

MARCH 2026

ARLINGTON/MANSFIELD/GRAND PRAIRIE

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MAGAZINE

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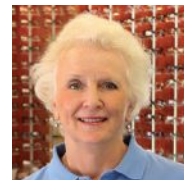
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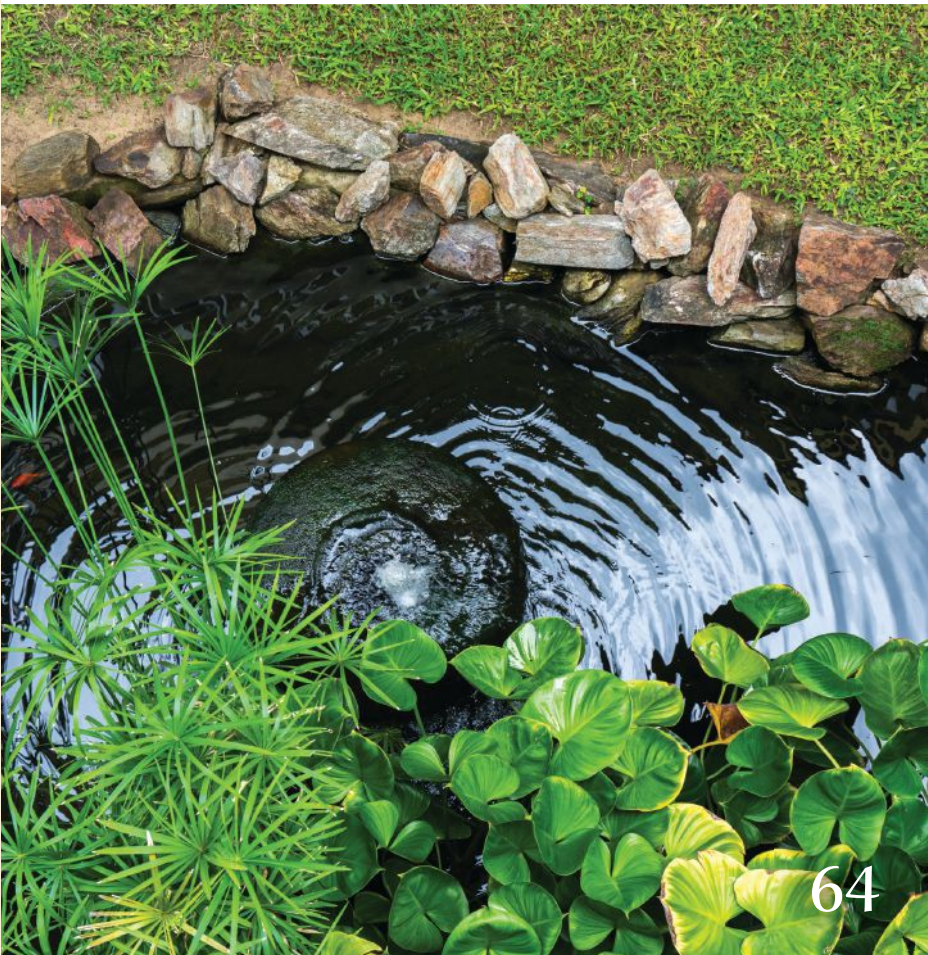
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publisher's letter



"To everything there is a season, and a time to every purpose under the heaven."

– Ecclesiastes 3:1

One of my favorite hymns includes the lines, "Great is Thy faithfulness, great is Thy faithfulness, morning by morning, new mercies I see. All I hath needed Thy hands hath provided. Great is Thy faithfulness, Lord unto me." In spring, it's easy to step outside and see God's perfect plan for life, death, and rebirth sprouting up all around us. Trees that were bare yesterday are suddenly colored with green sprouts. And those sprouts will be bigger the next day and the next.

Just as the natural world goes through different seasons, we experience seasons in our lives, times when God may seem silent and times when we see Him all around us, times when we feel the urge to turn inward and times when we want to shout to the world how amazing is our God.

Whatever season you're in, remember there's a God who loves you, One Who will never leave you nor forsake you, one Who's seen all your days and all your deeds, heard all your words and all your thoughts, and loves you anyway, One who calls you His beloved daughter.

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OUR MAYORS



mayor **MICHAEL EVANS**

MANSFIELD

Spring is in the air in Mansfield. Join us at 9 a.m. on March 7 at Oliver Nature Park for Barks & Rec. You will find us at the picnic tables, followed by the Mini Nature and Guided Walk at 9:30 a.m., which meets by the restrooms. Then, at 1 p.m., participating Girl Scouts can earn two badges in the Girl Scout Workshop, also meeting by the picnic tables.

The fun continues March 14 at the Glow Night event that will feature nighttime fun and learning starting at 7:30 p.m. at Oliver Nature Park. Then from 2-4 p.m. on March 15 learn to pitch tents, use a compass, and have campfire smores during Family Adventure Day also at Oliver Nature Park.

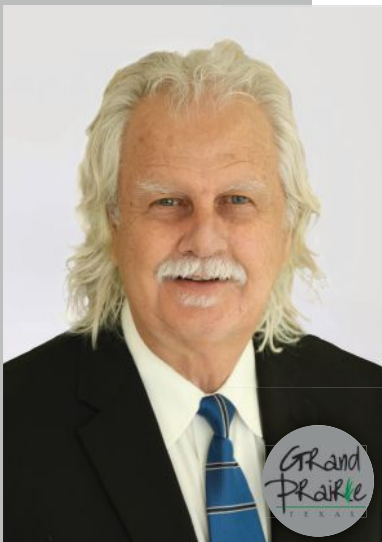
Are you looking for something cool to do during Spring Break (March 16-20)? We have numerous fun activities, so check the calendar on MansfieldTexas.gov for details

and locations. Enjoy a Bug Hike, Gardening, FANsfield, Arts Week, and more during this time!

Don't forget to join us for the annual World's Only Pickle Parade and Palooza in Historic Downtown Mansfield on March 21. The City of Mansfield is proud to support this community tradition.

And get a head start on Easter festivities with our Preschool Picassos with a focus on bunnies, offered on April 2 at Oliver Nature Park. Pre-registration is required for all classes, which can be done online from the MansfieldTexas.gov homepage calendar.

That's all for now...see you around town!



mayor **RON JENSEN**

GRAND PRAIRIE

The City of Grand Prairie will have a General Obligation Bond Election on May 2. Voters will be asked to consider three propositions focused on street improvements, public safety enhancements, and parks and recreation facilities. Learn more about each proposition and get the information you need to make an informed decision at gptx.org/bondelection2026.

As the weather warms up, I hope you can get out and enjoy the many events happening at EpicCentral. From Dino Fest and live performances on the Jambox Music Stage to the Waterfront Market, an Earth Day celebration, and even the Dallas Pizza Fest on the GrandLawn, there's something for everyone. For a full list of events, visit EpicCentral.com. And just across the highway, Topgolf is now open offering great fun, great food, and another reason to gather with friends and family.

I also hope you'll join me for the Community 5K Walk, Run, or Stroll Saturday, April 4, at the Farmers Market. Registration begins at 8 a.m., and the 5K kicks off at 9:30 a.m. Then on Tuesday, April 28, come out for Cyclin' with the Mayor. We'll meet at Daulton Elementary at 6 p.m. for a five-mile bike ride that's open to riders of all ages and skill levels. More details are available at gptx.org.

Finally, mark your calendar for Bug Fest at Lynn Creek Park on April 25 from 10 a.m. to 1 p.m. Kids will enjoy hands-on activities, interactive exhibits, and larger-than-life fun.

I hope to see you out in the community celebrating and staying active in our great city!



mayor **JIM ROSS**

ARLINGTON

I'm happy to report that the City of Arlington saw a 12 percent decrease in overall crime from 2024 to 2025 according to new year-end data released by the Arlington Police Department. As part of APD's commitment to transparency and data-driven decision making, each year they voluntarily submit annual crime data to the National Incident Based Reporting System (NIBRS), a national database maintained by the FBI that helps law enforcement better understand crime trends, identify resources needed to combat crime, and steer discussions on best practices and solutions. This marks the fourth straight year Arlington has posted decreases in overall crime. Since 2022, overall crime in the city has decreased by 19 percent, with Crimes Against Persons decreasing by 23 percent.

Attention all Jane Austen fans. The Arlington Museum of Art's latest exhibition celebrates the 250th birthday of the beloved writer. In partnership with Jane Austen Society of North America - North Texas Chapter and with costumes loaned from NBCUniversal Archives & Collections, the AMA will feature costumes and jewelry from film adaptations of two of Austen's most iconic works, *Pride and Prejudice* (2005) and *Emma* (2020). "Dressed for the Drawing Room: Fashion in Jane Austen's World" is open now through March 22, 2026, with no admission charge.



MARCH 21

SPRINGTIME PAW PRINTS

Arlington Parks and Recreation

Celebrate the spring season with your pup at our event! Using pet safe paints, dogs will create their very own paw-print masterpiece on canvas. It's a fun way to way to make a lasting memory with your furry friend. All supplies will be provided and a treat for the artist! 10am-12pm. \$15/person. East Rec Center, 1817 New York Ave. Visit our website to register.

NATURALLYFUN.ORG

MARCH 7

BARKS & REC HIKING CLASS

Mansfield

Participants are paired with a dog from the Mansfield Animal Shelter for a guided hike through Elmer W. Oliver Nature Park. They get a day out while you enjoy a great workout. Class meets at the picnic tables at the front of Oliver Nature Park. Wear weather appropriate clothing. Pre-registration required. 9am-10am. 1650 Matlock Rd. Visit our website.

MANSFIELDTEXAS.GOV/CALENDAR.ASPX

MARCH 7-29

SPRING-A-PALOOZA

Grand Prairie

Spend part of your Spring Break with your family and friends and make a trip to Traders Village every weekend for rides, shopping, live music and so much more! Get an all-day wrist band which starts at \$14.99. 2602 Mayfield Rd. Visit our website.

VISITGRANDPRAIRIETX.COM/EVENTS

MARCH 13

SPRING BREAK POOLOOZA

Arlington Parks and Recreation

Join us for an evening of Spring Break fun. Bring your family and friends. We will have fun yard games and open swim. All guests entering the pool will need to purchase admissions. Children 2 and under are free. 6pm-8pm. \$8. Visit our website to register.

NATURALLYFUN.ORG

MARCH 13

GLOW GROUP

Arlington Parks and Recreation

Empowering girls to explore nature, build confidence and learn outdoor skills through adventures like hiking, geocaching, fire safety and so much more. Fishing is this month's activity. 6pm-8pm. Ages 5-12. Cliff Nelson Rec Center, 4600 W. Bardin. Visit our website to register.

NATURALLYFUN.ORG

MARCH 13

PARENTS' NIGHT OUT

Arlington Parks and Recreation

Enjoy a night out while we have some fun! It is a wonderful opportunity for kids to hang out after school. Get wild in our gym, play videos and board games. Dinner provided. Cost is \$20/child. Ages 5-12. 6pm-8pm. Dottie Lynn Rec Center, 3200 Norwood. Visit our website to register.

NATURALLYFUN.ORG

MARCH 14

3RD ANNUAL EPIC DINO DASH RELAY & 5K

Grand Prairie

Enjoy the ultimate prehistoric party at The Epic's 3rd Annual Dino Dash! Join us on the Grand Lawn for a dinosaur-themed extravaganza the whole family will love. Picture the grand finale: inflatable dinosaurs battling it out in a fun and hilarious relay race! 8am-11am. Epic Central Grand Lawn, 291 S. Hwy. 161. Visit our website for additional information on the day's events.

EPICCENTRAL.COM

MARCH 17

BOOTS & SHAMROCKS COUNTRY DANCE

Arlington Parks and Recreation

Kick up your heels and join us as we celebrate St. Patrick's Day with an evening of country music, dancing and festive fun. Wear your green and bring your best two-step. 5pm-7pm. Cost is \$15. Activ Center, 2061 W. Green Oaks Blvd. Visit our website to register.

NATURALLYFUN.ORG

MARCH 21

THE WORLD'S ONLY ST. PADDY'S DAY PICKLE PARADE

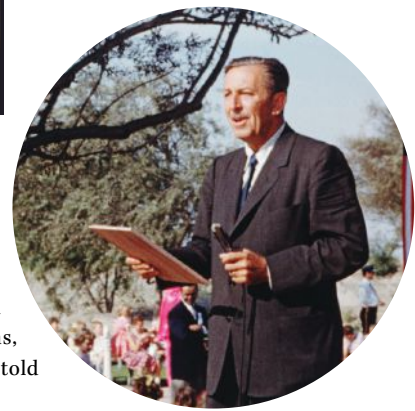
Mansfield

It's that time for a day of fun and festivities and something for all. The theme this year is Party Like it's 1776. Put on your red, white and blue and show your American pride! There will be The Pickle Run, The Baby Parade, Market and Entertainment and The Pickle Parade. Come to Historic Downtown Mansfield, 100 N. Main St. Visit our website for all the details.

VISITMANSFIELDTEXAS.COM/EVENTS

To submit an event for consideration, email

EVENTS@LIVINGMAGAZINE.NET



MAGIC MAKERS

Disneyland Handcrafted is a new feature length documentary streaming on Disney+ that takes audiences behind the scenes of Walt Disney's most ambitious project — the creation of Disneyland. Directed by Leslie Iwerks, the film is crafted entirely from rare archival footage and original audio, offering an immersive look at the year from groundbreaking through Opening Day in July 1955. It highlights the grit, artistry, and determination of the artisans, craftsmen, and Imagineers who literally built "The Happiest Place on Earth," revealing untold moments of risk, creativity, and innovation that shaped the park's legacy.

HANG TIME

Amy Poehler's *Good Hang with Amy Poehler* is the must-listen podcast that feels like a night with your funniest friend. Each weekly episode blends laid-back conversation with big laughs as



Poehler chats with standout guests — from actors like Paul Rudd and Jennifer Lawrence to creator and comedian Quinta Brunson — about life, careers, and the little things that make them laugh. The show's charm lies in Poehler's genuine curiosity, quick wit, and ability to make guests feel at ease, turning casual stories into memorable moments. It's comfort audio that's funny, warm, and always a good time.

MODERN MUSE

Blending classical training with vintage jazz influences, **Laufey** has become a breakout voice for a new generation. The Icelandic singer-songwriter pairs intimate lyrics with lush orchestration, creating music that feels both nostalgic and refreshingly modern. Inspired by Ella Fitzgerald and Ravel alike, she brings old-world romance to contemporary playlists, proving torch songs and tender ballads still resonate deeply with today's listeners.



Imagery from *Disneyland Handcrafted* (Disney+), *Good Hang with Amy Poehler* (The Ringer & Paper Kite Productions), and *Bewitched* (Album Cover). All images are presented for non-commercial illustrative purposes.

The Quiet Work

GROWTH RARELY HAPPENS WHERE LIFE IS EASIEST

BY AMBER PANTER

Are you sitting down? No, really ... are you actually sitting down? You are likely sitting on a chair or bed right now — maybe leaning over a counter. If so, consider sitting on the floor while you read this. I listen to a neuroscience podcast, and the host always gives tips on aging well so we can take care of ourselves as we get older. Apparently, when we are children, we use muscles that we don't keep using when we grow up. Sitting on the floor helps us keep those muscles working. So, if we sit on the ground for at least twenty minutes a day, it helps us age better. The getting up and the getting down are also beneficial. It doesn't come naturally to me to sit on the ground. I habitually go to a chair, stool, etc. I have to remind myself to sit elsewhere, and I have to remind myself that it is for prolonged health benefits and my future. But it doesn't feel good, and sometimes I worry that the floor is dirty. Quite frankly, it isn't convenient.

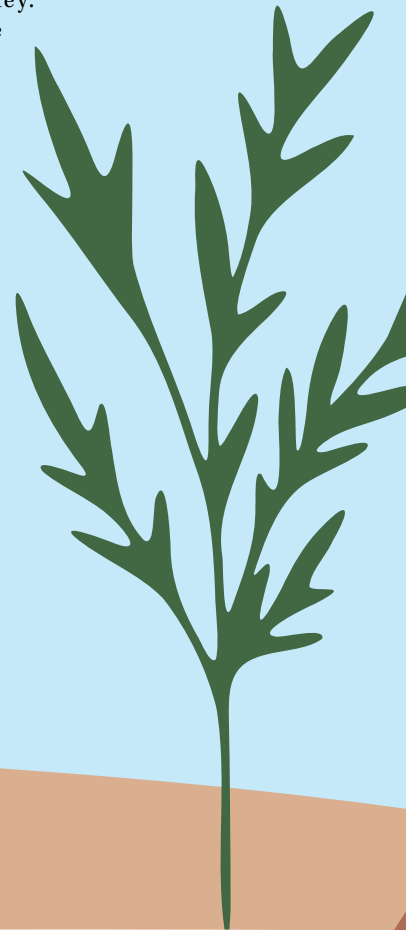
My health is important enough to me that I create intentional habits. My relationship with the Lord is infinitely more important. I have to remind myself daily that all my actions — whether noticeable to others or not — should honor the Lord. This ritual can be cumbersome. It's much easier to fall into the trap of thinking my intentions are good or my actions are justified. Just like it's much easier to sit on a chair. But if I don't consistently ask God to reveal my innermost thoughts,

I will happily skip over the truth. It isn't convenient either. I'm usually convicted and have to stop in my tracks.

Psalm 139:23 — 24 Search me, God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Doesn't everyone want to be liked? To succeed? To get a pat on the back? You might have people around you (with good intentions) telling you it's totally understandable that you are just "driven" and there's nothing wrong with wanting to be "successful". But let's examine what's behind your drive before we say there's nothing wrong with it.

Obedience to the Lord is key. And there are times when we are in a valley, and it is all we can do to just be obedient to the Lord. Our emotional exhaustion has taken over, and we are simply on autopilot. That season is real, and if you are there, please tell as many people as possible so they can be praying for you. The power of God is the only thing that can truly pull us out, so let the people pray! However, when we are in our everyday circumstances,



going through the motions of life, are we giving honor and glory to the Lord in our actions and our motives? As Christian adults, I feel like it would be beating a dead horse to tell you that our joy isn't found in things — we know that. Things don't make us happy, and circumstances change, but we are to find our joy in the Lord, and we were created for His glory — to honor and worship Him. Revelation 4:11 says, "You are worthy, our Lord and God, to receive glory and honor and power, for you have created all things ..."

My circumstances right now are rather generic. I'm a wife, mom of two teen boys, and a Christian school counselor. To the onlooker, when I do things, people probably assign me motives that are better than they really are. For example, I want to be a good school counselor. I want to help kids out of bad situations and teach them to thrive in a fallen world. But instead of thinking, "I want to be the best school counselor," I should be thinking, "How can I honor God when I counsel my students?" It is more than just semantics. Let me explain.

Think of a famous person who gives a lot of money to charities for impoverished people. As you think of (insert name of a billionaire philanthropist that is known to build schools and feed the hungry), do you also automatically think they love the Lord? Or I can use an example closer to home. If I (a Christian) drive my

elderly aunt to the hospital, you might think I am doing the Lord's work. But a lot of atheists drive their relatives to the hospital. Lots of skeptics give to charities. Lots of agnostics do community service. What makes anything I do any different? Isaiah 29:13 says, "The Lord says, 'These people come near to me with their mouth and honor me with their lips, but their hearts are far from me.'"

When I strip away all the worldly advice that says, "you're just doing the best you can," and I analyze my actions, are they honoring the Lord?

At the end of the day, at the end of this life, I am alone with the Lord, and He knows my heart, my intentions, my motives. I can distort conversations to go my way. I can be a people pleaser.

I can look the part. But the Lord knows. So, I have to ask myself constantly, how can I honor the Lord when I respond to that text? How can I honor the Lord when I talk about that student? How can I honor the Lord in my marriage? Am I honoring the Lord when I write that email? Am I honoring the Lord when I make that joke?

These aren't questions that I ask anyone else. Even though the Lord has put people in my life to give Biblical wisdom, there are times when I need to be alone with God and ask these questions. Which all build upon this: Am I living out Romans 11:36? "For from Him, and through Him, and for Him are all things." All things.

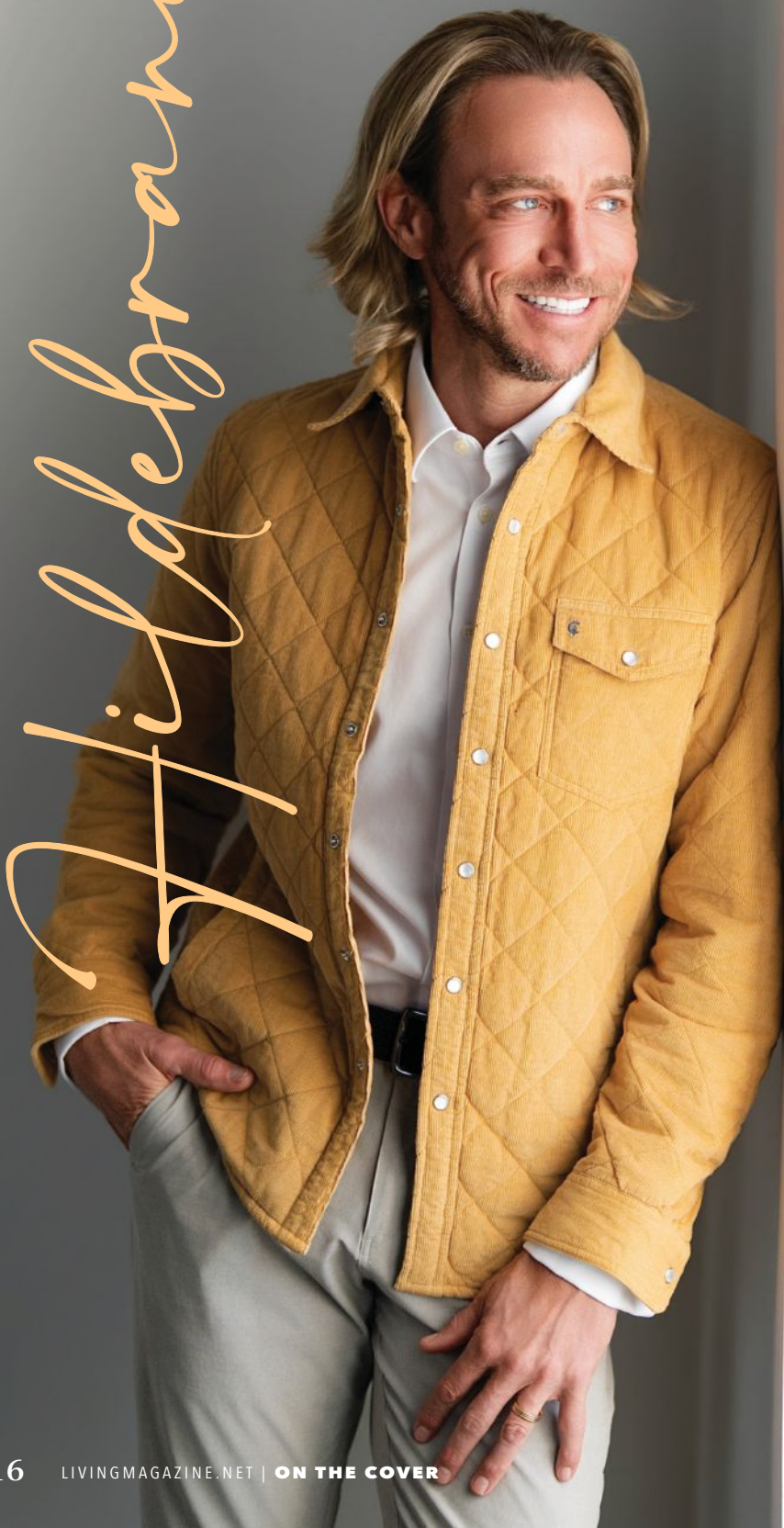
It's uncomfortable. But a couple of months ago, when I first started sitting on the ground every day, it was much harder to get back up than it is today. 🙏



DR. JED

HILDEBRAND ORTHODONTICS

Hildebrand



Year after year, Dr. Jed Hildebrand is voted “Best Orthodontist” in multiple publications—by his patients and by his peers. And it’s no wonder. Dr. Hildebrand has figured out a formula for offering his patients superior service and A-list treatment with flexible payment options to make elite care affordable. It’s his way of giving back! The result for his patients has been the show-stopping smile they’ve always wanted at a price they can feel good about paying.

Patients and their families have a lot to say about this hometown orthodontist with big-city energy. And where do local dentists refer their patients and take their own kids for braces? Hildebrand Orthodontist, of course, which means he’s the best of the best. When you think of “the best” you might think most expensive, but Hildebrand Orthodontics comes at an affordable price for families so all of Arlington’s children can have a beautiful smile.

“These days the corporate offices without the doctor’s name as the provider look like a quick cheap option but be warned you will likely not have the same provider for your child’s whole treatment and the results can be less than ideal due to a rotating new orthodontist each year in the practice,” Dr. Jed said.

So many parents comment “I’m so glad I found Hildebrand Orthodontics, it’s been an amazing experience and my child’s smile looks so good.”

Once you meet Dr. Hildebrand at the consult, you realize he’s funny and down to earth coming from a local family having grown up in DFW. His goal is to look after the children of this community and provide the quality smile kids deserve.

As one patient's mom put it, "I love going to the office because it's such a happy place with the staff and Dr. Hildebrand smiling and laughing each time we visit."

Another wrote, "It was more affordable and my son loved Dr. Jed. I couldn't believe I almost went to the corporate office down the street which I thought would be cheaper but I was wrong, Hildebrand Orthodontics provides the best payment plans and worked with my budget."

"We designed the office décor to be fun and uplifting," Dr. Jed said with his trademark, dazzling smile. They accomplished this with tons of natural light streaming in through oversized windows, clouds painted on the ceiling, retro neon lights, and fun, upbeat coastal murals.

EARLY TREATMENT DIAGNOSIS

"There's no reason any parent shouldn't follow the American Association of Orthodontics recommendation for children to receive a free evaluation by an orthodontic specialist no later than seven years old," Dr. Jed said. "Waiting on a dentist to refer your child to an orthodontist is not recommended and could create lifetime issues which are irreversible if not treated before all the adult teeth come in."

NO AGE LIMIT

Dr. Jed also treats patients all the way into their 60s or 70s. "You're never too old for gorgeous, fully-functioning teeth," he said. "We offer a free consultation to every patient at every age." Because older patients don't always want traditional braces, Hildebrand Orthodontics offers Invisalign clear tooth aligners at the same price as traditional braces.

"There's no reason any parent shouldn't follow the American Association of Orthodontics recommendation for children to receive a free evaluation by an orthodontic specialist no later than seven years old."

NO WONDER!

Dr. Jed is passionate about offering his patients the best technology available and has stayed current with multiple CE courses to stay on top of the fastest and most effective treatment options available. He was one of the first in the area to use high-tech flexible wires which respond to the temperature of the patient's mouth to straighten teeth faster and with far less discomfort. "No more tightening of braces and no more bands on back teeth," Dr. Jed said. "That translates to less risk of cavities. We're also using the new mini braces, the smallest braces on the market—50% smaller than traditional braces—that decrease treatment time by six months."

Dr. Jed has pioneered an orthodontic breakthrough such as Digital Indirect Bonding System with Artificial Intelligence (DIBs), a new technology that utilizes 3D printed custom trays to perfectly place brackets. "By incorporating DIBS AI into our practice, we can use an advanced algorithms to plan the optimal placement of each bracket and more effectively move teeth into their desired positions, reducing the need for adjustments," Dr. Jed said. "This results in shorter overall treatment time, improved comfort for our patients, less time in the chair, and more predictability in treatment outcomes, leading to beautiful, perfectly-aligned smiles—at any age."

MEET DR. JED HILDEBRAND

Jed Hildebrand grew up in the Dallas area attending Plano High where he played soccer. Now he enjoys being a dad on the sidelines cheering his kids on as they play football, lacrosse, and competitive cheer. He earned a Bachelor of Science in biology from Baylor University, where he played soccer on the University's team and won 2nd in the nation his freshman year as a starter. He received his Doctorate of Dental Surgery from Texas A&M College of Dentistry and continued his dental training at Case Western Reserve University. He completed an orthodontic residency program to become a board-eligible specialist in orthodontics and received his Master of Science in dentistry. He served as President of the Arlington Dental Study Club and a proud member of the American Association of Orthodontics.

Dr. Jed enjoys participating in Christian dental missionary work in Mexico and has traveled overseas to dental clinics in refugee camps in Cambodia, India, and Thailand. He attends Prestonwood Baptist Church, where he's a frequent speaker. In the fall of 2002, Dr. Hildebrand was a contestant on Survivor V: Thailand. He's also appeared on MTV's TRL, The Caroline Rhea Show, CBS's The Early Show, Entertainment Tonight, Extra, E!, Inside Edition, and The Ticket talk radio show.

His wife and fellow dentist, Kim, is taking a break from her dental practice to be a fulltime mom to their son, Kai, and daughter, Liv. Outside of the office, Dr. Hildebrand enjoys motorcycling, wakeboarding, surfing, and playing in a men's premier soccer league in Dallas. His brothers, Brody and Sloan, and his father, David, are also dentists with specialty practices in Dallas.



CREATE *Epic Vibe Fest*

CELEBRATING CREATIVITY & COMMUNITY


The 2nd Annual Create Epic Vibe Fest brought an energetic celebration of art, music, and community to Grand Prairie. Hosted inside The Epic Rec Center, the free indoor festival welcomed guests from across North Texas for an afternoon filled with creativity, culture, and family-friendly fun.

Throughout the day, attendees explored a vibrant marketplace featuring original artwork and handmade goods from local and emerging artists. From paintings and prints to unique crafts, the festival highlighted the depth and diversity of the region's creative talent.

Live music filled the venue across two distinct stages. The Epic Grand Theater showcased an eclectic mix of Latin, Folk, Americana, and Rock performances, while the Singer-Songwriter Stage in the Grand Lobby offered intimate acoustic sets that spotlighted original music and storytelling.

Guests also enjoyed a variety of local food vendors serving everything from barbecue and Mexican cuisine to Asian dishes and festival favorites. Hands-on art activities and popular skateboard painting workshops ensured there was something for every age.

With free admission and parking, Create Epic Vibe Fest once again proved to be more than an event — it was a meaningful gathering that celebrated local talent and brought the community together under one roof.

For more information, visit createarlington.com 

Courtesy: The Epic Rec Center







KEEPING DALLAS, FORT WORTH, AND ALL SURROUNDING AREAS COMFORTABLE AT HOME AND AT WORK

BY DAVID BUICE

In Dallas, Fort Worth, and surrounding North Texas communities, indoor comfort is part of daily life. Summers are long, hot, and humid, while winters, though shorter, can still bring freezing nights and occasional arctic blasts. For more than 20 years, Affordable Air has helped families and businesses manage those extremes with dependable heating and cooling services.

Founded in Garland and still rooted in the community, Affordable Air has grown alongside the cities it serves. Their service area extends across much of North Texas.

Wherever Affordable Air technicians go, their approach remains the same: honest service, clear communication, and fair pricing.

A COMPANY BUILT ON TRUST

Many homeowners approach HVAC service

with caution. Too often, people worry about being sold services they don't need or being confused by technical explanations. Affordable Air has intentionally built its reputation on transparency and respect.

Their technicians focus on plain language. Instead of overwhelming customers with technical terms, they explain problems simply: what's wrong, what the options are, and what the cost will be. That straightforward approach has earned them loyal, repeat customers across the DFW area and beyond.

RESIDENTIAL SERVICES: COMFORT FOR EVERY HOME

DFW is a diverse metroplex with a wide range of homes. These include older houses with aging systems, mid-century neighborhoods, and newer developments. Affordable Air tailors its services to each situation.

Residential Services Include:

Air Conditioning Repair and Replacement: When an air conditioner fails in a North Texas summer, time is critical. Affordable Air offers 24/7 emergency residential and commercial service because extreme heat can be dangerous, especially for children, seniors, and people with health conditions. If a system can be repaired, they act quickly. If it truly needs replacement, they explain why and present clear options.

Heating Services: Though Texas winters are mild compared to northern states, cold snaps and subfreezing temperatures occasionally happen. Affordable Air provides heating repair, replacement, and maintenance so families are never left in the cold.

Indoor Air Quality and Clean Air: North Texas is known for dust, pollen, and

seasonal allergies. Affordable Air helps improve indoor air through duct cleaning, better filtration, and systems that reduce airborne irritants. Their goal is not just to control temperature, but to create healthier homes.

Preventive Maintenance: Regular checkups help prevent breakdowns and extend the life of heating and cooling systems. Many homeowners schedule annual or twice-yearly maintenance to avoid costly emergency repairs. Regular maintenance helps keep homes cool in summer and warm in winter, while reducing the likelihood of costly breakdowns and repairs.

COMMERCIAL HVAC: SUPPORTING BUSINESSES

Affordable Air also serves local businesses across DFW and surrounding communities. Commercial heating and cooling systems are often larger, run longer hours, and serve more people. When a system fails in a business, it can disrupt operations, make customers uncomfortable, and even force temporary closures.

Affordable Air works with a wide range of commercial clients, including retail stores, offices, restaurants, churches, schools, daycares, and light industrial facilities.



Commercial Services Include:

New System Installation: For new buildings or major renovations, Affordable Air helps design and install systems that fit the size and use of the space, with a focus on reliability and long-term performance.

Fast, Practical Repairs: When problems arise, Affordable Air responds quickly and works around business hours whenever possible to minimize disruption.

Ongoing Maintenance for Businesses: Many commercial clients rely on Affordable Air for routine maintenance to reduce the risk of sudden breakdowns. This service is especially important for facilities like restaurants, medical offices, and schools where temperature control is critical.

DALLAS, FORT WORTH, AND BEYOND: LOCAL ROOTS, REGIONAL REACH

While Garland remains their home base, Affordable Air serves communities across North Texas. Even as they have grown, they have kept a local, neighborly approach. Many of their technicians live in the same communities they serve, which strengthens their commitment to doing good work.

FLEXIBLE FINANCING AND SPECIAL OFFERS

Affordable Air understands that heating and cooling repairs — especially full system replacements — can be a financial challenge. To make services more accessible, they have partnered with major financial institutions to offer convenient and affordable financing options.

Customers can complete a quick and easy online application, making the process simple and convenient. Once submitted, applications are reviewed promptly, and Affordable Air contacts customers right away to discuss options and schedule installation if needed.

Affordable Air offers flexible financing plans which allow qualified customers to:

- Upgrade their AC system now and pay over time
- Access competitive financing rates for qualified borrowers
- Take advantage of no penalties for early pay-off



- Use financing as a strong option in emergency replacement situations, when a system fails unexpectedly and immediate replacement is needed

Affordable Air also offers seasonal specials, particularly for maintenance tune-ups, helping homeowners and business owners save money while keeping their systems in good working condition.

A COMPANY THAT CARES ABOUT COMMUNITY

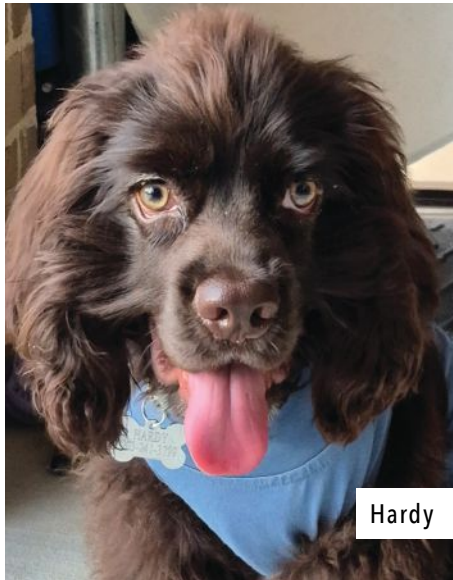
Affordable Air serves more than homes and businesses — they serve your community. Many of their customers are your friends and neighbors, and they take that responsibility seriously. Their commitment shows in their careful work, fair pricing, and long-term relationships.

Whether you are a homeowner or a business owner, Affordable Air is committed to keeping your space comfortable year-round.

With decades of experience, skilled and courteous teams, and a customer-first mindset, Affordable Air has earned its reputation as one of North Texas' most reliable HVAC companies.

If your air conditioner is struggling, your heater isn't keeping up, or you simply want to prepare for the next season, Affordable Air is ready to help, serving North Texas communities as a company that is Trusted, Reliable, and Affordable.

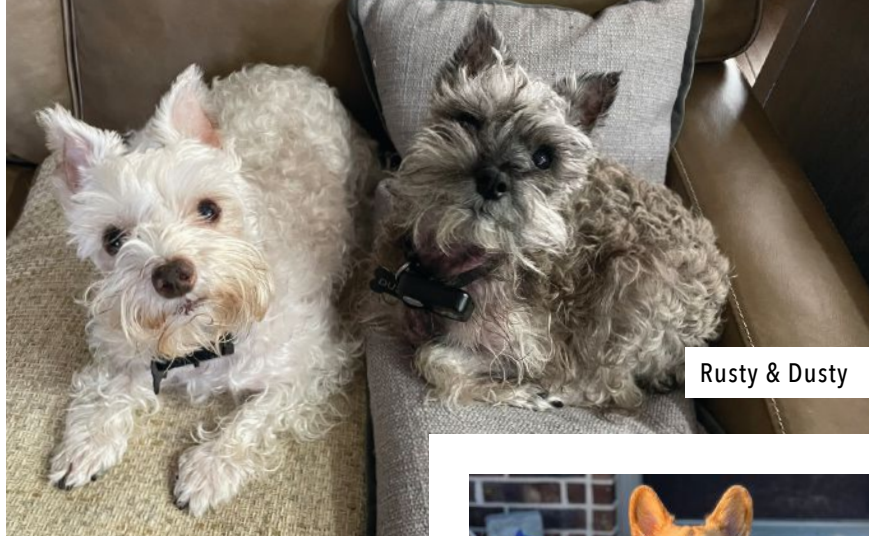
LIVING Pet Club



Hardy



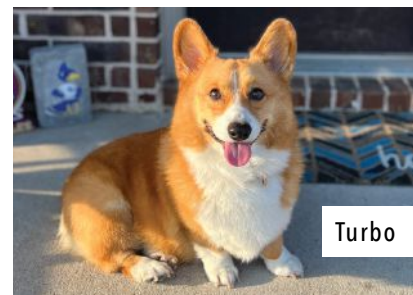
Millie



Rusty & Dusty



Ollie



Turbo



Presley



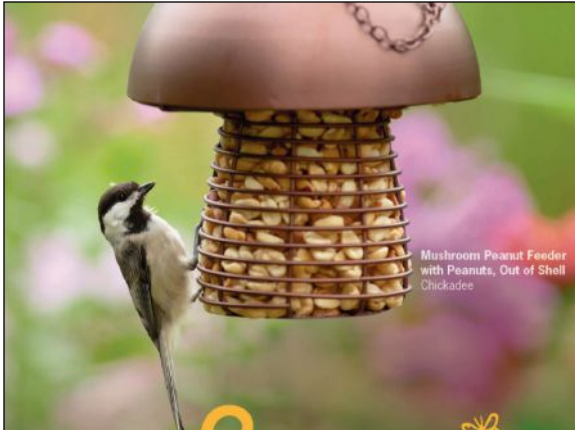
Rocky



Grumpy

PET CLUB MEMBERS

To join the club, visit LivingMagazine.net/pet-club. Send your pet's name, your name, your address, and a clear photo of your pet. They might just turn up in a future issue of Living! 🐾



Mushroom Peanut Feeder with Peanuts, Out of Shell Chickadee



Spring is the perfect time to refresh your yard and welcome more birds. Whether you're hoping to attract spring arrivals or give your regular birds a little variety, even small changes can dial up the joy this season. Add a new feeder or try offering a new type of bird food. Shop now and save on something new for you and your birds.

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ACCENT PODIATRY ASSOCIATES

Dharmesh "Dan" Bhakta, DPM, FACFAS
Shae Paschal, DPM, FACFAS
Jacob Jasper, DPM, FACFAS,
Parth Bhakta, DPM, FACFAS
Steve Silvey, LPT, CWC

BY MEREDITH KNIGHT
PHOTO BY LANDON DAY

The Accent Podiatry Associates docs want you to know the pain you're experiencing in your feet and ankles isn't just a symptom of aging or something you need to "get used to". And they should know. They are the local feet and ankle experts. Whether you're experiencing heel pain, sports injuries, diabetic foot care, or anything in between, the Accent Podiatry team offers personalized, compassionate care to get you back to doing the things you love to do.

It was with your healthy, fully functioning feet in mind that they built a one-stop shop for everything from simple fungal nails to complex foot surgery. And they do it all with a heaping dose of compassion and southern hospitality. At Accent Podiatry, you're not just a pair of feet with ankles on top. You're a member of the Accent Podiatry family.

The practice focuses on the latest techniques and technology with state-of-the-art podiatric services tailored to your specific needs. Whether you're a pro athletes, a weekend warriors, senior citizen or a child, they offer a minimally invasive approach to addressing foot or ankle problems. And surgery is always their last resort.

The Accent Podiatry team understand your life is hectic, Hey, theirs is, too. They're committed to making care as convenient and accessible as possible, always respecting appointment times, and making themselves available, when their patients need them. Their website at AccentPodiatry.com offers educational information on common issues such as diabetic foot problems, heel spurs, ingrown toenails, Plantar Fasciitis, and more.



This dynamic podiatry team places an emphasis on patient education and empowerment, taking time to outline all treatment options then partnering with patients to pursue the least invasive options first, looking for and address the root cause of foot and ankle problems.

It's no surprise they were voted Best Podiatrist again this year. Patients describe Accent Podiatry providers and staff as friendly, professional, gentle, highly skilled, efficient, thorough, personable, understanding, accommodating, and easy to talk to.

One online reviewer wrote, "The staff makes you a number one priority and ensures that you are 100% satisfied before turning you away. Everyone here, especially the front desk staff, are extremely courteous and polite." Accent Podiatry offices are fun places to visit, too, with doctors, patients, and staff joking and laughing and "doing life" together.

Don't resign yourself foot and ankle pain. The team at Accent Podiatry Associates is just a phone call away. They'll assess the root cause of your problem and help you regain your active, pain-free live again. They're now accepting new patients.

- Foot and Ankle Pain
- Bunions
- Heel Pain
- Plantar Fasciitis
- Diabetic Wound Care
- Flat Feet
- Neuromas
- Children's Foot Care
- Hammertoes
- Achilles Tendonitis

CONTACT

Arlington Office
3050 South Center Street, Suite 140
Arlington, Texas 76017
(817) 557-1006

Mansfield Office
221 Regency Parkway, Suite 117
Mansfield, Texas 76063
(817) 477-3611

Midlothian Office
800 Highlander Avenue, Suite 400
Midlothian, Texas 76065
(817) 987-1030

AccentPodiatry.com

ACCENT ON YOU PLASTIC SURGERY AND MEDI SPA

Y. Anthony Nakamura, MD
Sameer Halani, MD

BY MEREDITH KNIGHT

Plastic surgery is a deeply personal but often transformative decision. For more than three decades, men and women from Arlington—and far beyond—have trusted Dr. Y Anthony Nakamura at Accent on You Plastic Surgery and Medi Spa for excellence in plastic surgery. Dr. Nakamura is a pioneer in his field paving the way for those behind him as he set the standard for excellence in cosmetic enhancement emphasizing natural-looking results in and patient-first care.

Loyal patients were given even more reason to travel from around the country to Accent on You when Dr. Sameer Halani joined the Accent on You team. Together, these two highly skilled surgeons take time to walk their patient through treatment options, realistic expectations, likely outcomes, recovery, and any potential risks of surgery. Because each patient is unique, they customize care. Accent on You Plastic Surgery Center is a fully accredited, free-standing surgery center with at least five on-site nurses to assist with the care of patients and their families.

When you call Accent on You with questions before or after your surgery, a nurse or nurse coordinator is available to answer your call and relay your questions or concerns to the doctors. So, they're just a phone call away.

MEET DR. NAKAMURA

Y Anthony Nakamura has performed thousands of successful breast augmentations, tummy tucks, even complete Mommy Makeovers and has been voted "Best Plastic Surgeon" many times by his patients. With over 30 years of experience, he's a recognized expert in plastic surgery and body contouring, providing excellent care while taking a personal approach with each and every patient. Dr. Nakamura is board certified by the American Board of Plastic Surgery and affiliated with the American Medical Association, American Society of Plastic Surgeons, American Society

of Aesthetic Plastic Surgeons, and Texas Medical Association. He is also a Fellow of the American College of Surgeons.

MEET DR. HALANI

Dr. Halani specializes in a wide scope of aesthetic plastic surgery procedures including facelift, neck lift, rhinoplasty, and thighplasty surgeries. The child of Indian-immigrants, Sameer Halani was raised on the values of hard work, integrity, and persistence. His natural bent toward art and drawing has been a surprising advantage when applied toward his chosen field of plastic surgery. "My goal is to offer my patients the best results in the safest way," Dr. Halani said. "I take pride in knowing my patients have the highest level of care and that they always feel heard. I want to be a good person first and a good

doctor second." He's also passionate about mentoring medical students in the field of plastic surgery.

In addition to providing excellence in plastic surgery, the two doctors oversee Accent on Your Med Spa offering excellence in chemical peels, fillers, facials, lash extensions, microdermabrasion, microneedling, CoolSculpting, and physician-grade skincare products.

Find out more or schedule a consultation at AccentOnYou.com.

CONTACT

3030 South Cooper Street
Arlington, Texas 76015
(817) 417-7200
AccentOnYou.com



ATLAS VEIN CARE

Thomas Eidson, DO

BY MEREDITH KNIGHT
PHOTO BY LAUREN MARIE

When becoming a doctor, Dr. Thomas Eidson decided to specialize—and then specialize again. He narrowed his scope from family medicine to venous and lymphatic medicine, and from there he focused specifically on evaluating and treating vein problems of the legs.

Even with all his expertise, Dr. Eidson takes care to communicate with patients at their level. “My goal is not to speak jargon at you,” he said. He spends time with each patient, making sure they understand their unique condition and explaining the options available for treatment. He and his team of experts at Atlas Vein Care in Arlington use their prowess along with advanced, state-of-the-art equipment to provide personalized, compassionate care.

Doctors like Dr. Eidson who specialize in vein care are called Phlebologists. They understand that vein issues are extremely common and can be caused by genetics, weight changes, pregnancy, or spending large amounts of time stationary, such as sitting or standing for your job. They also understand how vital vein health is to overall health, and even vein issues that are considered cosmetic can be signs that veins are having trouble doing their important job of transporting oxygen and vital nutrients to the organs and systems of the body.

Many vein issues can be traced to a condition called Venous Reflux. The symptoms of Venous Reflux varied and include varicose veins and spider veins, leg and ankle swelling, skin discoloration, leg pain, leg fatigue, night cramps, restless leg syndrome, and open skin wounds and ulcers on the legs. Even if a patient experiences just one of these symptoms, there’s a possibility they suffer from Venous Reflux. Left untreated, this condition worsens and leads to increased discomfort and further complications. Fortunately, a simple, painless ultrasound at Atlas Vein Care can determine the scope



of the problem. In just an hour, Dr. Eidson can provide feedback on the results and work with his patient to make a plan.

Dr. Eidson loves helping patients get back to symptom-free living, and he’s passionate about providing the safest, most advanced care to those suffering from vein issues. His patients appreciate his effectiveness and the Arlington community voted him “best vein doctor in Arlington, Texas” four years in a row.

He shares his knowledge with the medical community by speaking at local and statewide medical conferences. He also supports aspiring doctors by mentoring young people interested in medicine and by opening the doors of Atlas Vein Care to serve as a rotation site for medical students.

Dr. Eidson was born and raised in Arlington. He enjoys spending time with his wife and

family, volunteering at his church, fishing, hunting, and, of course, using his expertise to provide hope and healing to people in his community. Reach out to Atlas Vein Care today for a no-commitment consultation and work with Dr. Eidson to get back to looking and feeling your best.

CONTACT

2701 Matlock Road
Suite 103
Arlington, Texas 76015
(817) 795-8346
AtlasVein.com



WANT TO KNOW MORE?
SCAN HERE!

TEXAS CENTER FOR UROLOGY

James Kelley, DO

BY MEREDITH KNIGHT
PHOTO BY LAUREN MARIE

As a young man, James Kelley had visions of becoming a professional guitar player, a pro athlete, or an award-winning craftsman creating things from wood. But his own harrowing health struggles pulled him toward a medical career. Once in med school, he was fortunate to stumble onto the field of urology.

It was a perfect fit providing a blend of a cutting-edge surgeries and a relationship-driven practice, allowing him to forge long-term relationships while improving the lives of his patients.

As a general urologist, Dr. Kelley treats a wide range of urology problems across all aspects of the field. “I treat male and female urinary issues, including benign prostatic hyperplasia (BPH) in men and urinary incontinence in women,” he said. “I’m fortunate to offer some of the latest technology to care for these problems, including multiple minimally invasive and state-of-the-art treatment options.”

At Texas Center for Urology Dr. Kelley offers advanced Aquablation for BPH, sacral neuromodulation, and Bulkamid for female incontinence, and so much more. “I encourage patients even if they’re just curious about available options to come by and consult with me,” he said. “We can often find solutions they didn’t know were possible—solutions that weren’t available until recently.”

Patients praise Dr. Kelley for the time he spends really listening to them then patiently outlining their treatment options. “I never want someone to leave an appointment with me with unanswered questions,” he said. “Every patient is unique, and their condition, lifestyle, and medical preferences are unique. I want each patient to understand what I’m recommending and why. We never move forward until they’re comfortable with my recommendations.”



Dr. Kelley never wants a patient of his to feel like “just a number”. “I want to be my patient’s advocate and take the time to guide them toward the best treatment options possible to fit their goals and needs,” he said. “They’re in the driver’s seat when it comes to decisions about their care.”

MEET JAMES KELLEY, DO

Dr. Kelley’s goal every day is to make his wife and three daughters proud. “My wife, Rebecca, has been by my side since before medical school,” he said. “We’ve been blessed to build an amazing life in this incredible community with our three beautiful, sassy girls.”

The family loves exploring DFW, especially new restaurants, outdoor patio spaces, and local parks. “We’re foodies and love trying new, date-night dinner spots,” he said.

Dr. Kelley volunteers with UNT Health Science Center Texas College of Osteopathic Medicine as a urology specialty advisor and welcomes undergraduate and medical

students to shadow him at his practice. The Kelley’s are members of Creekwood Church in Mansfield.

“I treat every patient like a member of my family,” he said. “They can rest assured any time we’re discussing treatment options I’m presenting the options I’d want for my own family and friends.”

Find out more at TexasCenterforUrology.com.

CONTACT

1759 Broad Park Circle South
Suite 101
Mansfield, Texas 76063
(817) 871-9069
TexasCenterforUrology.com



WANT TO KNOW MORE?
SCAN HERE!

AUDIOLOGY EXPERTS

Marla Gracia, AuD

BY MEREDITH KNIGHT

As an audiology expert, Dr. Marla Gracia experiences the world a bit differently from the rest of us. “Most people don’t know that I judge a restaurant by its acoustics before I even look at the menu,” she said. She knows how powerful sounds can be in perception, and how disruptive it can be when something is wrong.

Dr. Gracia has always been attuned to the ways hearing shapes our experience of the world. As the hearing child of deaf parents, she gained an intimate understanding of the disconnection communication barriers can cause. This gave her an intrinsic passion for empowering people in the deaf and hard-of-hearing community to stay connected.

That passion saw her all the way to a Doctorate in Audiology from the University of North Texas, and shapes the work she does at her practice, Arlington’s own Audiology Experts, where she offers comprehensive, evidence-based hearing care. She and her team combine advanced diagnostic testing, modern hearing technology, and personalized treatment to help their patients hear clearly, communicate confidently, and stay connected to their world.

For someone who specializes in the hearing of others, Dr. Gracia does a lot of listening. She takes time with each of her patients to listen to their story and hear their concerns, using patience and attention to connect and understand the intricacies of each patient’s unique story. It’s important to Dr. Gracia that every patient feel welcomed, supported, and listened to. During this step, she and her team also perform a non-invasive but thorough hearing evaluation to determine the type and degree of hearing impairment in each ear.

Armed with a solid understanding of her patient’s situation and priorities, her next step is patient education. She makes sure her patient fully understands what’s going on with their hearing and what options are available to them. Dr. Gracia knows the



importance of early intervention for hearing loss prevention, and makes sure each patient does, too. She also shares her knowledge of the ways hearing connects to brain health and daily living so every patient understands the importance of prioritizing their hearing health.

Once a patient is informed on all fronts, Dr. Gracia works with them to form a plan. Each plan is personalized to the patient, supportive of their needs and goals, and crafted with expertise and care. This comprehensive approach helps Dr. Gracia and her team at Audiology Experts improve her patients’ communication and overall quality of life, not just the numbers on their hearing test results.

The work she does can be life-changing. Her patients are delighted by the return of simple pleasures like listening to bird song and report a reduction in day-to-day

miscommunications. With the combination of advanced technology, expert knowledge, and individualized, compassionate care from Dr. Gracia and the team, patients are equipped with knowledge and technology that give them back a huge part of themselves and the confidence to participate fully in life.

CONTACT

1261 West Green Oaks Boulevard
Suite 105
Arlington, Texas
(817) 451-4818
AudiologyExperts.com



WANT TO KNOW MORE?
SCAN HERE!

SURGICAL ASSOCIATES OF MANSFIELD

Gary Alexander, MD, FACS, CPE
Jeremy Parcels, MD, FACS,
Joshua Trussell, MD, FACS, CPE,
Andrew Standerwick, MD, FACS,
Ivan Cruz, MD, FACS

BY MEREDITH KNIGHT

The five board-certified surgeons at Surgical Associates of Mansfield are experts in a range of traditional and laparoscopic procedures. These eminently trained and experienced surgeons have enhanced the lives of many of your DFW neighbors. They can do the same for you.

For almost 20 years, SAM surgeons have delivered world-class care, combining advanced technology with personalized patient treatment plans. Extensively trained in robot-assisted techniques, SAM surgeons have performed hundreds of successful robotic surgeries leading the way in minimally invasive surgery while prioritizing patient safety and satisfaction. Through the use of the latest surgical techniques and technology they've successfully returned quality of life to hundreds of patients. It's no wonder local family medicine doctors recommend Sam to their patients.

Every patient's journey begins with a thorough evaluation, utilizing the latest imaging techniques. Following surgery, this dedicated team provides detailed recovery plans to promote healing and prevent recurrence.

GARY ALEXANDER, MD, FACS, CPE

Practice founder Gary Alexander is a board-certified general surgeon specializing in surgery of the gastrointestinal tract, including heartburn/reflux surgery, gallbladder surgery, and colon surgery. Since 2007, he's performed thousands of procedures including colonoscopy for diagnostic and cancer screening, thyroid surgery, breast surgery, vascular access surgery, and skin and soft tissue surgery.

JEREMY PARCELLS, MD, FACS

Jeremy Parcels performs a wide range of procedures including hernia, gallbladder,



anti-reflux, colorectal, bariatric surgery, and a full range of complex laparoscopic and robotic surgeries. "Robotic surgery represents the next stage of growth and innovation, allowing us to perform operations we're already performing laparoscopically — only better," he said.

JOSHUA TRUSSELL, MD, FACS, CPE

As a broad-based general surgeon, Joshua Trussell performs common procedures for conditions such as gallbladder disease, appendicitis, small bowel disorders, and soft tissue infections and masses. He repairs all types of hernias, including advanced abdominal wall reconstruction and repair for large loss of domain incisional hernias. He specializes in surgeries for colon cancer and skin malignancies, including melanoma, and has experience in bariatric procedures, including laparoscopic sleeve gastrectomy.

ANDREW STANDERWICK, MD, FACS

Andrew Standerwick performs a wide variety of procedures, focusing on those involving the abdomen and related organs. He has a special interest in hiatal hernias, inguinal hernias, and anti-reflux surgery, and specializes in weight-loss surgeries, including

Roux-en-Y gastric bypass, laparoscopic sleeve gastrectomy, and revision surgery.

IVAN CRUZ, MD, FACS

Ivan Cruz is a board-certified general surgeon with a special interest in treating colon cancer, gallbladder issues, acute appendicitis, umbilical hernias, inguinal hernias, hernias of the abdominal wall, and complications of peptic ulcer disease. He performs screening colonoscopies, upper GI endoscopies, and cyst and lipoma removals.

As pioneers in robotic-assisted repair, SAM surgeons will continue to push the boundaries of possibilities in minimally invasive surgery. Find out more at MansfieldSurgery.com

CONTACT

2975 East Broad Street, Suite 200
Mansfield, Texas 76063
(682) 518-8619



WANT TO KNOW MORE?
SCAN HERE!

REGENCY PAIN & THERAPY INSTITUTE

Jason Butler, MD
Mark Dirnberger, DO

REDUCING PAIN, CHANGING LIVES

Regency Pain & Therapy Institute provides a full range of comprehensive services and treatment options for patients suffering from chronic or acute pain. Our doctors have helped thousands of patients improve their quality of life and they can help you! From conservative treatment plans to the most advanced minimally invasive procedures, our team of experienced providers are committed to helping patients get back to their everyday life as quickly as possible and without long term reliance on medications.

The Regency Pain team is committed to providing exceptional care and service throughout the treatment process while offering patients support and encouragement every step of the way. The focus is on providing patients with a one-stop-shop, including patient education, medications, physical therapy, injections, and various procedures to treat pain –all under one roof. Because every patient is unique, care is tailored, highly personal, and centered around the patient, their well-being, and their individual needs.

REGENCY PAIN & THERAPY INSTITUTE IS AN INTERVENTIONAL PAIN MANAGEMENT, NEUROMUSCULOSKELETAL MEDICINE, SPORTS MEDICINE, AND OSTEOPATHIC MANIPULATIVE MEDICINE PRACTICE OFFERING HELP FOR THOSE SUFFERING WITH:

- Neck Pain
- Lower Back Pain
- Sciatica
- Arthritis (Knee, Hip, Etc.)
- Car Accidents
- Sports Injury
- Abdominal Pain
- Neuropathy
- Fibromyalgia



GETTING STARTED, MOVING FORWARD

Getting started is simple. Give our office a call to schedule that first appointment and begin your personal journey to a better quality of life! As a new patient at Regency Pain, your first visit will begin with a thorough physical exam and a detailed history of your past care and symptoms. Once a diagnosis has been compiled, you and your doctor will collaborate on an individualized treatment plan tailored specifically to your symptoms and your lifestyle, beginning with the most conservative measures before considering more advanced treatment options.

When you choose Regency Pain, you can be assured that you are choosing a team with the experience, resources, and knowledge to effectively treat your condition and put you on the path to healing. Dr. Jason Butler and Dr. Mark Dirnberger are both well known for their thoughtful approach to patient care. Their personal and professional commitment to excellence offers every patient a warm and caring environment that ensures respect, compassion, and satisfaction. And their mission is simple—to improve a patient's overall quality of life by reducing the burden of both the physical and emotional aspects of chronic and acute pain. With that goal in mind, they're committed to helping patients get back to their everyday activities as

quickly as possible and without long term reliance on medications.

If you are suffering from chronic or acute pain, take that first step toward relief and give Regency Pain & Therapy Institute a call. Our doctors are currently accepting new patients; and if a referral is needed, our team can help. Don't wait any longer, call today and let Regency Pain help you get back to living life!



CONTACT

74 Regency Parkway
Mansfield, Texas 76063
(817) 419-6111
RegencyPain.com



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MANSFIELD FAMILY DENTISTRY

W. Cody Bauer, DDS

BY MEREDITH KNIGHT

Cody Bauer has always called Mansfield home. Born into a large, loving Mansfield family, he graduated from The Oakridge School (and is now caring for some of his former Oakridge classmates and teachers). After watching his parents care for the dental needs of their Mansfield neighbors for decades, Cody was blessed to join them at Mansfield Family Dentistry and, last year, Dr. John handed the reigns to his son to begin a much-deserved retirement. So began a new chapter in the history of Mansfield Family Dentistry.

Dr. Cody and his wife, Stacy, even bought a farm close to his parents to raise their three growing kids. As they've filled that home with laugh and laughter, Dr. Cody has ushered Mansfield Family Dental forward with the latest advanced dental technology and knowhow.

The internet is filled with five-star reviews about Dr. Cody and his stellar staff. One of them said, *"I want everyone who's putting off going to the dentist because of past traumatic experiences to make an appointment today with Dr. Cody Bauer at Mansfield Family Dentistry. He is caring and compassionate. The entire staff make you feel safe and confident in their care. If you need a dentist but are scared, call them today. You'll be so happy you did."*

Another wrote, *"From the moment you walk in, the receptionist creates a welcoming experience and thanks you for coming. The hospitality I experienced from literally everyone is something I've never experienced from ANY sort of medical professional building. They kept me informed every step of the way. I never felt pressure to make a decision, and they prevented the 'sales pitch' feel. I honestly can't find a single thing wrong with this dental office."*

Dr. Cody understands that a trip to the dentist produces anxiety in some people. But he's found that, if he can slow things down



and explain his treatment recommendations, answer all his patient's questions and concerns and let them know they're in the driver's seat, he can relieve much of that anxiety. "I never want to proceed with any treatment until the patient is 100% on board and ready to proceed," he said. "We've also invested in advanced dental technology that makes treatment gentler and much more precise."

That technology includes state-of-the-art diagnostics such as high-resolution 3-D scanners, intraoral cameras, and intraoral scanners, as well as dental lasers for treating tooth decay, periodontal disease, performing biopsies and removing oral lesions and Dentalvibe for painless injections.

Once his patients are confident in his care,

Dr. Cody wants to offer all the dentistry they need under one roof. Toward that end, he offers dental implants, root canals, sedation dentistry, tooth extractions, porcelain veneers, crowns, dentures, bridges, nitrous oxide, laser teeth whitening, inlays and onlays, bonding, fillings and restorations, dental sealants, Invisalign clear tooth aligners, and help with sleep and snoring issues all at his Mansfield location. Find out more at MansfieldDentistry.com.

CONTACT

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MansfieldDentistry.com

BIANCA BUSCH, MD

BY MEREDITH KNIGHT

Dr. Bianca Busch understands that finding mental health solutions means more than taking a pill. Although medication can be a helpful form of intervention, she knows that lasting change often only comes from the insight, skill-building, and sense of partnership gleaned through psychotherapy. Dr. Busch founded her practice in 2020 with the intention to thoughtfully integrate psychotherapy with medication management, knowing that both are essential to achieving and maintaining strong mental health.

Dr. Busch was raised in New Mexico and attended the University of Chicago, where the academic rigor shaped her as a learner and thinker. After college, she worked in public health, which deepened her commitment to serving families and communities.

Medical school expanded her fascination with how the human body works and psychiatry felt like the perfect intersection of her interests in both the social and biological sciences. She completed her child and adolescent psychiatry training at Boston Children's Hospital, where she developed a strong foundation in evidence-based care.

On her professional journey Dr. Busch has had incredible mentors who modeled patient advocacy, thoughtful practice-building, and holistic care. From them, she learned that excellent medicine is not just about knowledge, it's about listening well and caring deeply.

She and her family moved to the Dallas-Fort Worth area in 2021 to be closer to extended family. She has loved putting down roots here and enjoys the warm weather, community spirit, and abundance of activities for families.

Dr. Busch prioritizes listening carefully and partnering with her patients to make decisions about their mental health. It's important for her that her patients feel



respected, understood, and actively involved in their care. Patients often remark that, during sessions, they feel truly heard.

Her practice in Mansfield was designed to be warm, welcoming, and comfortable. "I want people to feel at ease the moment they walk through the door," Dr. Busch said. "My team and I strive to offer a concierge-level experience where patients feel respected, heard, and supported throughout their care."

Dr. Busch is dual-board-certified in adult psychiatry and in child and adolescent psychiatry and is currently welcoming new patients in Mansfield. She also provides virtual care across multiple states. This allows her to continue caring for patients as they leave for college, relocate for work, or move for life transitions. That continuity of care has allowed her to walk alongside patients through different stages of their lives, watching them graduate, change jobs, enter relationships, and grow into who they're meant to be.

She spends her free time with her husband and two young children, supporting them in their extracurricular activities and exploring the DFW area together. She and her family recently joined a new church and have enjoyed getting connected and involved in ministry.

Dr. Bianca Busch knows it can be hard to ask for help. She applauds her patients' bravery in reaching out and welcomes the opportunity to provide thoughtful, evidence-based psychiatric care that empowers individuals and families to thrive at every stage of life.

CONTACT

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PECAN TREE DENTAL

Quinn J Smith, DMD, Duke Doan, DDS, and Rushita Shah, DMD

At Pecan Tree Dental, we're in the people business. We understand that dental care isn't just about teeth – It's about you, your family, your comfort, and your peace of mind. Our Mission Statement is: "To be the most loved dental home in our community, where patients feel like family and become our best practice ambassadors, team members master their profession, and trust is built at every visit."

With over 100 years of combined dental education and experience, our compassionate and caring doctors and team offers all your dental care needs under one roof, giving you and your loved ones the best possible outcome – gently and lovingly.

WHAT SETS US APART?

It's Truly All About You.

We take time to listen, explain, and understand your needs and concerns. We pride ourselves in providing a friendly, clean, welcoming environment where patients feel known, respected, and cared for. We deliver advanced and modern dentistry with heart, service, and innovation.

ROOTED IN COMMUNITY. DRIVEN BY SERVICE.

Service is at the core of who we are...from helping prepare and feed our homeless neighbors to staying active in our local church and youth groups, we believe in giving back – because caring doesn't stop at our front door.

Every year during Mother's Day, we proudly open our doors to provide Free Dental Care to our amazing mothers and women in our community. It's our way of saying thank you to those who give so much to everyone else. "This is more than a dental office – it's a place that genuinely cares about people."

WHAT OUR PATIENT'S SAY- 5 STAR GOOGLE REVIEWS

"The entire team is incredibly friendly and welcoming. They made me feel comfortable from the moment I walked in. I've never had a dental experience like this – honest, gentle, and truly caring."

"Dr. Smith is from a family of 10 kids...he is lucky number seven. He learned hard work and dedication early in life while getting up early before school to milk the family cow and take care of all the animals on the

family farm. He also excelled in sports and loved the challenges that only working with a team to achieve a goal can bring. He and his wife Rachel have four energetic and happy children and love spending time together."

"Dr. Doan is a loving and caring people person that is a true perfectionist with his work. He would be considered 'a dentists' dentist'. He is an avid Pickleball player and loves to travel.

Dr. Shah is so caring and everyone who meets her, loves her. She is an exceptional dentist, humble, always learning, and is a great listener. She loves astrology and traveling in her spare time. She and her husband have one adorable daughter."

Reach out to Pecan Tree Dental today to start a lasting relationship with a dental health team who cares what's best for you and your family.

CONTACT

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Grand Prairie, Texas 75052
(972) 262-5111
Pecantreedental.com

ARLINGTON ORTHOPEDICS ASSOCIATES

Frank Rodriguez, MD

BY MEREDITH KNIGHT
PHOTO BY LAUREN MARIE

Frank Rodriguez was one of those kids who was born running, jumping, throwing, catching, kicking, dribbling, and pushing himself to be faster, better, and more accurate. And like any naturally athletic kid, he saw his share of sports injuries—in himself and his teammates. He saw and lived the frustration of being sidelined from doing the things he was born to do. I guess it was only natural that he'd dedicate himself to helping others like himself—and those of us who are less athletically gifted—stay “in the game”.

As an orthopedic surgeon, it's his life's work and his absolute joy to help people from all walks of life reduce their pain and restore their bodies' functionality and mobility. It's something that's brought him joy and fulfillment for over three decades. “There's nothing more rewarding than seeing a patient who came to me riddled with pain and limitations get back to the active life they love, whether that's training for a marathon or being able to play on the floor with the grandkids,” he said.

Dr. Rodriguez places an emphasis on patient education and empowerment, spending time with each patient explaining their options, answering their questions, and putting their minds at ease. As his practice has grown, he's settled into a specialty in reconstruction, replacement, and arthroscopy of the shoulder, hip, and knee. Online reviews extol his warm bedside manner, treating patients like family, some of them, for over twenty-five years and multiple joint replacement. Loyal patients routinely encourage their family members to come to Dr. Rodriguez for care, as he improves the lives of several members of the same family.

Frank Rodriguez lives with his wife Kimberly, the love of his life, his best friend, biggest cheerleader, and partner of over 40 years. They're proud to call Texas home and wouldn't dream of living anywhere else.



Together they've raised three amazing kids and are head over heel in love with their first grandchild, a little girl. They love the Dallas Fort Worth area because to them it offers the best combination of professional opportunities and lots of SPORTS!

In his free time, Dr. Rodriguez indulges his love of sports by cycling, attending college football games, and collecting sports memorabilia, especially sports cards from the '60s and '70s. In fact, he owns some of the top basketball cards in the world. The family dog, Duncan, the ninth Golden Retriever the Rodriguezes' have owned, even got his name from a former Spurs star, Tim Duncan.

Dr. Rodriguez's home-away-from-home is Christ Chapel Bible Church in Burleson. He and his wife enjoy Bible study and putting God first in everything they do. Dr. Rodriguez

cherishes the opportunity to share the gospel with his patients and often prays with them before surgeries. Find out more about this outstanding healthcare provider at ArlingtonOrtho.com.

CONTACT

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Arlington, Texas 76015
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ArlingtonOrtho.com



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PARK FOREST ORAL SURGERY AND DENTAL IMPLANT CENTER

Haroon Ismaili, DDS, FAAOMS,
DABOMS

BY MEREDITH KNIGHT

Balance, comfort and function- the tenets that drive Dr. Ismaili, a Board Certified Oral & Maxillofacial Surgeon and his team at Park Forest Oral Surgery and Dental Implant Center in Arlington. The team specializes in dental implants, wisdom teeth extractions, surgical extractions, IV sedation, oral pathology and craniofacial surgery with an emphasis on patient care and comfort. Their goal is to exceed expectations and return to each patient their sense of confidence and their quality of life.

The prospect of simple or complex oral surgery can be intimidating for patients. That's why Dr. Ismaili strives to create a calm, welcoming environment where patients can feel supported throughout their treatment journey. Visitors to his practice are struck by his honest, calming presence and his solution-driven approach. After a conversation with Dr. Ismaili, patients feel confident in their decisions about their oral health.

Dr. Ismaili approaches each patient as if they were a member of his own family. He works diligently to provide a safe, comfortable experience to achieve the best possible results. "The most rewarding aspect of our day is when a patient returns after their procedure to inform us that they were well taken care of," says Dr. Ismaili. He knows that for the best possible outcome, technical excellence must be paired with empathy, trust, and understanding.

At Park Forest Oral Surgery the team strives to provide treatment plans that are tailored to their patients' needs. Dr. Ismaili has been practicing for over twenty-five years as an oral and maxillofacial surgeon. The specialty involves reconstructive surgery of the face, mouth, head and neck with a subspecialty in anesthesia. During his surgical residency at the prestigious Washington Hospital Center in Washington DC, Dr. Ismaili served as chief



resident and was given the Chairman's Award in recognition of his service. His dedication has not waned as he stays current on the latest surgical techniques by attending meetings and courses, reading the latest scientific articles, and corresponding and meeting with peers in the field from around the country.

Outside of his practice, Dr. Ismaili is an attending physician and a leading facial trauma surgeon at Baylor Scott and White Medical Center in Grapevine, Texas. He also serves in many local and national dental societies. His titles have included vice president of the American Dental Society of Anesthesiology, and he has served at different times as the treasurer, vice-president, and

president of the Arlington Dental Study Club.

Dr. Ismaili's practice is built on expertise, compassion, and teamwork. Every member of their team works to deliver exceptional care in a comfortable environment in order to provide a well-informed experience from consultation to surgery to recovery.

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CITYVIEW AUDIOLOGY & HEARING AIDS, INC.

Diane Blaising,
AuD, ADA, ABA, FAAA

BY MEREDITH KNIGHT

Communication is the cornerstone of any relationship. Whether it's a relationship with a family member, romantic partner, friend, or business acquaintance, being able to connect and communicate is vital to our human experience. Without it, it's easy to feel isolated and depressed. Dr. Diane Blaising understands this better than most. It's why she's devoted her life to offering the gift of hearing to her Fort Worth friends and neighbors.

Diane's fascination with the auditory system began with a science fair project in elementary school. "I took a portable record player to school," Diane said. "Instead of using the needle on the record, I had a sewing needle stuck into a pencil eraser. Students would hold the wooden end of the pencil between their teeth, place the needle on the turning record, and could hear the record through their teeth and bones in their skulls. It was a demonstration of bone-conduction hearing."

Diane enjoys the human side of audiology even more than the medical/science side. "I love making a difference in the lives of my patients," she says. She opened Cityview Audiology & Hearing Aids, Inc. in 2008 where she offers what she calls "total hearing care".

"I want my office to serve as a resource center for everything hearing related," she says. "For instance, we offer a free aural rehab class to teach coping strategies to those with hearing loss and their loved ones. The idea is to empower family members to communicate better with those with hearing difficulties."

"I've been blessed with an amazing team that's as passionate as I am about helping our patients realize a better quality of life and more meaningful relationships through improved communication with family and friends," Dr. Blaising said. "We love helping working men and women enjoy more success in their careers and helping



grandparents better communicate with their grandchildren. At a time when hearing-aid technology is more sophisticated than ever, we're able to treat any hearing loss successfully."

"Because every patient is different, we stay abreast of advancements in programming software to correctly fit hearing instruments to each unique hearing loss," Dr. Blaising said. "Because research has linked hearing loss to dementia, we also offer cognitive domain screening that helps us better help our patients even as we treat their hearing loss."

Diane Blaising received her doctor of audiology degree from the Arizona School of Health Sciences and her master's in audiology from the Callier Center for Communication Disorders at the University of Texas at Dallas. She has years of experience

working with hearing-impaired adults and children in otolaryngologists' offices and as a pediatric audiologist at the Louisville Deaf Oral School. She is board-certified in audiology by the American Board of Audiology and has twice received the Ace Award for continuing education.

CONTACT

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CityviewHearing.com



WANT TO KNOW MORE?
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METHODIST ORTHOPEDIC SPECIALISTS

John Harris, MD and
Edward Mairura, MD

BY MEREDITH KNIGHT
PHOTO BY LAUREN MARIE

If you'll indulge me a corny metaphor. The joints in your body are like that neighborhood joint where folks come together to hang out and shoot the bull. You know, the place where "everybody knows your name". Your body's "joints" are where your bones, ligaments, tendons, and muscles meet and mingle.

Under ideal circumstances, all these "neighbors" get along. But what happens if a brawl breaks out. When things go awry with your bones and joints, the Bone Docs can help. Drs. John Harris and Edward Mairura at Methodist Orthopedic Specialists have helped thousands of your Tarrant County neighbors when they found their quality of life threatened by issues of the bones and joints. They can help you, too.

This duo advocates a patient-forward philosophy in their practice offering each patient their full attention at each visit and treating them as a person—not just an X-ray. "A patient is more than a broken bone or case of arthritis," said Dr. John Harris. "Our goal is to get each unique patient back to their favorite activities as soon and as safely as possible."

For Dr. Edward Mairura, patient relationships are the best part of the job. "Our goal is to listen first, treat patients like members of our own family, and to offer surgery only as a last resort, after all non-surgical treatment options have been explored," he said. "Dr. Harris and I hope our faith in Jesus Christ reflects in our work daily and positively affects everyone we meet and treat."

These two family men are deeply involved in their community and their church and both enjoy bringing humor into their practice, connecting with patients and their staff, and keeping the practice of medicine light and upbeat. They also believe strongly in sharing what God has given them by participating in medical mission trips to treat underserved populations in other countries.



Dr. Mairura specializes in general orthopaedic surgery with a special interest in trauma, robotic total knee replacements, robotic anterior hip replacements, arthroscopic treatment of the knee, carpal tunnel, and trigger fingers. He has specialized training in the anterior hip replacement approach, a minimally invasive technique that allows patients to have a muscle sparing surgery that leads to a faster recovery and less pain.

Dr. Harris enjoys performing shoulder and knee replacements, fractures "from top to bottom", especially knee and shoulder arthroscopy, and treating injuries such as ACL and meniscus tears, rotator cuff injuries and shoulder dislocations. He is fellowship trained in sports and arthroscopy.

They're now able to offer the Mako SmartRobotics total joint replacement which gives us the ability to tailor the surgery to the

patient's unique anatomy, delivering a more personalized experience and supports better surgical outcomes than traditional surgery. Don't just live with bone and joint pain. Find out more and schedule your appointment with The Bone Docs at MethodistBoneDocs.com.

CONTACT

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WANT TO KNOW MORE?
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iKIDS PEDIATRIC DENTISTRY

Randy Hamilton, DMD

Board Certified
Pediatric Dentist

BY MEREDITH KNIGHT

Dr. Randy Hamilton believes that extraordinary service shouldn't be the exception in healthcare. It should be the rule. After all, what is a patient but a customer. And the "customers" of iKids Pediatric Dentistry and Braces on Broad, which he also owns, have come to expect over-the-top service at every visit.

More than that, Dr. Hamilton looks at each person who enters his door as a guest to his practice. "When I founded iKids, my vision was of a place where children felt safe, parents felt heard, and every interaction reflected genuine care," he said. "I've always believed that how you make people feel matters as much as the quality of the dentistry you provide." His young patients and their parents would certainly agree.

In fact, Dr. Hamilton's commitment to creating a remarkable experience has led to iKids receiving national recognition for their customer service. "What makes me proudest is that the recognition was a byproduct of our culture—not the goal," he said.

As a father of five, it's not hard for Dr. Hamilton to put himself in the shoes of other parents. He knows, if one of his children were undergoing dental treatment, he'd want to be there with them. "We were one of the first dental offices to allow parents to come back with their children to be a part of their dental experience," he said. "I believe, if you're a great pediatric dentist, you'll happily welcome parents to share in the experience."

When he first opened his practice in Mansfield 16 years ago, Dr. Hamilton was a young husband and father. Today, three of his five children are in college, one at Mansfield High School, and one will be there soon. "It's been a privilege to grow both a practice and a family in this amazing community," he said. "The trust families have placed in our team as we care for their children—both dentally and orthodontically—is something I hold in



the highest regard. It's been an honor to grow alongside this city and serve the families who've supported us for so many years."

One of Dr. Hamilton's greatest blessings has been practicing dentistry alongside his two brothers, Ross and Blane. Three dentist brothers practicing together might sound like a great premise of an 80s sitcom. But for the Drs. Hamilton, it's been the recipe for a rewarding career as they share a vision of leadership, hard work, and strong Christian values and serve the families of Mansfield together. Dr. Randy Hamilton has had the added blessing of seeing two of his five children pursue dental careers themselves. One as a Pediatric Dentist and the other an Orthodontist.

A proud USAF veteran, mentor, popular lecturer and published author, Dr. Hamilton's

greatest joy comes in those rare moments when all of his family is together. He wants to give a special shout-out to his dental team who he recognizes are the heart of everything their patients experience. "They truly are the dream team," he said.

CONTACT

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iKidsDental.com

INSTITUTE FOR HORMONAL BALANCE

Mandy Cotten, DNP,
APRN, FNP-C

BY MEREDITH KNIGHT

Mandy Cotten wears many hats. She's a Family nurse practitioner, a wife, a mother, a researcher, an author, former director of clinic and research at BioTE Medical, and current owner of Institute for Hormonal Balance.

"I'm blessed to follow in the footsteps of my father, Dr. Gary Donovitz, continuing his legacy of caring for patients and helping them realize a quality of life they never thought they could," she said.

It's not hard to see where Mandy's passion lies. What gets her out of bed each morning is the success she's had in helping her patients find the best plan of care for themselves and involving each patient in their own health and wellness decisions, empowering them to be their own best health advocate.

Mandy's goal is to help patients feel the best they can feel and to educate them so they can stay healthy. Her Institute for Hormonal Balance also offers the latest facial and body aesthetics, wellness and nutrition, and gynecology and intimate wellness services.

Men and women flock to Mandy for bioidentical hormone replacement therapy (BHRT) when their levels of estrogen, progesterone, and/or testosterone decline with age, stress, and health status. She partners with them to balance their hormones and return them to a healthy, vibrant life. Mandy has personally performed over 35,000 BHRT pellet procedures, but offers several options for hormone optimization to her patients. And she's still in big demand as a trainer teaching others in her field about the importance of hormone optimization to assist patients in achieving the highest quality of life.

Mandy graduated from Texas Christian University with a Bachelor of Science in Psychology in 2006 and her Bachelor of Science in Nursing in 2010. While working as a registered nurse for five years at John Peter Smith Hospital, Mandy completed her Doctorate in Nursing Practice at Loyola



University in New Orleans and became board certified through the American Association of Nurse Practitioners (AANP).

She served on the clinical advisory board for BioTE Medical and was their director of clinic and research for eight years. During her time there, Mandy participated in the training of over 4,000 of her fellow practitioners internationally and became a published author when she and her father coauthored "Breast Cancer Incidence Reduction in Women Treated with Subcutaneous Testosterone: Testosterone Therapy and Breast Cancer Incidence Study" published in the European Journal of Breast Health in 2021.

With her love for teaching and research, she currently serves on the board for Formula 30A CBD Company, speaks on thyroid management for Acella Pharmaceuticals, and is highly sought after for interviews and speaking engagements.

When not caring for patients and running her thriving practice, Mandy loves spending time with her family, including her two children,

Rylie & Ashton, and her husband, Casey.

Get started on your optimal wellness journey by taking the hormone health quiz at donovitz.com/the-hormone-health-quiz

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KOS/DANCHAK AUDIOLOGY & HEARING AIDS

Melissa Danchak, AuD, CCC-A

Worldwide, over 460 million people experience hearing loss leading to significant social, physical, and emotional challenges. Those include workplace challenges, social isolation, health and safety risks, communication barriers, and a higher risk of cognitive decline. The team at Kos/Danchak Audiology & Hearing Aids wants to help. It's what they've done for over 35 years. "We want to help you hear the best you can, and to exceed all your expectations," said Owner/Audiologist Dr. Melissa Danchak.

Sadly, many people wait upwards of 10 years to address their hearing needs. "The good news is that hearing loss can be treated," Dr. Danchak said. "Today's technology provides an incredibly natural listening experience even with background noise and over the telephone, the two most challenging scenarios."

The Kos/Danchak team's reward comes in the form of knowing they've helped a grandmother hear her grandchildren more clearly over the phone, helped a working professional hear better on the job, and helped people from all walks of life hear better in social settings and at their place of worship.

"Not many audiology practices in North Texas have been helping people hear better as long as we have," Dr. Danchak said. "Because your hearing health so directly impacts your quality of life, it's every bit as important as the rest of your health."

Dr. Danchak and her staff are humbled by the positive feedback and reviews they've earned from satisfied patients. "Thank you for sharing your experiences with our office which helps others searching for an audiologist feel confident that we can and will help them address their hearing healthcare needs."

The first step is discussing the exact challenges you're facing when it comes to



hearing and understanding clearly. After a diagnostic hearing evaluation, the team conducts a live listening demonstration with hearing devices. "One of the best ways to help someone realize how much better they can hear with hearing devices is to provide them with that experience," Dr. Danchak said. "Seeing the range of positive emotions on a patient's face when they realize how much better and more clearly they can hear is extremely rewarding."

In addition to comprehensive hearing care and advanced hearing aid technology, Kos/Danchak Audiology & Hearing Aids offers services that address the everyday challenges patients face beyond hearing loss. The practice provides vestibular testing for patients experiencing dizziness or balance concerns and Lenire, an innovative, non-invasive option for tinnitus relief. Patients also benefit from LACE AI Pro, a personalized auditory training program that helps improve speech understanding, especially in challenging listening environments. These services reflect the team's commitment to

treating the whole person—not just their hearing loss.


"Our goal is to ensure you have a positive experience and that you understand your hearing healthcare needs and the solutions we can provide." Find out more at (817) 277-7039 or KDAud.com.

CONTACT

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(817) 332-8817

KDAud.com

 [kos.danchak](https://www.facebook.com/kos.danchak)



WANT TO KNOW MORE?
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SOUTH ARLINGTON SMILES

Talon Davis, DDS

BY MEREDITH KNIGHT
PHOTO BY LAUREN MARIE

What does Dr. Talon Davis like most about dentistry? Changing lives! As a general dentist offering everything from routine fillings, crowns, and dentures to root canals, extractions, tissue grafting, and dental implants, his goal is to treat people first and their smiles second. His office, South Arlington Smiles among the most technologically advanced dental practices in the state, focusing on fully digital techniques and utilizing AI software to improve patient outcomes.

A family dental practice in every sense, he and his team are comfortable treating folks of all ages and backgrounds, focusing on bringing JOY to dentistry. “We want our patients to enjoy their smiles as much as we enjoy our work,” he said. “We focus on our community impact, seeking to raise the level of dental education and care while providing services that are highly affordable.” Dr. Davis understands that changing someone’s smile can change their life, instilling a new level of confidence and happiness that was otherwise not possible. Toward that end, he invests in the most advanced technology that provides a unique mix of speed, efficiency, and precision and does all he can to keep wait times and procedure times as brief as possible.

As a healthcare provider, Dr. Davis is aware of the impact he can have on the lives of his patients as well as his staff members. “I’ve been an educator in one form or another most of my life,” he said. “From teaching music lessons as a teenager and at the collegiate level to helping staff members learn new techniques that will better serve our patients, to taking time to explain recommended treatments to our patients. We understand the discomfort associated with going to the dentist and find that patient education can mitigate much of that fear. I never want to proceed with a procedure until our patient



understands what to expect and why the procedure is necessary.”

Originally from Edmond, Oklahoma, Dr. Davis grew up playing the double bass in symphony orchestras, staying active in his church choir, and helping out in his family music studio. He completed two degrees in music performance and performed with major symphonies in the DFW area for years, before hearing a call to serve through dentistry. When not on the job, he still loves playing his double bass. He and his wife Kristin, a stay at home mom, have a beautiful 5 year old daughter that’s the light of their lives.

Dr. Davis regularly volunteers at Mission Arlington providing dental services to the underserved and has set a goal this year for South Arlington Smiles to provide \$50,000 in dental care to underserved communities

throughout Arlington, Grand Prairie, and Mansfield. He’s also a big supporter of local school and health fairs where he offers dental health education. When time allows, he enjoys getting in as much golf and Sooner football as he can.

CONTACT

1450 Debbie Lane
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(817) 465-3454
SouthArlingtonSmilesTX.com



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ARLINGTON ORTHOPEDIC ASSOCIATES

Jason Lowry, MD

BY MEREDITH KNIGHT

Dr. Jason Lowry has one goal for each of his patients—to enable them to be themselves again. It’s his job and his joy to return his patients to doing the things they love. Whether it’s a high school athlete anxious to get back in the game or a senior who loves walking and talking with her besties each morning, whether it’s a 20-something whose half marathon training’s been interrupted or a 50-something who’s missing her time on the pickleball court, Dr. Lowry wants to return them to full function and fully enjoying their life.

As a fellowship-trained, board-certified orthopedic surgeon, he’s uniquely qualified to do just that. As a smalltown boy, he loves nothing more than getting to know his patients and understanding what’s important to them. “The first and most important thing I can do for my patients is listen to them,” Dr. Lowry said. “I enjoy getting to know my patients and treating them like family. Getting folks back on their feet and enjoying life again—the way I’d want to do for my own mother, sibling, or friend—is unbelievably rewarding for me.”

Dr. Lowry serves as Director of the Total Joint Program at Baylor Scott & White Orthopedic & Spine Hospital of Arlington (“BOSHA”), which consistently receives national accolades for excellence in joint-replacement care. “We have a distinguished center of excellence that provides world-class, evidence-based care for our patients,” he said. “Our team of physicians, nurses, and therapists are second to none. I’m extremely proud of the work we do.”

A REPUTATION OF EXCELLENCE

Arlington Orthopedic Associates has served as the premiere orthopedic, spine, and sports medicine group in North Texas for over 25 years. Along with diagnostics, physical therapy and state of the art procedures, their physicians provide decades of expertise in



every range of orthopedic sub-specialty. And though they are highly trained surgeons, surgery is always their last resort, after all conservative options have been explored. With more providers and locations than any other orthopedics clinic in the Dallas/Fort Worth Metroplex, they ensure you and your family will get the best possible care in the most convenient locations possible.

MEET DR. LOWRY

Dr. Lowry is locally known for his anterior hip replacements with a special interest in robotic joint replacements. He was involved in the first robotic total-knee replacement in our area. “We’re truly just scratching the surface on how robotics can improve joint replacement outcomes for hip and knee patients. I’m thrilled to offer this cutting-edge technology to our patients.”

Jason Lowry served eight years in the US Air Force, including Operation Iraqi/Enduring Freedom. He’s been consistently recognized

by his orthopedic peers as a Top Doc and Super Doc in North Texas. In his free time, he and his wife are involved in their children’s activities at Pantego Christian Academy and youth sports leagues in Mansfield. They enjoy the outdoors, traveling, and fly fishing.

CONTACT

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MANSFIELD ORAL SURGERY & DENTAL IMPLANTS

Daniel Margolis, DMD, MD

BY MEREDITH KNIGHT
PHOTO BY LAUREN MARIE

Moms have a way of knowing their kids better than the kids know themselves. It was that way for Daniel Margolis and his mom. “I saw myself as an engineer and that’s how I began my adult life,” he said. “But it wasn’t long before I transitioned into sales then felt the tug toward dentistry and finally into the specialty of oral and maxillofacial surgery. It’s not where I originally pictured myself. But my mom wasn’t surprised at all.”

Now as an oral and maxillofacial surgeon, Dr. Margolis diagnoses and surgically treats diseases, injuries, and defects in the mouth, jaws, face, and neck. That includes performing procedures such as wisdom tooth removal, dental implants, corrective jaw surgery (orthognathic), facial trauma repair, and treatment for temporomandibular joint (TMJ) disorders. Whatever he’s doing, the goal for Dr. Margolis is always the same—to positively impact the lives of his patients.

“I feel so blessed to do work I love, that never gets old to me,” he said. “This is a field that requires lifelong learning and reeducation because techniques and technology are always advancing. And that suits me fine.” But for Dr. Margolis the best part of his job is patient interaction.

“I love getting to know my patients,” he said. “I’ve been told I’m a good listener and feel I’m empathic by nature. My patients’ success means a lot to me and I just hope that comes across to them. There’s no room for one-size-fits-all care in this field. Every patient is unique. Their anatomy is unique and their goals are unique. It’s only by actively listening that I can offer them to care that’s as unique as they are.”

Dr. Margolis spends much of his time as an educator, explaining to patients the



treatment recommendations he’s making and answering any and all questions until they feel confident to move forward. “We believe in caring for the whole person,” Dr. Margolis said. “You’re never just a name on a chart and my team and I love getting to know you and helping you reach your healthy living goals. Oral health is a vital part of the health of your entire body. What happens in the mouth affects all the systems of the body for better or for worse. We want to work as a team with our patients to address any issues they’re having and return them to optimum oral health.”

When not on the job, Dr. Margolis loves spending time with his wife and two little girls. “I’m usually learning something or cooking,” he said. “We feel blessed to be raising our girls in this amazing, family-friendly community.”

Dr. Margolis is board certified by the American Board of Oral and Maxillofacial Surgery and he’s now accepting new patients at Mansfield Oral Surgery & Dental Implants. Find out more and schedule an appointment at MansfieldOralSurgery.com.

CONTACT

1752 Broad Park Circle North
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UROLOGY PARTNERS OF NORTH TEXAS

Every physician provides comprehensive urologic care. Many also bring deeper experience in areas such as female urology, men's health, robotic surgery, kidney surgery, and urologic oncology. That depth matters when decisions are nuanced and options are multiple.

From the outside, urology can seem straightforward. A PSA rises on routine blood work. A patient wakes in the middle of the night with severe flank pain and ends up in the emergency room with a kidney stone. Urinary symptoms slowly become harder to ignore.

In reality, most urologic conditions are not one-size-fits-all. Prostate disease, urinary symptoms, kidney stones, and urologic cancers often present more than one reasonable treatment path. The challenge is not simply making a diagnosis. It is choosing the right approach for the right patient at the right time.

Technology is helpful. Judgment is essential. That decision-making process is where experience and coordination matter most.

Urology Partners of North Texas, or UPNT, was built around that principle. Rather than functioning as a loose network of physicians, UPNT operates as a coordinated system. Patients are guided to the physician whose experience best matches their condition. Care moves forward efficiently, without unnecessary referral layers or fragmented communication.

Information about services, physician locations, and appointment requests is available at UPNT.com, making it easy for patients to begin the process and access timely specialty care close to home.

A TEAM BUILT FOR COLLABORATION

UPNT includes 28 urologists, 15 nurse practitioners and physician assistants, two radiation oncologists, and an interventional radiologist, all practicing within a shared communication framework.

Every physician provides comprehensive urologic care. Many also bring deeper experience in areas such as female urology,

men's health, robotic surgery, kidney surgery, and urologic oncology. That depth matters when decisions are nuanced and options are multiple.

Physicians routinely review imaging together, discuss complex cases directly, and align on treatment plans early. When multidisciplinary care is required, coordination happens within the organization rather than through disconnected outside referrals. That continuity reduces delays and gives patients confidence that their care team is aligned from consultation through recovery.

Medicine works best when communication is direct and responsibility is clear.

ROBOTIC SURGERY WITH DEPTH OF EXPERIENCE

Robotic surgery has transformed modern urology, but a robot is a tool, not a strategy.

UPNT surgeons have collectively performed more than 20,000 robotic procedures since 2002. There is no substitute for experience, especially when anatomy is distorted, cancer is advanced, or prior surgery has changed normal tissue planes.

In prostate cancer surgery, robotic prostatectomy provides magnified visualization and precise instrument control. Nerve preservation and reconstructive techniques are central to the operation. The goal is not only cancer control, but preservation of urinary control and sexual function when oncologically appropriate.

Not every elevated PSA requires surgery. But every elevated PSA requires thoughtful evaluation.

For men with significantly enlarged prostates causing obstruction, robotic simple prostatectomy remains one of the most durable solutions when prostate size limits less invasive procedures. When performed

appropriately, it can provide lasting relief rather than temporary improvement.

UPNT surgeons also perform robotic kidney surgery for tumors and complex kidney conditions, frequently preserving healthy kidney tissue while minimizing recovery time and protecting long-term kidney function whenever possible.

COMPREHENSIVE PROSTATE CANCER CARE

Prostate cancer care at UPNT spans the full spectrum, from early detection through advanced disease management.

Some men benefit from structured active surveillance. Others require surgery or radiation therapy. Radiation services are provided in partnership with Texas Cancer Specialists in Arlington and Fort Worth, where radiation oncologists work closely with UPNT urologists to coordinate care and follow-up.

For carefully selected men with localized, low-volume cancer, focal therapy may be appropriate. Options include NanoKnife, which targets the known area of cancer within the prostate in selected patients while preserving surrounding tissue when feasible.

UPNT also treats men with advanced and high-risk prostate cancer. Management may include systemic therapy, hormonal treatment, chemotherapy coordination, and advanced imaging strategies. These decisions are collaborative, balancing long-term disease control with preservation of function and quality of life.

Patients leave consultations understanding not only their diagnosis, but the reasoning behind their treatment plan and what comes next. Clarity reduces anxiety. A defined plan restores confidence.

UROLOGY PARTNERS OF NORTH TEXAS (CONTINUED)

Patients leave consultations understanding not only their diagnosis, but the reasoning behind their treatment plan and what comes next. Clarity reduces anxiety. A defined plan restores confidence.

A FULL SPECTRUM OF TREATMENT FOR BPH

Benign prostatic hyperplasia is common, and no single treatment fits every patient.

UPNT offers medications, UroLift, Reum, Aquablation, Prostatic Artery Embolization (PAE), and robotic simple prostatectomy for significantly enlarged glands.

PAE is performed through IR Centers at UPNT in Arlington. By reducing blood flow to the prostate, the gland gradually shrinks, which may provide relief for selected patients seeking a non-surgical option.

For men with very large prostates or severe obstruction, robotic simple prostatectomy often provides the most durable outcome. The objective is not to promote a specific procedure, but to match the intervention to the anatomy and severity of symptoms.

KIDNEY STONE EXPERTISE

Kidney stones frequently present with sudden, severe pain that leads patients to the emergency room. Once the immediate discomfort is controlled, thoughtful management is required to prevent recurrence.

UPNT physicians have decades of collective experience managing stone disease. The group has extensive experience with Extracorporeal Shock Wave Lithotripsy (ESWL), enabling many stones to be treated without incisions or hospitalization. When

ESWL is not appropriate, ureteroscopy and other advanced endoscopic procedures are available.

Stone treatment does not end when the immediate problem is resolved. Identifying underlying metabolic risk factors can significantly reduce recurrence.

FEMALE UROLOGY AND INCONTINENCE CARE

Urinary incontinence affects millions of women and can significantly impact daily life. It should not be minimized or accepted as inevitable.

At UPNT, it is carefully evaluated and treated as a medical condition requiring focused care.

Physicians treat stress incontinence, urgency incontinence, mixed incontinence, pelvic floor disorders, and overactive bladder. Treatment ranges from conservative measures to procedures such as urethral bulking injections, mid-urethral sling surgery, and sacral neuromodulation.

The goal is not merely symptom control. It is restoring function, independence, and confidence.

WHY COORDINATION MATTERS

What distinguishes UPNT is not a single device or procedure.

It is the ability to coordinate expertise across subspecialties so that each patient receives care that is deliberate, efficient,

and appropriate for their specific situation.

When a PSA rises, when a kidney stone disrupts a weekend, or when urinary symptoms begin to interfere with daily life, patients deserve more than a quick answer. They deserve a thoughtful plan delivered by a team that communicates clearly and works together.

Whatever the urologic issue, UPNT has you covered.

Learn more or request an appointment at UPNT.com.

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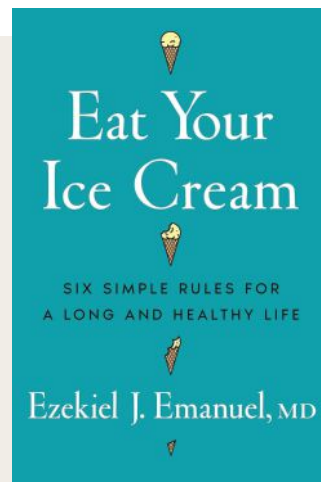
LIVING Book Club



Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life

BY EZEKIEL J. EMANUEL MD

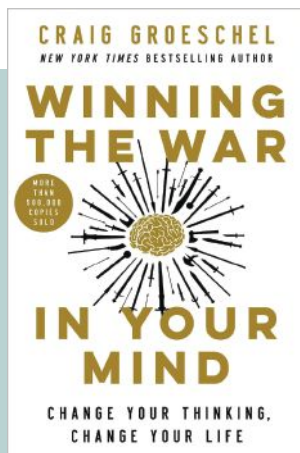
In *Eat Your Ice Cream*, renowned physician Ezekiel J. Emanuel argues that life is not a competition to live the longest and that “wellness” shouldn’t be difficult; it should be an invisible part of one’s lifestyle that yields maximum health benefits with the least work. Dr. Emanuel cuts through the noise with wit and good humor, giving readers just what they need: simple, high-impact, evidence-based guidelines on such issues as alcohol consumption, food and nutrition, exercise, sleep, mental acuity, and social engagement. Resisting the tide of the latest trends to extend life at all costs, *Eat Your Ice Cream* reveals that many of the tools for a long, healthy and meaningful life are already within reach.



Crave, Cook, Nourish: 80+ Recipes and Expert Guidance for Healthy, Happy Nutrition

STEPH GRASSO MS RD

The internet is filled with diet fads and nutrition misinformation, and registered dietitian Steph Grasso is here to steer you clear of all of it. In her debut cookbook and nutrition go-to, Steph debunks diet culture and offers up fun and easy ways to make healthy, accessible, and affordable food choices. *Crave, Cook, Nourish* subscribes to the notion that all bites are good bites when balanced: Why restrict your favorite foods when you can simply add more nutrients to your plate?



Winning the War in Your Mind: Change Your Thinking, Change Your Life

BY CRAIG GROESCHEL

We’ve all tried to think our way out of bad habits and unhealthy thought patterns, only to find ourselves stuck with an out-of-control mind and off-track daily life. Pastor and *New York Times* bestselling author Craig Groeschel understands deeply this daily battle against self-doubt and negative thinking, and in this powerful new book he reveals the strategies he’s discovered to change your mind and your life for the long-term.

Drawing upon Scripture and the latest findings of brain science, Groeschel lays out practical strategies that will free you from the grip of harmful, destructive thinking and enable you to live the life of joy and peace that God intends you to live.

Book covers from *Eat Your Ice Cream* by Ezekiel J. Emanuel MD (W. W. Norton & Company), *Crave, Cook, Nourish*, by Steph Grasso MS RD (Ten Speed Press), *Winning the War in Your Mind*, by Craig Groeschel (Zondervan) with description excerpts from the publisher. All images are presented for non-commercial illustrative purposes.



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MATTERS OF THE

Heart

NUMBERS
TO KNOW
IN 2026

Taking care of your heart with healthy behaviors may be at the top of your wellness priority list already, and there may be good news about the effects of adhering to expert recommendations.

New information from the American Heart Association's 2026 Heart Disease & Stroke Statistics Update shows deaths from heart disease and stroke are on the decline. However, rates continue to climb for high blood pressure, diabetes and obesity — all of which are health risk factors that contribute to cardiovascular disease.


Following expert guidance can be your prescription for better health as 80% of heart disease and stroke is preventable.

To help maintain and improve your cardiovascular health, consider following the American Heart Association's Life's Essential 8, which is a set of four health behaviors (eat better, be more active, quit tobacco and get healthy sleep) and four health factors (manage weight, control cholesterol, manage blood sugar and manage blood pressure).

In the United States, optimal Life's Essential 8 scores could prevent up to 40% of annual all-cause and cardiovascular disease deaths among adults.

Consider these highlights from the statistics update:

- Heart disease remains the leading cause of death in the U.S. and stroke is the No. 4 leading cause of death.
- Together, heart disease and stroke accounted for more than a quarter of all deaths in the U.S. in 2023.
- Cardiovascular diseases, including all types of heart disease and stroke, claim more lives in the U.S. each year than all forms of cancer and accidental deaths — the Nos. 2 and 3 causes of death — combined.
- On average, every 34 seconds, someone died of cardiovascular disease in 2023.
- On average, about two people died of heart disease every 3 minutes in the U.S. in 2023.
- On average in 2023, someone died of stroke every 3 minutes, 14 seconds in the U.S.
- Nearly half of U.S. adults now have high blood pressure.
- Nearly 29.5 million U.S. adults have diagnosed diabetes.
- About 50% of U.S. adults have obesity or severe obesity, and 28.1% of youth ages 2-19 have obesity.
- Only 1 in 4 U.S. adults meets national physical activity guidelines. Only 1 in 5 U.S. youths ages 6-17 are physically active for 60 minutes or more every day of the week.

To learn more about how to reduce your risk of cardiovascular disease, visit heart.org. 

Courtesy: Family Features and the American Heart Association

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Mindfulness *in Minutes*

HOW MICRO-MEDITATIONS ARE TRANSFORMING DAILY ROUTINES

Meditation no longer requires an hour of silence or a dedicated retreat. Instead, micro-meditations — brief mindfulness practices lasting from 30 seconds to five minutes — are gaining traction as practical tools that fit into busy modern lives.

Micro-meditations are designed to be short, intentional breaks that help reset attention and ease stress without requiring much time. These small practices are being used between meetings, during work breaks, while waiting in line, and even before bedtime. The simplicity and accessibility of these pauses have made mindfulness more approachable for people who struggle to find time for longer sessions.

Mindfulness practices, including meditation, have substantial support from psychological research. The American Psychological Association (APA) highlights that mindfulness meditation has been shown to improve mental and physical health outcomes, including stress management, emotional regulation, and focus. According to APA-reviewed research, mindfulness can change the brain and biology in positive ways, helping people better manage stress, anxiety, and depressive symptoms.

Scientific studies indicate that even brief or informal mindfulness can influence cognition and mood. Research published in the American Psychological Association's *Monitor* and related articles report that mindfulness practices can enhance concentration and mental clarity, support emotional balance, and foster increased self-control and flexibility in thinking.

Technology and modern wellness culture have helped accelerate the rise of micro-meditations. Meditation apps offer guided breathing exercises and mindfulness reminders suited to brief practice. Smartwatches prompt intentional breath cycles. Social media creators share bite-sized guided sessions that users can do anywhere. These digital tools reduce barriers and reaffirm that mindfulness need not be lengthy or structured to be beneficial.

Experts emphasize that consistency, not length, matters most. Multiple short pauses throughout the day may cumulatively deliver benefits like those of less frequent, longer sessions. This shift allows mindfulness to coexist with demanding schedules, making calm and clarity more achievable for everyone.

Micro-meditations are reshaping how people approach mental well-being. They make mindfulness a practical, in-the-moment resource rather than an aspirational goal reserved for quiet hours. As research and culture continue to embrace flexible mindfulness, these brief pauses may become fundamental tools for managing attention, reducing stress, and improving quality of life. 🧘

**IT IS TIME
TO
SEEK
THE LORD
HOSEA 10:12**

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Bedtime Beauty Basics

SIMPLE RITUALS THAT
WORK WHILE YOU REST

Sleep is often called the body's reset button, and for skin and hair, those overnight hours matter more than most daytime routines. While you rest, cell turnover increases, inflammation calms, and moisture levels rebalance. A thoughtful nighttime ritual can help maximize those natural repair cycles and turn sleep into an active part of your beauty routine.



Start with a clean slate. Thoroughly removing makeup, sunscreen, and pollution allows skin to breathe and regenerate. A gentle cleanser is key. Over-cleansing or harsh formulas can strip the skin and disrupt its barrier just when it needs protection. Follow with products designed to work overnight, such as serums with peptides, niacinamide, or retinol alternatives, which support renewal without irritation.

Moisture is essential at night. Skin loses water while you sleep, so sealing in hydration helps maintain elasticity and glow. A richer night cream or facial oil can reinforce the skin barrier and reduce morning dryness. Don't forget lips, hands, and cuticles, which often show signs of dehydration first.

Hair also benefits from overnight care. Brushing gently before bed distributes natural oils and reduces tangles. Applying a lightweight leave-in conditioner or hair oil to the mid-lengths and ends can help prevent breakage and dryness. Protective styles, such as a loose braid or low bun, minimize friction while you sleep.

Your sleep environment plays a role, too. Silk or satin pillowcases reduce tugging on hair and skin, helping prevent frizz and sleep lines. Keeping bedroom temperatures cool supports better sleep quality, which directly impacts skin clarity and tone.

Consistency matters more than complexity. A simple routine done nightly delivers better results than an elaborate one used occasionally. Pair your skincare and hair rituals with habits that support deeper rest, such as limiting late-night screen time and sticking to a regular bedtime. 🌙



Sunday Riley Luna Sleeping Night Oil - A cult-favorite overnight retinoid oil that gently boosts skin renewal and texture while you sleep. Lightweight and ideal for evening use after cleansing and serums.

IT Cosmetics Confidence in Your Beauty Sleep Night Cream - Rich moisture and barrier support in one night cream. It seals in hydration to keep skin plump and nourished by morning.



Nightstand Necessities

Amika Midnight Mender Overnight Hair Treatment - A top-rated overnight hair mask that repairs and strengthens strands while you sleep. Reduces breakage and boosts shine.



Tula Beauty Sleep Overnight Repair Treatment - A leave-on overnight repair cream with vitamins and exfoliating acids to renew dull skin and lock in moisture.

Biossance Squalane & Ectoin Overnight Rescue - Hydrates deeply and strengthens your skin's natural defenses. Great for dryness, roughness, or stressed skin.



Daily Practice

Beauty routines don't stop at products. Small lifestyle adjustments can improve sleep quality, which directly affects how skin and hair look and feel.

Light exposure is one of the most overlooked factors. Dimming lights in the evening and avoiding bright screens an hour before bed helps

regulate melatonin, the hormone responsible for sleep. Better sleep cycles support reduced under-eye darkness and a more even complexion.

Hydration timing matters, too. Drinking enough water throughout the day supports skin plumpness, but cutting back right before bed can prevent sleep disruptions that interrupt overnight repair.

Nutrition also plays a quiet role. Evening snacks rich in magnesium or healthy fats, such as almonds or yogurt, may support relaxation and

help the body enter deeper sleep stages linked to cellular repair.

Bedroom air quality can affect both skin and hair. Using a humidifier in dry climates helps prevent moisture loss, reducing morning tightness in skin and static in hair. Clean bedding, washed regularly, limits exposure to oils and residue that can contribute to irritation or breakouts.

Finally, stress management counts. A short wind-down habit, such as journaling or light stretching, lowers cortisol levels.



Drought-Savvy Gardening

LANDSCAPING IDEAS THAT REQUIRE MINIMAL WATER

BY MIMI GREENWOOD KNIGHT

Living in a drought-ridden area doesn't mean you can't still have a beautiful landscape that provides privacy, shelter, curb appeal, and a beautiful place to unwind. Xeriscaping (creating gardens that thrive on minimal water) is the name of the game. It's also wise to plant native plants that are well adapted to our growing conditions. Beyond that, consider these eight tips.



Seeding Success

Shrubs

Texas sage, abelia, dwarf yaupon holly, barberry, and flame mizcanthus

Flowers

Coneflowers, autumn sage, coreopsis, lantana, blackfoot daisies, turk's cap lavender, catmint, goat's beard, and lady's mantle

Grasses

Gulf Muhly, zoysia Bermuda grass, buffalograss, and Zoysia grass

Other Options

Dwarf palmetto, American beautyberry, and desert willow

LESS LAWN

Lawns are water guzzlers often needing irrigation to stay green. Consider replacing some or all of your lawn with “water-wise” plantings and drought-tolerant groundcover. You can also replace bits of lawn with eye-catching hardscape, such as meandering paths made of pavers or gravel and interesting garden art.

CHOOSE WATER-THRIFTY PLANTS

Drought-tolerant plants such as coneflowers, autumn sage, blue plumbago, red-flowered penstemon, and blackfoot daisy add color while thriving in heat and sun, even more so if they're planted densely so they shade the soil and slow evaporation. Closely spaced plants also crowd out weeds, cool the effects of the sun, and reduce the need for mulch.

LET'S TALK GROUNDCOVER

The right groundcover can serve as a living mulch to slow water evaporation in your drought-tolerant landscape. Low-growing groundcover can minimize water runoff and evaporation and suppress the weeds that compete for water. Their roots help prevent soil erosion and the plant helps cool the ground during the hottest months.

AMEND YOUR SOIL

Improve your soil's water-holding capacity by adding organic matter such as compost you create or buy commercially. Mix compost into your existing soil to improve its structure,

increase its ability to retain moisture, and promote robust root development, so your plants can thrive with less water.

MULCH, MULCH, MULCH

A layer of wood chips, bark, pine straw, leaf litter, or even gravel and pebbles can conserve soil moisture by reducing evaporation, regulate soil temperature to protect roots from heat stress, suppress weeds that compete for water, protect the soil from erosion caused by wind or rain, and improve soil over time as it decomposes.

PRACTICE HYDROZONING

Hydrozoning is the practice of dividing your landscape into zones where plants with similar watering needs are grouped together.

It's a great way to conserve water, promote plant health, and save money by watering more efficiently and precisely, targeting a

smaller area for extra watering rather than watering the entire garden.

CONSIDER A WATER FEATURE

Capture and recycle water with a garden fountain or small pond. The right water feature can serve as a focal point, create a relaxing, stress-reducing atmosphere, attract and support wildlife, contribute to a cooler microclimate, and even improve air quality by reducing dust in the air.

INCORPORATE POTS

Lastly, I like to include less drought-tolerant plants in pots or planters which I can easily water separately. They're also mobile. So, if I find I have a gap in my planting, I can move them from place to place any time I find I need to fill in the space.

Happy drought-savvy gardening, y'all. 🍷

Ellen Zagory, Director of Public Horticulture at UC Davis Arboretum and Public Garden (in another drought-prone area of the country) recommends planting in the fall. She explains, "As the weather cools and the rains come in fall, evaporation is reduced and soil holds moisture longer. Therefore, your new plants will need to be watered less often. If drought continues, you will need to water just enough to keep the plant from wilting. Planting in spring is good too but just expect to use more water to get the plants established."

BOUNTIFUL BENTONVILLE

ARTFUL VIBES, NATURAL ADVENTURE, LOCAL CHARM

BY ANNETTE BROOKS



On a quest to find a “hidden gem” for a weekend getaway, I queried a well-traveled friend who recommended Bentonville, Arkansas — home to Walmart’s global empire. Admittedly, Bentonville wasn’t on my vacation radar, but it should have been. Located in the Ozark region of Northwest Arkansas, Bentonville blends artistic expression, thrilling outdoor activities, and farm-to-table culinary delights, making it an unforgettable three-day symphony.

CELEBRATING ART, MUSIC, & CULTURE

Bentonville is immersed in an artistic ambience. The Crystal Bridges Museum of American Art, a Frank Lloyd Wright-inspired masterpiece, is a world-class collection venue spanning five centuries of American creativity. I wandered through sun-dappled trails linking the museum’s eight pavilions, taking extra pause to soak in all it had to offer. The free



admission felt like a gift, and I spent most of my time there in awe of this magical destination, taking moments to reflect as I sipped coffee at the on-site café. **CrystalBridges.org**

Next, I popped into The Walmart Museum for a dive into retail history and to get a glimpse of Sam Walton's red Ford pickup truck. Walton's 5&10 store offered a bevy of throwbacks, including nostalgic candy and toys, and I enjoyed the Spark Café's vintage soda fountain featuring Arkansas-made Yarnell's ice cream. **Corporate.walmart.com/about/walmart-museum**

Another not-to-be-missed destination is The Momentary, a contemporary visual and performing arts space in a repurposed cheese factory. From interactive installations to live music, culinary experiences, and seasonal markets, it's considered an extension of the Crystal Bridges Museum of American Art. **TheMomentary.org**





BIKING & HIKING

Art isn't confined to walls in Bentonville, but breathed with the landscape of rolling, verdant hills. Dubbed the "Mountain Biking Capital of the World," Bentonville boasts dozens of miles of world-renowned biking paths.

I rented a mountain bike from a local outfitter and hit the Slaughter Pen Trails, a vast network of trails ranging from beginner to expert, with routes winding through forests and over rocky ledges. After completing a beginner-level route, I tackled intermediate loops with switchbacks to take in scenic, elevated views of the surrounding Ozark landscape. Stopping at a trailhead food truck for a gourmet taco, I chatted with fellow riders, including families on e-bikes. It was invigorating, and a perfect antidote to my routine back home. [Oztrails.com/trail-locations/slaughter-pen](https://www.oztrails.com/trail-locations/slaughter-pen)



DOWNTOWN VIBES

Bentonville's vibrant downtown is a charming, walkable hub of Victorian architecture and indie flair. I strolled past eye-catching murals and one-of-a-kind boutiques before dining at one of the many restaurants clustered in the area.

With farm-to-table menus, traditional and modern takes on High South cuisine, and authentic international cuisine, it's no wonder that many Bentonville restaurants are named James Beard Award Semifinalists year after year. There are too many restaurants to cover in detail, but for me, The Preacher's Son was a unique highlight. The deconsecrated church turned upscale eatery dishes out a tantalizing array of appetizers and entrees. Or stop by the rooftop bar (Celeste) for snacks, leveled-up cocktails, wine, and beer. The scene in its basement speakeasy, Undercroft, buzzes with an eclectic group of patrons enjoying live jazz, highlighting Bentonville's evolution into a cultural hotspot.

Check out VisitBentonville.com/food-and-drink for more information about Bentonville's restaurants and food scene.

LASTING MEMORIES

After I returned home, Bentonville lingered like a favorite novel — filled with unexpected depth and a few delightful twists. It's a reminder that true escapes lie in places far from the maddening crowd. If you're seeking balance amid beauty, plan a trip to Bentonville. **VisitBentonville.com** 📍

Photos: Drager Creative Courtesy of Visit Bentonville, Crystal Bridges Museum of American Art, The Momentary, and Caleb Chancey Photography

Bentonville Fun Facts

- Sam Walton opened his original five-and-dime store on the town square, now home to the Walmart Museum, showcasing retail history.
- The city is one of Arkansas's fastest growing, with a recent population estimate nearing 62,000, up from 54,164 in 2020, driven by corporate influx and quality of life.
- Founded in 1837 as "Osage" after indigenous hunting grounds, it was renamed in 1843 for Senator Thomas Hart Benton, a key supporter of Arkansas statehood.
- Boasts a vibrant cricket league with 18 teams, highlighting its diverse international community drawn by Walmart's global suppliers.
- Hosts the Bentonville Film Festival each May, founded by Geena Davis, attracting tens of thousands of attendees for films promoting diversity in media.
- Aviation pioneer Louise Thaden, the first woman to win the 1936 Bendix Trophy transcontinental race, hails from Bentonville.
- NBA star Malik Monk, of the Charlotte Hornets, played high school basketball at Bentonville High.





Fresh Takes

HERBS AND LEAFY GREENS SHINE
IN THESE VIBRANT RECIPES

BY JENNIFER BAJSEL

SHRIMP PASTA WITH SPINACH ARTICHOKE PESTO

SERVINGS: 5 | PREP: 2 HRS. 20 MIN. | COOK: 45 MIN. | TOTAL: 3 HRS. 5 MIN.

INGREDIENTS: 16 oz. Rotini Pasta | 2 Tbsp. extra virgin olive oil, divided | 1 lb. 16/20 jumbo shrimp, peeled, deveined | 1 lemon, juiced | 14 oz. can artichoke hearts | Spinach Artichoke Pesto | Salt as needed **Pesto:** 10 oz. Spinach | ½ cup Walnuts | 1 cup extra virgin olive oil | 14 oz. can artichoke hearts, divided | 6 oz. parmesan cheese, shredded | ½ lemon, juiced

DIRECTIONS: **MAKE** the pesto using a food processor. **COMBINE** spinach, walnuts, olive oil, ½ of the artichoke hearts from the can plus 2 Tbsp. of brine, parmesan cheese, and ½ lemon juice. **SET** aside. **THAW** shrimp, remove peels if necessary, and pat dry. **ADD** the remaining ½ cup of lemon juice, shrimp, and ¼ cup of the spinach pesto in a mixing bowl. **LET** it marinate while preparing the rest of the dish. **MAKE** pasta according to package directions. Drain pasta and place it back in the sauce pot. **DRIZZLE** with 1 Tbsp. olive oil to prevent sticking. **PAN-SEAR** marinated shrimp in a saucepan over medium heat with 1 tbsp of olive oil. **ADD** the shrimp, the remaining canned artichoke hearts (drained), and the remaining pesto to the pasta. **WARM** the pasta over low heat before serving. **GARNISH** with parmesan (optional).

TIPS & TRICKS: AYou can use any type of pasta. Remember that pasta with texture or grooves will hold onto the pesto better than a flat, smooth pasta.



TARRAGON CHICKEN SALAD

SERVINGS: 12 | PREP: 30 MIN. | COOK: 20 MIN. | TOTAL: 50 MIN.

INGREDIENTS: 3 chicken breasts | $\frac{1}{2}$ red onion, chopped | 4 celery stalks, chopped | $\frac{1}{2}$ cup slivered almonds | $\frac{3}{4}$ cup mayonnaise | $\frac{1}{4}$ cup Dijon | 1 lemon, juice | 4 Tbsp. fresh tarragon, chopped | Kosher salt as needed | Lettuce leaves for serving

DIRECTIONS: **PLACE** the chicken breasts in a medium saucepot. **ADD** water and bring to a boil. **REDUCE** the heat and simmer 20 mins. until cooked through. **REMOVE** chicken breasts from the heat to let cool. **CUT** a red onion in half. **PEEL** one half and chop into small dice. **RINSE** celery stalks and remove tops. **CHOP** celery into small dice. **PLACE** red onion, celery, and almonds in a mixing bowl. **CUT** chicken breasts into cubes and add to the mixing bowl. **ADD** mayo, mustard, and lemon juice. **REMOVE** tarragon leaves from stems and chop. **ADD** to the mixing bowl. **COMBINE** until well blended. **ADD** salt to taste. Serve in lettuce cups.

TIPS & TRICKS: If fresh tarragon is unavailable, you may substitute dried. Use $\frac{1}{3}$ of the recipe amount if using dried herbs. They are more concentrated in flavor.



GREEN GODDESS DEVILED EGGS

SERVINGS: 24 | PREP: 1 HR. 15 MIN. | COOK: 11 MIN. | TOTAL: 1 HR. 26 MIN.

INGREDIENTS: 12 eggs | ½ cup green goddess dressing | 1 tsp. Dijon mustard | 1 tsp. kosher salt | Fresh herbs for garnish (chives, dill, parsley)

DIRECTIONS: **PLACE** eggs in a pot of water and bring to a boil. **COOK** for 11 minutes. **REMOVE** the eggs from the water and place them in an ice bath to cool for at least 1 hour. **PEEL** the eggs and cut them in half lengthwise. **REMOVE** the yolks and place them in a food processor. **ADD** the green goddess dressing, mustard, and salt to the yolks. **PULSE** until well blended. **PLACE** the yolk spread into a piping bag. **PLACE** egg white halves onto a tray or baking sheet. **PIPE** the yolk spread into each half. Decorate each egg with fresh herbs. **KEEP** refrigerated until served.

TIPS & TRICKS: Using older eggs and keeping them very cold after cooking will help them peel more easily.



ABOUT OUR CHEF

Jennifer is a private chef in Dallas, TX, with a passion for home-cooked meals with a global influence. In addition to cooking, she hosts an Italian cooking show on national streaming television. To follow her, go to JenniferBajsel.com or find her on Instagram @JENNIFER_BAJSEL

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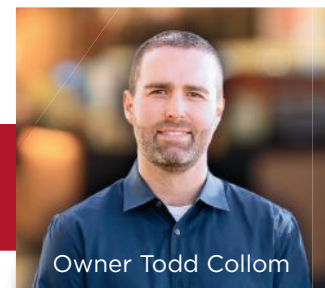


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\$42, SEPHORA.COM



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