to medium-high heat; place the tempeh one by one in the hot oil. Flip them continually. When they have become light brown in color, the frying is complete.

Sweet and Sour Eggplant

- 1/2 big, purple eggplant
 1/4 cup vegetable oil (divided use)
 1 cup fried, bite-size tofu cubes (optional)
 3 cloves of garlic
 1/2 medium onion
 3 slices ginger
 1 medium tomato
 1 Tbsp. ketchup
 1 tsp. white pepper
 1 green onion (optional)
 Salt, to taste
 1/4 cup vinegar, or to taste
 1 tsp. sugar
 1/4 cup water

1. Cut the eggplant into slices that are 1 inch long and 1/4 inch wide.
2. Heat a frying pan with a little oil. Fry the eggplant, flipping the pieces until well done. Put the eggplant on a deep-lipped serving plate; turn the heat down to low.
3. Mince the garlic. Slice the onion and ginger thinly.
4. Add 3 Tbsp. oil to the frying pan; reheat to medium temperature. Sauté the garlic, onion and ginger until it smells good.

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Fried Tempeh With Flour
& Pergedel Kentang

5. Cut the tomato in small pieces; add them to the frying pan along with the ketchup, pepper, green onions, salt, vinegar and sugar according to your taste. Finally, pour in a little bit of water; cook until the vegetables are well done.

6. Pour the mélange onto the eggplants; serve as a side dish.

Indonesian Iced Fruit Cocktail Dessert

Serves 6.

1 young coconut

1 jackfruit

1 22-oz. can Aroy-D Toddy Palm Seeds

1 avocado

1 35-oz. container Bolle Composite Jelly Topping, multicolored

1 11.6-oz. can sweetened condensed milk

6 cups shaved or crushed ice

1 22-oz. bottle Cocopandan syrup (optional)

1. Using a potato peeler, shave the white coconut meat into a large bowl.

2. Prepare the jackfruit (follow directions

available on YouTube) before placing the fruit pods in the bowl with the coconut meat.

3. Cut the palm seed and avocado into small cubes; add to the bowl, along with the jelly cubes.

4. Slowly stir in the condensed milk, crushed ice and syrup. If the mixture becomes sweet enough for your taste by only adding sweetened condensed milk, then there will be no need to add syrup into the dessert.

5. Ladle into clear glass serving goblets; enjoy the show, while you eat your dessert with a spoon.

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TEXAS TRIVIA: DID YOU KNOW?

BY VIRGINIA RIDDLE

1

The flags of six nations have flown over the state of Texas — France, Spain, Mexico, the Republic of Texas, the Confederate States of America and the United States of America. The city of Nacogdoches, however, one of the oldest cities in the state, claims an additional three — the Magee-Gutierrez flag, which flew during the first attempt to establish a Texas republic (1812-1813); the Dr. James Long flag, which flew during an attempt to claim Texas as part of the Louisiana Purchase (1819-1821); and the Fredonia Rebellion flag, which flew during a 37-day rebellion with the goal of establishing a separate republic from Mexico called the Fredonia Republic (1826-1827).

2

The second largest canyon in the United States is located in Texas. Palo Duro Canyon in the Texas Panhandle is approximately 120 miles long with an average 6-mile width. Only the Grand Canyon is larger. It's the state's largest park and hosts the annual drama, Texas. It has been home to many cultures during the canyon's 200 million years of geological time.

3

Texas boasts an annual birthday celebration in honor of Winnie-the-Pooh's friend, Eeyore, who believed his friends had forgotten his birthday. The birthday celebration was first held in Austin in 1963. Folks wear costumes, and the celebration is a fundraiser for nonprofit organizations.

4

The city of Clute, Texas, annually hosts The Great Texas Mosquito Festival. Willie-Man-Chew, honorary mosquito, presides over volunteer ambassadors who make up his "Swat Team."



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TravelNOW

The HEART of TEXAS

— By Lisa Bell

Home of Baylor University and the famous Magnolia Market, Waco, Texas, offers numerous spectacular places to spend time. Whether taking a weekend trip, a weeklong vacation or driving down for the day, the city on the Brazos won't disappoint.

At Homestead Craft Village, local artisans of the community demonstrate various crafts. Experience woodworking, steel forging, weavers and basket makers, a working old-fashioned gristmill and more. The general store, village market and other shops delight visitors with an option to purchase locally grown and handmade items. While there, enjoy a meal at

Cafe Homestead, where they use ingredients from Homestead Heritage Farm. Be sure to get on the list soon after your arrival at the village.

The Mayborn Museum Complex, located on the Baylor campus, provides more than a day's worth of intriguing, interactive displays. Dozens of interactive exhibits draw out the child in anyone. The traveling exhibit for 2021 summer thrills lovers of dinosaurs. Be sure to interact with more of the fun creatures upstairs.

Don't miss the Texas Ranger Hall of Fame & Museum (not the baseball version that's down the street at the Texas Sports Hall of Fame). Check out the history of Texas' most famous law enforcement branch. Learn about these men, how they changed over time and use today's technology to capture criminals of all types.

A trip to Waco isn't complete without learning the origins of Dr Pepper. The museum houses memorabilia and fun facts about the creation of sodas. The site contains a sealed, original artesian well that supplied water to the company in its early days.

Looking for outdoor activities? Waco Mammoth National Monument allows visitors to view the dig site where scientists uncovered 23 mammoth skeletons. Trails and a picnic area allow visitors more time to explore nature.

The Waco Riverwalk runs beside the Brazos River, a great place for walking, jogging and bike riding. A tribute to the Chisholm Trail depicts cowboys on horseback and cattle. In another area, a memorial park for Doris "Dorie" Miller commemorates a naval cook during WWII. The first African-American awarded the Naval Cross exhibited extraordinary courage during the attack on Pearl Harbor, which he survived. The area also contains a Vietnam Veterans memorial and one for law enforcement among various parks. Many old bridges cross the Brazos River in Waco, including the 1870 Suspension Bridge, currently under rehabilitation. Another bridge, built in 1901, allows pedestrians to cross the river safely while experiencing a touch of history.

Cameron Park covers 416 acres of land along the river. With 20 miles of trails, any hiker can achieve a great workout. A drivable, winding road passes through the park with various lookouts such as Circle Point, Lovers Leap or the Bosque River Mouth, where travelers experience amazing views. Picnic areas, fun statues, a splash park and the Cameron Park Zoo provide hours of fun. Throughout the city, Waco features splash pads, pools, a lake and the Lake Waco Wetlands.

With many hotels, plenty of bed-and-breakfasts and area campgrounds, finding a place to stay comes easily. With wonderful places to eat, like TeJun, Abuelitas, Twisted Root, Buzzard Billy's and a variety of local and chain restaurants, you can try different places for each meal. About an hour-and-a-half drive from the DFW Metroplex, take several trips and create fresh memories with family or friends. **NOW**



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There was an audible appreciation among the crowd as Col. Powe's documentary began with the commentary, "Col. Powe's 30-year military career reads like a spy thriller, beginning with his assignment as an operations officer in the U.S. Embassy in Moscow in 1977. During a major fire at the embassy as the Moscow fire department and other Russians entered the building, Powe ensured the security of extremely sensitive classified areas. ..."

During his illustrious career, Col. Powe was responsible for securing highly sensitive information and material throughout the world. Fluent in six languages and seemingly always in the "right place," he secured the Soviet MI-25 Hind Helicopter in the Chadian Desert in Africa under intense negotiations (and still classified information). A YouTube video with the title *The Hind Heist – The Secret Operation to Steal the Soviet's Top Helicopter* offers a very rare glimpse of Col. Powe in the field at the 8:59 minute-marker in the 10-minute video (just as there is a rare picture of him in the best-seller *The Billion Dollar Spy*, although he denied the image to be his). It was also during that time that he "acquired" a Chinese anti-ship missile at the behest of the U.S. Navy.

Only in 1987 while following a Soviet convoy through the desert of Kuwait was Col. Powe's cover truly blown. Despite the Soviets' denial of arming the Iraqis with weapons, a direct violation of the Intermediate-Range Nuclear (INF) Treaty, he discovered the truth, but he had also been exposed. As he saw Kuwaiti officials running toward him, he calmly destroyed the film in his camera and ate his notes before being captured and beaten for information that would never be obtained. It was Ronald Reagan who negotiated for the return of one of the U.S. Army's top intelligence officers.

Col. Powe was the only living U.S. military officer to twice receive the Director of CIA Intelligence Exceptional Intelligence Collector Award. He also received such medals as the Defense Superior Service Medal, Legion of Merit, Soldier's Medal, Bronze Star Medal and Purple Heart, among many others. He was inducted into the Department of Defense Attaché Hall of Fame in 1999. But for his family, his induction into the U.S. Army's Military Intelligence Hall of Fame offered peace of mind, as Col. Powe has not yet been given a funeral. Having died in August 2020, he is to be buried with full honors at Arlington National Cemetery in Arlington, Virginia, alongside his wife,

Karen W. Powe — the ultimate military wife, it should be noted. She was responsible for securing the picture of the underbelly of a Soviet tank in the late 1970s. Both Marc and Karen, also a Texas native, live on in the legal system while an investigation into the amount of radiation they endured from hostile foreign nations is currently being conducted.

After retirement, Col. Powe served in the Office of the Secretary of Defense in 2003 overseeing a U.S.-led coalition that overthrew Saddam Hussein. He was one of the first civilian cadre in country post combat and worked to repair the Iraqi police and army as a province advisor. His work with the Joint Improvised Explosive Device Defeat Organization (JIEDDO) to defeat the IED attacks on U.S. servicemen and women and the growing effect of ISIS/Al Qaeda/Taliban threats was both personally and professionally important to Col. Powe, and it was a reason that military intelligence instructor CW3 Matthew Carr requested to serve as escort to Powe's family for the Hall of Fame induction.

On March 13, 2007, Carr's younger and only brother, SGT Robert M. Carr, was killed in action while serving his country. The younger Carr was serving a second deployment to Iraq when the vehicle he was driving struck an IED. For CW3 Carr, who enlisted in the U.S. Army in 1999, and was already in the human intelligence and counterintelligence fields, Col. Powe's résumé resonated. "The work he did helped save the lives of many. Years after my little brother was killed by an IED in Iraq, I was struck by multiple IEDs in Afghanistan and walked away due to the improvements that were made to our equipment. I know a lot of those improvements were thanks to Col. Powe and the work he did."

Though he had never met either Carr brother, it was soldiers like these that drove the colonel, whose courage in the face of danger was matched only by his humility. His slow Texas drawl and seemingly easy manner were perhaps his greatest cover. Today, his works and research reside with the U.S. Army Military Intelligence Center of Excellence historical archive and are known as "The Powe Collection." When a former colleague from the Pentagon summed up Powe as "the best of us ... a Shadow Warrior who served this nation," it did not yet begin to describe his ultimate desire for world peace and unity. Perhaps it was why he admired soldiers so much, as he knew their footsteps would surely surpass his own. **NOW**

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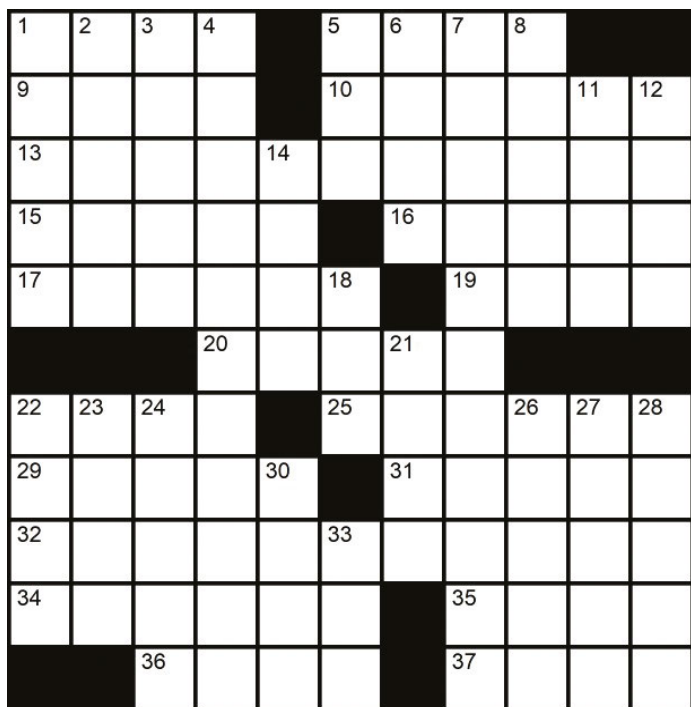
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Across

- 1 Nagging fish?
- 5 Sisters
- 9 Composer --- Novello
- 10 There is one every year for many sports
- 13 Echo
- 15 Set of opinions
- 16 Scarecrow stuffing
- 17 Skylit lobby
- 19 Pianist Dame Myra
- 20 Range
- 22 Enfold
- 25 Shell lobster
- 29 Trustworthiness
- 31 Every golfer likes this kind of hole
- 32 Motley assortment
- 34 Often opposed to Venus on court
- 35 Houston university
- 36 Uptight
- 37 Like Sean Connery

Down

- 1 Roughly
- 2 Stave off
- 3 Random archery target
- 4 Inclined
- 5 Kernel
- 6 Applications
- 7 Yankees in Dixie
- 8 Superfluous
- 11 Airline guesses
- 12 The latest
- 14 Defeat soundly
- 18 Lady of the house
- 21 Vacuum
- 22 "--- sorry now?"
- 23 Hopped a freight
- 24 --- Agassi
- 26 Pick-me-up
- 27 Corporate conclusion
- 28 Steer a new course to start again
- 30 Told
- 33 Dissenting vote

Solutions on page 44

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Bryan Frye

Sudoku Puzzle

Easy

	1			2				8
6					9	4		
9			3					1
2		7						6
	4	6					8	
1		5						
			5				2	
			2		3		7	
		3		9	7	1		

Medium

			6					
1	9	4						
	7	3				9		
4					2			
	3				8			2
5	2		1	9		6		
3			9				4	1
		1			3	2		5
	4	5						

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8/12

Chamber Chat With Devan Allen:

Learn about Tarrant County Commissioner Devan Allen's journey. Free. 8:00-9:00 a.m., Mansfield Chamber of Commerce, 114 N. Main St. (817) 473-0507.

8/12-8/14

Household Hazardous Waste Dropoff:

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a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. (817) 728-3655 or ecc@mansfieldtexas.gov.

8/13 and 8/14

Disney's The Lion King Kids:

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8/14

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8/19

Chamber Chat With Michael Cinatl:

Learn about Tarrant County College SE President Michael Cinatl's journey. Free. 8:00-9:00 a.m., Mansfield Chamber of Commerce, 114 N. Main St. (817) 473-0507.

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



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1	C	A	R	P		5	N	U	N	S	
9	I	V	O	R		10	U	S	O	P	12
13	R	E	V	E	R	14	B	E	R	A	T
15	C	R	E	D	O		16	S	T	R	A
17	A	T	R	I	U	18	M		19	H	E
						20	S	T	O	21	V
22	W	R	A	P		25	M	O	R	T	A
29	H	O	N	O	R		30	I	N	O	N
32	O	D	D	S	A	33	N	D	E	N	D
34	S	E	R	E	N	A		35	R	I	C
						36	E	D	G	Y	
										37	S
											C
											O
											T

Easy

5	1	4	7	2	6	3	9	8
6	3	2	8	1	9	4	5	7
9	7	8	3	5	4	2	6	1
2	9	7	4	3	8	5	1	6
3	4	6	1	7	5	9	8	2
1	8	5	9	6	2	7	3	4
7	6	9	5	4	1	8	2	3
4	5	1	2	8	3	6	7	9
8	2	3	6	9	7	1	4	5

Medium

8	5	2	6	3	9	1	7	4
1	9	4	2	8	7	3	5	6
6	7	3	4	5	1	9	2	8
4	1	6	3	7	2	5	8	9
7	3	9	5	6	8	4	1	2
5	2	8	1	9	4	6	3	7
3	6	7	9	2	5	8	4	1
9	8	1	7	4	3	2	6	5
2	4	5	8	1	6	7	9	3

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