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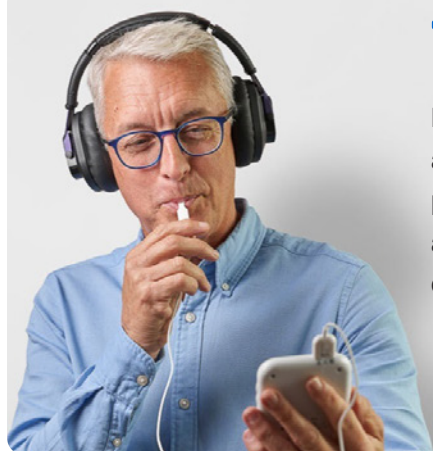
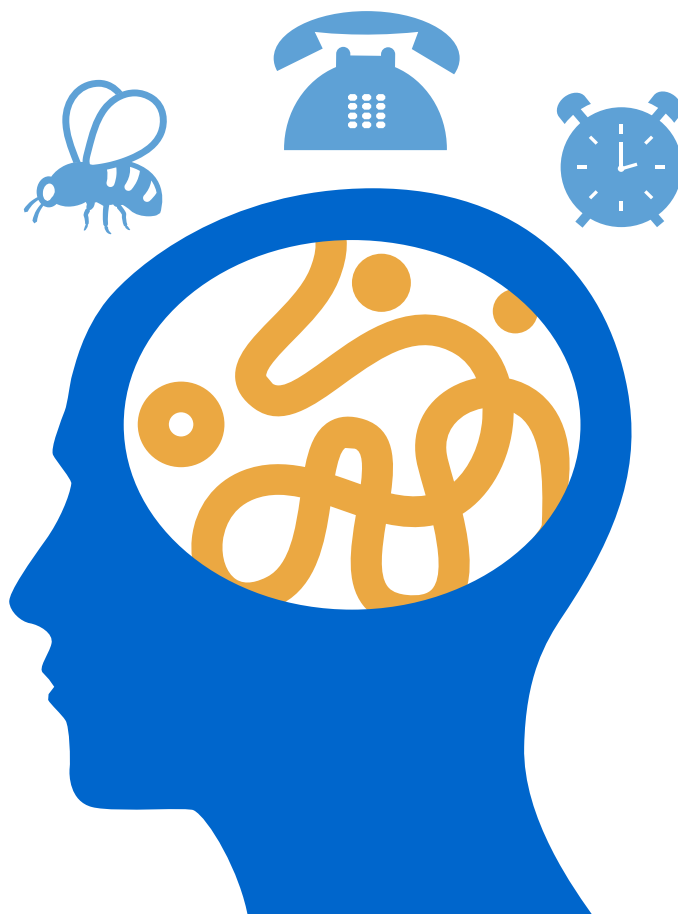
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FROM THE PUBLISHER

JUDY M.
RUPAY

February arrives with love in the air, and this issue reflects the many ways it's being celebrated across our community. From leaders and local businesses serving with heart to community events that bring people together, this month's issue captures the spirit of the season. It's a reminder that love isn't just something we mark on a calendar—it's woven into the everyday work, service, and spirit that shape our community all year long.

Our first of two main features this month is **Leaders You Need to Know**, which kicks off with a look at former mayor Jeff Williams' unique role in shaping Arlington's growth. He helped design the very roads along Randol Mill Road that are now being transformed into the high-speed course for Arlington's INDYCAR Grand Prix—an evolution that reflects decades of infrastructure planning, technical innovation, and leadership that continues to position Arlington on a global stage. The section continues with a diverse look at leadership across law, business, civic life, and public service. Meet these Leaders You Need to Know beginning on page 23.

Our next featured section is **Focus on Healthcare**, highlighting providers across the region who are redefining care through innovation, longevity, and strong patient relationships. From wellness and primary care to women's health, physical therapy, chiropractic services, and specialty care, these stories show how healthcare is evolving to better serve the community. Turn the page to discover the people and practices helping our neighbors live healthier lives.

Scattered throughout this month's issue, you'll find plenty of ways to celebrate Valentine's Day, from upscale dining and meals that give back to the community to couples massages, hands-on keepsake crafting, live shows, and even fun Galentine's outings with friends. However you choose to mark the occasion, there's no shortage of local ideas to make it memorable.

On the theme of love, Garret Martin, vice president of Downtown Arlington Management Corporation, reflects on the idea of "loving where you live," inspired by Peter Kageyama's book and the everyday "co-creators" who shape our city. From grassroots festivals and small businesses to farmers markets and neighborhood gatherings, Martin highlights the people whose passion and service turn simple places into meaningful spaces—proof that community isn't built by accident, but by neighbors who choose to invest their hearts in it.

February fills the calendar with meaningful observances and celebrations—from Presidents Day and Valentine's Day to Mardi Gras, Lunar New Year, Ash Wednesday, and Ramadan—with longer days just ahead as Daylight Saving Time approaches in early March. It's a season that balances celebration and reflection, much like the stories in this issue, all centered on the people, places, and passions that shape our community. Thank you, as always, to our loyal readers and dedicated advertisers for supporting local storytelling and the businesses that help our city thrive—we're grateful to share each issue with you.

*Judy Rupay**judy@arlingtontoday.com*



TOURISM SPOTLIGHT

A Community Report from
THE ARLINGTON CONVENTION & VISITORS BUREAU



Why Tourism Matters in Arlington

By Brent DeRaad, President & CEO
Arlington Convention & Visitors Bureau

Tourism is the Rodney Dangerfield of industries. Few throughout the U.S. know how the industry works or why it matters.

In Arlington, though, it's hard to miss the impacts. This summer, Arlington will be the site for nine FIFA World Cup matches, more than any FIFA host city. Approximately 2.7 million visitors are expected to travel to our area for FIFA World Cup activities with the majority spending time and money in Arlington.

Our city recently hosted 12 UIL Texas High School Football State Championship games at AT&T Stadium, along with The Passion Conference, which filled Globe Life Field, Jan. 1-3.

Dallas Cowboys and Texas Rangers games, the Goodyear Cotton Bowl, Six Flags Over Texas, Hurricane Harbor, the National Medal of Honor Museum, Arlington Museum of Art, Levitt Pavilion Arlington, Theatre Arlington and Top 'O Hill Terrace are just a few of our attractions.

Add in concerts, golf and unique dining throughout our International Corridor and you begin to see why Arlington attracted 16.3 million visitors last year who spent \$3.1 billion. More than 14,000 people are employed in Arlington's visitor industry.

And we have barely touched on meetings. With the new Arlington Convention Center opening in early 2024, our city moved from #57 in Cvent's 2023 rankings of North American meetings destinations to #29 in 2025.

We at the Arlington CVB partner with the Dallas Cowboys and Texas Rangers to secure events for AT&T Stadium and Globe Life Field, respectively. We market Arlington's visitor assets to travelers throughout the world. We work with meeting planners to book meetings into the Arlington Convention Center and into individual Arlington hotels. Plus, we work with sports event operators to bring events to City of Arlington, University of Texas Arlington, Arlington Baptist University and Arlington Independent School District venues.

Of the \$3.1 billion spent by Arlington visitors last year, tens of millions in local and state hotel and sales tax revenue were generated. This reduces what we as Arlington residents pay for police, fire, water, trash collection, and other services.

Hopefully, this overview generates the respect for Arlington's tourism industry that always eluded Mr. Dangerfield.



Veteran journalist Bob Schieffer will be the next featured guest in the UTA Maverick Speakers Series. Schieffer spent more than 50 years in journalism, retiring from CBS News in 2015 after 46 years with the network, including 24 years as anchor of Face the Nation, and he continues to serve as an occasional political contributor. Before joining CBS, he reported for the *Fort Worth Star-Telegram* and was the first Texas newspaper reporter to cover the Vietnam War; TCU later named its College of Communication in his honor.

Texas Hall - UTA
Tickets \$5 at utatickets.com

ENDS FEBRUARY 28th!



The Art and Science of Arachnids

See the nation's largest touring arachnid exhibit, featuring interactive displays, live spiders and scorpions, oversized sculptures, and more. Get tickets at the door.

Monday-Friday 9am-5pm
River Legacy Nature Center



Features costumes and jewelry from film adaptations of two of Jane Austen's most iconic works. The exhibition highlights Regency-era fashion and its significance in literature and film. Admission is free.

Through March 22
Arlington Museum of Art



In the 1950s super baseball fan Joe makes a deal with the devil so his Washington Senators (later to become the Texas Rangers) will beat those damn Yankees for the pennant.

February 13-March 1
Theatre Arlington

Mardi Crawl Live!

Step into the heart of Mardi Gras at Texas Live! with their Mardi Crawl Party—a building-wide celebration packed with Cajun flavors, handcrafted cocktails, live entertainment, and endless beads. Sip your way through seven themed venues with GA or VIP drink packages, upgrade to their Bayou Food Package, and enjoy a roaming brass band, games, giveaways, and photo ops. Experience the biggest Mardi Gras party in Arlington at Texas Live! Visit texas-live.com/Events-and-Entertainment for ticket options.

February 14 • Opens 1pm
Texas Live!



Sounds of the Season: Winter

Join the Arlington Community band for a free, family friendly concert performance reminiscent of the sounds of winter.

Featuring: An American Elegy, Frank Ticheli; Canarios Fantasia, Douglas Akey; Daughters of Texas March, John Philip Sousa; Incantation and Dance, John Barnes Chance; O Cool is the Valley, Vincent Persichetti; Strike Up the Band, George and Ira Gershwin.

February 15 • 7-8pm
Lamar Baptist Church
1000 W. Lamar Blvd

HIGHLIGHTS FROM Arlington Music Hall



An Evening With Ray Wylie Hubbard
 Legendary singer-songwriter
February 13 • 7:30pm

Keiko Matsui
 Breathtaking piano, smooth jazz, and global soundscapes
February 21 • 7:30pm



Gene Watson
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February 25 • 7pm



Herman's Hermits
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February 27 • 7:30pm

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Behind the Blue Doors: Building Stability for Arlington's Youth

by Boys & Girls Clubs Staff

For hundreds of kids across Arlington, walking through the blue doors of their Boys & Girls Club is the highlight of their day. It's a place to feel safe, to be seen, and to belong.

That was especially true for Arlington teen and lifetime Club member Tyrell M.

"From the time I was six years old, the Club became one of the most important things in my life," Tyrell said.

Tyrell first joined the Club looking for a place to be more social. What began as an after-school activity quickly became something much deeper. After the loss of his father and years of moving between households with limited family support, stability was hard to find.

"The Club became the one place that stayed consistent when everything else around me felt unpredictable," he shared.

Inside those blue doors, Tyrell found structure, opportunity, and people who showed up day after day. Through art, sports, and leadership programs, he gained confidence, direction, and a voice of his own. Over time, the adults at the Club became more than staff members.

"The mentors at the Club became like mother and father figures to me," Tyrell said.

That kind of consistency is exactly what Boys & Girls Clubs of Greater Tarrant County (BGCCTC) works to provide for young people across Arlington.

For nearly 100 years, BGCCTC has partnered with Arlington families to ensure youth have access to safe, supportive environments outside of school. Today, the organization serves Arlington youth through traditional Club branches, school-based sites, and a Mobile Clubhouse Experience designed to meet kids where they are.

That mission resonates personally for BGCCTC Trustee Mark Caffey, who also spent time at a Boys & Girls Club while growing up in Arlington.

"As a former Club kid, I know how important it is for young people to have a place where they feel supported and encouraged," Caffey said. "Seeing that same support reach youth across Arlington today reinforces how powerful that

consistency can be."

In 2024, Boys & Girls Clubs served more than 24,000 Arlington youth, reflecting both the growing need in the community and the trust families place in the organization. Nearly 90% of Arlington Club members qualify for free or reduced-price school meals, underscoring the financial pressure many households face and the importance of meeting basic needs alongside academic and emotional support.

"For so many kids, the Club is the place where they can finally feel safe enough to be themselves," said Daphne Barlow, CEO and President of Boys & Girls Clubs of Greater Tarrant County. "It's where they're cared for, believed in, and reminded that their story isn't finished: that they matter, and that their future matters too."

Across all Arlington Clubs and programs,

one thing remains constant: every child is fed. Through BGCCTC's Blue Door Kitchen, nutritious meals and snacks are prepared centrally and served daily at every Club, school-based site, and Mobile Clubhouse stop, ensuring that no matter where a child is served, they have access to reliable, healthy food.

BGCCTC provides more than after-school supervision. Across Arlington, Clubs offer caring adult mentors, academic support, leadership development, workforce readiness programming, and consistent access to meals, creating the stability young people need to thrive.

For Tyrell, that support changed everything.

"While my family life has not always been stable, the Boys & Girls Club became my second family — one I can always depend on to support me in every part of my life."



Top Left: Club kids decorate stockings during a holiday celebration at BGCCTC's Main Branch in Arlington. Today, more than 24,000 Arlington youth are served each year through Boys & Girls Clubs of Greater Tarrant County.

Above: Youth participate in programming at one of BGCCTC's Mobile Clubhouse locations. In 2024, BGCCTC's Mobile Clubhouse Experience served 10,635 youth in Arlington.

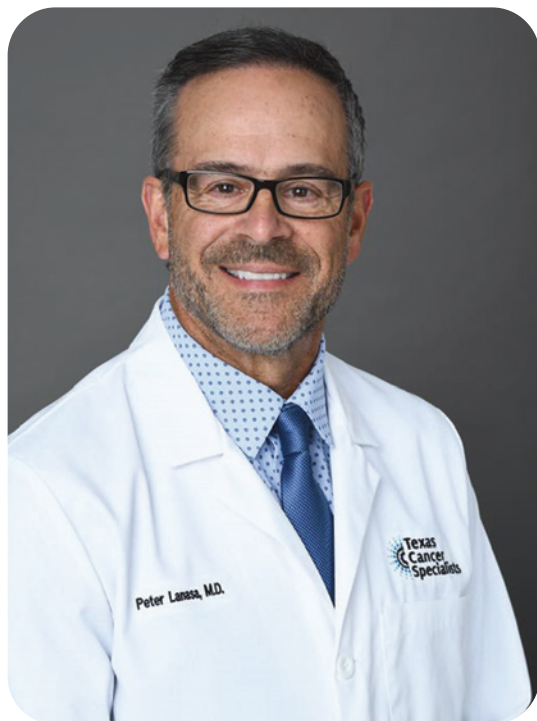


Left: Tyrell M. speaks at the 2025 BGCCTC Youth of the Year Gala, an annual event celebrating youth leadership, resilience, and achievement across Boys & Girls Clubs of Greater Tarrant County.



Modern Radiation Therapy for Prostate Cancer

By Peter LaNasa, MD, (Radiation Oncologist - Texas Cancer Specialists)
Urology Partners of North Texas



About the Expert

Peter LaNasa, MD, is a radiation oncologist with Texas Cancer Specialists. With over 30 years of experience, he specializes in the treatment of prostate cancer using advanced technologies like RapidArc IMRT. Dr. LaNasa practices in Arlington and collaborates closely with Urology Partners of North Texas (UPNT) to provide coordinated, patient-centered care.

In my more than 30 years of treating prostate cancer, I have seen radiation therapy undergo a dramatic transformation. Many of the concerns men still raise with me in my office are based on older, less precise treatments that are no longer used today. Understanding how radiation has evolved, what modern treatment actually looks like, and why a second opinion is often an important step can help patients feel more confident when choosing their path forward.

How has radiation therapy for prostate cancer evolved?

Earlier radiation treatments were delivered with less precision, exposing a larger area of healthy surrounding tissue to radiation. While effective at treating cancer, this approach increased the risk of long-term urinary and bowel side effects.

Modern prostate radiation uses photon-based Intensity-Modulated Radiation Therapy, or IMRT. This technology allows us to shape, or "sculpt," the radiation dose to the exact anatomy of each patient's prostate. At Texas Cancer Specialists, I deliver IMRT using RapidArc technology, which rotates continuously around the patient while adjusting the shape and intensity of the beam. This significantly improves accuracy while limiting radiation exposure to nearby organs such as the bladder and rectum.

What does modern radiation treatment look like for patients today?

Many patients are surprised by how efficient and manageable treatment has become. Once positioned on the treatment table, the actual radiation delivery typically takes only about 5 minutes. Most patients are in and out of the clinic quickly, which helps preserve a sense of normalcy and dignity during care.

Treatment usually spans 5 to 8 weeks and is tailored to the individual's cancer and its risk of progression. Thanks to the precision of modern radiation therapy, the majority of men can stay active, continue working, and live normally during treatment without altering their diet, medications, or daily habits.

Is radiation therapy still a standard-of-care option?

Yes. National NCCN guidelines list radiation therapy, including modern IMRT, as a standard and effective treatment for many men with prostate cancer. It is often used as the main treatment for localized disease and may also be used after surgery or alongside other therapies when needed.

How do precision and safety factor into modern radiation?

RapidArc IMRT allows radiation to closely conform to the prostate while minimizing exposure to surrounding tissues. To further enhance safety, techniques such as SpaceOAR or Barrigel rectal spacing are routinely used when appropriate. These materials temporarily create space between the prostate and rectum, significantly reducing radiation exposure and lowering the risk of bowel side effects.

Precision also depends on daily verification. Before each treatment, the prostate is imaged in real time to confirm accurate positioning. Dr. LaNasa personally reviews and signs off on each patient's alignment prior to radiation delivery, helping ensure the treatment is delivered exactly as planned every day. This added layer of oversight is designed to maximize accuracy while minimizing unnecessary exposure to surrounding tissues.

When delivered thoughtfully, modern IMRT radiation achieves excellent cancer control with minimal side effects. In practice, results depend far more on careful daily verification, protective techniques, and physician involvement than on the machine's name.

Why is it helpful to receive prostate cancer opinions in one place?

A prostate cancer diagnosis can be overwhelming, and no two cases are exactly alike. Surgery, radiation, focal therapy, and active surveillance can all be appropriate depending on the individual.

At Texas Cancer Specialists, I work in close clinical proximity with the urologic surgeons of Urology Partners of North Texas (UPNT), with care centered at USMD Hospital at Arlington. This allows patients to receive coordinated opinions about surgery and radiation in one setting, rather than navigating disconnected offices.

When patients can understand all of their options in one place, it's incredibly reassuring. Prostate cancer is not one-size-fits-all, and coordinated input helps people make confident, informed decisions.

Why does experience still matter in radiation therapy?

Technology is a powerful tool, but experience remains essential. Radiation therapy involves hundreds of planning decisions that influence long-term outcomes. By practicing here in Arlington and collaborating closely with Dr. Jerry Barker in Fort Worth, our focus remains on using the latest safety-focused techniques to achieve excellent cancer control while preserving quality of life.

What should patients take away from all of this?

Radiation therapy for prostate cancer is not what it was 10 years ago. Today's treatments are precise, efficient, and patient-centered. For men considering radiation therapy or seeking a second opinion, consultations are available through Texas Cancer Specialists at texascancerspecialists.com or by calling (817) 417-1132.

The Salvation Army of North Texas is dedicated to fighting poverty, addiction, and homelessness across our communities. Here's a look at the measurable impact donations provided in 2025.



Nearly **4 million pounds of food** to over **80,000 people** in need through community meals and our 12 drive-through and curbside food pantries.



More than **264,000 nights of safe shelter** for neighbors who had nowhere else to turn at our four shelters, two senior living centers, and two in-shelter recovery centers across North Texas.



Addiction recovery services for around **500 individuals** through our three recovery programs.



Connection to permanent and stable housing for nearly **1,600 people**.



March 2 – 190th Anniversary of Texas Independence

Texas Independence Day marks the signing of the Texas Declaration of Independence on March 2, 1836, when 60 delegates declared Texas' freedom from Mexico. The document closely echoed the ideals of the U.S. Declaration of Independence. Texas later joined the United States on Dec. 29, 1845. March 2 is an official state holiday and is also celebrated as Sam Houston Day, honoring the leader of the Texian forces who secured victory at the Battle of San Jacinto.

PREPARE TO SPRING FORWARD! DAYLIGHT SAVING TIME BEGINS SUNDAY, MARCH 8



The Accolades Keep Coming for Smoke'N Ash BBQ

Smoke'N Ash BBQ chef Patrick Hicks has earned a 2026 James Beard Award semi-finalist nod for Best Chef in Texas — the only Tarrant County selection. This comes on top of two consecutive Michelin Guide Recommended honors for the restaurant.

5904 South Cooper St., Ste. 110



Lunar New Year 2026 – Year of the Fire Horse

2026 is the Chinese zodiac Year of the Fire Horse, beginning February 17, 2026 and lasting into early 2027. Occurring only once every 60 years, it combines the Horse's independence, speed, and momentum with the Fire element's intensity, creating a year associated with bold action, rapid progress, and breaking free from old patterns.

February 17



3 Scoops

1. The Arlington Public Library has launched a new circulating puzzle collection of more than 200 puzzles, donated by Arlington residents Hillary Relyea and Ben Gerdts in memory of their son, Harvey. Created through a community puzzle drive, the collection includes puzzles for all ages and skill levels. Available for checkout on the second floor of the George W. Hawkes Downtown Library and online, each puzzle is labeled "Donated in Memory of Harvey Gerdts." Patrons may borrow puzzles for up to three weeks, with options to renew or transfer them to a local branch.
2. The City is updating its Americans with Disabilities Act (ADA) Transition Plan to ensure all residents have safe and equitable access to public spaces and services. This initiative includes a thorough evaluation of existing City facilities, programs, services, and activities. A key component of the project is a comprehensive condition assessment of all sidewalks, curb ramps, signalized intersections, and pedestrian facilities within the public right-of-way. This assessment will support the development of the City's first Sidewalk Master Plan, which will help identify gaps, improve accessibility, and plan for future infrastructure improvements citywide.
3. Did you know? Arlington's original high school opened in 1922, built to meet the growing need for a dedicated secondary school. It stood near the corner of Abram and Cooper streets until 1956, when Arlington High moved a few blocks south to its current location. Today, the original building lives on as part of the UT Arlington campus.



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To celebrate its 150th anniversary, Arlington will host a year-long celebration throughout 2026. The City's sesquicentennial celebration will offer something for everyone, including family-friendly festivals, historical exhibits, community projects and other special events. Follow @cityofarlington on Facebook, Instagram and X and sign up for the e-newsletter at www.arlingtontx.gov/enews to learn about upcoming programs, events and other opportunities to participate in this historic celebration.

Have historic family photos, an interesting Arlington history story or other idea to share? Please feel free to contact news@arlingtontx.gov.

(Source: arlingtontx.gov)



K9 Water Leak Detection

Arlington Water Utilities welcomes Splash, the City's first water leak-detection K-9. Specially trained to locate underground leaks by detecting trace amounts of chlorine, Splash helps crews identify and repair issues faster, reducing water waste. Adopted from Arlington Animal Services, Splash lives with his handler and is already a valued member of the Arlington Water Utilities team.

(Source: Arlington Water Utilities)



PET OF THE MONTH



Ruffin is an Arlington local who treats every day like an adventure. When he's not enjoying multiple walks around the neighborhood or soaking up the Texas sun, you'll find him chasing squirrels and being the best cousin ever to Butters, Beo, and Buckaroo.

— Parker Vandergriff

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Arlington by the NUMBERS

80,900

Placer.ai data shows that there were 80,900 visitors to the Goodyear Cotton Bowl Classic at AT&T Stadium on December 31, 2025. 50% were from Texas and 65% traveled more than 50 miles to attend the event. Additionally, 32 Arlington hotels were patronized, along with 36 Arlington restaurants.

300/700

In 1911, young women became Arlington's first telephone operators, staffing the city's original Southwestern Bell switchboard. Hired for their calm and courtesy, they replaced boys who were known to lose patience with callers. Arlington had just 300 phones then — and 700 by 1936.

\$2.75/\$2.25

When Six Flags opened on August 5, 1961, admission was \$2.75 for adults and \$2.25 for children — which included unlimited access to all rides and attractions. A welcome bonus in the Texas summer: the waiting areas featured outdoor air conditioning.



Women's
Alliance

KEYNOTE FROM
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No Easy Answers for Blanton Elementary



KENNETH
PERKINS

The grieving mother stood hesitantly at the podium, her left hand trembling as she held her prepared speech, typed and double-spaced. She looked down at her paper, up at the faces staring back at her, down, then up again. In Spanish, an interpreter at her side, the mother tells the Arlington ISD Trustees seated behind their microphones how the father of her autistic grandchildren high-tailed it out of their lives when he couldn't cope with the burden, and when their mother died, she became mom.

Her life as mom and dad and worker and tutor is difficult enough without the prospect of her children now facing a big change.

That big change is the closure of Blanton Elementary, due in part to its shabby test scores, its crumbling building, and its enrollment that, like most other district schools, is losing students and thus money it takes to run them.

The grandmother was preceded by a single mother who spoke of walking her "severely autistic" child to Blanton, two miles from their front door, a routine she says her daughter depends on.

"Now I feel terrified," she told the trustees, their faces fixed and solemn. "How will she get on a bus, and get on a bus with kids she doesn't know?"

What a mess. Scenes like these are playing out not only in Arlington but in school districts across the country as officials confront shrinking budgets and enrollment. Still, witnessing it in person gives it a different sort of emotional feel. School closures bring grief, loss, and instability — emotions that are intensified in communities that have long been underserved.

It's painful to see Board President Justin Chapa, a Sam Houston graduate who cares deeply for his home district, address these concerns knowing what he's up against. He told attendees at the previous Is-Blanton-On-The-Chapping-Block? meeting, how the board has been working feverishly to put funds toward maintaining the building, but those funds simply aren't there to save it.

"We have been working very hard to put as many resources toward schools like Blanton as we could," he said. "But we had many Blantons."

Have, actually.

The weight of those decisions was evident throughout the meeting. One parent listed campus after campus with failing ratings, describing how overwhelming it has been to research where her child might go next year.

"What options do I have?" she asked quietly before returning to her seat.

This special meeting followed a closed-door meeting by district officials, which is why the trustees listened but said nothing, other than Chapa telling some speakers they could ignore the your-time-is-up buzzer.

Don't think Arlington is alone in making these difficult calls. Look west to Fort Worth or east to Dallas to see the same difficult choices being made.

Blanton just happens to represent one of those perfect storms: declining enrollment, declining academic performance (an "F" rating on Texas academic accountability standards for three years; two more means a state-intervention law or "takeover"), and a building — constructed in 1956 — that is rapidly deteriorating.

As I said. A mess. Hard choices, no matter which way you turn. Perhaps the hardest moments come when students themselves express their personal fears over what's happening. One of whom strolled up to the podium to speak, clutching his own prepared text.

He called Blanton his "second home" and thanked teachers who helped him pass TELPAS and STAAR exams while improving his reading and math scores.

"Now this is what I get," he said. "I'm scared, upset, and heartbroken."

It's difficult to imagine anyone in the room feeling differently. **A**

Kenneth Perkins has been a contributing writer for Arlington Today for more than a decade. He is a freelance writer, editor and photographer, and teaches Journalism and Writing at Bowie High School.



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LEADERS *You Need to Know*

Leadership is not defined by titles or corner offices; it is defined by action. It shows up in the decisions made under pressure, the willingness to listen, and the courage to take responsibility when outcomes are uncertain. At its core, leadership is about influence, not authority, and about serving a purpose greater than personal success.

In a time when change is constant and expectations are evolving, effective leadership requires adaptability, clarity, and integrity. Strong leaders create environments where people feel supported, heard, and empowered to do their best work. They understand that progress is built through collaboration, accountability, and a long-term vision, not quick wins or individual recognition. Meaningful leadership also includes bringing people into the decision-making process, communicating clearly, and operating with transparency, because trust is built when people understand not just the outcome, but the why behind it, together, openly, consistently.

The leaders featured throughout this section reflect these principles in practice. Each profile offers insight

into how leadership takes shape across different roles, industries, and communities. Their stories highlight the everyday moments that define leadership, the challenges that refine it, and the values that sustain it over time, especially when navigating uncertainty or change.

As you explore this section, consider leadership not as a position to reach, but as a practice to build. These profiles offer a reminder that meaningful leadership is not about being seen; it is about showing up, again and again, with purpose, consistency, and a commitment to the people and communities you serve.

– by Elijah L. Quintanilla

From Roadways to Raceway by Elijah L. Quintanilla

Jeff Williams understands Arlington from both the boardroom and the street level. A professional engineer, businessman, and former politician, Williams served as the 30th mayor of Arlington, Texas, helping guide the city through a period of significant growth and infrastructure development. So when the roadways he helped design along Randol Mill Road, originally intended for everyday city traffic, were selected as part of the course for Arlington's INDYCAR Grand Prix, the moment carried both professional pride and technical gravity.

"It is extremely exciting when you design a road that was engineered for a 45-mile-an-hour design speed, and suddenly we hear that there are going to be Indy race cars going 195 miles an hour down Randol Mill Road," Williams said. "My first thought was, my goodness, how is this going to work?" For Williams, a civil engineer whose career centers on public infrastructure and building communities, the transformation of a familiar roadway into a global motorsports stage represents more than a high-profile event. It reflects years of planning, technical foresight, and leadership decisions that now extend far beyond daily transportation needs. The district has now become a premier destination attracting world-class events such as the Grand Prix of Arlington, followed by the World Cup a few months later.

Once the Grand Prix concept became a reality, roadway design shifted from long-term municipal use to short-term, high-performance demands, with safety at the center of every decision. Modifications were required to accommodate the physical realities of INDYCAR racing, including changes to surface materials, medians, and protective infrastructure. The event is a joint venture between Penske Entertainment, REV Entertainment, and the Dallas Cowboys. The partnership has been working closely with the City of Arlington to construct and/or modify the infrastructure to provide for a safe and exciting event for everyone. They have created a 2.73-mile raceway with 14 exciting turns!

Among the most visible changes was the removal of traditional asphalt in key areas, replaced with concrete paving to support pit lane operations. Raised medians were lowered and integrated directly into the roadway, allowing safer crossings and greater flexibility for race logistics. Stamped concrete has replaced brick pavers in the crosswalks to avoid the bricks being dislodged by the vacuum created by the race cars being low to the ground, traveling over them at high speeds. Even elements often overlooked by the public, such as manhole covers, have been bolted down to ensure they remain secure at racing speeds.

Beyond the technical details, Williams sees the Grand Prix as an opportunity for

Arlington to showcase how public infrastructure can serve multiple purposes, from daily community use to international events that draw visitors and investment into the region. "It is extremely exciting to think that our roadways are going to be able to be used here for such an exciting thing, to bring in so many visitors from around the country," he said. "But also to bring in OPM, other people's money, to bring in tax revenue, and provide more customers for our local businesses! It has been a great thing to have OPM coming into Arlington to help pay for city services and keep our taxes down."

For Williams, the most rewarding outcome is not the speed or spectacle, but the human impact. Roads designed for function are now creating special places for families, visitors, and communities to come together. "As a civil engineer who designs public infrastructure, it is very rewarding to see our facilities be used," he said, "to see people enjoying themselves, families coming together, and friendships being forged." As Arlington prepares to welcome a global motorsports audience, Williams sees the Grand Prix as a moment when the city's identity becomes visible to outsiders and reaffirmed for those who call it home.

"It's very exciting that we are going to have a world-class event like the Grand Prix coming into our community," Williams said. "People are able to see what our community really has to offer." That visibility extends beyond the racetrack. Williams emphasized that large-scale events offer cities an opportunity to showcase the places, businesses, and public spaces that define everyday life in Arlington, from downtown corridors to River Legacy Park and the Entertainment District. Hosting an event of this scale, he noted, requires years of intentional planning and investment in infrastructure that supports both residents and visitors.

"You've got to be thinking about creating special places in your city so that you can even have the opportunity to host these world-class events," he said. From Williams' perspective as a civil engineer, infrastructure is not just functional. It is foundational to how communities grow, connect, and sustain themselves over time. Projects like the Grand Prix highlight the often unseen work engineers do to balance safety, accessibility, and long-term use while still allowing space for innovation and spectacle.

"Civil engineers create, build, and design infrastructure, but we also work to create special places people want to be, and to ensure their safety," Williams said. Nowhere is that philosophy more evident than in Arlington's Entertainment District, an area Williams describes as a living example of how thoughtful engineering supports diverse forms of community engagement. The district brings



Jeff Williams

Julie Nicholson

Mark Burckhard

Mike Peterson

GRAHAM ASSOCIATES, INC. – EXECUTIVE TEAM

together professional sports venues, a major amusement park, Six Flags over Texas, museums such as the National Medal of Honor Museum and the Arlington Museum of Art, trail systems, recreational spaces, and emerging industries like esports, all within a single interconnected environment.

The scope of engineering involved designing a transportation network, utility engineering, pedestrian and cycling trails, stormwater and lake engineering, bridge design, and site planning/engineering. According to Williams, these elements collectively shape the character of a community and influence how people experience it. "I hope when people go to this event that visitors recognize what a special place Arlington is," he said. "And I hope our residents look around and are proud of what has been accomplished here and the opportunities we have as Arlington citizens."

Williams is extremely proud of his Graham team that designed infrastructure that has been resilient and a catalyst for the large growth of the District, while adding character to our Community. From the award-winning project, The Three Bridges on I.H. 30 traveling south to Cowboys Way, you will experience a special place, which is attracting over 16 million visitors per year. The collaboration and teamwork between the City of Arlington, North Central Texas Council of Governments, Texas Department of Transportation, property owners in the district, and Graham Associates was a major factor in the success of the projects in the Entertainment District.

"We're at the beginning of a technology revolution," Williams said. "Leaders have to encourage people to embrace change, find solutions, and move ahead." For Williams, the Grand Prix is also a teaching moment, one that illustrates how infrastructure can evolve far beyond what designers initially imagine. When asked what advice he would offer to emerging leaders in engineering and urban development, his focus turned immediately to learning, curiosity, and perspective.

"I would encourage emerging leaders to study and learn as much as they can," Williams said. "Travel around the country and around the world to see great

projects, and be willing to seek out successful leaders who have gone before them." He emphasized the value of mentorship, noting that learning from those with lived experience accelerates growth in ways textbooks cannot.

Equally important, he added, "You must be willing to listen to people and find out what they want. Ask the right questions to understand their needs before you start designing." That listening process, combined with a deep understanding of site conditions and long-term goals, allows projects to evolve organically. Williams stressed that effective infrastructure design requires engineers to think beyond the immediate task and consider how their work connects people to larger experiences.

"I'm not just designing a roadway into a building," he explained. "I'm designing the access that will lead people into the National Medal of Honor Museum." That big-picture mindset, he said, is what transforms functional infrastructure into something meaningful. By keeping users in mind and prioritizing safety, accessibility, and innovation, engineers can create spaces people genuinely want to engage with. Williams cautioned that vision must be matched with attention to detail, noting that even small decisions can determine the success of large-scale projects. "Make sure you take care of the details," he said. Reflecting on the broader message he hoped readers would take away, Williams returned to the profession at the heart of the Grand Prix transformation. "Civil engineers build communities," he said. "We also create special places, and we do that through innovation, collaboration, and teamwork."

For Williams, the success of projects like the Grand Prix is never the result of a single decision or discipline. It is the product of teams working together across sectors, blending technical expertise with civic vision to create infrastructure that serves people in ways both expected and unforeseen. "We use teamwork and innovation to be successful," he said. What began as streets built for daily life now carry Arlington's identity onto a global stage, proof that when leadership and collaboration align, even the familiar can become extraordinary.



Putting Families First: Katherine Allen on Law, Leadership, and Trust

For Katherine Allen, leadership begins with responsibility to clients, colleagues, and the families whose lives are shaped by the legal system. As a leader at Allen & Weaver, P.C., her approach is guided by integrity, accountability, and excellence built through more than two decades of family law experience.

In her practice, Allen believes honesty is essential, even when the truth is difficult to hear. "One of the most important roles of an attorney is helping clients understand both the strengths and weaknesses of their case," she said. She ensures clients understand possible outcomes and the real cost of litigation. "Sometimes paying a lawyer takes away from the family, and integrity means recognizing that."

Over the past twenty years, Allen has seen how legal decisions affect entire households and ripple through the community. Through her work on the Tarrant County CPS docket, she has witnessed traumatic circumstances and remarkable resilience. Letters from parents who later regained custody, sharing stories of stability and success, remain among the most meaningful reminders of why her work matters.

Inside the firm, accountability shows up in the details: deadlines met, clear communication, and consistent teamwork, ensuring every client receives the same standard of care.

Now running for the 324th Family District Court, Allen believes her experience makes her uniquely qualified to lead. For Allen, leadership is not measured in titles, but in families steadied, children protected, and lives changed because someone chose to lead with integrity. Her leadership reflects steadiness, fairness, compassion, accountability, service, and trust.



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by Elijah L. Quintanilla

A Leader for Families: Leslie Barrows on Experience, Empathy, and Justice

For Leslie Barrows, leadership has never been about titles. It has always been about service. As the founder and principal of The Barrows Firm and a candidate for Judge of the 231st Tarrant County District Family Court, Barrows brings more than two decades of family law experience to her work, guided by integrity, compassion, accountability, and service.

Since opening her firm in 2006, Barrows has built a practice focused on helping families navigate some of life's most difficult moments with clarity and dignity. "Family law is deeply personal," she said. "Every case involves real people who deserve respect, honesty, and care alongside strong legal advocacy."

Early in her career, Barrows learned that effective leadership requires more than legal expertise. Working with families in high-conflict cases taught her the importance of empathy, patience, and listening. "If you don't understand the emotional weight people carry into the courtroom, you miss the bigger picture," she said. Those experiences continue to shape her leadership and her belief that experienced family law judges are essential to a system that truly works.

At her firm, Barrows fosters a culture of excellence and support through mentorship, accountability, and open communication. "Families

trust us during critical moments," she said. "That responsibility demands preparation, ethics, and full engagement."

Her leadership also extends into the community through initiatives like Tarrant County Adoption Day and local legal organizations. "The legal system should serve people, not intimidate them," she said.

As she looks ahead, Barrows remains focused on service. "For me, leadership has always been about helping families," she said. "That's what I've done my entire career, and that's what I'll continue to do."



by Elijah L. Quintanilla

Leadership Beyond the Title

For Cheryl Bean, leadership begins with example. Titles and authority matter less, she says, than the behaviors leaders model consistently and the tone they set for the people they serve.

“Effective leaders lead by example,” Bean shared. It is a leadership style rooted in inclusion, bringing people into decisions as they are made, rather than issuing directives after the fact. Her approach, she explained, is guided by a strong moral compass, grounded in treating people with fairness, respect, and consistency. At the core of Bean’s leadership philosophy are decisiveness and clarity, paired with a commitment to listening before acting. She believes strong leadership requires taking the time to investigate issues thoroughly, speak directly with employees, hear multiple perspectives, and understand the potential consequences of any decision before moving forward.

That credibility, she noted, comes from believing in what you ask of others. Leaders who project confidence and conviction help teams feel secure in their direction and purpose. Follow-through, Bean emphasized, is essential.

“One other thing about being a good leader,” she said, “you’ve got to do what you say you’re going to do.”

At the same time, Bean emphasizes that leadership is not a passive role. While she values collaboration and consensus-building whenever possible, she is clear that leaders must also be willing to take a stand when necessary.

“A good leader should always try to build consensus, so it is ‘our’ decision or goal before announcing whenever possible,” she explained. “That means using ‘we’ instead of ‘I.’ But a leader must also be willing and able to enforce action and consequences when required. Chaos or lack of chain of command is not acceptable.”

In practice, that balance often means guiding conversations through thoughtful questions rather than directives. By prompting discussion and allowing people to arrive at shared conclusions, Bean believes leaders can foster genuine ownership and stronger outcomes. In high-pressure situations, Bean relies on discipline rather than impulse. Maintaining a steady tone, she says, helps de-escalate tension and keeps communication productive.

Remaining calm during moments of conflict has been a defining lesson throughout her leadership journey, particularly in board and civic settings. Responding with questions rather than emotion, she noted, often opens the door to more constructive dialogue, even when tensions are high.

Staying connected to the people she serves is another cornerstone of Bean’s leadership philosophy. She prioritizes regular group meetings, informal gatherings, and one-on-one conversations to ensure individuals feel heard and supported. She believes face-to-face conversations offer clarity that digital communication alone cannot, allowing leaders to better understand concerns and perspectives.

Trust and integrity, Bean believes, are built through transparency and respect. Whenever possible, she avoids surprising people with criticism or decisions. Instead, she favors private conversations that allow individuals to provide input before action is taken.

“It’s best when people are included in the decision-making process,” she said. “That inclusion builds trust.”

Bean’s leadership perspective has been shaped by a wide range of experiences across sectors and scales. Her background includes leading high-tech national and international design projects valued between \$10 million and more than \$100 million, managing teams of up to 100 professionals within Fortune 50 companies such as Lockheed and other defense firms. She has also owned and managed a local residential design-build company, overseeing employees, subcontractors, and client relationships.

Her civic leadership includes serving as president of the Greater Fort Worth Builders Association, representing more than 500 members across seven counties, and chairing the board of a local public charter school responsible for budgets, staff, and families.

Across those varied roles, Bean measures leadership effectiveness through both results and culture. Success, she says, is evident when people are willing to work together even amid controversy, when communication flows freely both laterally and vertically, and when results are achieved. High attendance, positive attitudes, and sustained engagement are also indicators she looks for.

Ultimately, Bean views leadership not as control, but as stewardship, a balance of listening and decisiveness, collaboration and accountability.

“If you’ve never been a follower successfully,” she said, “you don’t know how to be a leader.”

It is a philosophy rooted in clarity, respect, and consistency, and in the belief that strong teams are built when leaders show up, lead by example, and follow through on what they promise. It is, in every sense, leadership beyond the title.





Brad Horton



Wade Dennis

More Than Numbers: Horton & Dennis CPA's People-First Approach

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Leadership with Heart: How Paige Payne-Neal Leads with Dignity and Purpose

For Paige Payne-Neal, leadership has never been about titles; it is about service, resilience, and treating people with dignity. From overcoming adversity to working multiple jobs while building a career in law and operations, her experiences shaped a philosophy of empathy, fairness, and accountability.

Payne-Neal's background includes years of leadership, including serving as a Chief Operating Officer and earning her MBA. Those roles demanded efficiency and decisiveness while reinforcing compassion. At the core of her approach is the belief that leadership begins with understanding. As she explains, "every person who walks into the courtroom has a story and deserves to be treated with dignity."

Listening and collaboration guide her leadership style. Payne-Neal believes in proactive problem-solving, especially when supporting families before challenges escalate. She is passionate about strengthening truancy intervention programs and connecting families to community resources that reduce court involvement. Leadership works best, she believes, when people come together across schools, nonprofits, and community partners.

Her values are anchored in faith, family, and service. Through involvement in Kiwanis, Rotary, Women in Philanthropy Arlington, the

Greater Arlington Chamber of Commerce, and Alliance for Children, she stays connected to the community and grounded in servant leadership.

Looking ahead, transparency and accessibility remain central to her vision. She supports expanding plain-language and multilingual resources, online and in the courthouse, to help self-represented individuals understand the process and "make justice more accessible for everyone." By combining empathy with discipline, Payne-Neal aims to build a court environment rooted in lasting trust, fairness, and dignity.



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by Elijah L. Quintanilla

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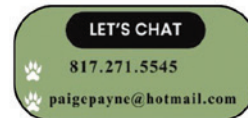


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The Work of Trust: How Steve Cavender Leads with Integrity and Purpose

For Steve Cavender, leadership begins with integrity. “The core leadership value that has consistently guided my decisions is integrity, always doing what is honest, transparent, and right, even when it’s difficult,” he says. Trust, in his view, is not granted by title; it is earned through consistent action.

That belief has shaped Cavender’s service across military, business, nonprofit, and civic roles, teaching him that effective leadership requires accountability, humility, and listening. “Lasting leadership isn’t about recognition,” he explains, “it’s about earning the confidence of your community and honoring it through service.”

As board president of the River Legacy Foundation, Cavender applies those values to one of Arlington’s most treasured spaces. He sees River Legacy Nature Center not as a facility to manage, but as a shared community legacy to steward. Balancing vision with responsibility means making sustainable decisions that ensure the parkland remains a place for learning and connection. Every decision is guided by one question: Does this strengthen River Legacy for the long term?

Cavender believes strong communities are built through collaboration and listening, especially during challenging seasons and change.

Looking ahead, Cavender finds hope in Arlington’s history of leadership. From Mayor Tom Vandergriff’s vision that brought General Motors, Six Flags, and the Texas Rangers, to Mayor Jeff Williams’ work delivering the Medal of Honor Museum and Texas Live, he sees a community unafraid of hard work and big ideas. With engaged leaders and residents willing to act, Cavender believes Arlington’s future is bright, resilient, and full of shared promise ahead.



Built to Last: Clay Kelley on Leading People and Community

For Clay Kelley, leadership begins with clarity, trust, and simplification. In complex organizations, he believes the leader’s job is to keep what can be simple. Clear communication around goals, performance expectations, and rewards helps people understand how their work contributes to organizational success. “People are people, and sometimes it gets messy,” Kelley says, which is why he prioritizes transparency, alignment, and consistency in leadership.

Kelley emphasizes hiring talented people, giving them the resources and space to flourish, then stepping aside. One of the most enduring lessons experience has taught him is to “hire people smarter than you,” collaborate on expectations, and get out of the way. Strong leadership, he believes, requires confidence, accountability, and the

willingness to let others excel. When expectations are not met, Kelley believes leaders must have honest conversations and make changes when necessary to protect the organization.

Respect and trust guide how Kelley balances listening and decisiveness. He sees diverse perspectives as a strength, noting that organizations thrive when people bring different viewpoints and challenge one another. His approach is simple: ask questions, listen deeply, then decide with intention.

Beyond the workplace, Kelley views community connection as essential to leadership. He names Trey Yelverton as a leader he respects, noting that serving alongside him on the Planning and Zoning Commission gave him insight into Arlington’s city staff leadership. Kelley credits the city’s growth to leaders who have stepped up. “I am proud of our City,” he says, reflecting a philosophy rooted in service and shared responsibility.

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Loving Where We Live



**GARRET
MARTIN**

On the wall of my office sits a little green book that's inspired me for many years. The title is transparent in its call to action, a quality I love in a book. It's called *Love Where You Live* by Peter Kageyama. It belongs in a category all its own. It's not a city planning book, it's not another self-help book, and it's certainly not a business manual. Instead, it exists at the convergence of topics that sit squarely in my little niche of community building.

In the book, Kageyama shares that in order to create a place that's lovable, people need to be empowered to make a place great. He calls them co-creators. These are the people who take ownership of where they live, whether it's an organizer of a creek cleanup or the owner of the neighborhood grocery store. What they do is as unique as the individuals who do it, and so are the stories that make your place unique.

In this season of love, I've been reflecting back on the 'co-creators' that make our community so easy to love, and the folks who helped me fall in love with what I do.

Back in business school, I was exploring the nebulous concept of 'networking.' I was attempting to sell insurance at a local Farmers agency at the time, so it seemed like a good skill to learn, but I wanted to be authentic about it. Live music and the arts have always been special to me, so I looked for groups where I could meet people with common interests – then potentially sell them insurance. A noble goal, indeed.

I saw a listing for a public planning meeting for what was then the East Main Arts Festival. That was where I met Mark Joeckel, a born-and-raised Arlingtonite who had been organizing this festival for a few years. Over the years, I've gotten to know Mark much better, and I've gotten to see behind the scenes of the festival organization.

No one commissioned Mark to create this festival. There wasn't a company that came together to make a profit off of Arlington arts patrons. This was Mark and his mission of bringing people together through the arts. He continues this mission today in Arlington with the now-moved West Main Arts Festival and his creative coworking space, Create Texas.

That's what it looks like to love where you live. It's the simple but powerful act of giving people a reason to come together in the same place, around the same idea. Your passion gains momentum, and in doing so, creates community connections.

Love is an interesting word to use in the context of business. I certainly wouldn't have included the word love in an email as a young insurance agent, unless I was saying that "I'd love to show you some of our policies." But I've learned that in local business, love is at the heart of what we do. It's a love for the craft we bring to life, for the people we serve, and for the role we play in our customers' lives.

You can certainly feel the love when you walk into The Cultures Commodities. I've mentioned them in a past publication, but they were the first in the growing wave of recent vintage and thrift clothing stores to open up in Downtown Arlington. The company is owned by Brandon

and Ashley Avaroa, with deep connections to the community and UTA. They opened the business together in 2022, and they have since married. The hand-curated nature of their business makes their selection deeply personal, each piece a reflection of their taste, their story, and their care for the community they serve. In a space like that, you don't just shop – you connect.

These co-creators of Arlington culture are all around Downtown Arlington. The owner of Truth Vinyl, Ric Delzell, loves the hi-fi sound of vinyl and live music. Greg Gardner at Grease Monkey loves classic cars and sourdough bun burgers. Corey Houston of Ann's Natural Grocery and Nutrition loves health foods and natural supplements. Their passions build our collective culture.

You see it, too, in the recurring moments that bring us together – Saturday mornings at the Downtown Arlington Farmers Market, where local vendors vend handmade goods, or the shared energy of First Thursdays, when businesses partner with artists to bring the streets to life.

Neighborhoods aren't assembled, they're co-created. What I love about Downtown Arlington is that it is a place filled with people who are creating lovable businesses and events. And when people choose to love where they live, they don't just build places – they build belonging.

Garret Martin is Vice President of Downtown Arlington Management Corporation.



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When Hearing Returns, Life Follows

For Dr. Melissa Danchak, hearing care is not about devices or test results; it is about restoring lasting quality of life. Hearing loss, though invisible, places a constant cognitive strain on the brain, forcing people to work harder to follow conversations, interpret cues, and stay engaged. Over time, that mental load leads to fatigue, irritability, social withdrawal, and increased risk for depression and cognitive decline.

At Kos/Danchak Audiology, care begins with something simple but often overlooked. “The most important thing we can do for our patients is to listen to them.” Dr. Danchak and her team take time to understand each patient’s lifestyle, communication challenges, and personal goals. Treatment plans are customized to real-world environments, not just audiograms, and hearing aids are viewed as the starting point, not the finish line. Ongoing follow-ups, family counseling, and AI-supported auditory training tools help patients adapt, build confidence, and maintain long-term success.

Many patients delay care due to stigma, cost concerns, or the belief that they hear “well enough.” Dr. Danchak encourages people to consider the cost of waiting, strained relationships, missed moments, and the cumulative stress placed on the brain. Today’s hearing technology is discreet, powerful, and seamlessly integrated into daily life, making early intervention more accessible than ever.

Her message to patients is simple and urgent: “If you continue to put off getting help, you may regret it one day. If you get help now, you won’t regret it.”

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Women’s Health Services, Dr. Joan Bergstrom

Every morning, Dr. Joan Bergstrom shows up ready for work. Except to her, it has rarely felt like work at all. It feels like a calling—one that continues to motivate her decades later.

That calling began in high school, when she worked as a nurse’s aide in a small Nebraska hospital. A physician there invited her to shadow him in the emergency room and office, sparking her decision to pursue medicine. “I was enthralled within months,” she said. “Dr. Connell was an inspiration in my career decision.” She later worked in his office during college breaks and completed her medical school community rotation with him, assisting in surgeries and delivering babies.

Her people skills formed early as well. When she was nine, her parents bought a motel, and she and her brothers helped run it. “We learned customer service early,” she said. “You learn quickly how to take care of people.”

That philosophy continues to define her work as founder of Women’s Health Services, an OB/

GYN practice with exclusively women physicians and three locations—two in Arlington and one in Grand Prairie. Opened in 1986, the practice has grown to include seven additional physicians while remaining deeply focused on personal, long-term patient relationships. Arlington Today readers recently named it the All-Star winner for women’s health practice.

Dr. Bergstrom chose Arlington after forming strong connections with the medical staff at Arlington Memorial Hospital, where she became the city’s first woman OB/GYN. Nearly four decades later, she still finds joy in patient care—and plans to continue doing the work she loves for as long as she can.

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Catalyst Physician Group

Catalyst Physician Group, previously Family Healthcare Associates, is committed to providing comprehensive, personalized healthcare to individuals and families in the Arlington area. With a team of dedicated providers, they offer a wide range of services, including primary care, preventive care, chronic disease management, and pediatric care.

Their focus is on delivering compassionate, patient-centered care that emphasizes building long-term relationships with their

patients. Known for their holistic approach, Catalyst Physician Group integrates wellness and preventive care with the latest medical advancements to deliver the most effective treatment options. Their team of skilled physicians and healthcare professionals works closely with each patient to develop individualized treatment plans. Whether for routine check-ups, illness, or chronic care management, Catalyst Physician Group provides the expertise and personalized care necessary to achieve and maintain optimal health.

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Serotonin Anti-Aging Center, Dr. Shane Seroyer

On Matlock Road just north of Broad Street, in a growing stretch of Mansfield, a new business is focused on longevity, health, and showing up fully for life for families, athletes, professionals, and everyday community members.

Serotonin Centers opened in May, bringing health, wellness, and anti-aging services to the area as the first clinic of its name in Texas. The center is owned and operated by Dr. Shane Seroyer, a sports medicine specialist and joint replacement surgeon, with additional locations in Florida, South Carolina, Virginia, and other states.

Dr. Seroyer's interest in physical optimization began as a college athlete at the University of Florida and has continued throughout his medical career.

"It is a constant learning venture for me," he said. "I'm always diving into what's new in the longevity space, not just for myself but for clients and colleagues."

The clinic offers anti-aging therapies, medical-grade supplements, hyperbaric oxygen therapy, hormone replacement, medical weight loss,

and red light therapy. Dr. Seroyer says access to information has changed how people approach care.

"People are more willing to try something when they can learn about it first," he said.

Client feedback in the clinic's first months has been strong.

"People are more energetic, losing weight, and feeling better," he said. "For some, it's life-changing."

For Dr. Seroyer, the work remains personal. "The purpose was always to be healthy and present for my family," he said. "I love what I do."

That purpose is what keeps the doors open and the mission moving forward.

Serotonin Anti-Aging Center

971 Matlock Rd., Mansfield

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serotonincenters.com/mansfield





Active Family Wellness Center, Dr. Kenyon Godwin

When Dr. Kenyon Godwin was just 12 years old, he knew he wanted to help people heal. Today, the Arlington-based chiropractor, entrepreneur, and civic leader has built a career focused on restoring health, strengthening families, and guiding leaders toward sustainable success.

Dr. Godwin serves as President and Lead Doctor of Active Family Wellness Center, advises executives and faith-driven leaders through The Alignment Authority™, and is the Past Chairman of the Greater Arlington Chamber of Commerce—placing him at the intersection of healthcare, leadership, and community development.

Founded in 2010, Active Family Wellness Center helps active adults overcome pain, stiffness, and performance limitations through personalized chiropractic care, rehabilitation, metabolic and weight-loss programs, spinal decompression, and functional wellness services.

“Our mission is to empower people to fulfill their purpose through spinal and lifestyle alignment,” says Dr. Godwin. “We focus on exceptional service and thoughtful, results-driven care.”

That commitment has earned AFWC recognition as an Arlington Today All-Star for Best Chiropractor or Wellness Center for eleven consecutive years, as well as Veteran-Owned Small Business of the Year honors. Patients value the practice’s customized approach—combining hands-on treatment with lifestyle education aimed at addressing root causes and restoring resilience.

While Dr. Godwin’s roots are clinical, his work has expanded into advising leaders under pressure. Through The Alignment Authority™, he helps

entrepreneurs and leadership teams clarify vision, strengthen decision-making, and protect their health, families, and values.

“Chiropractic trained me to think in systems,” he explains. “Small misalignments create big breakdowns—whether in the body or in leadership.”

A U.S. Air Force veteran, Dr. Godwin, and his wife, Courtney, chose Arlington after serving in Alaska. As the first Black Chairman in the history of the Greater Arlington Chamber of Commerce, he championed collaboration and inclusive economic growth while continuing to support faith-based and youth initiatives.

Whether caring for patients or advising CEOs, Dr. Godwin brings the same principles to every role: faith, service, and excellence.

“When your life is aligned,” he says, “you don’t just succeed—you thrive. And when leaders thrive, families and communities do too.”

Active Family Wellness Center

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Founded in 2006 by highly experienced physicians and practitioners, Central Park ENT is dedicated to being a premier provider of extensive, all-inclusive pediatric and adult ear, nose, throat, head, neck, audiology, and allergy care.

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The board-certified physicians work as a team to provide the best quality of service to their patients. They have devoted their careers to helping people with ENT concerns.

Services and medical procedures offered include adenoid and tonsillectomies, allergy testing and treatment, audiological testing and hearing aids, balloon sinuplasty, ear tubes, ear wax removal, head and neck cancer surgery, hearing and balance disorders, minimally invasive nasal surgery, snoring and sleep apnea treatment, thyroid and parathyroid surgery, and more.

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Healing Starts Here: Inside Olive Physical Therapy

When Rachel Vinyard, PT, DPT, MPT, OCS, was named Woman Owned Small Business of the Year 2025, the recognition came as a surprise. Personally, she felt grateful and proud of the team that built Olive Physical Therapy. Professionally, it confirmed what she had hoped, that the clinic’s mission of patient-centered care is resonating with the Arlington community.

Inside the clinic, healing begins with time and attention. Olive Physical Therapy emphasizes one-on-one treatment so patients feel seen, heard, and supported throughout recovery. Vinyard believes outcomes improve when therapists are fully present, and that belief shapes daily care.

Balancing patient care with business operations requires intentional structure. Vinyard separates clinical days from administrative work, allowing her to protect the quality of care and staff well-being. “You can’t have one without the other,” she explained, noting that sustainable care depends on strong systems and healthy clinicians.

Her commitment to excellence is reflected in advanced training. Earning her Orthopedic Clinical Specialist credential pushed Vinyard to think more critically, rely on research, and re-examine her approach to treatment. She views learning as a responsibility, not a milestone, and believes growth requires humility. “When seeking help and advice, always be the dumbest person in the room and be willing to learn from those around you,” she said. That mindset keeps her practice evolving and care grounded in evidence.

Beyond the clinic, Vinyard is passionate about educating the community on physical therapy access, insurance limitations, and proactive health. At Olive Physical Therapy, care extends beyond treatment into knowledge, confidence, and long-term well-being.

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Getting answers starts with advanced imaging and fast, reliable results. The hospital offers a full range of diagnostic tools, including MRI, CT, X-ray, and ultrasound, supporting precise evaluations and personalized treatment plans tailored to you.

Many conditions improve with non-surgical care, such as physical therapy or other conservative options. When surgery is the best path, the hospital offers minimally invasive approaches. For example, robotic-assisted surgery supports your physician with enhanced planning, visualization, and control.



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METHODIST MANSFIELD ICU/CVICU HONORED WITH AACN GOLD BEACON AWARD FOR EXCELLENCE

Mansfield, TX — The American Association of Critical-Care Nurses (AACN) has awarded the Methodist Mansfield Medical Center ICU and CVICU the Gold Beacon Award for Excellence, a prestigious national recognition honoring outstanding nursing care and healthy work environments.

More than 575 units nationwide applied for the Beacon Award in 2025, making this achievement especially meaningful. The award recognizes units that demonstrate exceptional patient outcomes, strong nursing leadership, and a commitment to AACN's six Healthy Work Environment Standards.

"This honor reflects the extraordinary care our ICU and CVICU teams deliver every day," said Juan Fresquez Jr., president of Methodist Mansfield Medical Center. "Their teamwork, dedication, and commitment to evidence-based practice ensure the highest level of care for our patients and families. We are incredibly proud of this team and the culture they've built."

The Beacon Award highlights excellence in patient outcomes, nurse engagement, and work environment—areas where our nurses make a direct and lasting impact.

AACN President Rebekah Marsh, BSN, RN, CCRN, applauded the achievement, noting

the dedication of the ICU/CVICU caregivers at Methodist Mansfield Medical Center.

"The Beacon Award for Excellence recognizes the outstanding Methodist Mansfield caregivers whose consistent and systematic approach to evidence-based care optimizes patient outcomes," Marsh said. "This unit serves as a role

model for excellence in patient and family care."

While many units deliver high-quality care, Beacon-recognized units distinguish themselves through measurable results, continuous improvement, and a sustained commitment to nursing excellence.



CRYSTAL V. BROWN NAMED NAHSE (NATIONAL ASSOCIATION OF HEALTH SERVICES EXECUTIVES) EXECUTIVE OF THE YEAR

MANSFIELD, TX — Crystal V. Brown, MBA, LSSYB, Chief Operating Officer of Methodist Mansfield Medical Center, was named the 2025 NAHSE DFW Executive of the Year, the first recipient of the organization's newly established Executive of the Year Award.

Brown is widely recognized as a transformative healthcare leader and a pillar in the community. Under her operational leadership, Methodist Mansfield Medical Center has grown into a 294-bed hospital that, in just 19 years, has welcomed more than 23,000 new lives, performed over 53,000 surgeries, and served nearly 1.2 million patients.

Beyond operational excellence, Brown is known for her people-centered leadership. She serves as Chair of the Women Healthcare Executives Network and as a board member

with ACHE North Texas, where she is committed to developing early- and mid-career leaders, with a particular focus on advancing women in healthcare leadership.

Her influence extends across the broader health system, which has earned national recognition for diversity, equity, and inclusion, including a Top 10 ranking for workplace fairness and inclusion in 2024—demonstrating leadership that delivers both performance and principle. Locally, she serves on the MISD Education Foundation board and is active in the Tarrant County community.

"Crystal Brown exemplifies the very best of healthcare leadership," said Juan Fresquez Jr., President of Methodist Mansfield Medical Center. "Her vision, operational excellence, and unwavering commitment to developing people



have elevated her organization and strengthened our healthcare community. This recognition is well deserved."

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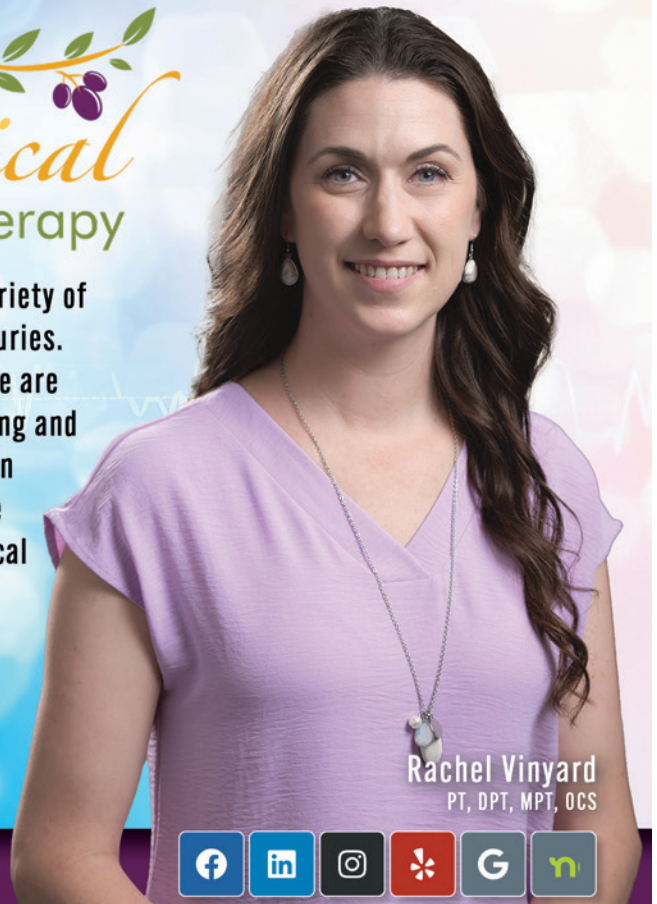


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METHODIST MANSFIELD MEDICAL CENTER PRESIDENT JUAN FRESQUEZ, JR. NAMED CHAIR OF THE DFW HOSPITAL COUNCIL

IRVING, TX – The Dallas-Fort Worth Hospital Council (DFWHC) has announced its Board of Trustees for 2026. The Board of Trustees consists of the following individuals:

- Chair, **Juan Fresquez**, President, Methodist Mansfield Medical Center
- Chair-Elect, **Will Turner**, President, Baylor Scott & White Medical Center – Waxahachie
- Past Chair, **Vanessa Walls**, Chief Market Executive of the Northern Market, Children's Health
- Trustee, **Christopher York**, President, Texas Health Presbyterian Hospital Dallas
- Trustee, **Edmundo Castañeda**, Executive VP, COO, Parkland Health
- Trustee, **Chris Rubio**, VP and COO, UT Southwestern Health System
- Trustee, **Shannon Fletcher**, Sr. VP, Chief of Staff and External Affairs, JPS Health Network
- Trustee, **Jared Shelton**, President, Texas Health Harris Methodist Fort Worth
- Trustee, **Ken Stevens**, CEO, Medical City Frisco
- Trustee, **Kevin Greene**, President, Cook Children's Medical Center – Prosper
- Trustee, **Skyler Reed**, CEO, Medical City Children's and Medical City Women's Hospital Dallas

- Trustee, **Tim Bowen**, President, Baylor Scott & White Medical Center – McKinney
- Trustee, **Abiola Anyebe**, Market CEO, Kindred Hospitals North Texas Market
- Ex-Officio, **Matt Chance**, Senior VP, COO, Scottish Rite for Children
- Ex-Officio, **Christina Mathis**, CEO, Medical City Las Colinas

Completing their terms are Natalie Wilkins, VP Operations, Cook Children's Health Care System; Steve Edgar, CEO, Medical City Denton; Kyle Armstrong, President, Baylor University Medical Center and Central Region; Chris Richard, COO, Kindred Hospital Dallas Central; and Ryan Gebhart, President, Baylor Scott & White Medical Center – Frisco at PGA Parkway.

"We're looking forward to 2026 and working with Kevin Greene, Skyler Reed, Tim Bowen, Abiola Anyebe, and Christina Mathis, new additions to our 15-member board representing an accomplished group of North Texas healthcare executives," said Stephen Love, president/CEO of DFWHC. "They have an impressive range of talent, allowing us to successfully continue our mission to improve quality healthcare and drive health access in the region. We would also



like to thank Natalie Wilkins, Steve Edgar, Kyle Armstrong, Chris Richard, and Ryan Gebhart for their dedicated work over the past year."

DFWHC is a 90-hospital and 90 associate member trade organization with more than 56 years of service to North Texas healthcare. Governed by a Board of Trustees made up of hospital executive officers, the hospital trade association is committed to the continuous improvement of patient care.

METHODIST MANSFIELD MEDICAL CENTER AND CROWN GOLF LAUNCH 2026 SPORTS AWARDS

Mansfield, TX – January 26, 2026 — Methodist Mansfield Medical Center, in partnership with Crown Golf, is proud to announce the launch of the 2026 Methodist Mansfield Medical Center Crown Golf Sports Awards, honoring outstanding high school student-athletes from Arlington, Grand Prairie, Kennedale, and Mansfield.

The annual awards program recognizes exceptional athletes from the school year who exemplify excellence not only in athletic performance but also in academic achievement, character, and integrity. From the court and the field to the pool and track, the awards celebrate the dedication, discipline, and talent of student-athletes across a wide range of sports.

"We are excited to once again partner with Crown Golf to present the 2026 Methodist Mansfield Medical Center Crown Golf Sports Awards," said Juan Fresquez Jr., President of Methodist Mansfield Medical Center. "This

program shines a spotlight on the remarkable athletes in our communities and reflects our ongoing commitment to supporting youth athletics and celebrating excellence."

Nominations are now open, and coaches, parents, peers, educators, and community members are encouraged to nominate deserving student-athletes. Nominees will be evaluated by a selection committee comprised of high school sports educators, administrators, and community leaders.

"We are proud to continue our partnership with Methodist Mansfield Medical Center to honor the best athletes in our area," said Justin Poynter, President of Crown Golf. "These awards recognize student-athletes who embody sportsmanship, dedication, and integrity—values that extend far beyond competition."

The Methodist Mansfield Medical Center Crown Golf Sports Awards Ceremony will be

May 14, 2026, from 6–8 p.m. at the MISD Center for the Performing Arts, where winners will be announced and celebrated for their outstanding accomplishments.

Students, parents, coaches, educators, and local sports fans are invited to join in celebrating the achievements of high school athletes across our communities. To learn more or submit a nomination, visit methodistmansfieldsportsawards.com.



HOSPITAL STAFF HELP NEW PARENTS STAY CLOSE DURING ICE STORM

When Mia Lanning arrived for a routine prebirth appointment at Medical City Arlington on Monday, Jan. 19, she had no idea she would unexpectedly deliver her daughter, Elowyn, early the next morning. After birth, Elowyn was admitted to the NICU for specialized monitoring and care. Although new mom Mia was medically discharged from the hospital, the care team made sure she and her husband Clark didn't have to be far from their newborn. In a thoughtful act of compassion, they arranged for the parents to remain onsite so she could stay close to Elowyn during those critical early days.

"I told her your healing and your daughter are what matter most right now. Everything else we can handle," said OB/GYN Manager Kerrie Eyer.

"I remember crying and Kerrie giving me a hug, just the relief I felt, I knew that if we left we probably wouldn't be able to come back for a few days because of how bad the weather was," said Lanning.

Mia and her husband stayed in a hospital room, at no cost, until they chose to return home this week.

Baby Elowyn is progressing, and her parents are looking forward to bringing her home soon. They thank the healthcare heroes at Medical City Arlington for their expertise and kindness.

"We would come several times a day and visit with her and see how she was doing. The doctors were really good at calling us throughout our whole time here, constantly giving us updates, constantly letting us know what they had done and how her progress had been," said Lanning. "I felt very cared for above and beyond what a medical professional would feel obligated to do," said Lanning.



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NATIONAL MEDAL OF HONOR MUSEUM NAMED BEST NEW MUSEUM

by National Medal of Honor Museum

The National Medal of Honor Museum has won the USA TODAY 10BEST 2026 Readers' Choice Award for Best New Museum, capping a historic year for this landmark project. Nominations were selected by an expert panel, representing the best new or newly transformed museums across the country over the past two years. Members of the public then voted for the winner.

"This incredible honor is a testament to the work and generosity of so many people whose dedication has created a home for the stories of Medal of Honor Recipients. Thank you to the panelists and the public – especially our supporters in North Texas and nationwide – for recognizing this special place as the Best New Museum in America. Arlington has so much to offer and we are thrilled to add the Best New Museum to that list," said Charlotte Jones, Chairman of the NMOHMF Board of Directors and Chief Brand Officer and Co-Owner of the Dallas Cowboys. "In our first year, the National Medal of Honor Museum has had a tremendous impact in both preserving the legacies of Recipients and imparting the Medal's values onto the next generation. Since we cut the ribbon back in March, tens of thousands of visitors have walked through our doors and left inspired by what they've seen. In 2026, we look forward to welcoming more people to experience the Best New Museum right here in Texas and providing more engaging programming about the Medal, its Recipients, and how to apply its values in our own lives."

The rest of the top ten includes: Edelman Fossil Park & Museum of Rowan University, National Public Housing Museum, Cleveland Museum of Natural History, Museum of Art + Light, Milken Center for Advancing the American Dream, The Charles J. Muth Museum of Hinchliffe Stadium, Door County Granary, The Ashley Gibson Barnett Museum of Art, Museum of BBQ.

Previous winners include The Columbus Museum, the Gettysburg Beyond the Battle Museum, the Cook Museum of Natural Science, and the National Comedy Center.

The National Medal of Honor Museum offers an unforgettable journey through the stories of ordinary people who did something extraordinary in service to others. The elevated exhibit deck, held aloft by five concrete mega-columns representing branches of the U.S. Armed Forces, features



31,000 square feet of immersive exhibits, powerful multimedia experiences, and never-before-seen artifacts, chronicling the lives and legacies of those who have received our country's highest award for valor in combat. A visit to the National Medal of Honor Museum is a meaningful experience that will leave visitors of all ages inspired, proud, and deeply connected to the values that unite us.

For more details and to reserve tickets, visit mohmuseum.org.



1861 café



Discover 1861 Café — No Ticket Needed!

Stop in for handcrafted Black Rifle coffees, crisp salads, hearty handhelds, and more — all without a museum admission. Enjoy cozy indoor seating or relax on the patio with lake views. Museum members save 10% at the Café & Museum Shop.

Planning something special?

Ask about private parties and events, from intimate dinners to full banquets.



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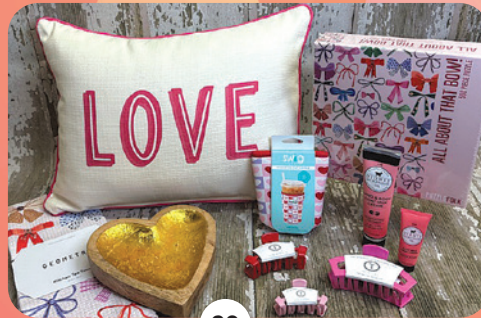
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Anything Goes



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Urban Country Flower Company



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Anything Goes



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Urban Country Flower Company



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Anything Goes

LOCAL EVENTS *Celebrating Love*

Loews Arlington Hotel 888 Nolan Ryan Expressway

Farena • February 14-15 • 5-10pm

Exclusive offerings for the occasion include King Crab Cake to start, Arugula and Fig salad with crispy goat cheese, Prosciutto and Arugula pizza, Tagliatelle with saffron and Ossetra caviar, and Crispy Branzino paired with black beluga lentils. Finish on a sweet note with Mocha Crema Bruciata accented by strawberry and cocoa nib biscotti.



THE | BAR • February 13-14

Sip pre/post Valentine's dinner drinks or stay and enjoy a meal. Indulge in Chef Luis Penalzo's Valentine's special, the Savory Break-Up, featuring Roasted Garlic Shrimp, Tortiglioni, 18-month Gouda Cream, Garlic Herb Bread Bowl.

The Spa and Salon at Loews Arlington

Romantic Renewal Couples Massage, Feb. 1-28

Enjoy a massage in a peaceful setting, with a delectable chocolate face mask to soften the skin and a warm, sweet cream body milk to nourish from head to toe in a rose petal-adorned couples suite. Complete your experience with a glass of bubbly. 80 minutes. From \$680/couple.

Gal-entine's Day Sweet Escape, Feb. 9-15

Pamper yourselves with a series of two pampering delights (Reset Massage, Nourishing Facial, Renewal Manicure, Dry Brush & Body Butter, Enhance Your Day, Body Bliss Express, Infrared Sauna Detox, Style + Go), followed by a toast to your bond. 50 minutes. From \$130.

Live! by Loews - Arlington 1600 E. Randol Mill Rd.

Cut & Bourbon • February 13-15 • 5-10pm

The special menu features a Mishima 5 Star New York Strip with bone marrow bordelaise, duck-fat smashed fingerling potatoes, and Romanesco cauliflower. Seafood lovers can choose the butter-poached lobster risotto with Parmesan risotto, saffron, chives, brown butter, and lemon. Finish with a shareable Baked Alaska for Two made with vanilla-cherry semifreddo, chocolate almond cake, and dulce de leche.

Bar Bourbon • February 9-15

Two seasonal cocktails have been specially created for February: The Queen of Hearts blends Casamigos Blanco with raspberry syrup, coconut cream, and a splash of lime for a luscious, tropical twist. For a sparkling sip, Amore combines Glendalough Rose Gin, strawberry purée, and Jamaica rum bitters, finished with a bubbly pour of sparkling rosé.



Advance reservations are strongly encouraged. Valet parking is complimentary to all patrons of Farena, THE | BAR, The Spa at Loews Arlington, Cut & Bourbon and Bar Bourbon.

Find links for reservations at:

farenarestaurant.com

loewshotels.com/arlington-hotel/discover/spa

loewshotels.com/live-by-loews-arlington-texas

The Sanford House/Restaurant 506 506 N. Center Street

Restaurant 506 • February 14

Celebrate with a curated three-course dinner, featuring 1) Charred French Onion Soup, Strawberry Burrata Salad or Chimichurri Oysters 2) Akaushi Petite Beef Filet, Chili Ginger Redfish or Prosciutto Wrapped Frenched Chicken Breast 3) Banana Fosters Bread Pudding, Espresso Chocolate Torte or Bruleed Lemon Cheesecake. Includes a complimentary Champagne toast. The regular dinner menu will not be available. \$150 per person. To reserve, call 817-801-5541.

Spa Valentine's Packages

It Takes Two! 60-min Couples' Massage followed by a spa pedicure. Cap it all off with chocolate covered strawberries and champagne in the Relaxation Room. \$370

The Very Thought of You 45-min Swedish Massage with Foot Reflexology, followed by a Collagen Facial and Signature Shampoo and Blowout. \$319

At Last 60-min Hot Stone Massage and a European Facial followed by an Express Pedicure and Signature Shampoo and Blow Out. \$294

Love Me Tender 60-min Swedish Massage, Full Body Scrub, Express Facial, and Signature Shampoo and Blow Out. \$264
Book at thesanfordhouse.com

Taste Community Restaurant 200 North Cooper Street, #150

Galentines Day • 2/13 • 9am-2pm

Grab your girlfriends and head to Taste Community Restaurant for their pay-what-you-can breakfast or lunch. Enjoy breakfast or lunch and fellowship while also helping those in need.

Taste the Love Valentines Dinner and Fundraiser • 2/14 • Seating Times at 6pm, 6:15pm, and 6:30pm

Celebrate Valentine's Day while also helping to end hunger in our community. All sales benefit Taste Project and the operation of Taste Community Restaurants.

Info at taste-project.squarespace.com/events



Grey Area Studio 401 N. Bowen Road

Valentine-Themed Glass Keepsakes

The studio is offering limited-time Valentine's-themed glass art classes where participants can create keepsake heart-shaped glass pieces. These include a "Make Your Own Heart Paperweight" workshop and a "Make Your Own Heart Bowl" class, where attendees work with an instructor to form a beautiful heart-shaped bowl from molten glass. Both experiences are designed to be approachable, hands-on, and meaningful, ideal for gifts or personal mementos during the Valentine's season. 30 minutes, appropriate for adults and children aged 5 and up. Book time slots at thegreyareastudio.com



HURTADO BBQ OWNER SET TO SERVE TEX-MEX AT CHOCTAW STADIUM

Brandon Hurtado, owner of Arlington-favorite Hurtado Barbecue, is launching Loma, an elevated Tex-Mex restaurant set to open in Choctaw Stadium in spring 2026.

Named after the Spanish word for the pitcher's mound, Loma will occupy the former El Tiempo Cantina space at 1011 Nolan Ryan Expressway and aims to bring full-service Tex-Mex to Arlington's sports hub. The menu will feature classic Tex-Mex dishes, including Wagyu fajitas, tacos, chef specials and weekend brunch, along with creative cocktails curated by Dallas bar veteran Christian Carrizales.

Loma is expected to debut in time for the Texas Rangers' season opener on March 26 under a lease agreement with the Rangers organization.

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The Arlington Museum of Art Brings INDYCAR History to North Texas Ahead of the Java House Grand Prix of Arlington

ARLINGTON, TX (January 29, 2026) – In partnership with the upcoming Java House Grand Prix of Arlington, the Arlington Museum of Art is proud to announce a special exhibition, *Chasing Victory: An INDYCAR Exhibition*, showcasing items from the Indianapolis Motor Speedway Museum, bringing the speed, innovation, and legacy of open-wheel racing to the heart of Arlington ahead of race weekend.

Opening in conjunction with the Java House Grand Prix of Arlington, the exhibition features a variety of rare cars and artifacts spanning almost a century of INDYCAR history, offering fans an up-close look at the history and evolution of INDYCAR racing—just blocks from the streets where today's drivers will compete.

"We hope fans of the sport and newcomers alike will find ways to connect with the history of INDYCAR before watching the race just blocks from the Arlington Museum of Art," says Kendall Quirk, Registrar & Director of Exhibitions. "Texas has a unique connection



to make iconic moments in the history of open-wheel racing and we look forward to celebrating all of those involved in creating racing excellence."

Penske Corp, synonymous with performance and leadership in global motorsports, and the Indianapolis Motor Speedway Museum, one of the world's most respected guardians of racing history, have partnered to make this rare public display possible. The exhibition will

feature historic artifacts highlighting legendary moments, technological innovation, and the enduring impact of motorsports on American culture. Items from the Indianapolis Motor Speedway Museum's momentous collection will be included.

"INDYCAR racing is as much about innovation and excellence as it is about speed," said Bill Miller, Java House Grand Prix of Arlington President. "This inaugural race represents a historic first, and we're proud to partner with the Arlington Museum of Art to showcase this incredible collection, giving fans a deeper look at the history, technology, and moments that have shaped the sport."

Chasing Victory: An INDYCAR Exhibition opens February 13, 2026 and closes July 12, 2026.

Ticket information is coming soon. Advance ticket reservations are strongly recommended. The exhibit is suitable for all ages.

COMMUNITY LEADERS INVEST IN THE NEXT GENERATION THROUGH NEW YMCA YOUTH PROGRAM CENTER

Trinity Community Foundation builds on its legacy as the naming sponsor of the new YMCA Youth Program Center

ARLINGTON, Texas (November 11, 2025) —

The Arlington-Mansfield Area YMCA is proud to announce that the Trinity Community Foundation, founded by longtime Arlington community supporters Bill and Shari Bowie, has been awarded naming rights for the YMCA Youth Program Center in Arlington.

Now officially named the Trinity Community Foundation YMCA Youth Program Center, the facility stands as a testament to the Bowies' enduring commitment to youth, families, and the belief that communities grow stronger through love, play, and connection.

The Trinity Community Foundation has made a 5-year pledge to support the Y's work in providing innovative youth programs focused on STEM, arts, music, recreation, and leadership. Their generosity ensures more children can experience the enrichment and belonging that define the YMCA experience.

"The Trinity Community Foundation [TCF] is honored to be aligned with the AMA YMCA and its new Youth Center. This facility in the heart of Arlington offers new programs and services to those families and their youth that can and will change lives," said Bill Bowie, founder of the Trinity Community Foundation. "Working in the community, TCF sees this facility as a game changer for those most in need. Now there is a physical location we can direct youth to address their interests and needs."

The Bowies' relationship with the YMCA spans nearly three decades, beginning in the mid-1990s when Bill coached his son's basketball team at the Y. That experience led to a lifelong partnership rooted in shared values: service, family, and faith.

In 2017, the YMCA honored the couple with the Bill and Shari Bowie Community Leadership Award, recognizing their exceptional dedication

to helping others through organizations such as SafeHaven (now The Archway), the Salvation Army, Trinity United Methodist Church, the Trinity Sports Foundation, Men Serving God, and the YMCA. Through TCF, the Bowies also financially support dozens of local nonprofits, including the Foundation's partners featured in its Play Day initiative.

Founded on the mission to "bring love, play, and connection to the people," the Trinity Community Foundation focuses on promoting healthy child development, encouraging resilience, and connecting families to the support they need to thrive.

The Trinity Community Foundation YMCA Youth Program Center, located at 2200 S. Davis Drive in Arlington, now embodies that mission — a space where every child is welcomed, inspired, and empowered to grow in spirit, mind, and body.



Bill & Shari Bowie, on left



Sister Cities of Arlington Windsor, Ontario Delegation Event



TEXAS TRUST CREDIT UNION NAMED TO NEWSWEEK'S 'AMERICA'S BEST REGIONAL BANKS AND CREDIT UNIONS 2026' LIST

ARLINGTON, Texas – Jan. 12, 2026 –

Newsweek, a trusted global media source, named Texas Trust Credit Union as one of the Best Regional Credit Unions in the country.

Texas Trust received a four-star rating in *Newsweek*'s study, which identified the top 500 regional banks and credit unions based on an exhaustive, independent nationwide study. The research analyzed the financial health and digital reputations of nearly 9,000 financial institutions and included an extensive survey of more than 70,000 consumers to determine the top institutions.

"We are elated to be named one of the top credit unions in the nation as we celebrate 90 years of building brighter financial futures in 2026," said Jim Minge, CEO of Texas Trust Credit

Union. "Texas Trust has been firmly rooted in helping our members strengthen their financial well-being since we were founded back in 1936."

Minge added, "Being named one of America's Best Credit Unions by such an influential source as *Newsweek* is affirmation of our history of being a financially stable organization that provides exceptional services to support our members through every stage of life."

The *Newsweek* study was conducted by a third-party organization. The list highlights banks and credit unions with the strongest reputation, solid financial performance, and positive customer and member feedback, making Texas Trust one of the most trusted credit unions in the nation.



JIM MINGE



CAT SAMSON PROMOTED TO PARTNER AT PSK LLP

ARLINGTON, Texas – January 2026 – PSK LLP, a leading Arlington-based full-service accounting and advisory firm, promoted Cat Samson, CPA, to Partner, recognizing her technical abilities, leadership and growing impact on the firm and its clients.

Samson joined PSK in 2018 and has played an instrumental role in the firm's audit and assurance practice, with a primary focus on not-for-profit organizations, including churches, other faith-based ministries, private schools and performing arts organizations. She advanced rapidly in the firm, earning promotions to Senior Associate, Audit Manager and Senior Audit Manager, and is widely respected for her knowledge in complex financial statement audits, relationship building, client advisory services and team leadership.

In her new role as Partner, Samson will continue to work with the PSK partner group to expand PSK's not-for-profit audit and consulting services while mentoring staff and contributing to the firm's long-term strategic growth. Samson will continue to work with and present both at The Church Network national conference and local chapter meetings. Samson is also a supporter

of the Fort Worth chapter of the TxCPA, leading PSK's involvement in the youth community service programs, including #Adulting and the Santaaccountant holiday initiative.

Earlier in her career, Samson was selected for both the Texas Society of CPAs Fort Worth Chapter Leadership Development Program and the Association of International CPAs Leadership Academy--prestigious programs designed to prepare the next generation of CPA leaders through a focus on ethics, leadership and service.

Samson earned a Bachelor of Science in Mathematics from the University of Notre Dame, a Master of Arts in Clinical Psychology from the University of Indianapolis and a Master of Professional Accounting from the University of Texas at Arlington. Her academic achievements include her being selected for a competitive scholarship from the Public Company Accounting Oversight Board and placing among the top ten CPA exam performers in the state of Texas in 2019.

"Cat has consistently demonstrated exceptional technical skill, integrity and leadership," said Casey Campbell, Managing Partner of PSK LLP. "Her promotion to Partner reflects not only her professional

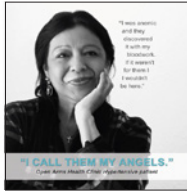


accomplishments, but also her commitment to our clients, our team and our firm's future. We are proud to welcome her into the partnership."

Samson has also been recognized for her community involvement and leadership, including being named to the Greater Arlington Chamber of Commerce's inaugural "40 Under 40" class in partnership with *Arlington Today* magazine. Samson also serves as the flute section leader of the Arlington Community Band.



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HOME SWEET! HOME



A HOME BUILT WITH PURPOSE

When a home is built for a hero, every detail matters—from the first step through the front door to the way each room supports comfort, mobility, and independence. Mansfield Custom Homes recently completed a new build in North Texas for **Homes For Our Troops**, a nonprofit organization dedicated to building and donating specially adapted custom homes to severely injured post-9/11 Veterans at no cost to the recipient.

The newly completed home is a one-story ranch-style set on an acre of land, delivering the warmth and beauty of classic Texas living with the thoughtful functionality needed for adaptive daily life. Mansfield Custom Homes is honored to have been selected as a local builder partner for this mission-driven work and has completed multiple Homes For Our Troops projects in the North Texas area. This home is equipped with 40

life-changing adaptations that support independence, including wider halls and doorways, automatic door openers, roll-under sinks, stovetops, and counters, pull-down shelving, a backup house generator, sliding windows, a roll-in shower with digital temperature control, and a master bedroom closet built as a steel-reinforced concrete storm room—all tailored to the Veteran's specific needs. Proving that accessibility and luxury craftsmanship can exist together. With mobility and long-term ease in mind, features in key areas like the kitchen and bathrooms allow for wheelchair accessibility and smooth transitions throughout the home.

Community Support That Completes the Story

A build like this isn't completed by one team alone—it takes an entire community

stepping up. Local retailer **Home Zone** played an important role by donating furniture to help turn a new house into a comfortable home, while other outstanding retailers also contributed generously to the project. Their support ensures the Veteran's transition into the home is not only accessible, but welcoming and fully livable from day one.

North Texas continues to be a strong and popular region for Veterans, and projects like this reflect what's possible when craftsmanship, mission, and community support come together. Mansfield Custom Homes is proud to help create homes that don't just meet a need—but restore the independence our Veterans deserve. To learn more about Homes For Our Troops or to support their mission, visit HFOTUSA.org.



A New Road to October



JOHN
RHADIGAN

Now that the boys of summer have begun their spring training, we look back on a winter of discontent, followed by excitement, then confusion and disappointment, then wonder, then hope. It was quite an off-season, so let's try to put it all in perspective, add it all up, and decide what this team is going to be in 2026.

Just a few days after the season ended came the shocking news that the Rangers and Bruce Bochy had decided to part ways. The official word remains that the parting was mutual, yet we all remember Bochy saying multiple times late in the season that he would like to continue managing. Perhaps he changed his mind; maybe the direction that the team was headed helped him change it. Either way, a four-time World Series-winning manager was out.

Feelings of confusion and discontent followed, but they were quickly replaced by excitement when the team introduced its new manager, Skip Schumaker. Skip was the manager that every team wanted, but since the Rangers had employed him as a special assistant last year, they got him.

Skip said all the right things at the introductory press conference, including when he told Jeff Wilson and me on the DLLS

Rangers podcast that he was planning to keep most of the coaching staff, especially pitching coach Mike Maddux, whom Skip called "one of the best pitching coaches in the history of the game." A few weeks later, Mike left to do the same job for division rival LA Angels. Confusing turn of events? You bet.

On November 21, disappointment set in as the Rangers sent three World Series heroes on their way. Texas did not tender contracts to Adolis Garcia, Jonah Heim, or Josh Sborz. That meant all three were free to find a job with another team. Adolis, who had been heroic in the ALCS against Houston, Jonah, who caught every game of the 2023 postseason, and Josh, who threw the most significant strike in Rangers history, were all gone.

Three days later, another World Series hero was gone as Marcus Semien was traded to the New York Mets for outfielder Brandon Nimmo. Like Garcia and Heim, Marcus had struggled offensively for two seasons. In other words, both seasons since the World Series. The Rangers decided that they could add offensive production by subtracting some of the guys who had failed to produce for two straight seasons. Then, as now, we wonder if this is going to work.

With only one catcher on the major league roster, we also wondered if Kyle Higashioka could catch all 162 next season. Actually, we knew that he couldn't, and the Rangers signed a two-year \$14.5 million contract with Danny

Jansen to split duties with Higgy. They also added several potential bullpen pieces to replace all the guys they signed to one-year contracts a year ago at this time.

Then we waited. The Rangers had said they would be opportunistic, and they were still looking for pitching. In late January, the club signed Jakob Junis to a free agent contract, and it felt like progress. But the biggest dose of hope arrived on January 22nd. On that day, the team executed a trade with the Washington Nationals. From the Nats, the Rangers got another ace, or at least a potential ace. McKenzie Gore is a young left-hander with a huge upside. He was the third overall pick in 2017, joining Jack Leiter and Kumar Rocker as pitchers in the organization selected with the top three picks. More importantly, Gore joins Jacob deGrom and Nathan Eovaldi, who can and will offer their experience and knowledge to help this young stud pitcher become the ace he can be.

A rotation like that vaults the Rangers right back into the role of contender. Chris Young said after the acquisition of Gore, "Our expectation is that this team will compete for a championship." To do that, the offense must take significant steps forward, and the defense must remain as great as it has been. If those things happen, with this pitching staff, October should be fun again. [A](#)

Sports columnist John Rhadigan is the host of The Rangers Podcast on DLLS Sports.

Boots, Chaps & Cowboy Hats 2026

This year, Arlington Urban Ministries proudly celebrates 25 years of service! Join us as we mark this milestone with live music from The Uptown Drifters, an open bar, and exciting opportunities to win through our silent auction, live auction, and raffles.

FRIDAY APRIL 10, 2026

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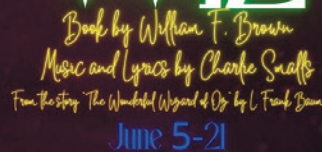
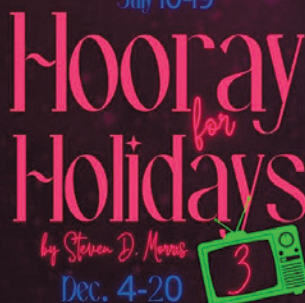
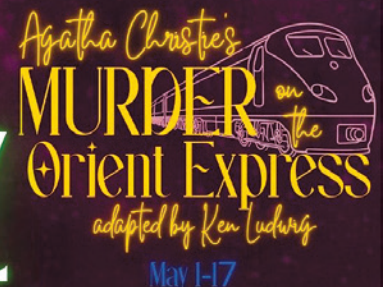
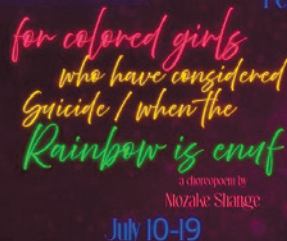
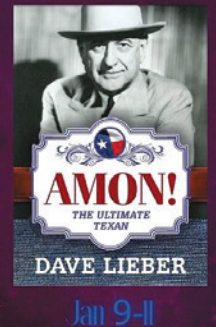


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Local Love

Our friends share what Valentine's Day means to them

On the Valentine's Day that my love life was the least lovely, a friend gave me a necklace that said "God is Love." Just as Saint Valentine gave himself up for others, we can love others, because God is Love, and that is worth celebrating on Valentine's Day and every day.

Brandee Kelley

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The Brandee Kelley Group

Valentine's Day is a celebration of all the love—and chaos—that fills my life. As a mom to three great kids, it's about appreciating the hugs, laughter, and occasional sibling truce - they remind me that love often comes with sticky fingers and lots of noise. As a wife, it's a chance to reflect on my partnership with my husband—the strength, laughter, and love we've built, even if it sometimes involves arguing over where to eat. And beyond my family, I'm so thankful for a community that feels like an extended family - whether it's friends showing up when I need a hand or neighbors helping me retrieve one of our adventurous dogs, it's the connections that make life richer. For me, Valentine's Day is a reason to pause, laugh, and celebrate the sweet, messy, and beautiful love that makes my life so full.

Jeannie Deakyne

Executive Director

AISD Education Foundation

Last year we talked about how two widows and widowers met over the age of 65 and what that means to us to find love after such devastating grief. This Valentine's Day, I'd like to share the "Why." When I decided I wanted to "date", it wasn't to find marriage or love again... after all, I just lost the love of my life. To me, it was about filling an empty chair, someone to go to dinner with and to go on double dates with. Just a companion with no strings attached. I prayed that God would bring me a man of Faith and one with integrity. A friend encouraged me to be fussy and use a dating service... Ughhh!

But it made sense for me to be fussy and look for what I wanted. I spotted Chuck; his bio was honest, he seemed adventurous and interesting. After weeks of chatting online every day and a million questions answered, I finally gave him my phone number. By our second date and hours of phone conversations, we were smitten. I was still holding out for just filling an empty chair. Chuck, however, wasn't thinking about the empty chair; he was ready for a relationship. When I told him what I wanted, he said, "Then why did you pray for a man of faith and integrity?" Any man with those characteristics doesn't date for fun; dating is a means to an end. Dahhhhhh....be careful what you wish/pray for. Chuck knew almost right away that I was the one for him, that I was the one God brought to him in answer to his prayers. Why Chuck? Well, we know he is a man of Faith and Integrity, but he is many more things than that...Chuck is intelligent, fearless, and tenacious. The thing that made me fall in love with him was all his quirkiness. He is a man who loves Football and Hallmark Movies, he rides a motorcycle, and is so great to my family. Chuck waited on God for 8 years to meet me; he wasn't going anywhere. But every day without fail, he shows me he loves me without reservation and thanks God for me every day. I am a blessed woman. This Valentine's Day, we will be celebrating our grandson's wedding. We pray they will be as happy as we are. With a brave heart, anything is possible!

Pepper Crary (married to Chuck, right)

Valentine's Day means a day of celebrating love. A love of family, friendship, significant others, faith, and the love of our community.

Paul Brodie

Brodie Consulting

Best way to someone's heart is through the stomach. The Prince is honored that people bring their loved ones to share such a special day at our family's restaurant. We change up the menu, and decorate to make Prince as romantic as possible.

Aziz Francis Kobty

Owner & Head Busboy

Prince Lebanese Grill

My wife Pepper and I spend so much time together it seems we are inseparable, yet we bring each of our own strengths. From the time we met, she wanted to know what it was I saw in her and quite simply, "God's love and the light shining through her"!

A common discussion among us is how easy it is being together, and how easy it is to share a love found later in life. It was worth waiting for because of how well we fit together. We don't have stress from financial needs, work stress, not even rush hour driving! What we do have is a morning routine of trying to out-serve one another. Spending time in prayer and worship together every morning, making coffee for each other, comparing calendars to make sure we don't overschedule our outside commitments, and doting on our silver Labrador retriever, who seems to LOVE being with us when we are together.

We have known each other for nearly four years and are coming up on our two-year wedding anniversary. Yet even though it seems we already know everything about each other, we are still in love like newlyweds. We often speak of how lucky we are to have found each other late in life. Finding and committing to a true love is worth waiting for, although the wait is sometimes challenging. For me, it was a time of growing my trust in God that He was in control, and that His choice would be the best choice for me.

As we celebrate life together this Valentine's Day, we also recognize that everything has a season, and as we enjoy this season, we see those around us going through changes to health and changes to living environments. We know the only guarantee in life is that there will be changes, so we cherish the time we have and celebrate every day as a gift from God. Happy Valentine's Day!

Charles D. (Chuck) Fasnacht III (married to Pepper, left)

Valentine's Day is the holiday that every kid looks forward to in school. I remember the shoeboxes we would decorate and of course make sure to put a special card in the box of the girl you had a crush on, hoping she would notice it, and of course always wishing for the real Life Savers candy book, instead of the ones with no holes. One year, my Dad gave me a small Valentine's card/coloring book I kept forever. When dating, it is hard to know when it was "official" enough to give her a Valentine's Day gift; a mistake could be disastrous either way. When I bring Valentine flowers home for Kerry, I also made sure to give some to our daughter Isabel, so she would know that women are special and deserve to be treated that way. Happy Valentine's Day!

Raul H. Gonzalez
Arlington City Councilman

Whether you are celebrating Valentine's Day with a special someone, friends or even self-love, be mindful and present, not allowing love to be taken for granted as you hustle through life. Make time for the things that truly matter...every day!

Washima Huq, MBA, CCUFC
Executive Director
Texas Trust Gives Foundation

The meaning of Valentine's Day has changed for me over the years, now that I have my lobster ("Friends" reference) and my kids, it is all about sharing love and joy with them on this special day. Oh and of course it's about pink!

Bethany Tinderholt
Executive Director
Arlington Police Foundation

You're the peanut butter to my chocolate ... slightly messy but totally worth it.

Tommy Teasdale
Urban Country Flower Company

Valentine's Day is a special reminder of the love and blessings we all hold near and dear for our special Valentine. God has blessed me to do life with my beautiful and wonderful wife, Tonya, who has been an amazing mother to our four amazing children (adults!) and an irreplaceable DeeDee for our seven beautiful grandchildren. While Valentine's Day is certainly a day of love and romance, it's also about celebrating the bonds of family, the strength of faith, and the gift of our closest relationships. It is important to remember that love comes in many forms, and Valentine's Day can be a chance to celebrate all of them! Be sure to celebrate and appreciate your special Valentine!

Rep. David Cook
District 96
Managing Partner, Harris Cook, LLC

Valentine's Day is the sweetest day of the year to show some extra sweetness to the loves in your life! It's a day that makes so many smile with sparkles in their eyes!

Brenda Cureton-Smith
Great Skin Spa & Facial Club

From Classroom to Constitution: Grace Prep Student Sophia Tran Earns National Civics Honor

by Elijah L. Quintanilla

When Sophia Tran began working on her award-winning essay about the Bill of Rights, she did not treat it as a routine school assignment. Instead, she approached it as an opportunity to understand her role as a citizen and to engage deeply with the foundations of American democracy.

A middle school student at Grace Prep Academy, Sophia recently earned national recognition for her civics essay through a Herzog Foundation-sponsored national civics contest, an achievement reflecting both her academic dedication and Grace Prep's emphasis on critical thinking.

Grace Prep Director of Secondary Education, Denise Webb, said Sophia's accomplishment represents more than individual success, reflecting the intentional way middle school students are taught to think, question, and communicate.

"At this stage in their educational journey, students are learning not just content, but also how to think, how to ask good questions, analyze ideas, and communicate clearly," Webb said. "Sophia's achievement reflects the strength of our program and the intentional way our teachers guide students in applying their learning. Most importantly, we are proud of Sophia for demonstrating perseverance and hard work to achieve her goals."

Grace Prep's university-style educational model emphasizes discussion-based learning, primary source analysis, and academic writing that requires students to form claims and support them with evidence. Webb said students regularly engage with foundational documents such as the Constitution and the Bill of Rights, examining both their historical context and relevance today.

"Students read and wrestle with these documents," Webb said. "They examine why they were written and consider how those principles apply in the present."

For Sophia, that approach aligned naturally with her interests.

"I love learning pretty much all subjects, but especially history," she said. "I have a passion for learning about American government structure and democracy."

Sophia said her essay stood out because of the extensive research she completed before writing. She studied the full text of the Constitution and the Bill of Rights, reviewing each amendment and

working through the original language.

"I looked at the actual transcript of the Bill of Rights and the Constitution," she said. "Some of the language is very wordy, and my dad, who's a police officer, helped explain some of it in simpler terms."

That preparation, she said, allowed her voice to come through clearly in the essay.

"I feel like you could hear my tone through my writing," Sophia said. "It was strong. I used descriptive language and information directly from the original sources."

Sophia's mother, Debbie Tran, said engaging with foundational documents at the middle school level helps students understand history and their future responsibilities as citizens.

"These are living documents," Tran said. "Students will soon be citizens with voting rights, and understanding their relevance now really matters."

Sophia agreed, noting that studying the Bill of Rights encourages students to think critically about civic responsibility and appreciate the freedoms they often take for granted.

Grace Prep's broader educational philosophy supports that type of engagement. The school's university-style model allows secondary students to attend classes three days a week, giving families flexibility and students time to explore academic interests more deeply.

"If a student has a passion for history or science, there's time to nurture that," Debbie said. "If they need extra help in another subject, there's time for that too."

Webb added that Grace Prep's mission centers on partnering with parents to develop students who are college-ready, resilient, and capable of meaningful engagement beyond the classroom.

"Sophia's success illustrates each of these principles," Webb said.

Outside the classroom, Sophia is deeply involved in her school and community. She is an eighth-grade student council class president, a member of the National Junior Honor Society, and participates in volleyball, cheer, and basketball. She also plays piano and volunteers at her church.

"She works really hard in everything she does," Tran said. "She always puts her best foot forward and encourages her teammates."

Sophia credits her perseverance to her strong Christian faith.

"I'm a Christian, and I honestly can't take the credit," she said. "Through Him, I was given the perseverance."

Sophia added that she is deeply thankful for the support of her family, friends, her English teacher, Mrs. Heflin, and the broader community, calling the experience "a wonderful blessing."

As she looks ahead, Sophia hopes her experience encourages other students to explore their interests without fear of perfection. "You don't have to be the best at one thing," she said. "But it is worth trying everything."



Sophia with Mayor Laurie Bianco of Dalworthington Gardens



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The Shriners Children's College Showdown is a premier early-season college baseball tournament. The three-day showcase brings together six top NCAA Division I programs — Arkansas, Oklahoma, Oklahoma State, TCU, Texas Tech, and Vanderbilt — for a series of non-conference matchups in a Major League ballpark. The event traditionally serves as one of the opening weekends of the college baseball season at Globe Life Field and supports the mission of Shriners Children's through national exposure and affiliated events.

Globe Life Field
February 13-15
 CollegeBaseballSeries.com



The Amegy Bank College Baseball Series at Globe Life Field in Arlington is a multi-part early season college baseball event benefiting Shriners Children's, featuring top NCAA Division I teams across three segments in February–March 2026. The Series opens with Midweek games on February 16–17, followed by the Weekend 2 tournament from February 20–22 with teams including Auburn, Florida State, Kansas State, Louisville, Michigan, and Nebraska, and concludes with Weekend 3 from February 27–March 1, showcasing Arizona State, Mississippi State, Tennessee, Texas A&M, UCLA, and Virginia Tech.

Globe Life Field
 CollegeBaseballSeries.com



Arlington Golf Announces Frequent Players Club

Arlington Golf has launched its 2026 Frequent Players Club, rewarding loyal golfers with exclusive perks at the City's four public courses. Annual memberships are \$149.99 and \$189.99 (GHIN included) are good Jan. 1–Dec. 31, 2026, and include discounted green fees, merchandise and dining, an early twilight rate, advance tee-time reservations, and even a complimentary round of golf. Passes are available at Texas Rangers, Tierra Verde, Lake Arlington and Meadowbrook Park golf courses. Visit any Arlington golf shop for details, or www.visitarlingtongolf.com/frequent-players-club



ProBox TV Contender Series is a boxing competition series that features a lineup of fighters competing in elimination-style matches. It showcases both established and up-and-coming boxers, providing a platform for them to gain recognition and advance their careers in the sport.

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Rocketbelly has landed in Downtown Arlington. The first self-serve bubble tea in Downtown offers 22 bubble tea flavors, plus slushies, smoothies, coffee, desserts, shaved ice, and a gift shop.

300 E. Abram Street #150

Hank & Ellie

Originally slated to close late January, new ownership has stepped in to keep the doors open. It's not yet known if the name will remain the same. The shop is a collection of unique boutiques and many items are handmade locally.

2223 W. Park Row, Ste. E, Pantego



FEBRUARY BOOK CLUBS

The Grim Readers – 2/9 • 7pm

The Black Girl Survives in This One
 Edited by Desiree S. Evans and Saracia J. Fennell

Ron Wright Lake Arlington Community Room

Southwest Morning Reading Club – 2/11 • 11am

Horse by Geraldine Brooks

Southwest Branch Library Community Room

Good Grounds Book Club – 2/18 • 11am

Bring any book and enjoy coffee

Woodland West Branch Library Community Room

Texas Authors Book Club –

2/19 • 6:30pm

The Things They Carried by Tim O'Brien

Fielder House Museum, 1616 W. Abram St.

Southwest Spine Crackers – 2/19 • 7pm

No One Can Know by Kate Alice Marshall

Southwest Branch Library Community Room

Silent Book Club – 2/28 • 11am-1pm

Bring any book and enjoy refreshments

Location TBA

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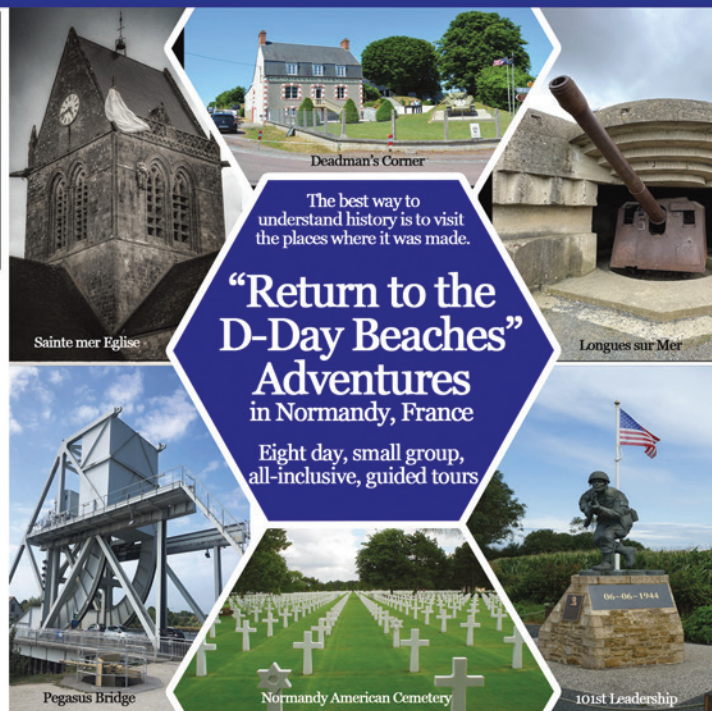
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Old Friends

by Mike Ames / Photos by Mike Ames

The collector car hobby is like all other special interests, where those of like mind gather to share their common enthusiasm. It's where we make friends, and looking back over 50 years since joining the Longhorn Corvette Club in 1975 ... I have a lot of old friends.

Fast forward 19 years, and my car horizon had expanded to include the big American classics from the 1930s. My wife Joy and I signed up as new members of the Classic Car Club of America (CCCA) in 1994. At our first club meeting, we were made to feel warm and welcome by a wonderful couple, Bill and Barbara Mott, and their son, Bill III.

They were older and special. Bill was a genuine gentleman and an automotive savant. He also had a passion for wooden boats. We miss him since his passing in 2006.

Bill III inherited both the car and boat genes and is an active member of the related clubs. He is a driving force in the CCCA, immediately recognizable in his 1947 Cadillac convertible that was restored in the late 80s as a father-son project. And he loves to work with other members of the Wooden Boat Association, restoring those cantankerous but gorgeous floating works of art. A great friend for nearly 40 years ... an old friend indeed!

Barbara Mott is our "oldest" friend, looking forward to her birthday in April. I don't think she will mind if I let you know that she will be 102! Definitely our Oldest Friend. Barbara is a beautiful and special lady. Always smiling and radiant. And she owns the magnificent 1936 Packard Touring Coupe featured here.

Bill III is the fortunate custodian of this extremely rare car.

Packard was the preeminent American automobile brand throughout the 1930s ... on par with the world's finest cars. The brand was America's Rolls-Royce, with many of them exported for international royalty and the very wealthy.

The Packard brothers sold their first car in 1899. With the diversion of World War II and the intense competition that followed, the Packard business model could not be sustained. The company closed in 1958, and unfortunately, most of the books and records were destroyed, so we don't know precisely how many Touring Coupes were built. We do know that it was a very small number. There might be one tucked away in a barn somewhere, but at this point, Barbara's is the only 1936 Touring Coupe listed in the Packard Registry and the CCCA Membership Directory. The brand maintains a very loyal following that is devoted to preserving Packard's history and legacy. Those devotees are always on the hunt for lost examples ... someone will be fortunate indeed to find another one.

I have had an opportunity to drive this remarkable car and, despite its size ... almost 5000 pounds and no power steering ... it is nimble and easy to maneuver if you can avoid the surrounding traffic with their cell cameras! It certainly draws a crowd.

It is powered by a 130-horsepower straight-8 engine coupled to a 3-speed manual transmission. The industry's first automatic transmission was from Oldsmobile and was still 4 years away. Barbara's coupe is "loaded" with expensive options of the day: Ride Control, Trippie Lites (driving lights), dual fender-mounted

spare tires, and a radio. The design for engine cooling included vertical shutters in the grill that opened and closed automatically to regulate water temperature.

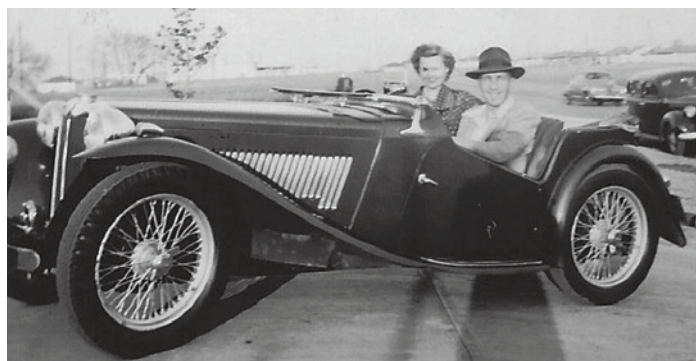
This was a true luxury car of the day. There is obvious attention to detail throughout, including the interior fittings and upholstery that are elegant, and the most comfortable driver's seat I have ever encountered.

Barbara recalls with enthusiasm the dozens of conventions and scenic driving tours within the CCCA calendar of events.

During her many years as an active club member with her husband, her appreciation for all kinds of cars grew, with her favorite being a brand-new 1958 Ford Thunderbird. They had a wide array of special cars...none as rare as this 89-year-old blue masterpiece.

Barbara got her first car in 1950. A 1949 MG TC that has a history all its own. Bill and Barbara sold the MG to a high school friend in 1952. That friend and Bill were classmates with Carroll Shelby. Carroll borrowed the MG for his first race, which he won. That victory started a career that made Shelby world famous as a race driver and developer of the Ford GT 40 that took the LeMans title from Ferrari in 1966-69. The Shelby "brand" remains prominent and respected to this day. His brilliant career started in Barbara's MG. The little car became famous by association and was fully restored to exactly what it was like in Shelby's early racing days. It sold at auction in 2008 for \$313,500!

Barbara was there as a guest of honor, smiling and radiant behind the wheel ... our OLD FRIEND in her element. **A**



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Healing Through Shared Grief



**RICHARD
GREENE**

Our extended family has recently experienced the unexpected death of one of our own, resulting in emotional reactions that span the whole sweep of feelings that anyone with such a loss would know.

Among the choices that arise is the question of whether to keep grief at bay by maintaining those sentiments as personal and private or to share them with others.

My own tendency is to hold them just among ourselves.

My wife, however, has found comfort in the very caring and loving reactions from friends, including some with whom we've had little recent contact.

She's done that through today's expanse of social media, resulting in a couple hundred responses from those who read the story of her life-long bond with her younger sister.

Penny died last month, just short of a month after discovering she had developed a fast-acting form of liver cancer. She would have celebrated her 75th birthday had she lived only a few days longer.

Here are some excerpts Sylvia posted on the day of her sister's passing:

"For the last 75 years, I've had an amazingly close relationship with my little sister, who was eight years younger than me. This afternoon, my precious Penny Pritcher Joiner was embraced by Jesus and joined her beloved parents in heaven.

"It has been heartbreaking to realize she would be leaving me behind, for we've been together for very important occasions or crises in my life or hers.

"After an overnight in the hospital, she asked that we come for a visit before she might have to have chemotherapy and be sicker. We were there for four days as she declined rapidly until we took her back to the

hospital to ease her pain and make her more comfortable, knowing then that her disease was terminal.

"She returned to her daughter's home with hospice care and lasted just one week. I'm so very thankful she is no longer suffering, and the immediate and extended family were able to tell her how much we loved her and to say goodbye while she peacefully accepted that she would soon see Jesus and Dad."

Since that posting, she offered another description of their almost 75 years of sharing life closely with each other and our families, and another story of even more details in the funeral home's book of comments offered for others to join with their own memories.

So far, hers is the only one spanning multiple pages. She explained why - "It's to honor Penny.

"Five years ago, Richard and I invested in a second home in North Carolina, where our whole extended family could enjoy a mountain cabin with an incredible view of God's magnificent creations in the Smoky Mountains.

"We siblings have been blessed with so many terrifically happy times there with all our children

and grandchildren. Penny, our brother, Jay, and I were there with our spouses for sibling time in October this past year, and we are so very thankful for that precious time with our Penny."

She is the only member of our family who had not seen a black bear since childhood, one of the area's most famous of its amazing wildlife. It was something she earnestly wanted to do. So, a Christmas present this year was a promise to spend two days together in the part of the national park where bears are commonly seen.

To mark the occasion, she kept a blanket emboldened with images of those bears we had given her previously, for her to anticipate the opportunity to fulfill her desire. In her last days, she lay under that cover, providing a poignant reminder of a promise we could not fulfill.

One thoughtful response as the days unfolded came in person from our friend, retired US Navy Chaplain Rich Stoglin, who came to our home with gifts, scripture, and prayer for Penny, us, and our entire family.

As a result of these kinds of outreach to her, I've witnessed her transition from grief to a quiet acceptance. During our six-hour drive from Penny's home to ours, the day we left her, my wife intermittently wept for four of those hours.

Tears still come, but far less frequently, and that is because people cared enough to uplift us with their sincere words of shared sorrow for our loss and the promise of reunion on the other side of this earthly life.

So, my tendency to keep this personal and private, as I described at the beginning, is transformed knowing so many are out there to lift us up.

May God bless them all. They not only provide hope on this occasion but also a reminder of how our collective strength as a nation, aligned with the best instincts of our human nature, could restore us at a time when our divisions are so deep.

A



Richard Greene is a former mayor of Arlington.

Love at first bite



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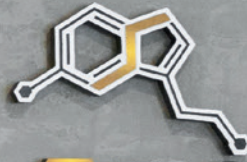
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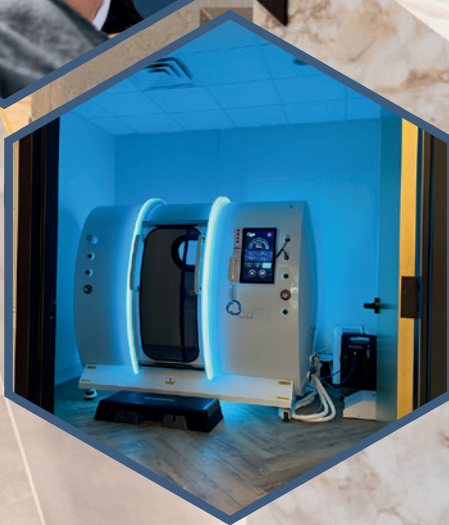
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