

much of the conversation they see on Facebook is choreographed by skills from the "FriendZone".

You may have heard us use that word before. Maybe you are wondering what that is? Who are the people involved in the "FriendZone"?

In this editorial we will explain the FriendZone, their membership, and why it matters to you, the citizens of Trophy Club. And we won't beat around the bush ... this time, we are naming them.

In short, the FriendZone are a group of people who have banned together to seize control of our town government and work towards their own agenda and vision for the town. On its face, this would seem honorable. It's just people giving of their time to the Town in order to make Trophy Club a better place. They are all volunteers ... unpaid volunteers no less.

But as there often is with politics, there is a dark side that goes unseen by the public. The FriendZone operate as an oligarchy. The group sees themselves as the keepers of the town. At one point, a member even publicly commented that they "own" Trophy Club.

The group does not permit dissenting opinion or allow others to participate who do not share their version of what Trophy Club ought to be. Their ultimate goal is to keep Trophy Club as their singular possession, a town built by and for themselves, with their group controlling all aspects of town government ... citizen opinion be damned.

It's not all bad. After all, they live here and do genuinely want Trophy Club to be a great place to call home...for themselves. But it's always about their vision...their opinions...their choices...their dealings...their terms... their friends that matter. If you are not part of the

group, you are a nobody, and your opinion is not welcome. Despite claims to the contrary.

Knowing that citizen participation in government and local elections is generally low, with fewer than 1200 votes in a typical election, with their small group of about 20 people they have been largely successful in controlling the narrative of every town election for the last 7 years. It takes only about 600 votes (or less) to win a typical contested election in Trophy Club for Town Council but often they have been successful in having their candidate run unopposed.

From time to time a citizen has tried to stand up and oppose them...with occasional success. Each time this happens the FriendZone sends out attack dogs to discredit, intimidate and delegitimize the candidate in any way possible. Remember, it only takes a majority of about 600 votes ... out of a town of 12,000 people. With so many people disengaged it is not that hard to control an election.

Sociologists tell us that it only takes about 5% of a group population to manipulate and control the opinion of the rest. Therefore, in Trophy Club you only need about 30 people to make that happen. With those whom they have already placed in positions of trust, their families, and extended network of social media skills, they easily make up 5% of the necessary votes.

When they are faced with opposition, which does happen from time to time, the advice to a candidate running against the FriendZone is to "take the high road" when under attack. It's hard to disagree with that when you are a good person, trying to make a difference and want everyone to get along and play nice. Unfortunately, those in the FriendZone are playing a

EDITORIAL - Understanding the Dynamics of the FriendZone

By Editor
October 12, 2020

10/12/2020 – Trophy Club, TX
We believe that most people in Trophy Club are going about their lives not very much concerned with the ongoings of Trophy Club politics. Until it affects their lives directly, most people are content to ignore the nonsense. Generally, citizens are not very familiar with the political class of Trophy Club, and don't generally keep scorecards. Some may even wonder, "Does Trophy Club even have a political class?"

The answer to that question is most definitely, yes! And without that understanding people are often confused (or annoyed) by the interactions they see on social media. In fact, unless they are intimately involved with Trophy Club politics, they may not even be aware that

different game and have no problem resorting to dirty politics.

The question most often asked is, "Why would someone go to all that trouble for an unpaid, volunteer position?"

The answer is exactly the same here in Trophy Club as it would be in any other city, **Money and Power**.

But the money doesn't come from a salary, it never does, in any city. The money comes from helping your friends. Friends that will one day return the favor somewhere else, on another project in another city. There is nothing illegal about helping out one's "Friends" as long as there is no offer or acceptance of a bribe. But when you have a mutual understanding, there is no need for such an arrangement. In the old days this was called the, "Good ol' boys" club. Later, it became simply, "Cronyism".

The Power comes from the ego trip that they are in control. They own the town so if they want to change the rules, they can. Of course, the commoners are welcome to come along for the ride.

To make all this happen you need to take control of the town and start appointing your friends to all the boards and commissions. The FriendZone began planting their people on the Town Council and public boards starting around 2013.

In the pages of the Trophy Club Journal we have put a spotlight on many of the activities of the FriendZone but until now we have yet to illustrate just how pervasive and deep the FriendZone goes. We feel that the time has come to just come out an name them, so that when you read their posts on Facebook you will understand that the conversation you are reading is not one of unbiased, average citizens, but one of a calculated effort to maintain power by a select group of Trophy Club elite.

Of course, our ethical standards here at the Trophy Club Journal mean that we will only draw your attention to those who have served the town in some capacity. Legally speaking, it is bad practice to call out citizens who, while they may be part of the

FriendZone, are not public servants. But by knowing the public service players of the FriendZone, you can draw your own conclusions as to their friends on social media.

The easiest way to illustrate the FriendZone, as well as their connections, is with a simple chart. (See above) Every name on this chart is a person who we believe to be a member of the FriendZone. While their connections are shown here at a high level, you can witness for yourself the interpersonal relationships throughout social media. They consistently come to each other's defense, even when their acts are indefensible. They mock or attack any and all who voice a different opinion. Rest assured; this post will be mercilessly attacked.

The goal of this group is to maintain a perpetual grip on the levers of our town government. As they take control of the Town Council, they nominate their friends for commissions, then elevate them to higher office when a new seat opens up. The result is an incestuous oligarchy where this elite political class is forever in control.

What Trophy Club needs is to rid themselves of this oligarchy. We need new people, with high moral standards and no vested interest in securing deals for their friends to step up and be independent voices on the Town Council. We need people who understand that government is about "partnerships" with vendors and developers but that this is not the same thing as "friendship". The only "friendship" that should ever exist in government is with the People.

Our town government exists for the sole purpose of safeguarding the way of life for the citizens of this town. They are to be good stewards of our money. When "friendships" with developers intercede, the outcome will always be to disadvantage the People. There is no escaping this. It is this reason that so many have lost faith in government at all levels. From the Federal government to the State and even to the local community ... our local

community.

Trophy Club Journal stands with the People of Trophy Club. We will always be looking out for you, regardless of who is running our great town. We will root out corruption wherever we find it... and we will praise those good souls who do good for our community with selfless acts.

We hope you will join us in our journey and help us, help you, make Trophy Club a Great Place to Call Home.

Continue Reading:



Mayor Candidate Eric Jensen may be in Hot Water over Campaign Finance Reporting

By Editor

October 8, 2020

10/08/2020 – Trophy Club, TX
Candidate for Mayor Eric Jensen is once again at the center of another scandal. This time for an alleged

campaign finance violation.

On February 10, 2020, Jensen held his first official campaign rally & fundraiser at HG Sply. During that event, he held a drawing for 2 tickets to Criss Angel RAW at the theater in Grand Prairie. Jensen's friend Dave Dickson came away with the honor of receiving those tickets and joining Eric & his wife Billie Rene' at the concert.

The tickets do not appear on Jensen's Campaign Finance Report. Neither as an "in-kind" donation nor as an expense for purchase. Unconfirmed reports are that Jensen's company, **Control Products Corporation** (a domestic for-profit corporation where Jensen's father, Ron Jensen, is the CEO), held box seats at the theater and that the tickets were for those box seats.

According to the Texas Ethics Commission, Rule #4:

An item donated to be auctioned at a fundraiser is an "in-kind" campaign contribution. The purchase of the item at the auction is also a contribution. Both the item and the purchase price must be reported as political contributions.

To make matters worse, if box seats were owned by Jensen's company, Rule #6 states:

Texas law prohibits corporations and labor organizations from making political contributions to candidates, officeholders, and related specific-purpose committees. Contributions to GPACs are also restricted. Limited exceptions also exist.

The prohibition also applies to other organizations, such as partnerships and limited liability companies (LLC), if they are owned by a corporation or include an incorporated member or partner.

Therefore, while the situation is bad if Jensen purchased the tickets personally and then donated the tickets to his campaign without disclosing it, it is even more damaging if the tickets were owned by his Corporation which then donated them to his campaign.

The Trophy Club Journal reached out to Mr. Jensen but as of printing he has not returned our invitation to discuss the issue.

If Jensen is hit with an ethics violation, he could be liable to the State for 3x the value of the tickets. At that time, Criss Angel general admission tickets were about \$120 each. If the tickets were box seats, they would be worth considerably more. In addition to the general fine, civil penalties could also be imposed at any amount deemed appropriate by the Ethics Commission.

Jensen is not the first of his friend group to have issues with their Campaign Finance Reports. The Trophy Club Journal recently published a report about Tiffany Nimphius' Campaign Finance issues. Jensen was Nimphius' primary supporter in her run for Town Council last May. She ultimately lost to Karl Monger after the Trophy Club Journal revealed she had nearly \$50,000 in IRS tax liens.

Of course, the State doesn't automatically do Ethics investigations. A citizen must first file a complaint before they will investigate. Therefore, if nobody files a complaint Jensen will likely walk away Scott-free.

If you are a concerned citizen, and would like to file an ethics complaint against any candidate, you may complete this form and submit it to the ethics commission: https://www.ethics.state.tx.us/data/forms/sworn_complaints/complaint.pdf

The Trophy Club Journal reviewed all Campaign Finance Reports from all candidates in this election cycle. Jensen was the only candidate that we found to have errors or omissions. Interestingly, Jensen's friend and running mate Rhylan Rowe had the most accurate and professionally prepared report. The irony is thick ... Jensen bills himself at the professional whereas Rowe is the most unprofessional of all candidates.

Click below to download Jensen's Campaign Finance Reports. Report number 1 covers the period of

his campaign fundraiser. These reports are public information and are presented as received, without redactions.

E. Jensen - Campaign Finance Report 1Download

E. Jensen - Campaign Finance Report 2 (30 day)Download

Correction. We changed the content to reflect that it was a "drawing" for tickets...not a raffle.

Continue Reading:



Did Councilman Rhylan Rowe Collude with Developers Against Trophy Club Citizens?

By Editor

September 24, 2020

09/24/2020 – Trophy Club, TX

The Trophy Club Journal has uncovered a document that shows former Councilman Rhylan Rowe may have known in advance that the property for Breadwinners was going to be sold. Rowe not only didn't inform the Town Manager or the Council but instead urged the town to change the terms of the agreement in favor of the Developer.

The shocking email, which could only be understood in its totality through the lens of history, implies that Mr. Rowe potentially knew about a pending property transfer, and was urging the Council to modify the Developers Agreement so that the incentive payments would no longer go to the future property owner ... but instead, directly to the current developer, Old Town Development (which is owned by Chris Gordon and Justin Springfield).

Following discussions with the Town Attorney, David Dodd, about other issues in the agreement, Rowe sent an email to David Dodd, fellow councilman Tim Kurtz, Mayor Nick Sanders and Town Manager Tom Class on May 30, 2018. (Copy of email attached.)

The email reads, *"Thanks for providing this. At our next meeting, I would like to have an amended agreement in front of us for review that provides for payment of the Breadwinner's obligation directly to OTD, continues to pay the lender directly for the HG Sply parcel, but is adequately future-proofed in such a way that if/when the HG property changes hands, we won't have to amend the agreement again to make the same change. Going back to the discussion in 2014, and looking at how we came to be paying the lender directly in the first place, we would've done well to structure it like that in the beginning. Are there any other cleanup items that we need to address?"*

The following day on May 31, 2018, property tax records indicate that the Breadwinners property was sold, without notification to the town as required in the Agreement, to a company called "Bread 114, llc. That company was formed just 30 days prior, on April 30, 2018 by Steven Wood.

In a Facebook discussion this past Tuesday, Rowe admitted that he knew the property was under contract in May, 2018. However, in that conversation Rowe fails to mention that he is the one that instigated the discussion with the council about changing the

agreement.

Even more concerning, two days after the sale on June 1, 2018, Chris Gordon, was still discussing with Dodd that the lender for HG Sply was requiring that they pay off the land for Breadwinners. In that email exchange, no mention was made that OTD had already sold the property.

While Rowe maintains that the Town Manager did know about the sale, we could find no evidence of this. In fact, the only person who has admitted any prior knowledge of the sale is Rhylan Rowe. In fact, the evidence provided to TCJ in an Open Records Request show that it wasn't until 10 months later that Town Manager Tom Class discovered the sale after following up on an inquiry from Mayor Pro Tem Philip Shoffner.

That investigation was the catalyst that uncovered alleged conflicts of interest with Councilman Tim Kurtz and OTD.

Following the sale of the property, but before discovery by the Town Manager that the property had been sold, the Agreement with OTD was modified in June 2018 in a joint session with the Town Council and the EDC to reflect that incentive payments would be paid directly to the Developer, and not the property owner.

But the essence of that discussion was rooted in the belief that the Council was being proactive. At that point in time, most of the Council had no idea that they were being misled and that the Breadwinners deed was already transferred. Nor did they know at that time that OTD has signed an amended agreement for a property that they no longer own. As for the town, Sean Bone signed the document on behalf of EDC and Mayor Sanders signed on behalf of the Council.

Mr. Class discovered the sale shortly before March 26, 2019. It was at that point when Mr. Class intended to bring the issue up to the Council in an executive session, but that meeting fell apart over a discussion regarding the email between Kurtz & OTD and the admission by the Town

Manager that he had responded to an inquiry by the Texas Rangers. (Click here for the story of how Eric Jensen cost the town \$400k.)

By this point in time though, Rowe had already resigned and was not part of that conversation.

Suddenly, the issue about the sale of the property became secondary to the primary issue of alleged corruption. But the threat of withholding money to the Developer due to a potential breach of contract issue brought the issue to the forefront again. Like they say, "It's always about the money".

But there are questions that were never answered.

According to the Agreement, which was amended earlier that year on January 18, 2018, paragraph 3.2(d) read,

"Discretionary Sale by OTD. The Town and/or EDC shall have the Right of First Refusal to purchase the Property if Developer desires to sell the Property with or without Public Improvements or Property Improvements at any time during the Right of First Refusal Term (defined below). The right of Town and/or EDC under this section shall remain in effect until such time as two (2) separate restaurants on the Property have each received a Certificate of Occupancy and Developer complies with all of its obligations under § 3.2 and Section 4.1(a) of this Agreement (above), at which time the Town's and EDC's right of First Refusal shall terminate and be of no further force and effect ("Right of First Refusal Term"). If at any time during the Right of First Refusal Term Developer desires to sell the Property, Developer shall first advise Town, EDC, and TIRZ in writing by providing the name of the potential purchaser of the Property. Town, EDC and TIRZ shall have the right to reasonably approve any and all future purchasers of the Property during the term of this Agreement. Upon approval by Town, EDC and TIRZ of the proposed purchaser of the Property, this Agreement shall be fully transferrable to the approved purchaser. Town, EDC and TIRZ approval shall not be unreasonably

withheld or delayed.”

It seems clear that the intent of the Agreement was for the payments to run with the property owner, whomever that may be, not the developer.

OTD lawyers assert that the right of first refusal expired when Breadwinners obtained their Certificate of Occupancy (C/O). However, the agreement clearly requires that (2) separate restaurants have each received their C/O. At this point in time, only Breadwinners had received a C/O so from the perspective of the Town, Old Town Development was in breach of contract.

Eric Jensen speaking in the defense of the Developer, has made the claim that this provision is wrong. That the contract is wrong. That the contract was only referring to the property wherein Breadwinners is located, and not the 2nd property where HG Sply is located.

Debatable? Yes. Perhaps the agreement is wrong, but perhaps it isn't. And if it is wrong, then which part? Interpreting the intent of a contract is often subjective. Regardless it is exactly what the myriad of lawyers on both sides agreed to ... and it is exactly what Councilman Jensen agreed to when he was on the EDC, even though he later admitted he never read it.

Regardless, at the time in question, all parties were working under the belief that it was a valid provision of the Agreement. Had they not believed it to be so, there would have been no reason to modify it. Except, for that pesky little provision about, who gets the money?

In an undercover investigation, the Trophy Club Journal reached out to Mr. Wood, the current owner of the property, who stated that he was unaware that the funds were fully transferrable to the approved purchaser of the property. Nor was he aware the terms of the Agreement were changed after the property was transferred to him. Still, at the time of our inquiry, he seemed unphased by this revelation...perhaps he just needs

time to think it through and understand how much money he left on the table.

The real questions that remain are:

Why was Mr. Rowe more concerned about the welfare of the Developer than the interests of the town? (IE: the people whom he represents). Why is it that Mr. Rowe never mentioned the impending sale of the property which he knew was coming at the time he suggested changing the terms of the Agreement? Why does Mr. Rowe continue to mislead the people of Trophy Club about his involvement and friendship with the Old Town Development? Why were our town representatives so eager to modify the Agreement in the first place? Who was representing the people? Why MUST the agreement be amended to favor the developer ... after the fact?

In a fair negotiation of an Agreement, especially in a modification to an existing Agreement, each party should receive a benefit. Otherwise, why agree to modify it? What benefit did the town receive that they didn't already have? The answer to that question indicates where loyalties lie.

One thing is for sure, if Trophy Club keeps electing (or reelecting) the same people involved with this scandal, we will never get to the truth and we are doomed to repeat the mistakes of the past.

Continue Reading:



Vigil for Ruth Bader Ginsburg at Town Hall

By Editor

September 20, 2020

Trophy Club Citizens gather in vigil for Ruth Bader Ginsburg at Trophy Club Town Hall.

09/20/2020 – Trophy Club, TX

Saturday night, citizens gathered in a social-distanced candlelight vigil at the Trophy Club Town Hall for Justice Ruth Bader Ginsburg - to honor her life, work and legacy.

In comments to the Trophy Club Journal, the organizer of the event, Diane Gil stated, *“The theme of this vigil is ‘In Honor and Action’. In solidarity we reflected on the enormous legacy left to us by RBG. We collectively shared the inspirations of Justice Ginsburg’s life and leadership as a call to fire up our own feminist action. May the memory of RGB be a revolution!”*.

15 people were in attendance at the event. A few citizens spoke of what the late Justice meant to them.

Diane has been a Trophy Club Resident since 2013. She refers to herself as an Activist, Community Organizer & Feminist. She has participated in a couple of Black Lives Matter protest this summer, and attended the March on Washington in August. She currently has several of virtual registration events scheduled to kick off next week across Denton, Dallas, and Fort Worth counties.

We asked her what motivated her to organize the event. She responded,

“Like so many, I was speechless to hear the news about Justice Ruth

Bader Ginsburg, but I also knew this was not the time to be silent. I am partnered with several women's right movements and received an email asking to organize a vigil in my local community. I didn't think twice about it. I had plans that I cancelled such as my youngest sons first kid pitch baseball tournament, a birthday dinner for my nephew, and surprise 40th birthday party for a dear friend (all Covid safe events). I didn't know if anyone would show up, or if it would just be me. But it didn't matter, I had to do my part."

She added, "RBG was a living example of strength, courage, justice and empathy. Through her own adversities being Jewish, a woman, a mother, she was a true pioneer for equality. It was learning about her in my early thirties that I found my place as a feminist.

There are so many barriers to equality that women face beginning in childhood. I grew up in a poor community and depended on services such as Planned Parenthood as a teenager. I have also had personal experiences in abortion and am all too familiar with the challenge women face in the workplace. Justice RBGs resolve for injustice and inequality was pragmatic, bold and admirable."

Mrs. Gil hosts a podcast at Now What on Apple Podcasts and can also be found on YouTube, at Instagram/Twitter: @dianegil_cwc and via email at: diane@cultivatewithcourage.com

##Updated – 09/21/2020 This post was updated to include additional information by the event organizer.

Image Gallery:

Continue Reading:



ALoft Hotel denied use of EIFS

By Editor

September 10, 2020

09/10/2020 – Trophy Club, TX

On Tuesday, the Town Council met to review a request from ALoft Hotel to use EIFS (Exterior Insulation Finish System) in lieu of Stucco or other town approved masonry products at the first floor of the hotel.

It began with a citizen complaint about Styrofoam "snow" being seen lofting from the PD-30 construction site where the new ALOFT hotel is being constructed.

<https://youtu.be/mxBaqNZ7Rxg?t=838>

Tommy Uzee, Director of Community Development of Trophy Club went to the site to investigate and discovered that the contractor had already installed EIFS on the Northeast wall from the ground to the roof. At the time of his presence they were shaving the Styrofoam to make it smooth and ready for application of the finish coats.

The construction plans submitted called for Stucco at the ground floor in accordance with PD-30 standards. From the 2nd floor and above the material would transition into EIFS, which is permitted by town ordinance.

After discovery, the hotel owner then came back to Planning & Zoning where the request for the use of EIFS at the ground floor was denied by a 4 to 3 vote. That recommendation was sent to the Town Council for consideration on Tuesday.

At the council meeting, Councilman Shoffner recalled that when he was just beginning his

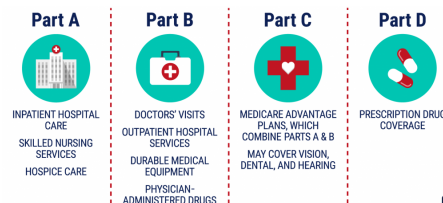
tenure on the Council he was called into the Town Managers office for a discussion regarding PD-30 and was given the assurance that if they approved PD-30 guidelines that the issue of EIFS would never come up again.

Obviously, nothing is ever certain when it comes to construction at the PD-30 project site.

In a reversal of many years' worth opposition to EIFS by many different Town Councils, Mayor Sanders stated that he now feels EIFS is a much different product than used in the past and decided to allow the product.

The rest of the council did not share the Mayor's enthusiasm and all remaining councilmen (Shoffner, Geraci, Bone & Monger) voted against the use of the material.

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Proposed Medicare Cuts Threaten Anesthesiology Practices Already Struggling Amid Pandemic

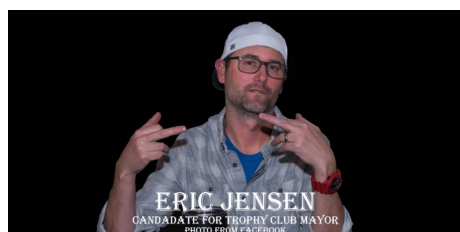
By Editor

September 8, 2020

This story has been moved to the Trophy Club Voice. Click here to read.

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Continue Reading:



How Councilman Eric Jensen cost the Town \$400,000

By Editor

September 7, 2020

09/07/2020 – Trophy Club, TX

It was a beautiful 71 degrees with a slight breeze on the night of March 26, 2019 when the Town Council went into executive session. But the climate inside the conference room was getting hot as Councilman Jensen got into a heated conversation with Councilman Greg Lamont.

In his complaint of **“harassment and request for whistle-blower protection”**, a copy of which was received by the Trophy Club Journal as part of an extensive Open Records Request, former Town Manager Tom Class recalled the alleged events of the evening in a written statement. In the following account, we have filled in the blanks for context but have kept the quotes as stated in his complaint.

It started as a discussion about a potential conflict of interest with Councilman Eric Jensen’s wife, Rene’, who at the time was working at

Performant Fitness. The town has a contract with Performant Fitness, and therefore it is reasonable to question whether such employment would be restricted due to Texas nepotism laws. Jensen began attacking Councilman Greg Lamont for bringing up the question.

But the law was on Lamont’s side. According to an opinion by the Texas Attorney General,

“When a governing member of an entity, or a “local government officer” (“officer”) has a specified relationship with a person to whom chapter 176 applies, the officer must file a conflicts disclosure statement.” Further, “The statement is required when the person has “an employment or other business relationship with the officer or a family member of the officer that results in the officer or family member receiving taxable income.”

Meaning, whether Rene’ Jensen was a direct employee or an independent contractor of Performant Fitness, Eric Jensen was required by law to disclose it ... he didn’t.

But the conversation turned.

At some point in the conversation Jensen turns to Councilman Philip Shoffner and says, **“Philip, ask the question.”** Thus, indicating that Jensen & Shoffner had colluded together to prepare questions before the meeting.

Floating in the air over Trophy Club at that point in time were rumors of a potential conflict of interest between Councilman Tim Kurtz and Old Town Development, the developers of Breadwinners and HG Sply. But at this point not much of it had been confirmed publicly.

Shoffner turns to his computer and reads their prepared question, first directed at town attorney David Dodd. **“Have you been part of or do you know of an investigation of the Town, any staff or elected official for**

conflict of interest in the last year?” Dodd replies, **“No.”**

Shoffner then turns to Town Manager Tom Class and reads the same question. Class replies, **“Yes,”** and **“offered additional information that I had been contacted by the Texas Rangers and had met with them.”**

In the report, Class alleges that Jensen then pointed his finger at him and yelled, **“You need to resign!”**. To which Class replies, **“I’m not resigning, I’m not going anywhere; you are going to have to fire me.”** Jensen then accused Class of being a liar and leaking information.

Since that time, the Trophy Club Journal has submitted Open Records Request and done an extensive review of hundreds of documents. We now know that the conflict of interest in question consisted of an email that was accidentally discovered on the town email server between Councilman Kurtz and Chris Gordon, one of the two owners of Old Town Development. (The other being Jensen’s good friend, Justin Springfield.)

Apparently, Kurtz was unaware that his phone was sending email through the towns email server ... making them all subject to open records requests.

In an email that we believe started the investigation, Kurtz is seeking advice from Chris Gordon about how to answer a conflict of interest form that he was required to fill out for the town. Kurtz wrote, **“As Joli is an investor in Turnberry Cap which is an investor in HG building. I am wondering if I need to state yes to a couple of these questions. Thoughts?”**

It turns out that “Turnberry Cap” (ie: Turnberry Capital) is a company owned by Kurtz.

Kurtz later admitted that through that company his wife gave \$100,000 to Old Town Development. His lawyer

would lay claim that the money part of an investment for one of their kids and that Kurtz never profited from the investment... as if any of that matters. Not only did Kurtz fail to disclose the relationship, but according to the town attorney, Kurtz never recused himself from voting on OTD projects. (There have been other alleged conflicts which are not germane to this story.)

Much of this came out in open session of a council meeting on April 9, 2019. The attorney for Kurtz's stated that at the time Kurtz had intended to divest his shares from the company but that the attorney forgot to file the paperwork ... for over a year.

There is question from Jensen supporters about whether this investigation is still ongoing.

The Trophy Club Journal has made several FOIA requests with the FBI and has received no acknowledgement of an ongoing investigation. The FBI does not comment on criminal investigations ... they cannot even acknowledge IF an investigation exists, naturally.

However, our sources have confirmed that past and present town employees have been interviewed by the FBI regarding a case other than the "merchant fraud" that Jensen supporters are using to deflect attention.

This means that there was an investigation ... whether it is still ongoing or not is anybody's guess. Nobody can know for sure and anyone who says otherwise is lying. It takes the FBI years to investigate such complicated matters. Until or unless the FBI finally decides to press charges, we may never know how long the investigation lasted.

It is easy to see why Mr. Class would seek whistle-blower protection in light of the abhorrent behavior of Eric Jensen in the executive session that night

The documents would suggest

that Mr. Class was simply following the law by answering questions directed at him from law enforcement. Why was Eric Jensen with his friends on the Council leading a rebellion against him? A man they had publicly praised in the past.

Because of the damage caused by Mr. Jensen, it quickly became clear to most of the Town Council that a prolonged legal battle could likely cost the town millions of dollars in damages plus hundreds of thousands of dollars in legal fees and would likely end with a payout, regardless. Generally, it was felt that it would be better to deal with it now and move on.

An offer was made to settle with Class for \$400k and allow him to resign with honor, dignity, and grace. On May 13, 2019, in a public forum the council accepted his voluntary separation agreement. (Link to Video) Councilman Jensen voted against the agreement. Jensen felt that Class should have been outright fired and he wanted to let the legal process proceed.

In summary, it was Eric Jensen that created the hostile work environment which gave rise to the \$400k settlement but even more than that, it was Eric Jensen, when head of the EDC, who wrote and approved the Agreement with Old Town Development in the first place. An agreement that was universally agreed by all parties to be so poorly written that it gave cause to all the conflicts that would follow ... and yet Mr. Jensen admitted on April 9, 2019 to having never read the Agreement.

But it doesn't stop there. On top of all that, Jensen cost the town another \$25k when he "accidentally" resigned from the council and caused a special election. But that is another story.

Email. Joli Investor Download
Email. Tom Class- Whistleblower Protection Download

Continue Reading:



Did a Former Town Council Candidate Violate Campaign Finance Law?

By Editor

September 1, 2020

09/01/2020 - Trophy Club, TX

Former Trophy Club Town Council candidate and current Parks and Recreation Board Chairperson, Tiffany Nimphius, may have been caught with irregularities in her campaign finance reports from her 2019 run for council, the Trophy Club Journal has learned.

Nimphius Announcement Prior to actual application

Mrs. Nimphius filed her treasurer application at the same time as her candidacy application on July 23, 2019 at 9:54pm at the Town Council meeting when the Council went into Executive Session. Oddly, she falsely announced her candidacy 42 minutes prior on social media, stating "I filed the necessary paperwork to become a candidate for council." immediately following the Town Council vote to

call the election, at 9:12pm. (See image right).

Mrs. Nimphius' premature post was likely on purpose as her supporters were quick to judge a prior candidate who filed to run against Eric Jensen. In that campaign they accused Brian Brennan of causing a \$25k special election for having the audacity to file after Mr. Jensen. Clearly, Mrs. Nimphius was attempting to avoid calls of hypocrisy by filing before Karl Monger...who actually had announced his intent to run months in advance.

Tiffany Nimphius Campaign Sign on 7/24/2019.

PhotoscreenshotfromFacebook mobile.

The following morning on July 24, 2019, Tiffany Nimphius campaign signs began popping up all over town in the yards of loyal supporters. (See image left)

According to Mrs. Nimphius' campaign finance report filed on January 15, 2020, Nimphius did not purchase any campaign materials until July 25, 2019.

On the surface, there are irregularities with the situation. How was it possible for Mrs. Nimphius' signs to be purchased, printed, shipped and placed in yards within approximately 12 hours? Why does her campaign finance report show a purchase date that occurs **after** the signs were placed?

These facts call into question the possibility that Mrs. Nimphius may have violated campaign-finance law. In the state of Texas, it is against the law to spend **any** money, or accept donations, for a political campaign before filing a campaign treasurer. Additionally, the evidence would suggest that Nimphius may have attempted to conceal the purchasing of campaign materials prior to the appointment of a Treasurer by altering the date of purchase on her disclosure form.

The only way to know for sure is for the town to conduct an ethics investigation and demand her campaign receipts. Given that Mrs. Nimphius still occupies a position of trust with the town, this would seem

a prudent move. However, since the majority of the council is controlled by friends of Mrs. Nimphius, it is unlikely that they would order an investigation unless a citizen from the town demands it.

Nimphius' supporters includes members of the council, the Ethics Commission and the Town Manager, who was selected by and is a friend of Eric Jensen, who is now running for Mayor. Jensen was the primary supporter of Mrs. Nimphius' bid to be placed on the Council.

Mrs. Nimphius lost her bid for Town Council to Karl Monger after it was revealed that she had nearly \$50,000 in IRS tax liens.

(Treasurer and Campaign Finance Reports below)

Continue Reading:



Trophy Club Former Ethics Commission Member Urges People to Unfollow the TCJ

By Editor

August 28, 2020

08/28/2020 – Trophy Club, TX

A former member of the Trophy Club Ethics Commission is urging people to “unfollow” the Trophy Club Journal after we report his familial connection to a scandal involving the 2016 Citizen of the Year award.

Reece Bautista was an alternate member of the Trophy Club Ethics Commission at the time his wife submitted a recommendation for the 2016 Citizen of the Year award for their friend, Tiffany Nimphius. The TCJ reported on the controversy last week. Read article here.

On Friday, Mr. Bautista joined his friend, Former Councilman Rhylan Rowe; who previously resigned from the Council after just 9 months in office, and now wants voters to reelect him; in calling for people to unfollow (ie: boycott) the Trophy Club Journal. Mr. Rowe has made multiple calls for unliking/unfollowing the TCJ in the past, to no avail, as readership in the Trophy Club Journal has continued to rise on both the Facebook page, as well as the website TrophyClubJournal.com.

Mr. Bautista joins a chorus of



Get Curious About Your Cat's Health

By Editor

August 31, 2020

This story has been moved to the Trophy Club Voice. Click Here to read.

Continue Reading:



persons associated with Eric Jensen, whom the TCJ has referenced as the "FriendZone", who are now calling for some sort of boycott of the only local news organization in Trophy Club, due to our reporting of unflattering **facts** around this group of individuals.

Ironically, by joining socially in their calls for boycott, they are lending credence to the TCJ's inference of the "FriendZone".

Continue Reading:



The reason Trophy Club no longer has a "Citizen of the Year" Award.

By Editor
August 22, 2020

08/22/2020 – Trophy Club, TX

An investigation by the Trophy Club Journal into the Trophy Club 2016 Citizen of the Year award has turned up some concerning improprieties with regards to the selection of Tiffany Nimphius as the citizen of the year and along the way has discovered why it is that this award is no longer given out.

After an extensive investigation of documents received from an Open Records Request (ORR) as well as documents received from other

confidential sources, these are our findings.

2016 CITIZEN OF THE YEAR

The Town began accepting 2016 Citizen of the Year (COY) nominations in March 2017 in two categories ... one for adults and one for youth. This investigation centers on that of the adult category.

As stated on the town's website, *"the Citizen of the Year is a person who will be recognized for their outstanding work with a non-profit organization (for example raising funds, coordinating philanthropic events for the organization, overseeing distribution of funds, etc), work in schools, local government, parent/teacher organizations, etc. Recognition should be for service performed during the year in question. Nominations may come from any Trophy Club Citizen on behalf of a recipient."*

As you would expect, elected officials and members of the town staff are not eligible but those who serve on Boards or Commissions are eligible.

Evaluation of the nominations is supposed to be conducted by a committee consisting of previous Citizen of the Year recipients. As we will explain, it appears that process may have been hijacked.

TIMELINE OF EVENTS

The very first nomination was received on March 29, 2017 for Tiffany Nimphius. It was submitted by her friend Irma Seal.

Two days later Sherri Lewis, town staff liaison for the Citizen of the Year (COY) committee, sent an email to Dena Boudreaux (2013 Recipient), Mindi Bone (Vice Chair, Parks & Rec. Board, 2014 Recipient) and Kelly Castonguay (2015 Recipient) that she wanted to "simplify the process" of the selection committee to include only winners from the last 3 years ... rather than invite all past COY recipients as had been tradition and as stated in the rules for 2016 nominations.

Immediately, one should notice that this is already a violation of the published rules as well as a historic tradition.

Over the next few days more nominations begin to roll in.

April 2, 2017 – Nomination of Cameron Jolley by Velani Cannon

April 3, 2017 – Nomination of Chris Bailey by Ryan Chitwood

Then, on April 10, 2017 @ 10:11 am, (Former) Town Manager Tom Class sent an email to Sherri. He stated that he had been getting inquiries in to COY and wanted to discuss the details with her.

The details of that exact conversation are not mentioned in the record documents. However, at 11:24 am that same day Mrs. Lewis changes her direction and invites the previous winners to participate in the selection committee. Sherri also states that a meeting will be scheduled on Monday, April 17, 2017 for the committee to review nominations.

Immediately after sending that invite Sherri emails Tom Class and lets him know that all past COY recipients have been invited to participate. Clearly Mr. Class asked her to notify him when she sent the email to all the other recipients. Conveniently, she gave the other selection committee members only a week notice to make plans in their schedule.

It seems clear that the intent for proposing such a date/time (at the last minute) was to prevent the youth recipients and other working adults from being able to attend and cast their vote. It did not take long for the town to start receiving decline notices via email from many of the previous recipients.

No attempt or consideration was made to have the nominations reviewed independently and voted on remotely.

On April 12th another nomination was received for Margaret Anderson by Matt Tibbits.

Three days later, after all the other potential committee members have declined, Mrs. Lewis reschedules the selection committee meeting date.

The meeting is rescheduled to Wednesday, April 19, 2017 at **6:00 pm**. There is no record that any of the

previous Citizen of the Year recipients were notified of the new date with the exception of Dena Boudreaux, Mindi Bone & Kelly Castonguay (the same three people that Mrs. Lewis wanted to participate in the first place) as well as three of the youth recipients Megan Rodgers (2011), Peyton Arata (2012) & McKenzie Arata (2013). It appears that those who previously declined to participate due to a schedule conflict were conveniently not advised of the new meeting date.

At 2:14 pm on April 13, 2017 a nomination is submitted for Nicole Arata by Kelly Noonan.

Now things start to get interesting.

After 15 days with not a single additional nomination for Nimphius but just 7 hours after the nomination of Nicole Arata:

April 13, 2017 – 9:19 pm – Nomination of Tiffany Nimphius by Suzie Manning.

April 13, 2017 – 9:43 pm – Nomination of Tiffany Nimphius by Jared King (Board Member of Ethics Review Commission).

April 13, 2017 – 11:19 pm – Nomination of Tiffany Nimphius by Earl Bilbrey (Board Member of Parks & Rec. where Tiffany volunteers).

April 13, 2017 – 11:27 pm – Nomination of Tiffany Nimphius by Shina Bilbrey (Wife of Earl).

April 14, 2017 – 8:52 am – Nomination of Tiffany Nimphius by Alison Dipilla.

April 14, 2017 – 9:16 am – Nomination of Tiffany Nimphius by Kristen Ramsbottom.

April 14, 2017 – 10:08 am – Nomination of Tiffany Nimphius by Rene Jensen (her husband, Eric Jensen was Vice President of the EDC and running for Council. He would go on to win the election the following month. At the time of this publication he is currently running for Mayor).

April 14, 2017 – 12:19 pm – Nomination of Margaret Anderson by Robert Murray.

April 14, 2017 – 1:06 pm – Nomination of Tiffany Nimphius by Cheryl Helms.

April 14, 2017 – 2:47 pm – Nomination of Nicole Arata by Nancy Miley.

The deadline passes on April 14, 2017 at 5:00 pm. But for good measure, one more nomination is received the following day (and was accepted).

April 15, 2017 – 1:03 pm – Nomination of Tiffany Nimphius by Lorelei Bautista. Lorelei is the spouse of Reece Bautista, Alt. Member of Ethics Review Commission.

As a side note, you may find it interesting that whereas Nicole Arata and Margaret Anderson had incredibly detailed explanations for their nominations, Tiffany Nimphius' nominations were mostly one sentence. In fact, aside from "flag planting", in which many town citizens participate, the most appropriate justification for Mrs. Nimphius was for her participation in the "It's Time Texas" challenge. However, this event occurred in 2017 and not in 2016. Thus, a fair evaluation of her nomination should have disqualified her as nominations are supposed to be for the year of the actual award.

Was the outpouring of support for Mrs. Nimphius at the last minute, immediately following the nomination of Mrs. Aratta coincidental? We think not. Self-evident by the onslaught of last-minute support for Mrs. Nimphius is the fact that someone has tipped off the Jensen FriendZone with privileged information and that group is now worried that there is a possibility that Mrs. Nimphius' nomination could be in jeopardy.

The likely *suspect* (with emphasis on "suspect") is Sherri Lewis herself. A person who has known ties the FriendZone, and who oversaw the selection committee procedures.

In the end, the following persons were nominated for the 2016 Citizen of the Year award:

Margaret Anderson, Nicole Arata, Chris Bailey, Cameron Jolley & Tiffany Nimphius.

Casting ballots were former recipients: **Megan Rodgers, Peyton Arata, McKenzie Arata, Mindi Bone,**

Kelly Castonguay & Dena Boudreaux.

As the votes were counted, a tie of 3 to 3 put Tiffany Nimphius against Nicole Arata for the nomination.

Email received as part of our Open Records Request state that prior to casting her vote, "Peyton Arata announced to the group that had another commitment, quickly read through the nominations, placed her ballot in the box, and left before the votes were counted." This meant that she would not be around for a runoff to break the tie.

The final tally of the 2nd tiebreaking vote in the Adult Category was:

Nicole Arata:	1
vote Tiffany Nimphius:	3
votes Blank (No Vote):	1 vote

A predictable outcome considering at least 3 of the other committee members are personal friends of Tiffany Nimphius and that one person of the committee would not be permitted to vote for a family member. Perhaps if the other previous recipients were notified in a timely manner the outcome may have been different. We will never know. As this committee was designed, the outcome was predestined to favor Mrs. Nimphius.

After the controversy of the selection was completed, Mayor Nick Sanders sent an email to Town Manager Tom Class on April 24th, 2017. Mr. Sanders spoke about a complaint he had received and stated, "My concern is that we all know that Sherri had a great close relationship with not only past recipients of the award, but with current nominees." He asked Class to investigate the matter.

Exactly who is the "we" that Mayor Sanders is referring to? All the town employees? The Council? Regardless, the selection process was permitted to continue unabated with a person who everyone knows is connected to the FriendZone. Why?

Class responded to the Mayor by providing a copy of an email he sent to Sherri Lewis on April 20, 2017 where he outlined the events of the meeting, and which we have summarized here on the Trophy Club

Journal. Class asserts that he did not witness any impropriety. However, he stated that in his opinion *“in the future the town staff should be removed from the process.”*

Well it turns out that revising the system would become unnecessary as the consequences of this situation has resulted in the complete shutter of the entire “Citizen of the Year” award system.

Thanks to the corruption of Eric Jensen’s FriendZone, Tiffany Nimphius would become the last recipient to ever receive a Citizen of the Year award in Trophy Club.

Fortunately for the town, Alicia Fleury won her seat on the council in May of 2017. At her behest the Council started conducting its own recognition program using monthly “Proclamations”. Going forward, nominations and selections would be under the direction and control of the Town Council.

While this is generally a good thing, the downside to this system is that this makes it convenient for the founding FriendZone members as they have been able to maintain majority control of the Council and thus they get to approve or deny every nomination. FriendZone members work hard to ensure that only their “friends” are elected to Town Council and get Board & Commission appointments. They consistently demonize anyone who dare run against them and are militant detractors of The Trophy Club Journal.

“Friends” helping friends ... and keeping those who are not “friends” out of the system.

So, to echo the words of the renowned Paul Harvey, “Now you know the rest of the story.”

##

Resources: All nomination forms can be accessed below. We have elected not to upload all the emails as doing so may compromise some of our sources and methods.

As an adjunct to the story, Sherri Lewis is no longer employed by the Town of Trophy Club.

nimphius-from-

seal_RedactedDownload
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jolley-from-
cannon_RedactedDownload

anderson-from-
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jenson_Redacted.Download

anderson-from-
murray_RedactedDownload
nimphius-from-
helms_RedactedDownload
arata-from-
miley_Full.RedactedDownload
nimphius-from-
bautista_RedactedDownload

Corrections:

08/24/2020 - We corrected the story to indicate that Alicia Fleury was elected in 2017 (May), not 2016.

Continue Reading:



Back to school: How to set up your kids for success in 2020

By Editor

August 19, 2020

(BPT) - Back to school is always filled with excitement, anticipation – and maybe even a little dread – as summer comes to an end. This year, fall might look a little different. But whether your kids are getting ready to go back to school in person or not, it’s important to make sure they have nutritious meals to power their brains and bodies throughout the day.

To help you set up a healthy routine, Produce for Kids is launching the annual Power Your Lunchbox program.

Here’s how you can use the program to benefit you and your kids:

Lunchbox inspiration

It’s easy to get stuck in a rut with weekday meals. From breakfast to dinner and all the snacks in between, Power Your Lunchbox has tasty and nutritious ideas and recipes to keep your kids on their toes. Plus, you can get helpful tips for easy, on-the-go foods when you’re in a time crunch – like Chickpea Salad Stuffed Mini Peppers and Southwest Quiche Muffins.

Live cooking demonstrations

Check Instagram and Facebook for regular live cooking sessions the whole family will enjoy. And on Aug. 20 at 4 p.m. ET, join the #PowerYourLunchbox Twitter party to get answers to all your back-to-school questions around fueling kids’ minds, staying organized, distance learning and meal prep.

Distance learning resources

Power Your Lunchbox not only

spotlights kid-friendly and registered-dietitian-approved lunch ideas, they also feature valuable tips and content to help families navigate a fresh school year and new or unfamiliar ways of learning.

Health resources

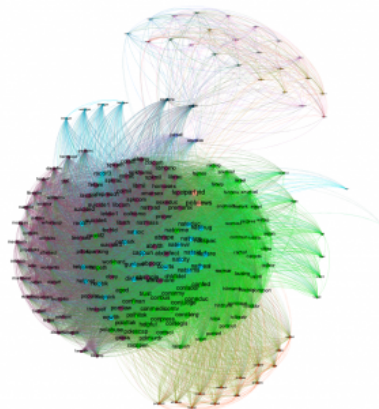
Keeping immune systems in top shape and maintaining mental health will be top of mind this school year as families navigate various ways of learning. The Power Your Lunchbox program offers the multi-purpose resources parents and kids need to stay healthy, feel great and focus on education.

Fresh food donations

This year, the Power Your Lunchbox program is working with several produce brands to help increase access to fresh produce for children and families. These brands are making a \$14,000 donation to the United Fresh Start Foundation to increase access to fresh produce in schools. The program has already raised over \$150,000 to benefit charities that support families around the country.

No matter where your kids are for back to school, these resources will help you keep them healthy, properly fueled and engaged. For more information, visit poweryourlunchbox.com.

Continue Reading:



Political ‘Oil Spill’: Polarization Is Growing Stronger — and Getting Stickier

By Editor
August 17, 2020

Opinions on unconnected political issues and even non-political issues are increasingly correlated ideologically

10-Jun-2020 11:00 AM EDT, by Penn State Institute for Computational and Data Sciences
Newswise — UNIVERSITY PARK, Pa. — Experts have documented that political polarization is intensifying in the United States. However, a Penn State sociologist now suggests that this separation isn’t just more intense, but it is also growing broader, coagulating into an ideological slick of opinions.

In the study of data from a national opinion survey, Daniel DellaPosta, assistant professor of sociology and social data analytics, said that opinions on many seemingly unconnected political issues — and even non-political issues — have become increasingly correlated ideologically.

As an example of this division, DellaPosta said that, in the past, people could have disagreed on abortion rights, but they may have still agreed on gun control or tax rates. Now agreement on those unconnected issues have become

more tightly bound with the person’s ideology.

“This study represents a different structural element of polarization, which is how different opinions and beliefs are related to one another in the population at large,” said DellaPosta. “This builds on a long line of work, often called opinion alignment.”

More troubling, added DellaPosta, who is also an affiliate of the Institute for Computational and Data Sciences (ICDS), there is a drop in opinions that people from opposing groups could agree on — often referred to as cross-cutting alignments — which may mean there is less room for compromise and agreement.

“People who have studied polarization in the past have often concluded that polarization has increased in some ways, but it is not occurring in the opinions in the population as a whole — and that’s been a somewhat comforting thought,” said DellaPosta. “In a sense, this study provides a less hopeful conclusion because it suggests that it’s not just that, for example, political parties have become more extreme, but that polarization has happened in the population itself.”

According to DellaPosta, the results may show that there is a widening gap in political divisions.

“Political divisions have become broader and it seems that these divisions have come to incorporate much more and include opinions that were once not involved,” said DellaPosta.

DellaPosta, who reports his findings in the current issue of *American Sociological Review*, which is available online now, compared the difference between the increase in the average political opinion alignment and the broadening of social, cultural and political alignments as the difference between a fence and an oil spill.

“I think of that average opinion alignment as a fence — the divisions are there, but they’re not moving,” he said. “In an oil spill division, it’s not just that the previously existing

division is getting stronger, it's that other opinions that weren't even part of those division to begin with are getting drawn in."

The opinion oil spill can also be seen in how non-political issues and behaviors, such as sports interests, or even food and beverage preferences, can become part of the nation's political division, he added.

"You may have heard politicians referring to 'latte-drinking liberals,' for example, which captures the idea of the oil spill," said DellaPosta. "Why should something like drinking a latte become associated with your political ideology? Or, if someone goes to a football game and sees a bunch of trucks in the parking lot with Trump bumper stickers and that becomes internalized to suggest that liking football means fans support Trump. That's another way that things that previously weren't political suddenly get sucked into this matrix of political identity."

DellaPosta created a network model using data from the General Social Survey (GSS), a robust data set that the University of Chicago has gathered about the nation's opinion between 1972 and 2016. The network model is similar to the way sociologists track social networks by asking people who they know and what their relationship is with that person.

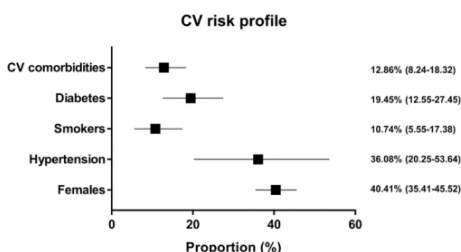
However, rather than just seeing the average intensity of the disagreement over issues between people, DellaPosta analyzed the network of opinions itself.

DellaPosta analyzed about 14,910 pairs of opinions in the GSS poll, which was conducted almost annually, except 1979, 1981 and 1992 and has been conducted in even numbered years since 1994. The questionnaires cover important topics, including national spending priorities, crime and punishment, intergroup relations and confidence in institutions.

The GSS is funded by the National Science Foundation.

[Click for Original Study.](#)

Continue Reading:



Cardiovascular risk factors tied to COVID-19 complications and death

By **Editor**

August 14, 2020

Sabatino et al, 2020 (PLOS ONE, CC BY 4.0)

Cardiovascular risk profile of hospitalized COVID-19 patients. Each line represents the result of the meta-analysis for a single endpoint. The square represents the summary effect size (proportion) and the horizontal line the relative 95% Confidence Interval.

Newswise - 08/12/2020

COVID-19 patients with cardiovascular comorbidities or risk factors are more likely to develop cardiovascular complications while hospitalized, and more likely to die from COVID-19 infection, according to a new study published August 14, 2020 in the open-access journal PLOS ONE by Jolanda Sabatino of Universita degli Studi Magna Graecia di Catanzaro, Italy, and colleagues.

For most people, the Novel Coronavirus Disease 2019 (COVID-19) causes mild illness, however it can generate severe pneumonia and lead

to death in others. It is crucial for clinicians working with cardiovascular patients to understand the clinical presentation and risk factors for COVID-19 infection in this group.

In the new study, researchers analyzed data from 21 published observational studies on a total of 77,317 hospitalized COVID-19 patients in Asia, Europe and the United States. At the time they were admitted to the hospital, 12.89% (95% CI 8.24-18.32) of the patients had cardiovascular comorbidities, 36.08% (95% CI 20.25-53.64) had hypertension and 19.45% (95% CI 12.55-27.45) had diabetes.

Cardiovascular complications were documented during the hospital stay of 14.09% (95% CI 10.26-20.23) of the COVID-19 patients. The most common of these complications were arrhythmias or palpitations; significant numbers of patients also had myocardial injury. When the researchers analyzed the data, they found that pre-existing cardiovascular comorbidities or risk factors were significant predictors of cardiovascular complications (p=0.019), but age (p=0.197) and gender (p=0.173) were not. Both age and pre-existing cardiovascular comorbidities or risk factors were significant predictors of death.

The authors add: "Cardiovascular complications are frequent among COVID-19 patients and might contribute to adverse clinical events and mortality."

[##Full Study HERE](#)

Continue Reading:





Emotionally Preparing Your Children for Back-to-School Season

By Editor
August 13, 2020

(Family Features) Between sheltering-in-place, online learning and time away from friends, many children will need a little extra support as they head back to school this fall.

Consider these tips from the experts at KinderCare to help you emotionally prepare your children to return to school with confidence, optimism and excitement.

Address your feelings (and theirs)

Children often take cues about how to react from their parents. Think about what it takes for you to feel calm and prepared (or even excited) for the start of a new school year. That could mean talking with your child's teacher or school about the safety precautions they're taking so you can feel more at ease, taking a few minutes to establish a morning routine or stepping away from news that makes you anxious. Focus instead on the positive aspects of school, like the opportunity your child will have to learn, make friends, interact with others and grow into his or her own person.

"Children need a sense of belonging, and school provides an important connection point for them," said Dr. Elanna Yalow, chief academic officer for KinderCare Learning Centers. "Nothing builds a sense of community like personal

contact with friends and teachers. That connection is essential in supporting a child's growth and development."

Set expectations about what to expect before the first day

Some children may feel ready to go and eager to explore, while others can be more reserved or even fearful of new places, faces and routines. When your child knows what to expect, it can go a long way in soothing any worries he or she may have about leaving home and going to school.

It's also important to respect your child's growing independence and empower him or her to help others. As you explain safety precautions like covering the mouth when sneezing or coughing, or proper hand washing, emphasize how your child's actions can help keep family, friends and teachers safe.

"Children may already be apprehensive about returning to school, let alone trying to cope with new safety practices," said Dr. Joelle Simpson, a pediatric emergency medicine physician and medical director for emergency preparedness at Children's National Hospital. "Explaining these precautions ahead of time can help your children see them as part of the school day routine instead of something to fear. For parents, remember that while children can get sick from this virus, it occurs less frequently than in adults and at lower rates than the flu."

Celebrate the start of a new school year

Try to plan a special activity or some extra family time the week before school starts and encourage your child to participate in the planning.

"Remember, children didn't have time for a clean break and celebration at the end of the last school year, and this can help your child mentally adjust to a new routine and schedule," Yalow said.

Let your child know how proud you are to see him or her growing up, learning how to be a good friend, and

exploring and learning about the world. Be sure to talk with your child each school day – what was learned, funny things friends said, the things that seem little but are important to your child.

For more tips about how to help your child prepare for the new school year, visit kindercare.com.

Continue Reading:

