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FEBRUARY 2013

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Managing Editor, Becky Walker

Mansfield Editor, Mikaela Mathews

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Angel Morris . Todd Simmons

Sydni Thomas . Betty Tryon

Editors/Proofreaders,

Pat Anthony . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Casey Henson

Martha Macias . Felipe Ruiz

Arlene Honza . Brande Morgan

Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Vanessa Polozola

Kyle Powell . Amanda Rooney

John Lee Hunter

ADVERTISING

Advertising Representatives,

Teresa Banks . Lori O'Connell

Steve Randle . Rick Ausmus . Linda Dean

Laura Fira . Bryan Frye . Melissa McCoy

Vicki Meeks . Lisa Miller . Carolyn Mixon

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Billing Manager, Angela Mixon

ON THE COVER



Alex Mazieri is as close to Johnny Depp as he can be.

Photo by Vanessa Polozola.

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Editor's Note

Dear Friends,

February is a month of surprising loved ones with chocolates, remembering heroes as part of Black History Month and protecting one of your most vital organs, the heart, during National Heart Health Month. For me, it's a month of beginnings, specifically as your new community editor! I am thrilled to serve Mansfield in such a unique way. My husband and I, with our two rambunctious puppies, have lived here for over three years. Six months ago, I started

writing for this magazine, and I have been grateful ever since to meet so many interesting people.

I look forward to keeping our relationship going! If you or someone you know has a story to tell, or if you have an event to include on our calendar, send me an e-mail. I'm pretty friendly, too. If you see me running in the park or picking up some milk at the grocery store, say hello!

Mikaela

Mikaela Mathews
MansfieldNOW Editor
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The background of the page is a collage of pirate-themed elements. At the top left, a portion of an old, rolled-up map is visible. The main background is a detailed, aged map with a prominent compass rose in the center. The title 'A Pirate's Life' is written in a large, stylized, golden-yellow font with a 3D effect. In the bottom left corner, a close-up of a person's hand wearing a dark leather watch is visible. On the right side, there are colorful beaded necklaces and other pirate accessories.

A Pirate's Life

— By Sydni Thomas

Alex Mazieri has a hard time leaving his house these days without someone stopping him and asking to take his photograph. The aspiring actor looks so much like actor Johnny Depp that he is not allowed into red carpet events for The Pirates of the Caribbean franchise because of the disturbance he causes amongst fans. Alex has spent nearly a decade developing this character, and a decade before that as a street actor in Brazil.

Growing up in Brazil, Alex was inspired by street actors and performers. Alex' mother and father passed away when he was a child, leaving him in the care of his aunt and uncle. He lived in

Brazil for the first 25 years of his life. By the age of 8, he had declared to his aunt that he was going to move to Hollywood and become an actor.

Almost a decade later, Alex got his first break in the business. One day Alex watched a street performer who was posed as a golden statue. At the end of the day he came back and asked him for advice on how to be still all day and paint your body perfectly. The next day Alex painted his body white, hopped on a train and tried being a street statue. He concentrated on one spot and tried not to move as crowds of people weaved in and out of the street. "That first day I was getting discouraged, because I hadn't made any money," Alex said. "Just as I was leaving a man gave me a tip, but I couldn't break character to see how much it was. When I finally saw that it



Alex tries to
recreate the
character exactly
as he appears in
the movies.



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was \$50, I decided I would come back the next day and try it again."

Even though he got strange looks from other train passengers, Alex continued to make the daily trek to the streets in full body paint to perform as a statue. He soon began making friends with other street performers, and they would help each other find jobs. One day during a performance, he was approached by a man asking him to join a television talk show as a statue for the set background. He got the job, which continued for seven years. "People would approach me when I was out in public



and ask if I was the statue in the television show," Alex said. "By the end of my time in Brazil, I had been on seven different television shows."

Ready for a change and a chance to fulfill his dream to work for Walt Disney, Alex moved to the United States. Walt Disney World hires street statues for multiple performances during the day. After the interview process, Alex decided not to pursue his dream with Disney and continued working on his own. "I was finding more opportunities on my own than I would have been able to elsewhere," Alex said. "I am used to working for many hours straight in a day. I've worked really hard to be able to find a level of concentration that makes me very still."

Alex's performances on the Florida streets did not go unnoticed. A man approached him after seeing his performance, recognized his resemblance to Johnny Depp and begged

him to attend a costume contest in Key West, Florida, dressed as Captain Jack Sparrow from Disney's *Pirates of the Caribbean*. Doubting the resemblance, Alex half-heartedly began searching for a costume for the contest. Once he put on the signature eye makeup of Captain Jack Sparrow, he started believing there might be something there. He went to the contest that night and won the first-place prize of \$500. From there he was invited to a costume contest in New York.

"I had no way to get there or pay for a place to stay even if I did," Alex recalled. "The guy who invited me told me not

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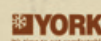
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to worry about it. He paid all of my expenses and even got me a real Johnny Depp Costume, not a fake Halloween one or the one I'd made from Walmart and Ross clothes. I walked away as the first place winner — \$4,500 richer."

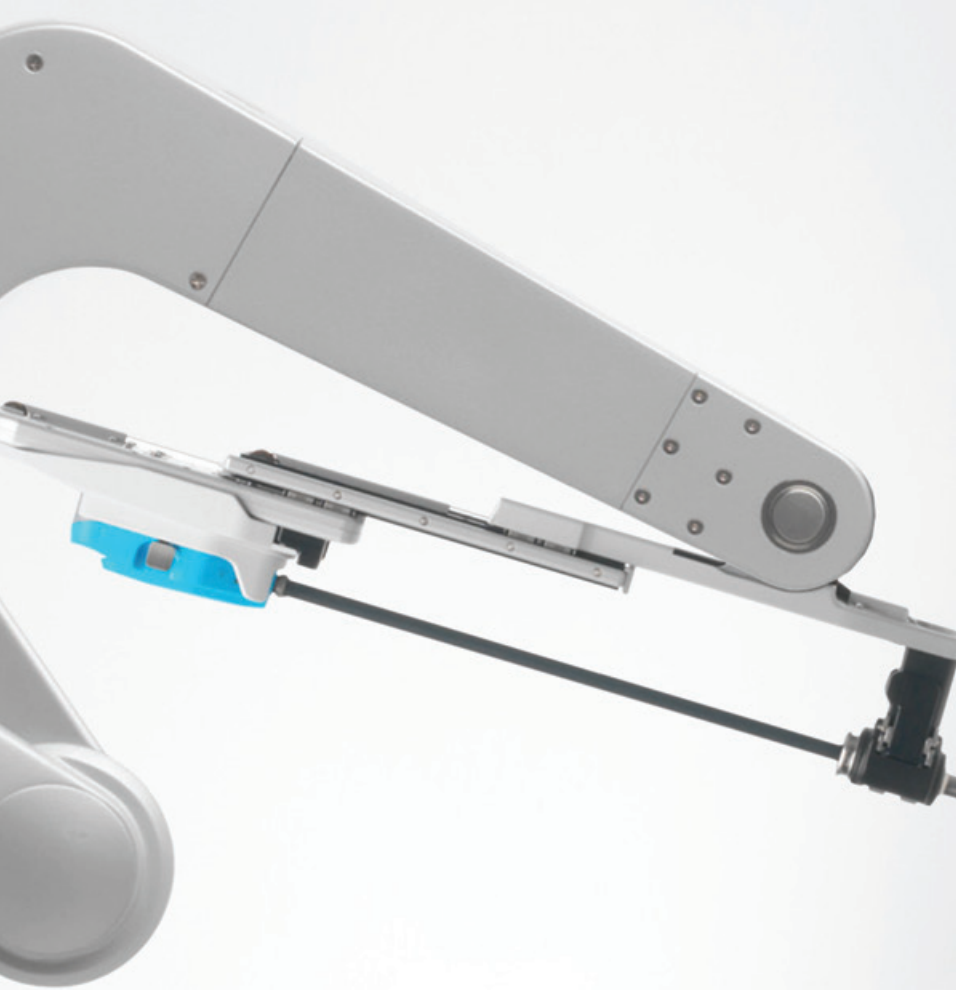
Since then, Captain Jack Sparrow has been a permanent fixture on Alex's impersonation list. He has spent the last nine years perfecting the look, voice and mannerisms. When he first started out,



Alex watched *Pirates of the Caribbean: The Curse of the Black Pearl* at least 40 times. Watching the most popular parts of the movie and saying catch phrases from the movie over and over helped Alex make his impersonations believable.

Each year Alex adds a little bit to his Captain Jack Sparrow wardrobe. To make the part even more believable, Alex tattooed the same artwork on his body that Captain Jack Sparrow and Johnny Depp have on their bodies, even the famous "Wino Forever" tattoo Johnny recreated after his famous split with Winona Rider. "Each of the rings I wear is an exact [replica] of rings Johnny has," Alex said. "I have invested over \$15,000 into my wardrobe."

Alex tries to recreate the character exactly as he appears in the movies. For each event that he was asked to play Captain Jack Sparrow, Alex would hire a



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professional hair and makeup artist. Over the years he picked up the tips and tricks and now does his own hair and makeup. To get into full character takes almost two hours of prep work. "Each time I get ready, I don't see Captain Jack Sparrow until I finish with the eye makeup," Alex said. "That is when Alex is gone, and I become Jack."

As often as he is requested to play Captain Jack Sparrow, Alex is requested to impersonate Johnny Depp himself. He wears clothes similar to those Johnny is seen wearing and keeps his hair groomed the same way. In order to keep the act up,



Alex has studied all aspects of Johnny's life. He knows every movie Johnny has acted in, each band played in, movie produced and directed, relationships he's had and almost every publicly known detail of his life. "People ask me all sorts of question to try and make me break character," Alex said. "I have to know everything, because I won't break character."

When Alex isn't impersonating characters, he works catering jobs and at restaurants, hoping the next person he waits on will be his lucky break. One day, Alex hopes he can have a full-time acting career. Until then, he will keep impersonating Captain Jack and Johnny Depp for as long as he can. "When I impersonate these characters, whether it's a statue, Captain Jack Sparrow or Johnny Depp, I get to make people happy," Alex explained. "That is the best part of my job. If I can make people happy, I will continue to do this for a long time." **NOW**

Editor's Note:

Visit www.magzientertainment.com to learn more about Alex and his escapades as Johnny Depp and Captain Sparrow.



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Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surgeries and implant placements.

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Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche, and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

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Ready for College and Beyond

— By Mikaela Mathews

As a senior in high school, Zaria Vick knew she was about to be on her own. Responsibility was knocking at her door. When she got an e-mail about the Youth Advisory Council program through the Texas Trust Credit Union that teaches high school students about budgeting, she applied right away. The program has allowed her experiences ranging from helping soldiers overseas to learning how to make any budget work.

Zaria was accepted a few days after she applied to the program. She is a senior at Legacy High School and has already been accepted to Oklahoma State University (OSU) to study veterinary medicine. OSU was her first choice, although she was afraid she wouldn't get in. "I didn't think I would get accepted, so I applied early," she smiled as she explained. "But I was accepted, and now all I have to do is just keep my grades up."

The purpose of the Youth Advisory Council (YAC) program is two-fold — to educate students on financial responsibility and to give them leadership opportunities in their community. Students are taught about budgeting, planning for adulthood, managing credit, buying a car and balancing a





checkbook. Although the program is only a few years old, it has built a competitive environment with 90 applicants, 17 of whom have been accepted.

The requirements for acceptance are largely based on leadership abilities and experience. "We are looking for those who have leadership credentials in extracurricular activities and are willing to serve in the community through volunteer opportunities," explained Kristine Tanzillo, a spokesperson for the credit union. The students must also remain committed, since they are required to attend two meetings a month, as well as volunteering at service events.

The students involved are interested in a variety of career options. Some plan on pursuing careers in finance and economics, while others want to learn about marketing. "Since the students are working closely with the marketing team, it is

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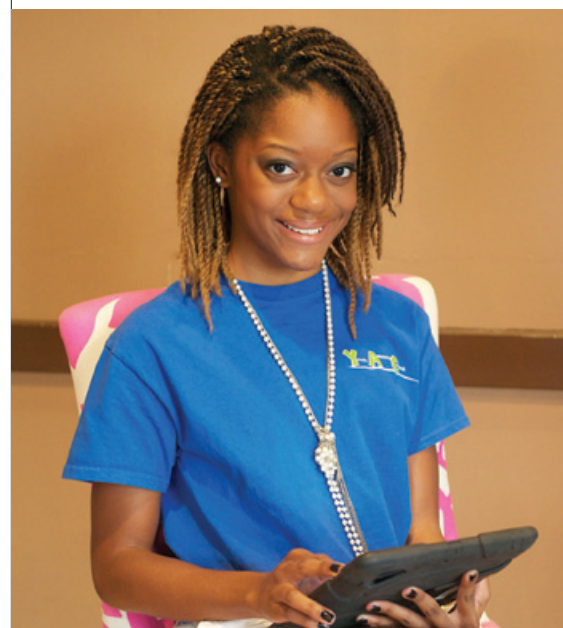
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a great opportunity for them,” Kristine explained.

Zaria’s experience with the program has already given her important life lessons. “It’s a very good opportunity to learn about money and how to handle it. It’ll be very good for college,” she explained.

Her mom agreed. “I thought it would be an awesome experience for her,” LaDonna Vick explained, “not only to



be in a leadership role, but to learn about financial responsibility. I think it has really taught her a lot about budgeting. That’s one of the key things for her. She comes home and is excited about it.” LaDonna also likes that Zaria is able to spend time with other students who are



just as excited about their finances.

LaDonna looked into the program and decided to forward the e-mail to her daughter. "She's a pretty smart cookie," LaDonna said. "So I just throw different opportunities her way. Sometimes she picks them, sometimes she doesn't."

As a part of the program, students participate in community service opportunities throughout the year. The most recent event was during the Christmas season when students worked to pull together care packages for soldiers overseas who couldn't come home for

"It's a very good opportunity to learn about money and how to handle it."

the holidays. The students were in charge of marketing the program by creating posters and fliers and using social media.

On a Saturday before Christmas, the students went to a branch of Texas Trust for a few hours and collected items for the packages. The students in YAC were then able to participate in a video conference call with an Army sergeant currently based in Afghanistan who was unable to come home for the holidays. The students saw how their work was going to benefit others.

Another event Zaria participated in

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was the Youth Summit held in Arlington last summer. The event encouraged students to change the world starting with their schools. "There was a woman empowerment speech for the youth girls who were there," Zaria remembered. Some students were there warming up for a drum performance. "They passed out drums for us to play, too, while everyone was waiting. It was awesome."

Zaria will be able to apply the budgeting principles gleaned from YAC when she goes off to college. "The biggest lesson I learned in budgeting is how to deal with money," Zaria explained. "Even if you don't have a lot of money, you can still fit things in and work with what you have."

This lesson was derived partly from a project Zaria completed creating an imaginary family budget. "Everybody had a certain little family, and the families all had certain things they wanted to do," Zaria said. "We had to budget out what they could do."

Another important lesson Zaria has learned is to stay out of debt. "We had a speaker in the repossessioning department come and tell us stories about how people's stuff can be taken away," Zaria remembered. This has encouraged her to remain out of debt, even when it can be tempting.

The twice-a-month meetings are fun for Zaria. "I'm friends with everybody in the council even though they're from all over," she explained. The group even gets prime seating. "We get to sit in the

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boardroom where the board members meet,” she laughed. “We sit at the big table and discuss.”

Kristine relayed the reason the students sit in the boardroom: “We are trying to expose them to what it’s going to be like once they get out of college.”

Once Zaria completes college, she has high hopes of becoming a veterinarian. Her love for animals came from riding horses for nearly a decade. “At first, I wanted to be an equine vet,” she said, “but now I want to be just a normal vet.” In addition to riding horses, she also competes in events such as dressage, stadium jumping and cross country. The cross country events involve jumping over logs and racing out through the countryside instead of in a stadium.

Zaria believes the YAC program will help on her path to becoming a veterinarian. “When I get out of college, it will be awhile before I start making a lot of money,” Zaria explained. “It will help to build up my own business one day, so I can save and build for a good retirement.”

With the help of the YAC program, LaDonna sees her daughter’s future, and it is bright. “Budgeting is key to be successful in anything,” LaDonna explained. “Even when you get a job, you get money and want to go clothes shopping. But, no, you really have to put it away, and this is a chance for her to learn all about that.” **NOW**



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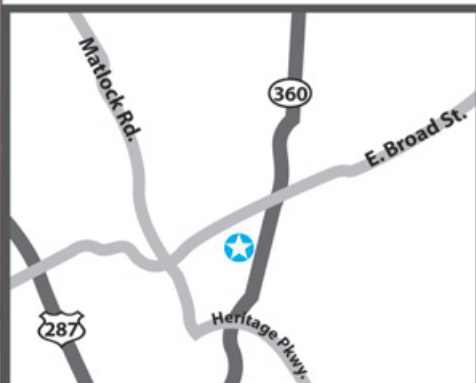


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All For *Family*

— By Mikaela Mathews



At Home With Eric & Lynn Rozak

Regardless that his shoulder was broken, Eric Rozak determined he was going to build his mom's house anyway. She was going to be moving in with the family, but there was limited room in their home, so he wanted to create something nice for her. In a little over a month, he had successfully built a small cottage for her in their backyard. "I love it," his mom, Carole, smiled. "It's nice because I can cook if I want to or go have dinner with them or whatever I want. It's just right for an old lady and a cat."

The Rozaks do anything they can for their family, and it's evident throughout their home. Pictures of family members decorate the hallway to the kids' rooms, which are adorned according to each child's personality. The Rozaks are quite adept at expressing their love for family. As a certified green professional and graduate master builder, Eric, owner of Viridian Construction, built their entire home nearly seven years ago. Their one-story, four-bedroom home sprawls on 1.4 acres of land, leaving a back yard speckled with large trees, a pebble sheen pool, Carole's cottage and Eric's handmade playground for their three kids, affectionately called Fort Awesome.

In the corner of the backyard, Eric is currently building a yoga studio space for his wife, Lynn. She has been practicing yoga for 10 years and has just completed her 200-hour yoga teacher certification. The plans include a pergola with plenty of space. "We want kind of a garden scene," Eric explained. "We'll plant vines around it so that it's peaceful."

Lynn hopes to use this space to invite friends and neighbors over to learn and practice yoga. "I love yoga. It's beneficial, and I want to share it with everyone. That's why I wanted to get my certification," Lynn remarked.





Each of the Rozak children has their own special room. Ethan, age 11, has his decorated with tae kwon do trophies and boards he has broken. Nine-year-old Evan, meanwhile, is a soccer player and avid Pokémon fan with trophies and posters hung throughout his room. Emily, age 8, has a perfectly girly room with pink walls and a bed stacked full of brightly colored pillows. As a budding artist, her artwork is proudly displayed not only in her room, but also



throughout the house. Her specialty is drawing on the iPad.

When Lynn first decorated her home, she wanted to make it childproof while also achieving a level of comfort and a hint of elegance. She did this with gold and red weaved throughout the home. Several of the walls are painted in both colors. As her kids have gotten older, however, she has added more breakable decorations to include a touch of elegance.

Granite matched with white stone makes for striking countertops in the kitchen that faces into the living room. Tall windows line both the living room and dining room to create a spectacular view of the spacious backyard. One of the most important parts of building the house for Eric was the backyard. "I wanted to maximize the lot — and try and keep as many of the trees as we could," he explained, "and still have plenty of room for family to come over."

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Lynn also has photos of both her parents and Eric's lining the hallway into the master bedroom. Pictures of their Las Vegas wedding find their place in the hallway, too. At the end, a baby picture of Eric hangs on the wall. The similarities between father and middle son, Evan, are uncanny.

In the front hallway and into the living room, art from their travels around the world decorates the walls. In the hallway, several etchings pressed from Rembrandt's original plate line the walls. Ornately framed, these etchings create an elegant entrance into a comfortable and cozy living room.

Paintings from Paris also decorate the living room walls. Lynn bought one of them just as the artist was finishing his work. "It was still wet when we brought it back," Lynn explained. "I really wanted the Moulin Rouge, and he had just painted it."

The Rozaks' travels have taken them around the world. Their favorite place was Costa Rica. Eric always gets a shot glass or commemorative beer bottle from each location they visit. In addition to these shot glasses, his office is filled with signed photos of Evel Knievel and several famous football and basketball players.

Although the Rozak children are healthy and lively, Evan faced a serious health issue at a young age. When he was only 5 months old, he touched a residue of peanut butter and instantly went into anaphylaxis shock. After an emergency trip to the hospital, Lynn discovered Evan had a severe peanut allergy. He would now be restricted from eating certain foods and even eating at certain restaurants, greatly affecting his life.

The Rozaks wouldn't take the news lying down. The only treatment at the



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time was an experimental one at Duke University. However, in 2011, Lynn discovered a new, proven treatment closer to home. After much research and discussion, Eric and Lynn decided to put Evan on the unique treatment. He would take a small bit of peanut flour powder mixed with Kool-Aid two times a day for a week. Each week the doctors would increase the dose.

Normally, if Evan even touched peanut residue, he would swell up like a balloon. But, with small doses of peanut flour powder, Evan only experienced slight nausea and lethargy. The dosages were increased slowly to more flour powder and eventually, to actually eating a peanut.

Now, over a year later, Evan can eat peanuts without a problem as long as he maintains his treatment. "He eats a maintenance dose of eight peanuts a day and now can have any peanuts he wants," Lynn smiled, happy at the success they've shared as a family. His brother, Ethan, is the most excited he can now have his peanut butter and jelly sandwiches back in the house again. In addition, the family no longer has to worry about eating at certain restaurants or eating specific meals at summer camp. Evan can be an easy going, normal 9-year-old after the treatments.

Family is the most important thing to Eric and Lynn. And it all started for them in a bar. "I know it sounds cliché, but I picked her up at a bar," Eric laughed. The couple met at North Side and quickly fell in love. They regularly laugh about how they met. Ask them the story, and they will both give you a similar reaction — a big laugh and bright eyes. Eric described it as a "fortunate encounter."

And Lynn added, "I wouldn't have it any other way." **NOW**

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Bear Hugs

— By Mikaela Mathews

“May you have the strength to bear what is ahead.”





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They were blown away when they received well over 200 bears. "We finally just quit counting after a while," Jessica remembered. "They took over our house. Every time we went to church, we came home with more bears. And every time my parents went to church, they came home with more bears."

One night, Jessica and her husband, Michael, decided they would turn their pain into comfort by taking the bears and giving them away to sick children. Their next step was to start passing out the bears. Their plan never came to fruition, however, when they were turned down from every hospital. The administration would only let the couple drop off the bears, not hand them off personally to the children.

They were disappointed. "We thought that would be the healing part: to get to

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see the faces of the kids and hand off the bears," Jessica explained. Now, the Strengths had bears in every room of their house, waiting for a home.

Meanwhile, about two months after they had received the bears, the Strengths were given surprising news: they were pregnant again. "We went through so much infertility and the drugs and then losing two," Jessica explained. "I didn't want to get pregnant ever again. And in January or February, I found out I was pregnant again. I didn't tell anybody."

Jessica kept the secret so close that she didn't even tell her mom until she needed her the most. "About 9 weeks along, I started bleeding," Jessica described. Her husband was nearly an hour away at work and wouldn't be able to make it home soon enough. She quickly called her mom, told her everything, and the two raced to the doctor. Jessica remembered how they cried the whole way there.

"We saw her little bean shape [on the sonogram] and she had developed little arm and leg buds," Jessica smiled while she explained. "As we were looking, she just waved one of her little arm buds at us. We all just about burst into tears. She was totally fine." Shortly after, Jessica gave birth to her first daughter, Taylor, who is now a thriving 14-year-old.

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The bears slowly left the Strength household throughout the year. Jessica remembered thinking, *This isn't going to be a negative. We're going to wait and see what God wants us to do with them.* The result shocked them. They didn't know it at the time, but they were already paving the way for their yet unborn daughters to become caring and generous people. Soon, friends asked Jessica if they could give bears out to women they worked with in a nursing home. The women had grown up during the Great Depression and never owned a teddy bear. The Strengths gladly gave several of the bears to them.

The hugs the Strengths received and all of the thank you letters they received encouraged the couple to keep going. One day when their first daughter was 1 year old, the Strengths decided to ask the nurses if they could pass out the bears again. The nurses gladly obliged, and the Strengths were finally allowed in to hand out their bears. Nearly two years after Taylor's birth, Jessica got a second surprise: her second daughter, Bailey. "Bailey was a complete breeze," Jessica laughed.

One day, while visiting Jessica's grandfather who was in the hospital following a stroke, they brought a few bears to drop off to the pediatric unit.



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They figured that it was only the kids who wanted the bears. But after they had left the pediatric unit and went up to the cardiac unit, a strange thing happened. "One of the ladies said, 'Look, a teddy bear! I never had one.' So, we gave her one," Jessica explained. "Soon, [people] came down the hall with their little IV stands, asking 'Who is passing out the bears?'"

The couple decided to add a tag onto all of the bears they gave out that read: "Strength Bear. May you have the strength to bear what is ahead." When people heard what the Strengths were doing, many asked if they could buy bears themselves and add the same tag onto them. "We said sure! It's not like we have our name branded or anything. We just have a really cool last name," Jessica joked.

Jessica remembers another time when she gave a bear to one of her tough, tattooed friends. "His mom had gotten strep throat and died suddenly. We wanted to give him a bear, but you can't just give this guy a bear," Jessica explained. As a result, she dressed up a plain teddy bear by embroidering MOM on its arm, like a tattoo, put a little vest and one earring

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on his ear. "We gave it to him, and he just bawled. He kept it on his mantle for a couple of years until one of his friends lost someone and he passed it on."

Jessica's daughters now join their parents to hand out the bears every Valentine's Day. Bailey's favorite part is to see people's reactions when she hands them their bear, while one of Jessica's favorite parts is seeing her girls taking the initiative to give their loved ones bears. "[The girls] would come home from school and say, 'So-and-so broke their leg. Can we give them a bear?'" Jessica explained.

The service 11-year-old Bailey has seen and participated in from an early age has led to further service at her church. Every Sunday, she acts as a "buddy" to a child with Down Syndrome. She plays with him and takes care of him while his parents go to the main church service.

This bear ministry has greatly affected the Strength family and specifically their children. So much so that Bailey thinks of her mom highly. She explained, "She has a natural thing of being able to pass out [bears]. I want to be just like her when I grow up." **NOW**

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Getting Ready *for* SOCIETY

— By Mikaela Mathews

When Lieutenant Colonel Patrick Easley took a brutal hit as a football player for the University of Tennessee, he thought that maybe he should search for a new profession. He traded in the football for a Bible to become a pastor after his college days. Shortly after earning his master's degree, he had a dream that would change everything.

In the dream, he was helping soldiers on active duty. The dream jarred him so greatly he decided to join the military as a chaplain. "I had zero interest in going into the military," he laughed. "My brother was a medic, and he told me, 'Go do something else with your life!'





But I said, 'No, I think I'm going to go on active duty to help soldiers.'"

The process of joining the military was swift. "I went down and knocked on the Air Force door, and it didn't open. So I thought this must not be the place," Lt. Col. Easley explained. "So I went over and knocked on the Army door. I walked in and said, 'I'm here to see about joining the chaplaincy.'"

"The recruiter, 'You know what? I had a dream someone like you was going to come see me.'"

"So I thought, *I guess this is the place!*"

Ten days later, Patrick Easley joined the Army as a First Lieutenant and a chaplain. He served his country for 23 years before retiring. His time involved a wide array of travels throughout the world, including a unique opportunity to speak at the 55th anniversary of D-Day on the beaches of Normandy, France.

With his active military days behind him, Lt. Col. Easley hasn't stopped making an impact. With the help of retired Sergeant First Class James Watkins, Lt. Col. Easley leads the Junior Reserve Officer Training Corps (JROTC) program at Mansfield High School. "We get these kids ready for society," he explained. "JROTC makes them better people, [able] to go off and do good things for their country."

Lt. Col. Easley started working with the Mansfield JROTC two years ago. This is his third JROTC unit, with the other

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two being in Mesquite and El Paso. The Mansfield program totals 108 students who regularly compete in drill meets and other rigorous physical and mental competitions resulting in numerous trophies being awarded to the group.

Curriculum in the classroom is comprised of a variety of lessons, including military history, jargon, leadership skills and personality understanding. Sgt. 1st Class Watkins uses an in-depth curriculum that is interactive for students. "These materials bring the curriculum to life instead of raw old slides that make the kids think, 'Oh, that's so boring!'" Sgt. 1st Class Watkins explained.

Although the students learn a great deal about the military, not all of them enlist after high school. In fact, Lt. Col. Easley encourages students to get a college education. "Another one of my missions is to help students when they make their decision on whether or not they want to go on active duty or whether to go onto college," Lt. Col. Easley explained. "I push really hard for those guys to go to college."

When encouraging the students to go to college, Lt. Col. Easley checks grades to ensure students are staying on track. "I guess one thing parents really appreciate about the program is that before they get the grade in their hand, it has to go through the Colonel," he mentioned. "I say, 'Hey, if the grade is below 70, we've got ourselves a nice little old problem.'"

For students who are struggling, the



program sets them up with a tutor in order to bring up their grades. Both of the leaders work hard to ensure all their students graduate with the highest GPA possible. "Graduation is a big part of JROTC. If at the end of the day, we only did one thing, it would be to get them to graduate on time," Lt. Col. Easley stated.

In addition to the textbook material, Lt. Col. Easley and Sgt. 1st Class



LT. COL. EASLEY HAS SEEN NUMEROUS STUDENTS ACCEPTED INTO COLLEGE BECAUSE OF THE LEADERSHIP SKILLS THEY OBTAINED THROUGH THE PROGRAM.



Watkins teach their students valuable life lessons. "They want to hear about our experiences," Lt. Col. Easley said. "They put that in their backpack and they take it on into their life."

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Battalion Commander Marangeliz Quintana. As a senior, Marangeliz is planning on going into the Army after graduation while also attending college, majoring in criminology. She has most enjoyed the atmosphere JROTC provides. "I have a sense of leadership, and I like working with people who are capable, willing and motivated," she said. "It's something you can use outside and inside."

Marangeliz isn't the only student benefitting from the JROTC program. Cadet Commander Sergeant Major Nathan Fonseca joined the program for the scholarship opportunities that will help him get into Texas A&M University with the intent of becoming a civil engineer. Lt. Col. Easley has seen numerous students accepted into college because of the leadership skills they obtained through the program.

The Army JROTC program at Mansfield offers numerous opportunities for students to practice their passions. Last September, Sgt. 1st Class Watkins enrolled in a program called CyberPatriot, an Air Force Association program in

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Junior JROTC student Jonathan Chen currently leads the program. "We do simulations on cyber warfare. These simulations are based on systems that aren't fully protected, and we go throughout the system and basically go from top to bottom to check for any faulty systems," he explained. Jonathan aspires to be a software engineer and credits the program to helping him prepare for his future career.

JROTC students and cadets don't stay in the classroom, however. Ten cadets took an opportunity to compete in a Raider competition in January 2012. They participated in cross navigation through the woods, built bridges, rappelled and climbed tall fences. Sgt. 1st Class Watkins admitted, "This is a highly esteemed, high-morale group."

Each cadet participating in the Raiders must also become CERT (Community Emergency Response Teams) qualified. This qualification allows students to assist the Mansfield Fire Department if the town were ever to encounter a civil emergency, such as a hurricane, tornado or major car accident. Part of the training includes carrying a person on a stretcher over barbed wire, through smoke and over tall walls to carry them to safety.

Through all of these opportunities, the main goal of the JROTC program is to empower the students. Lt. Col. Easley encourages his students with these words, "You guys have been doing great things — all of the training, running and pushups. That stuff pays off. It's like a boomerang. If you put good stuff **NOW**,

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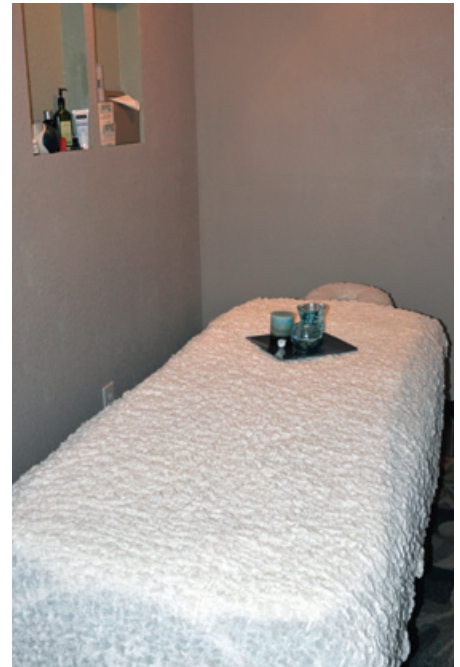


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Eliza Skin Care professionals provide personalized skincare for timeless beauty.

— By Angel Morris

Elizabeth Asato has been an aesthetician since 1999 and manicurist since 1984. Her signature is customized anti-aging facials and specialty waxing services and body wraps. These are perfect gifts for any time, but especially in February when folks are in the mood to love everything, including their skin! "I love to make people happy and relaxed. I also love to help them with their skin issues. A big smile when they leave is like a big hug!" Elizabeth said.

In business for 13 years, Elizabeth has spent the last six years located in Mansfield. "I started out in a suite tucked away in back, and it was not visible or obvious what type of business was there," Elizabeth recalled. As a result, her motto became: The Best Kept Secret in Mansfield.

In January 2012, Elizabeth decided she needed to get out

of the corner suite and expand all the way to the street, which she discovered was a huge undertaking. "I chose this location because it is close to the heart of Historic Mansfield and easily accessible by highway and major streets," she explained. "Through this growth, a variety of first-class services can now be offered in one place, and therefore, we are more convenient for our clientele."

Today her one-stop shop provides personalized, high-quality services from a professional staff including: Bridgett Marshall, electrologist; Alma Drake and Connie Story, licensed manicurists; Luz Patino, Zumba instructor; and Heidi Mitchell, cosmetologist and permanent makeup artist.

Even with all of these offerings, Elizabeth aspires to provide more. "I want to add even more services to our menu, which

will require more training. But I love learning new techniques. It's ever-changing," she said.

Elizabeth appreciates the flexibility this business has afforded her. "Personally, caring for my family is important. From my mother needing more care in our home due to aging, to my husband, Mike, and I running our daughter around to various activities, we stay very busy. Staying connected to them is my No. 1 goal," she said.

Elizabeth and her husband, their daughter and Elizabeth's 92-year-old mother moved to Mansfield in 2005 from California. Elizabeth attended California's Dermal Institute for postgraduate work before the family's move to Texas. "Mansfield reminds me of the town I grew up in, Lake Elsinore, California, where everyone knew each other," Elizabeth said. "I love the friendly Mansfield people!"

After taking a few years off to spend time with her daughter before she began school, Elizabeth opened Eliza's Skin Care in 2007. The professional staff

**"A BIG SMILE WHEN
THEY LEAVE IS LIKE
A BIG HUG!"**

and clients are now part of Elizabeth's extended family, and they all enjoy serving Mansfield together. "Together with the community's support, we have done several fundraisers, including food drives. When you help others, it gives you a satisfying feeling," Elizabeth said.

Elizabeth also finds satisfaction in the quality of care she is able to offer her customers. "Our No. 1 priority is the health and safety of our clients, so we pay close attention to the sanitation and sterilization of equipment used in servicing our most valued asset," Elizabeth noted. "Our services are stellar, and we take the time to treat everyone individually, one-on-one." Whoever comes through their door cannot help but succumb to tranquility and relaxation. "Come see for yourself!" **NOW**

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Investment Mistakes to Watch For At Different Stages of Life

As an investor, how can you avoid making mistakes? It's not always easy, because investing can be full of potential pitfalls. But if you know what the most common mistakes are at different stages of an investor's life, you may have a better chance of avoiding these costly errors.

Let's take a look at some investment mistakes you'll want to avoid when you're young, when you're in mid-career, when you're nearing retirement and when you've just retired.

When you're young ...

Mistake: Investing too conservatively (or not at all) — If you're just entering the working world, you may not have a lot of money with which to invest. But don't wait until your income grows. Putting away even a small amount each month can prove quite helpful. Additionally, don't make the mistake of investing primarily in short-term vehicles that may preserve your principal but offer little in the way of growth potential. Instead, position your portfolio for growth. Of course, stock prices will always fluctuate, but you potentially have decades to overcome these short-term declines. Since this money is for retirement, your focus should be on the long term — and it's impossible to reach long-term goals with short-term, highly conservative investments.

When you're in mid-career ...

Mistake: Putting insufficient funds into your retirement accounts — At this stage of your life, your earning power may well have increased substantially. As a result, you should have more money available to invest for the future — specifically, you may now be able to "max out" on your IRA and still boost your contributions to your employer-sponsored retirement plan, such as your 401(k), 403(b) or 457(b). These retirement accounts offer tax advantages that you may not receive in ordinary savings and investment accounts. Try

to put more money into these retirement accounts every time your salary goes up.

When you're nearing retirement ...

Mistake: Not having balance in your investment portfolio — When they're within just a few years of retirement, some people may go to extremes, either investing too aggressively to try to make up for lost time or too conservatively in an attempt to avoid potential declines. Both these strategies could be risky. So as you near retirement, seek to balance your portfolio. This could mean shifting some of your investment dollars into fixed-income vehicles to provide for your current income needs while still owning stocks that provide the growth potential to help keep up with inflation in your retirement years.

When you've just retired ...

Mistake: Failing to determine an appropriate withdrawal rate — Upon reaching retirement, you will need to carefully manage the money you've accumulated in your IRA, 401(k) and all other investment accounts. Obviously, your chief concern is outliving your money, so you'll need to determine how much you can withdraw each year. To arrive at this figure, take into account your current age, your projected longevity, the amount of money you've saved and the estimated rate of return you're getting from your investments. This type of calculation is complex, so you may want to consult with a financial professional.

By avoiding these errors, you can help ensure that, at each stage of your life, you're doing what you can to keep making progress toward your financial goals. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

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There Is Hope

— By Betty Tryon, BSN

For many, muscular dystrophy is synonymous with the *Jerry Lewis MDA Labor Day Telethon*, which has now been renamed *MDA SHOW of STRENGTH*. Because of the telethon, countless numbers of people have been educated about this disease, and for many, hope abounds. Muscular dystrophy (MD) is not one disease but defines a collection of more than 30 genetic diseases. In simple terms, the most characterizing factor of these diseases is that the muscles grow weaker, degenerate and become nonfunctional. The diseases are genetic. You can't catch this from someone. You can't do something to your body that sets off a chain reaction of destruction. It is inherent in your genes, and there is no cure.

Muscular dystrophy can make its presence known anytime from infancy to adulthood. The progression of the disease, age of onset and degree of muscle weakness depends upon which disease manifests itself. The most common form is Duchenne MD, which primarily affects boys and occurs in early childhood. The first symptoms are a weakening in the limbs, where it becomes increasingly difficult to run, then to walk. The progression of the disease is relentless, and by age 12, most boys are unable to walk. At some point in the later stages of this disorder, to breathe a respirator may be necessary. The heart muscle may be affected also. Duchenne MD is rare in girls, but they can inherit the gene and pass it on to their children.

Myotonic dystrophy, which is also called MMD or Steinert's disease primarily affects adults. The name myotonic comes from myotonia, which means the muscles have a difficult time relaxing after contraction or rather, after use. Myotonic MD is characterized by prolonged spasms and contractions, primarily affecting adults. This disease also affects the endocrine system, causes cataracts, cardiac abnormalities and affects the central nervous system. Some sufferers have long thin faces and droopy eyes.

Although there is no cure, the news is not all gloomy. For some with the disorder, the disease progresses slowly, and they can enjoy a normal life span. For others, it helps to know the research is intensive, ongoing and impressive. The Muscular Dystrophy Association is proud of the fact that they are "the world's largest nongovernmental sponsor of research seeking the causes of, and effective treatments for, neuromuscular diseases." There are medications and forms of therapy that can slow the progression of the disease and not only add to the quality of life, but prolong life as well. Medical advances continue to march steadily forward. Never give up hope. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

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February 3

Big Bowl Party 2013: 3:30 p.m., Mansfield Bible Church. Watch the game on a huge screen. Tailgating starts at 3:30 p.m. Chili cook-off and prizes for the best chilis. Games and fun for the kids. For more information, visit <http://mbccchurch.com/>.

February 7

Valentine's Snacks and Crafts: 9:30 a.m.-10:00 a.m. and 10:30-11:00 a.m. Mansfield Activities Center. 3-4 years old. Identical events back to back. Parent participation required. \$4 per child. No MAC card needed. \$2 late fee the day of if space is available. For more information, visit <http://mansfield-tx.gov/departments/parks/>.

February 8 through 10

DNow Weekend Retreat for seventh through 12th grade students: 6:30 p.m., Walnut Ridge Baptist Church. \$65 per student. Three-

day, two-night in-town retreat with a special guest speaker and worship band. Students participate in a global and local mission outreach projects, as well as fun activities throughout the weekend. For information and registration, visit wrsn.org.

February 9

Valentine Banquet and Mystery Dinner Theater: 6:00 p.m.-9:00 p.m., Mansfield Bible Church Gym. \$16/person or \$30/couple. Childcare available for ages 10 and under with reservation. For more information, visit <http://mbccchurch.com/>.

Jim Suhler and Monkey Beat with Jason Elmore & Hoodoo Witch: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$18-\$20. Jim Suhler has been blasting out Texas blues/rock for over 17 years, while Jason Elmore is a Dallas-based guitarist/singer/songwriter who has taken the music scene by storm. For more information and to purchase tickets, visit www.FarrBest.com.

February 16

Dancing through the Decades: Father/Daughter Sweetheart Dance: 6:30 p.m.-9:00 p.m., Mansfield Activities Center. \$30/couple. \$10 late fee applies after February 11 or later. \$5 per additional daughter. Free keepsake photo. Refreshments served. No MAC card

required. For more information, visit <http://mansfield-tx.gov/departments/parks/> or call 817-453-5420.

Terri Hendrix Trio with Lloyd Maines: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$16-\$22. A classically trained vocalist and deft multi-instrumentalist, Terri Hendrix is a firm believer that "life's too short for one genre," dodging musical pigeonholes by weaving folk, pop, country, blues and swinging jazz into an eclectic style all her own that plays like a lovingly compiled mix-CD. For more information and tickets, visit www.FarrBest.com.

February 23 and 24

Steel Magnolias: **Saturday:** 3:00 p.m. and 7:00 p.m., **Sunday:** 3:00 p.m., Community of Hope Methodist Church, 1800 E. Debbie Ln. This classic work is set in a small Deep South community and portrays six "gossipy" women who ultimately possess great strength of character. Group, student, and senior rates are available. Tickets may be purchased online at www.MainstageClassicTheatre.org or at the door.

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In The Kitchen With Lisa Klotz and Angie Parman

— By Sandra Strong

Lisa Klotz grew up in Arkansas where her grandmother had a strong influence on her love of cooking. “Growing up in a large family of hunters, we ate lots of game,” she said. “Over the years, my palate has become a bit more sophisticated.” At 44, Lisa decided to go to culinary school and talked her friend, Angie Parman, into joining her.

Angie always enjoyed watching her aunts prepare the family’s holiday meals, but she began cooking on her own out of curiosity. “One thing culinary school taught me was to use a recipe as a guide of possible base ingredients,” Angie said, “and once you have learned the fundamental techniques of cooking, you know how things should be prepared and why.” **NOW**

Moroccan Barbecue Lamb Chops With Creamy Polenta

Mint Chutney: (makes 1 cup)

- 1 cup fresh mint leaves, rinsed and lightly packed
- 1/2 cup olive oil
- 1/2 cup green onions, chopped (use white and green parts)
- 3 Tbsp. parsley leaves
- 1 Tbsp. lemon juice
- 1 clove garlic, peeled
- 1 tsp. salt
- 1/2 tsp. curry powder
- 1/4 tsp. cayenne
- 8 4-oz., 1-inch thick lamb loin chops, fat trimmed

Moroccan Barbecue Sauce: (makes 1 1/4 cups)

- 3/4 cup honey
- 1/2 cup fresh cilantro sprigs
- 1/3 cup lemon juice
- 1/4 cup each: rice vinegar,

ketchup, soy sauce

- 1 clove garlic
- 1 whole star anise
- 1 cinnamon stick, broken into pieces
- 3/4 tsp. black peppercorns
- 1/4 tsp. each: ground ginger, ground cardamom, whole cloves, hot chili flakes, salt

Polenta:

- 3 cups water
- 1 cup whole milk
- 2 tsp. salt
- 1 1/3 cups quick-cooking polenta

1. For chutney: whirl all ingredients in a blender until smooth. Rinse chops; pat dry; place chops in a bowl with about 1/4 cup chutney, turning to coat. Cover; chill 4-24 hours.

2. Remove chops from bowl, discarding chutney. Sprinkle chops with salt and pepper. Place on grill over a bed of medium-hot coals or medium heat on gas grill; close lid on gas grill. Cook chops,

turning once, until browned on both sides, but still pink in the center; cut to test (9-12 minutes total).

3. For barbecue sauce: combine all ingredients in 3-qt saucepan. Simmer over medium-high heat; stirring occasionally, until sauce is reduced to 1 1/4 cups (about 15 minutes). Pour through a fine strainer into a bowl.

4. For polenta: Just before serving, bring water, milk and salt to a boil over high heat. Slowly whisk in the polenta, reducing heat to medium-low. Cook, whisking often, until polenta thickens (about 2 minutes). Divide polenta among warmed serving plates, top with chops and sauce; serve immediately.

Slow Braised Short Ribs

- 2 Tbsp. kosher salt
- 1 Tbsp. ground pepper
- 5 lbs. bone-in beef short ribs, approx. 1-inch thick, trim excess fat
- 1/4 cup extra-virgin olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 1 1/2 cups dry red wine
- 4 cups low-sodium chicken broth
- 1 8-oz. can tomato sauce

Bouquet garni:

- 4 fresh rosemary sprigs
- 4 fresh thyme sprigs
- 1 tsp. black peppercorns
- 3 bay leaves
- 3 carrots, peeled and diced
- 2 celery stalks, chopped
- Parsley, chopped (to taste)

1. Salt and pepper ribs. Heat oil in Dutch oven until hot. Add ribs; cook until browned on all sides, turning occasionally. Transfer ribs to platter.

2. Reserve 2-3 Tbsp. of fat in pot; return to medium-low heat. Add onion and garlic; cook until onion turns golden brown.

3. Add wine; bring to a boil scrapping the brown bits from the bottom of the pot. Boil until reduced to 1/2 cup (about 5-8 minutes). Add broth and tomato sauce.

4. For bouquet garni: place rosemary, thyme, peppercorns and bay leaves in damp cheesecloth; tie ends together. Add garni to mixture. Return ribs to pot; add carrots and celery. Cover Dutch oven with foil and lid.

5. Cook until ribs are fork tender (about 3 hours). Discard garni. Transfer ribs to platter; cover with foil.

6. Skim off fat. Remove half of vegetables with slotted spoon into a blender. Gradually add 1 1/2 to 2 cups liquid to blender; process until smooth. Repeat with remaining vegetables and liquid. Warm over low heat. Season with salt and pepper; serve over ribs. Garnish with parsley.



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