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APRIL 2017

Roping Some Memories

Keven Smith makes life a little more special for a group of MISD students

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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Mansfield Editor, Melissa Rawlins

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Debbie Durling . Jill Martinez

Rick Mauch . Jeff Trentham . Betty Tryon

Zachary R. Urquhart

Editors/Proofreaders, Pat Anthony

Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photography Coordinator, Amy Ramirez

Photographer, Vanessa Polozola

ADVERTISING

Advertising Representatives,

Lori O'Connell . Keri Roberson . Steve Randle

Cherise Burnett . Dustin Dauenhauer

Linda Dean-Miley . Bryan Frye

Jennifer Henderson . Casey Henson

Melissa McCoy . Linda Roberson

Joyce Sebesta . Shilo Treille . Adam Woolverton

Billing Manager, Angela Mixon

ON THE COVER



Participants enjoy the interactive events in MISD's very special rodeo.

Photo by Vanessa Polozola.

CONTENTS

April 2017 • Volume 12, Issue 4



8 Roping Some Memories

Cowboy Keven's Rockin' Wrangler Rodeo provides memorable moments for MISD special needs students and their families.

18 Feeding Our Souls

Painting is one of many ways Ann Monroe helps keep Mansfield beautiful.

28 An Entertaining Paradise

At Home With Don and Pam Rodrigues.

36 Preparing for the Future

Erica Marburger and the Chamber of Commerce provide guidance for Mansfield youth.

44 It's Pool Time

Give yourself the sitting, sunning, splashing space you have always wanted.



52 BusinessNOW

54 Around TownNOW

60 CookingNOW

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Editor's Note

Dear Friends,

When a person thrives, don't we usually assume that is normal? The older I get, I find normal is to need a little help. At times, we need physical aid — like the repairs to my chicken coop provided by Roger Hagger this spring. Other times, we require intellectual help — like the challenging encouragement given each other by participants in Mansfield Connects. We often need emotional support — like what I see

people all around town giving during daily life.

One of my favorite activities is people watching. My mother taught me the skills required to sit contentedly in a public place like the mall, the doctor's waiting room or the ice cream parlor. Looking only once at any person, I memorize their hair color, fashions and countenance. Then, looking away from them, I make up a story about them. People watching here, I observe friendly people making eye contact, carrying on conversations and tending to each other. This is why Mansfield is thriving!

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Melissa

Melissa Rawlins
MansfieldNOW Editor
melissa.rawlins@nowmagazines.com
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Keven Smith grew up watching his mother make life a little more special for some children. Now, he's doing the same for some youngsters in the Mansfield ISD. Keven's mother, Louise, taught special needs students skills to be employed in the food service, health care and custodial industries. He watched as she prepared them with employable skills that would bring them happiness and a sense of independence and self-confidence.

ROPING SOME MEMO



— By Rick Mauch

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Last year Keven, director of educational activities at the Ron Whitson Agricultural Science Center — along with members of MISD's Special Education Department staff and community volunteers — launched the first Cowboy Keven's Rockin' Wrangler Rodeo with the hopes of providing the same qualities that his mother inspired. The rodeo, held in the arena at the RWASC, was a huge hit, so of course it's coming back for its second year.

This year's event will be held April 1 at the RWASC. "I got the idea from rodeos that featured special needs events for kids before the main event," Keven explained. "I said, 'I'd like to do something like that for our students.' These kids compete and don't know they're any different from anyone else. Besides, who's to say what's normal." After approaching then-MISD Director of Special Education Carmelyn Bragiel, the go-ahead was approved, and the rodeo was on.

The inaugural rodeo contestants, even those with mobility impairment, competed in a variety of events that featured stick horse barrel racing, egg race relay, ribbon pulling from a goat and roping a plastic steer head. Topping



"I GOT THE IDEA FROM RODEOS THAT FEATURED SPECIAL NEEDS EVENTS FOR KIDS BEFORE THE MAIN EVENT."

the list, though, was the popular wild goat milking contest. "Contestants and volunteers alike wanted to do that. They actually got to interact with a live goat and see something happen," Keven said. "One contestant's eyes got so big, each time he'd pull, and a stream of milk came out." Those events, plus pole bending, will be featured in this year's rodeo.

In addition, students, parents and volunteers are able to see chickens, rabbits and livestock, such as goats, lambs and cattle that Mansfield FFA members work with on a daily basis. This year, contestants with assistance from FFA/ag student volunteers will get to handle rabbits. "Did you know that rubbing the coat of a rabbit can lower your blood pressure? Our rabbit program allows me to let special needs classes adopt a pet rabbit," Keven said. "For special needs kids, this can be very relaxing."

Keven, 54, remembers the smiles of his mother's young students after mastering a needed skill for employment. They'd make mistakes, but she encouraged each one, whether baking pies or pastries, to continue to make an effort with hopes that each would gain employment. That experience, along with hard work and family values gained with six siblings on a 40-acre farm in northern Arkansas, inspired Keven throughout his 30 years as an ag instructor.

Cowboy Keven's Rockin' Wrangler Rodeo follows the criteria of Special Olympics for the most part. They even have special needs children sing the national anthem. "Students impacted by this event were very excited to be a part of such an event," Ben Barber Innovation Academy Assistant Principal Michael Fore said. "Their parents and families had a great time, as well, cheering

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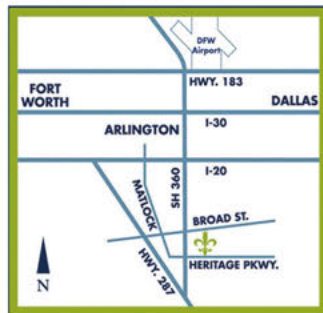


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on their students during the various competitions." Michael and his daughter volunteered at the rodeo. "Interacting with the students and their families was very rewarding, and the first thing my high school daughter said was that she wanted to come back again to help out."

In fact, Keven said all the nearly 100 volunteers from the initial rodeo expressed a desire to return. This includes his own two children, 27-year-old Rachel and 24-year-old Ryan. "My son said, 'When I came here I expected to help, but that kid will never know what she did for me,'" Keven said. "We all had so much fun, and it was so heartwarming."

Among the many volunteers were MISD ag teachers, FFA members, members of the MISD Police Department, Fire Department first responders and the city of Mansfield Hydration Station. All participants received prizes, such as key chains and T-shirts. "For most teachers, their reach is within the walls of their classroom and campus, but Keven reaches every corner of the district," said Justin Dearing, MISD media and marketing specialist. "He is a special guy. The special needs rodeo was by far my favorite event I had the privilege to work with last year. Seeing the students smiling, laughing, dancing and just having a great time, all the while learning, was so much fun."

Word has gotten out about the success of the rodeo. Keven's had other school districts inquire about bringing their students to participate, though he added, "We're not there just yet, but that will be great when we do get to that point."

Emily Hooten, lead behavior specialist for the MISD, helped Keven organize the first rodeo. She said the event is an example of his passion and enthusiasm as an educator. "He is always looking for

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ways to include everyone in his agriculture science learning experiences, and the Rockin' Rodeo was a great example of that," she said. "When Cowboy Keven approached the special education department about hosting a rodeo for kids with special needs, we were thrilled. His excitement was contagious."

The rodeo is paid for through fundraising. In all, Keven and other volunteers raised around \$2,700 for the first rodeo. "It was people knocking on doors," he said. "One person, a culinary arts instructor at BBIA, gave a tithe and Bible verses, Proverbs 3:14-23." Major donors were Rocky's Stone and More, Leesa Crass, Mansfield FFA Alumni and NRS.

Keven came to Mansfield four years ago after teaching at Tatum, Blackwell, Burkeville and Era. It was something of a dream come true, as he had been hoping to land a job in the district for a couple of decades. Mr. Whitson, in fact, was one of his inspirations. "I always thought they had things going on right here. I don't know how many times I applied," Keven said with a laugh.

Preceding MISD FFA advisors and agricultural staff left a legacy. And Keven's creating his own, as he has done in other districts. At Tatum, for example, it was he who started the tradition of waving a towel while supporting the athletic teams. He did so as a fun gesture before one of the team's football playoff games, and it caught on. "You just never know who's looking," he said.

And that is how Keven lives his life. Whether he's alone or with a crowd, he's the same guy, because, well, that's what genuine people do. "Every parent is sending you the best they've got. I work hard to remember that," he said. "How can I ask for their best if I don't give them my best?" **NOW**



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Feeding Our Souls

— By Melissa Rawlins

From a French word for sheet metal and a Latin word for board, the English tole describes elaborately painted, lacquered or enameled metalware. Through the centuries, people from Norway to Mexico have decorated their homes with far-from-natural renditions of real life — much like what modern tole painter Ann Monroe enjoys painting. She prefers transforming wooden objects or tarnished silver trays and teapots, but this month she is even painting plastic barrels in support of Keep Mansfield Beautiful's volunteer-produced projects to spruce up the city. Where does Ann's urge to keep things beautiful come from? "I'm drawn to things that are pretty. They make us feel good. They feed our souls," she mused.

An artist by discipline, Ann has practiced her unique medium of tole painting since 1990. Enjoying crafts while a child, Ann recalls changing out her dolls' clothes with fashions her grandmother made. "As I got to be an adult, I did embroidery, crewel,



*"I probably
couldn't paint a
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cross-stitch and crafts. Tole painting was the thing I discovered I really loved. I love the color, and the freedom to paint the piece how I want. I don't want to paint a landscape or a vase of flowers," she said. "I like the chickens, fruit, flowers and fun, folk-art people."

Her family and friends are the happy beneficiaries of Ann's tole paintings. Once her father discovered how passionately she painted old silver trays found in thrift stores, he began seeking deals and surprising her with base materials for her tole paintings. "He ended up getting me no less than 300 silver plates. It's amazing," she said, smiling at how he supports her in what she loves. "He's a very sweet man."

So is her husband, Mike, who moved Ann to Mansfield in 1994, when it was still a small town. By 2002, she'd begun volunteering with Keep Mansfield Beautiful and poured her creativity into helping grow KMB into an active volunteer commission engaging the community in a variety of projects to clean and beautify their environment. Over the years, Ann was a part of KMB's Household Hazardous Waste



Day, Beautification Day, Mulch Madness Days, Texas SmartScape Classes, Shred Day and the ever-evolving annual spring festival. In the last year, this hardworking team of volunteers, headed by Sarah Zink, has worked alongside thousands of citizens in events such as: Love Your City Creekside Cleanups, Love Your Streets Adopt-a-Street and Love Your Neighbors Impoverished Assistance Cleanup programs.

They'll celebrate Mansfield Earth Day on April 29 in the city's state-of-the-art Chris W. Burkett Service Center on Wisteria Street. "We're presenting petting zoos, helping kids understand science as it relates to ecology; people who are repurposing things; seminars on how to raise chickens; and an exhibit of tiny houses," Sarah said. As they have for four of the past five years, KMB is raising funds by selling rainwater collection barrels painted by local artists. Ann is officially retired from heavy involvement with KMB, yet will always love her city and is giving her time and talent to paint her sixth rain barrel.

"They start out such an ugly blue color," Ann laughed. "I use a plastic paint to completely cover that blue, and usually I use black as a background color." What she'll paint on that black is another story. But people who know Ann might guess that her rain barrel will have chickens somewhere on it.

She likes painting yard birds partly because they're not difficult. "You can do your chickens in any color, and their feathers any way you want to," said Ann, who has fun gleaning ideas from a book entitled *Funky Chickens*. "I

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probably couldn't paint a realistic looking chicken!" Bringing imaginative bird-like forms into zesty living color, some of Ann's chickens are more realistic than others — and some are purple.

Of the many colors in Ann's palette, she prefers yellow and red. "I'm not fond of blue, but you have to use some," she said. "I go for golds, reds, greens, and I like purple, too." Having taken several art courses a year since committing to being a good tole painter, she believes it's vital to intersperse all colors in her palette throughout each composition.

Such commitment to artistic standards keeps Ann's work in the blue-ribbon category at the State Fair of Texas. Her husband enjoys going to the Fair to see her entries, which are tucked in amongst a variety of art pieces in categories like Christmas Wall Hangings or Table Decorations. Usually she paints a plate with a Santa, one of her favorite subjects. Several years ago, her Santa won Best in Show.

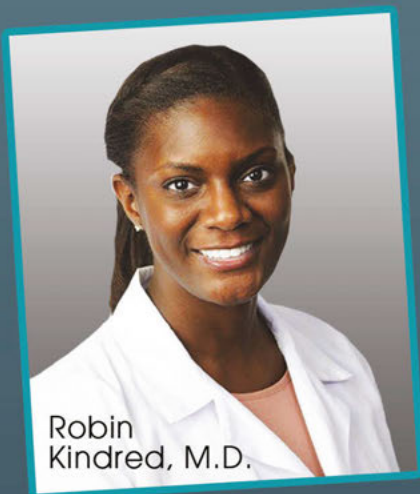
For a competition with the theme of Texas, Ann painted a sizable wooden box adorned with images representing this great state. Her bluebonnets really pop against the black background. She sometimes studies pictures of flowers to understand their qualities and to mimic their three-dimensionality.

Shading and highlighting are Ann's techniques for making each flower interesting. She'll often make one flower the focal point by giving it more color than the others surrounding it. "The darker area around the center of the flower is shading. The floating strokes create the shadow, and then two or three different colors help you achieve the light

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effect on the edges of the petals,” she said. One eye-catching panel, whether on sanded wood or primed antique silver, probably has 20 different applications of colors, including the base coat, three highlights, two shading colors and any additional details.

Preferring to paint with acrylics because they dry within seconds, Ann can finish one teapot in a day. “I couldn’t have when I started,” she said, crediting her speed to regular practice since taking her first class in 1990. She delves into her creative side in her home studio every chance she gets, except during busy seasons of the year. “Being able to do this kind of art is stabilizing. You forget about everything when you start to paint, and things aren’t as important as they were before,” Ann said. “Some people like gardening. I have a friend that likes to clean. It’s the same thing as tole painting, for me. You get a release.”

Her husband encourages her to meet her tole painting friends every Wednesday. They paint together in one of their homes. It’s valuable social time that also improves their artistic sensibilities, since every one of the ladies has engaged in tole painting for more than 30 years. “We can ask for a group consensus on how to make what we are painting better,” Ann said, “and we trade out patterns.”

This may be just folk art to Ann and her friends, but it’s serious. Through her dedication to learning about tools, technique and details, while sharing her work in the community, Ann is keeping the art form alive and feeding people’s souls. **NOW**



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Transferring to Texas with their company almost 20 years ago, Don and Pam Rodrigues settled in the town of Mansfield for its high-achieving schools. Since that time, they have reared three children, two of whom have graduated from college and headed off into careers of their own. The youngest lives at home and is launching his own business venture. Two other additions to the family are their beautiful and immaculately groomed Golden Retrievers, Lanikai and Pikake.



An Entertaining Paradise

— By Debbie Durling

Don is from Hawaii and Pam is a native Californian. They met while attending the University of Southern California. Some of her friends wanted to go to a fraternity party. As they were entering the front door, a guy wearing surfer shorts and flip-flops was standing there. He looked at her and said, “How you doin’?”

“Even on cold days here in Texas, you might find Don in his surfer shorts,” Pam laughed.

A little over two years ago, Don and Pam found this little piece of paradise in the Estates of Creekwood. Over 4,000 square feet of beauty and splendor, this home had what they wanted most — a spacious backyard where they could build the ultimate entertaining area, and they did. Stepping out of the back door takes one’s breath away. It’s like walking from one world of style and elegance to outdoor

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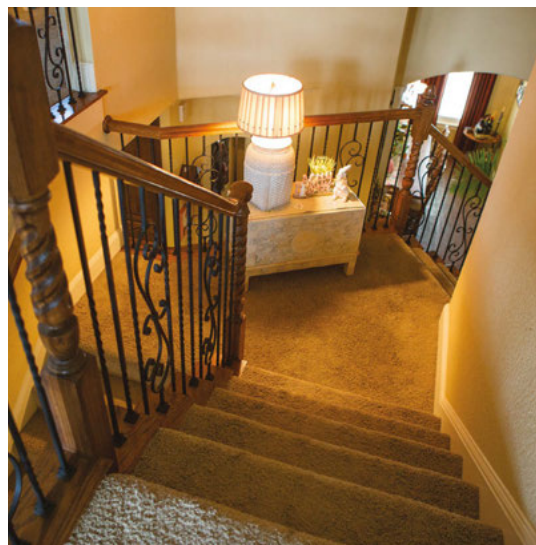
entertainment galore. The covered patio extends to the left housing a grill/kitchen/bar as large or larger than the indoor kitchen. Any sports fan would delight in spending time in this area, as there is a medium flat-screen TV mounted behind the grill area, a huge flat-screen TV mounted on the side of the enormous fireplace facing the grill and another mounted on the outer side of the fireplace facing the pool, spa and sitting areas. The fire pit in the large



stone fireplace continues through both sides, creating a massive double fireplace. Continuing on the patio to the left of the fireplace is a sitting area with a beautiful, long teak table, which seems to beckon guests to sit, dine and make themselves at home.

This area is put to good use, as Don and Pam love to entertain, and they love sports. During their oldest son's high school years, Pam remembers feeding at least nine of his friends who would come to hang out most evenings. Football games and hockey are definitely causes for celebration. The couple has a goal of traveling to all the arenas where the Dallas Stars play away games. They crossed three off the list this past year. They find lots of other reasons to entertain, too, just because they love having family and friends over to share their lives together.

Inside this spacious home, several events could be happening at once. Pam's favorite room is by the front door. Built as the home office, it is her piano room. The beautiful room has built-ins and an elegant, wooden, inlaid ceiling that just adds to the majesty. Nestled between the





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grand, built-in bookcases is a fireplace adorned with the same rich wood that fills the walls of the rest of the room. The grand piano, which is the star of the room, has been Pam's since she was 10 years old. Her dad told her that if she would learn Rachmaninoff's Prelude in C# Minor, he would buy her the piano. She did! "It is really special to me because it is from my parents," she said. "My husband loves the sound of music filling the house, so he took the guest room as his office and gave me the official office for my piano and music preparation."

They never hire anyone to play for parties, because they have so many musical friends that someone is always playing. Pam uses her talents at St. Jude's Catholic Church. She sings and sometimes plays for services. More recently, she has also become the wedding manager for the church.

One of the hallmarks of the home is the staircase. One set of stairs begins in the entry and the other begins by the kitchen and den. They meet together at the landing that overlooks the open areas to the main floor, giving a spectacular view of the architectural delights unique to the design of the home. On the landing, Pam has arranged a welcoming area with a table and lamp. Waiting at the top of the next level of stairs is a family game room, restrooms and bedrooms to accommodate guests and family.

Walking past the elaborate, yet inviting, staircase leads to the kitchen with dark wood cabinets, medium-toned marble countertops and a stunning Austin Stone and brick arch surrounding the stove. This area forms a square with open areas to view into the surrounding rooms. A butler's pantry leads into the formal





dining to the right of the front door and to the left, the den and breakfast room. A round table sits comfortably in the rounded, windowed nook of the breakfast room, which flows seamlessly into the den. More windows looking out into the elaborate, aforementioned backyard, line the back wall of the den and end in a fireplace that is styled to match the stone surrounding the stove in the kitchen. The floors are laid with strong, beige tile and hand-scraped, rich dark wood.

World travelers, this couple relishes adventure in other lands. Don traveled over 250,000 miles last year. The home is peppered with art he has picked up in foreign lands. With Don's childhood home in Hawaii, it is one of their favorite places to visit. Pam remembers a particular trip to Hawaii the year Barack Obama was elected president. They had rented a house on the beach that just happened to be a few houses from where he and his family were staying. "He or Michelle seemed to be everywhere we happened to be," she said with a chuckle. There were times they would walk out of the house only to find the media hiding behind bushes here and there to get whatever photos they could.

Don and Pam have built a beautiful life here. They love their neighborhood because the acre-lots ensure privacy, and the friendly neighbors create a feeling of family. A beautiful display of crosses accents a wall by the front door, making an impression of the place faith holds in their lives. And, while traveling is something they love, a simple wall applique stating, *Home...where laughter is shared and where memories begin*, is a theme this couple has brought to reality in the beautiful life they have created together, right here in the heart of Mansfield. **NOW**

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Mrs. Erica Marburger designed the Career Path Discovery Forum to meet the needs of students like Marilyn Downing and Hana Ali.

In April 2016, Mrs. Marburger, in cooperation with the Mansfield Chamber of Commerce, launched the Career Path Discovery Forum for the Timberview NHS students.

uture

— By Jill Martinez

"I actually got the idea for this after being contacted by a former student who was at a university preparing to be a financial advisor. He needed a mentor for a course he was taking and knew that my husband was in that field," Mrs. Marburger said. She thought it was an excellent idea to pair up students with professionals in the fields they were aspiring to join, but she didn't want students to have to wait until they were in college to do so.

The National Center for Education Statistics reports that 80 percent of students change their college major at least once, and CareerBuilder reports that 31 percent of college-educated people didn't end up working in their major field of study. Sometimes, students end up going back to a university because they realize that the career they studied for isn't well-suited to them. These things end up costing students lots of time and money.

Mrs. Marburger's forum aims to help students become more acquainted with a career before they actually go down that path. "Every year, I coach students about making sound financial decisions in regard to their college education," Mrs. Marburger said. She is wise to do so.

Mrs. Marburger works alongside Lori Williams and Kathleen D'Agostino

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Chamber President Lori Williams and Director of Member Engagement Kathleen D'Agostino help Erica and Scott Marburger in training NHS students to gain experience for their dream jobs.

of the Mansfield Chamber of Commerce and The Mansfield Rotary Club to coordinate the entire event. They work for months to prepare, so that the students reap maximum benefits.

Approximately 20 juniors and 20 seniors took part last year. This year, the number was a little higher. The forum is held on a weekday morning so students are excused from morning classes that day to participate.



Last year, for the first hour, juniors met with Lori. As the president of the Chamber, she explained different types of businesses and the characteristics they have. This information was beneficial to students because they can now determine where they think they will fit the best when they begin looking for employment. Simultaneously, the seniors met with a professional from the



community who worked in the students' anticipated fields. "I had the students create questions for their mentors ahead of the event, so they would be prepared to have meaningful conversations," Mrs. Marburger commented. Students received contact information for their mentors, so they could continue to engage with them after the forum.

In the next stage of the event, students participated in two rounds of mock interviews. Each time, students spoke with a person they had not conversed with before. Many of the interviewers were either Chamber members or Rotary Club members. "I was really surprised by some of the questions I was asked in the interviews. I thought I was prepared, but I learned that there are many types of questions I wasn't ready for," Hana Ali, the NHS president for this year, stated.

In school, students learn best when they receive immediate feedback and then have an opportunity to apply it. Mrs. Marburger, a skilled educator, designed this event with that in mind. After completing the first interview, the students received feedback from the professional about their interview strengths and weaknesses. They took that feedback and applied it in a second round of interviews immediately afterward. "I felt better prepared for job interviews as well as university interviews after attending this event," Marilyn Downing, the current NHS vice president, said.

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Following the mock interview sessions, the students and professionals came together for a feedback session and a luncheon. Students commented on things they learned while professionals who served as mentors or interviewers commented on how impressed they were with these students. "Many times, this generation gets a bad rap. This event allowed people from other generations to engage with these students personally and see that they really are bright, talented young people who are ready to take on the world. That gave the other generations hope," Mrs. Marburger said.

The NHS students represent the cream of the crop at Timberview High School. Members are to uphold the organization's four pillars: scholarship, leadership, service and character. To become and remain a member, they must have at least a 97-percent cumulative GPA. Many of these students will receive college scholarships.

NHS members hold premium leadership positions in clubs and organizations at the high school, including positions in student council, Key Club, band and UIL Academics, to name a few. "NHS gives younger students the opportunity to lead and grow. I was fearful of public speaking as a sophomore, but I ran for an NHS office anyway. I did not win the position that year, but I gained so much

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confidence in the process that I ran again,” Marilyn said. As a senior, she now holds leadership positions in three clubs on campus.

Service is not only a requirement for NHS members, but it is a major way these students learn to become productive citizens. Many students put in over 125 hours of community service between admission to the club and graduation. “As the NHS vice president, it is my job to organize group service opportunities. We work with the Ronald McDonald House regularly, and this year, we started working with Habitat for Humanity,” Marilyn stated. Students also perform service independently, often through their churches or by working with Mission Arlington.

“Meeting professionals at the Career Path Discovery Forum helped me to see that service doesn’t end when you finish high school. Most of the professionals we met at the forum were volunteering in the community on a regular basis. It helped me to understand that the National Honor Society is truly preparing me to be a good citizen,” Hana commented.

Students at Timberview High School come from all walks of life. Some don’t have family members or friends who hold the types of jobs the students are aspiring to. Through the Career Path Discovery Forum and the NHS program, Mrs. Marburger is helping them to network with professionals who can give them a glimpse into the futures they are dreaming of. **NOW**

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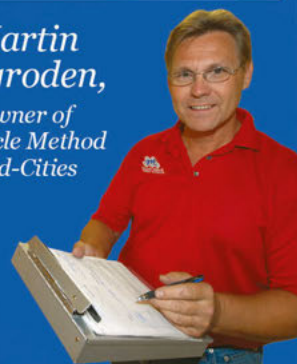
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With the temperatures rising in North Texas, now is the perfect time to think about that addition you have always wanted in the backyard. Whether your goal is a simple patio remodel, a more extensive pergola or screened-in porch or a full-out addition of a swimming pool, there are some important keys to keep in mind for home improvement jobs of all sizes.

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— By Zachary R. Urquhart

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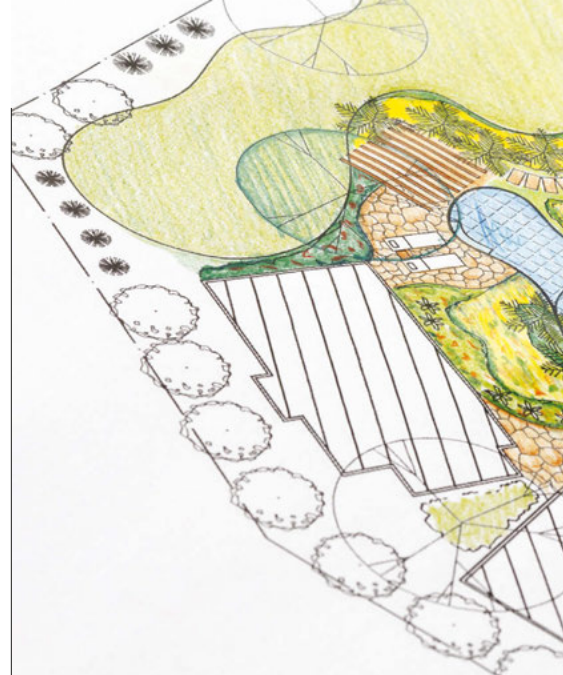
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DO WHAT YOU CAN, BUT KNOW YOUR LIMITS

- *Trust your instincts.* If your task is focused on changing the style of your existing backyard, you can probably find ideas online or by watching decorating shows on television. That, coupled with trips to home goods stores, flea markets and garage sales may be all you need to easily give yourself a new backyard.

- *You can do more than you know.* One popular idea these days is to add a shade area in the back with a pergola, instead of building a sunroom or extending your roof. You will want a professional to pour new concrete, but you can likely add the beams and create the roof yourself. Consider corrugated tin, a relatively inexpensive option that offers shade in the summer and the joy of listening to the rain in the fall.

- *Seek help when needed.* While DIY projects can save money and be a fun way to spruce up your home, there are many things you simply cannot do without a professional. You have plenty of options, depending on your project, so be sure to look into both large and small companies to find the one perfect for your needs.

PICK THE RIGHT HELP

- *Interview several businesses.* Before you agree to spend a large amount of money, meet face-to-face with multiple



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companies. If you are adding a pool and redoing the porch, meet with some that do only one part and some that do it all. A great pool company does not necessarily build great patios, and vice versa. Make sure bids have the same language in charges, so you are comparing fairly when looking at pricing offered. And ask for proof of insurance. Otherwise, you could be liable for on-the-job accidents.

• *They will all sound good.* When talking to prospective contractors, realize that they have people whose job is to earn your business. While you should definitely rule out any company from which you get a bad feeling, do not assume the first nice guy you talk to deserves your business. Talk to people you know who have used such contractors, and ask them about their experiences.



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• *Know what others say.* Before asking for references, ask for a firm number of installations or projects the company did the year before. Then, ask for those references. If they only give you information on half of the jobs they did, that might indicate half of their recent clients were unsatisfied.¹ And check online sites like Yelp or Google reviews, but do so with doubled caution. Companies will sometimes pay people to post positive reviews, so those cannot always be trusted. On the other hand, negative reviews are written with emotional vim and vigor, so one or two bad experiences do not necessarily mean the company cannot be trusted overall.

DECIDE WHAT TO BUILD

• *Choosing between screens and sunrooms.* Whether you already have a patio or not, adding a covered area can be a nice addition to transition from the house to the yard. A screened porch is probably a simpler and less costly job, but weather, kids and pets may all necessitate repairing the screen every few years. A sunroom offers better protection from the elements, but it will likely increase the cost of your project. A sunroom will also increase the square footage of your house, which can be a nice selling point, but also may have tax implications.²

• *Make it legal.* Unless you are adding screen to existing framework, you will probably need a permit for your porch project, and adding a sunroom will definitely need one. Even if you are doing the work yourself, you still have to file with the city. It is a relatively simple process that starts with going to your town hall. If your plans are denied, you can either appeal or amend



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the plans to meet the code. Every city code has nuances, so be sure to swing by your municipal building beforehand. There will probably be considerations for size, building material, air conditioning and electrical. You might also have neighborhood requirements for exterior style, so be sure to take all of that into account when choosing what to build.³

• *Make a splash.* In some areas, you are only allowed to build above ground, so it is of primary importance to check with your city. Assuming you are hiring someone to install an in-ground pool, there are two main questions: How big will it be, and what will it look like? The size will be largely determined by the space you have and how much surrounding construction you want. Before you stress yourself trying to find a way to add the biggest pool you can, remember that most people just like splashing around, so bigger is not always better.⁴ And depending on your lot, building a little smaller pool might let you add diving rocks, a beach entrance or a slide. Talk through all of those options with your contractor before you settle on a design.

The Texas heat will be here soon. By getting the necessary permits, finding a contractor you trust and coming up with a plan you love, you can get the backyard you have always wanted this summer. **NOW**

1. <http://www.riverpoolsandspas.com/blog/bid/81335/The-One-Key-To-Choosing-a-Swimming-Pool-Contractor-Without-Getting-Ripped-Off>

2. https://www.trulia.com/voices/Property_QandA/Is_an_enclosed_sunroom_counted_in_total_sq_footage_-339621

3. <http://www.midlothian.tx.us/74/Building-Permits-Inspections>

4. <http://www.riverpoolsandspas.com/blog/bid/29149/How-to-Choose-the-Right-Swimming-Pool-Size-for-You-and-Your-Family>

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Mansfield Flooring's Bryan Vawter, Britton Fuqua and Sondra Bussey are here to give you the floor of your dreams.

The Help You Need

Britton Fuqua stands firm on the wall-to-wall service provided by Mansfield Flooring. — By Melissa Rawlins

Always on the move and constantly improving service for his customers, Britton Fuqua brings the beauty out of every oh-so-functional floor he installs. Whether in a business or a home, from the simple to the extravagant, Mansfield Flooring does it all quickly, professionally and affordably.

With more than 20 years' experience measuring, bidding and installing quality floors, Britton thrives on referrals from happy Mansfield Flooring customers. "I've got one who's given us 22 referrals in the seven years since I laid the floors in his home," said Britton, who built his flooring company as a natural progression from the carpet-cleaning business he founded early in his career.

Carpet is just one of the many options Mansfield Flooring offers. In their 2,600-square-foot showroom, people shopping

for the perfect look can also preview locally sourced flooring materials from tile to hardwood to laminate. "I deal with suppliers face-to-face on behalf of our customers," Britton said. "Even people with high-dollar budgets want our help sticking to budget."

Mansfield Flooring focuses on offering a broad range of choices, all of good quality and all at a good price. "Our price includes moving your furniture, hauling off your carpet, installation and putting your furniture back, all for the price we advertise," Britton said. And with Installation Coordinator Bryan Vawter on hand, Britton can help customers who need a simple, 100-square-foot closet floor or an extravagant, complete bathroom remodel including mosaic wall decorations.

Custom work is one of Mansfield Flooring's specialties.

Business **NOW**

Over the years, Britton has developed a loyal crew of efficient installers who implement proper techniques and best practices for every material and situation. "These people are trustworthy individuals we have put to the test, and they stand by everything they do," Britton said. "Like our customer relationships, our rapport with these guys is like family. We help each other out."

Mansfield Flooring has a reputation for helping. In the community, they recently donated new floors in the free medical clinic operated by Mansfield Seventh Day Adventist Church on Business 287. In the showroom, Britton relies on Manager Sondra Bussey and Sales Associate Lisa Fryberger to help customers. "When my husband got sick, Britton and Sondra were gracious enough to give me a job. They've been amazing," Lisa said.

Her boss said the same thing about her. "Lisa is just like me. I was born with the ability to understand people's needs. I began going door-to-door talking to everybody when I was 7, whether selling stuff for school fundraisers or seeing if my neighbors needed my friends to mow their lawn," Britton said. He and Lisa both put people at ease, while understanding the customer's personality. This enables them to help customers get exactly what will please them. Once Britton takes the measurements at the customer's site, he sends them to the showroom where Lisa or Sondra can pick out the perfect floor covering.

A visit to www.mansfieldflooring.com familiarizes people with every carpet, laminate, engineered hardwood and tile available. But questions are best answered by an experienced professional. Sondra has worked with Britton for seven years, doing everything from laying laminate floors to moving the store from its original location on Highway 1187.

As they celebrate their one-year anniversary on North Walnut Creek Drive, Sondra and Britton already plan to open a location in Whitney to service homes in the White Bluff area. Their business is growing stronger day by day. For a beautiful new space installed by reliable, caring neighbors, call Mansfield Flooring. **NOW**



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Since 1992, no other title insurer has had higher overall ratings than Old Republic Title.



Community supporters surround Ron Snouffer, President of National Claims Negotiators, as he cuts the ribbon to celebrate his company's membership in the Mansfield Area Chamber of Commerce.



Richard Schimming, left, and Ralph Grimes, right, welcome MISD School Board Trustee Karen Marcucci before she speaks to the Sunrise Rotary Club.



Shelly Latimer, Belinda Van Denburg and Karen Marroquin enjoy the sunshine streaming through their windows at Steve Ernst's State Farm office.



Gary Giddings serves a craft brew to Jeremy Tabler at Big D Barbecue.



Jason Penalber and Angel Strangelove, an art-loving couple, hang out by the piano she painted in the parklet at Broad and Main streets.



Local history buffs Vern Raven and Curtis Chambers place the Mansfield Time Capsule inside the wall of 113 North Main.



Macayla and John Eric celebrate the 10-year anniversary of Healthy Body Chiropractic with their mother, Dr. Marcelle Petry.



Roger Hagger talks iron, wood, goats and art with Dana Cappelletti at Poured.



At the Mansfield Chamber of Commerce, Phillip Washington Jr., goes live with Stonehill's ebook about healthy finances.



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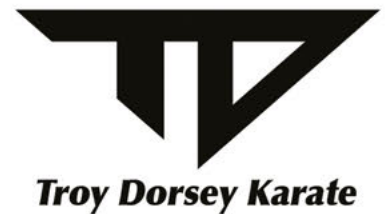
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Here's Your Retirement "To Do" List

At this time of year, your life is probably more hectic than usual, so you may have assembled an impressive "to do" list. This can be a helpful tool for organizing your activities in the near future, but have you ever thought of developing a "to do" list for long-term goals, such as a comfortable retirement? If not, you may want to think about it, and here are a few list-worthy items to consider:

- **Examine — and re-examine — your planned retirement age.** You may have long counted on retiring at a certain age, but are you sure that this goal is the best one for your overall financial situation? Think about it: If you like your job, and you stayed at it for just a few more years, you could significantly boost the funds in your 401(k) or other retirement plan, and you might even be able to delay taking Social Security, which, in turn, would result in larger monthly payments.
- **Put a price tag on your retirement lifestyle.** When you retire, do you want to travel the world or stay at home pursuing your hobbies? Will you truly retire from all types of work, or will you do some consulting or take up part-time employment? Once you know what your retirement lifestyle might look like, you can better estimate your costs and expenses, and this knowledge will help you determine how much you need to withdraw each year from your various retirement accounts, such as your IRA, 401(k) or other employer-based plan.
- **Be aware of retirement plan withdrawal rules.** It isn't enough just to recognize how much you need to withdraw from your retirement plans. You also must know how much you must withdraw. Once you turn 70 1/2, you generally have to start taking money out of your traditional IRA and 401(k). These required

minimum distributions, or RMDs, are based on your account balance, age and other factors, but the key word to remember is "required." If you don't withdraw the full amount of the RMD by the applicable deadline, the amount not withdrawn can be taxed at a 50-percent rate.

- **Review your health care situation.** When you turn 65, you will likely be eligible for Medicare, but you'll want to become familiar with what it does — and doesn't — cover, so you can establish an annual health care budget. And if you are planning to retire early, which might mean losing your employer-sponsored health insurance, you will need to be prepared for potentially large out-of-pocket costs.
- **Think about long-term care.** One service that Medicare doesn't cover — or, at best, covers only minimally — is long-term care. If you faced an extended stay in a nursing home, the costs could be catastrophic. A financial professional may be able to help you find a way to reduce this risk.
- **Develop your estate plans.** Estate planning can be complex, involving many different documents — such as a will, a living trust, power of attorney, etc. — so you'll want to work with a legal professional to ensure you're making the right choices for yourself and your family.

By checking off these items, one by one, your retirement "to do" list will eventually get "done." And when that happens, you may find yourself pretty well prepared to enjoy life as a retiree. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Trentham is an Edward Jones representative based in Arlington.

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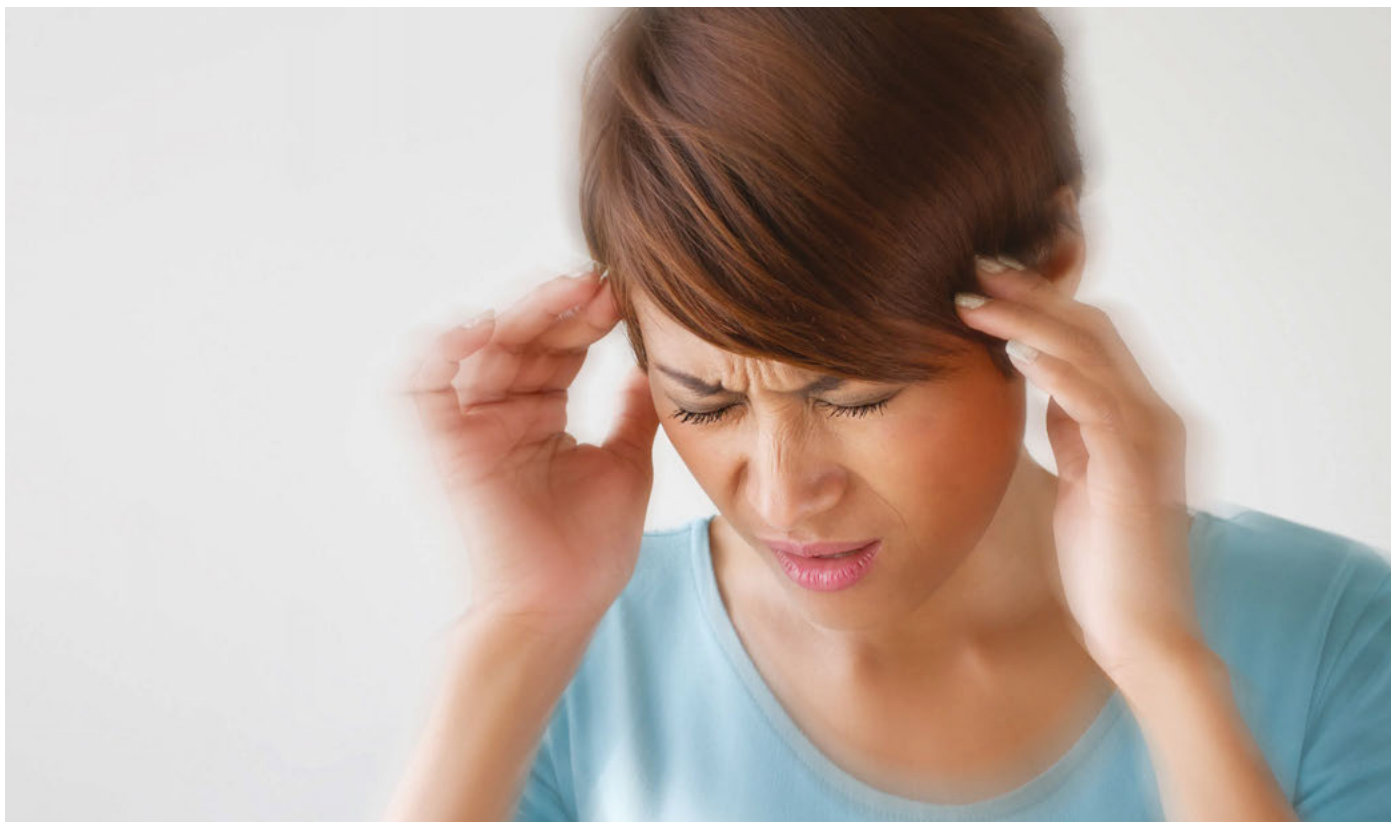
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Head in a Vice

— By Betty Tryon, BSN

Whenever someone says, “I have a migraine,” they get instant sympathy. Almost everyone understands that ‘head in a vice’ feeling. Imagine having a severe pounding pain in your head that goes on hour after hour. Life for that person literally comes to a halt. Twelve percent of Americans suffer from migraines. More women than men are likely to be afflicted with this problem.

Not everyone will follow the same pattern or recurrence of these headaches. Some will experience migraines maybe once or twice a year. Others can have migraines almost daily. At its simplest, migraines can be described as having sensory warning signs — increased sensitivity to light and sounds — before excruciating pain. There are four stages identified for a migraine. Not everyone will experience these four stages, and those that do experience them may not have them every time they have a headache. They are prodrome, aura, headache and postdrome.

The prodrome stage has a beginning time span of a few hours or even a couple days before the migraine begins. During the prodrome stage, your emotional state could range from depression to elation and you could experience bowel changes, food cravings and yawning. These first signs could be a signal that a migraine event may be on the way.

Auras are mostly visual disturbances where the person sees flashes of light that may be spots or in a zig zag fashion or maybe even temporary loss of vision. They can also be sensory,

motor or verbal disturbances, such as sensations of tingling or numbing of limbs, difficulty of speech, confusion and odd smells. When the aura begins, the headache is not long behind, although there are incidents of auras without resultant migraine pain. They typically start within one to two hours of the migraine and last from 10 to 60 minutes. They can occur before or during the migraine.

The attack of the headache is the most debilitating part of these stages. Migraines are usually on one side of the head but can become bilateral. Light, sounds, smells or physical activity can make pain worse. The person can experience nausea and vomiting, chills, dizziness and confusion.

Postdrome stage is defined as the time period after the migraine is over. Someone might feel the gamut of emotions, such as euphoria, depression or a sense of being drained over the incident. It may take hours to fully recover from a migraine attack, and you may have difficulty focusing and comprehending.

Ask your physician for a specific plan of action. When medical intervention is necessary, there are a host of health care professionals to help you find relief. **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.

Through April 28

Mansfield Reads!: times vary; Mansfield Public Library Community Room, 104 S. Wisteria St. Culminating **Friday, April 28**, with the 6:00 p.m. Evening With the Author, enjoy free, all-ages opportunities to learn about life through programs that tie in with this year's city-wide book selection, Chitra Divakaruni's *Oleander Girl*. Learn more at www.morelibrary.org.

April 1, 15, 29

Mulch Madness: 8:00 a.m.-noon, 24 N. Mitchell Rd. Details available at www.mansfieldtexas.gov/mulch-madness-and-tree-limb-collection.

April 4, 18

Widowed Persons Fellowship: 3:00-6:00 p.m., First United Methodist Church, 777 N. Walnut Creek. Contact Jane Morton, (817) 473-2437.

April 6 — 8

Household Hazardous Waste Collection: **Thursday and Friday**, 3:00-7:00 p.m.; **Saturday**, 10:00 a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. Contact David Macias, (817) 276-4239.

April 7

Family Movie Night: 7:00 p.m., The Historic Farr Best Theater, Downtown Mansfield. The Mansfield Arts Commission and Friends of the Mansfield Public Library present *The Mistress of Spices*. mansfieldlibraryfriends.org.

April 14

Mansfield Community Cemetery Clean-up: 8:00 a.m.-noon, 900 W. Kimball St. Tools and work clothes helpful. Direct inquiries to (817) 473-1236.

Pure Country 25th Anniversary Celebration: 6:00-10:00 p.m., 5728 Lake View Rd. Your \$50 benefits Downtown Mansfield's revitalization of historic downtown. Visit www.downtownmansfield.org.

April 15

10th Annual Stockyards Easter Run: 7:00 a.m.-1:00 p.m., Historic Fort Worth Stockyards. Register for \$10-\$25, before **April 14**, (817) 477-1437.

Rise and Shine Easter Fun Run and Celebration: 9:00-11:00 a.m., 777 N. Walnut Creek Dr. First Methodist Church. After the mile, enjoy donuts and bounce houses.

Register: www.firstmethodistmansfield.org/riseandshine/.

April 19

MISD Bond Community Informational meeting: 6:00 p.m., Lake Ridge High School Performing Arts Auditorium, 101 N. Day Miar. Contact Lynn Wilkie, Director of Community Relations, (817) 299-6369.

April 22

Get Growing Mansfield: 10:00 a.m., Mansfield Farmer's Market, 703 E. Broad St. www.mansfieldtxfarmersmarket.com

April 29

Earth Day Mansfield: 10:00 a.m.-4:00 p.m., The Chris W. Burkett Service Center, 620 S. Wisteria St. Contact kmbsc@mansfieldtexas.gov.

April 30

Spring Concert: 7:00-8:00 p.m., St. John Lutheran Church, 1218 E. Debbie Ln. www.mansfieldwindsymphony.org.

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



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In the Kitchen With Diana Pfau

— *By Melissa Rawlins*

Although her mother, now 91 and still cooking daily, rates as one of Diana Pfau's favorite cooks, some of her happiest childhood memories were made in the kitchen with her aunt and grandmother on the family farm. While neighbors helped each other harvest, the girls and women cooked huge lunches for the hay crew. She had just as much fun helping plan, fry, stir, bake and eat as she did stemming, packing and ladling garden-fresh green beans for canning and strawberries for making jam.

She now prepares all sorts of food for her husband, "possibly the most spoiled man in Mansfield," and makes "big, rich, gooey, sinful foods" whenever she has a party — which is often, and especially at holidays. Preferring savory to sweet, Diana always finds delicious ways to end every rich meal, like the one below. **NOW**

Day Before White Chicken Lasagna

- 1 Tbsp. butter
- 1 1/2 cups red bell pepper, chopped
- 1/2 cup onion, chopped
- 1 cup celery, finely chopped
- 2 cloves garlic, finely chopped
- 1 rotisserie chicken
- 1 pint half-and-half
- 1/2 cup chicken broth
- 4 oz. cream cheese
- 7 oz. Gouda cheese, shredded
- 1 12-oz. container small-curd cottage cheese
- 1 egg, beaten
- 1/4 cup fresh basil leaves, chopped
- 9 no-cook lasagna noodles
- 1 16-oz. pkg. mozzarella cheese slices
- 1/2 cup Parmesan cheese, grated or shredded

1. Spray a 13x9-inch, 3-quart glass baking dish with cooking spray.
2. In a 4-quart Dutch oven, melt butter over medium heat. Add bell pepper, onion, celery and garlic; sauté until tender.
3. Pull white meat from chicken and refrigerate the dark meat. Cut white meat into 1/2-inch cubes, and add to the Dutch oven.
4. Reduce heat and stir in half-and-half, broth and cream cheese. Cook, stirring until cream cheese is melted. Gradually add Gouda cheese, stirring until melted. Remove from heat and set aside.
5. In a bowl, combine the cottage cheese, egg and fresh basil. Blend well.
6. Spread 1 cup of chicken mixture in the prepared baking dish. Top with 3 noodles, 1 1/2 cups chicken mixture, 1/2 of cottage cheese mixture and 1/2 of mozzarella slices. Repeat, topping with the 3 remaining noodles and then remaining chicken cream

mixture. Sprinkle with Parmesan; cover with foil and refrigerate overnight.

7. Heat oven to 350 F. Bake covered for 45 minutes. Uncover and continue baking 30-35 minutes longer, until noodles are tender and casserole is bubbly. Cover loosely and let sit 10 minutes before serving.

Fast and Fancy Salad

- 1 head lettuce, your favorite variety
- 1 small carton fresh raspberries
- 1 Granny Smith apple
- 1 tsp. lemon juice
- 1/4 cup water
- 1/4 cup pecans (toasted if desired)
- 1 bottle Ken's Lite Raspberry Walnut vinaigrette

1. Wash lettuce and refrigerate. Wash and drain raspberries well and refrigerate. Chop apple and place in a solution of 1 teaspoon of lemon juice and water (or lemon-lime soda).
2. Tear lettuce and add remaining ingredients. Toss with dressing.

Forgotten Pudding

- 6 egg whites
- 1/2 tsp. cream of tartar
- 1 1/2 cups sugar
- 1 tsp. vanilla
- 1 Tbsp. butter, melted
- 1/2 pint whipping cream
- 1/4 cup fresh strawberries or fresh raspberries or fresh peaches

1. Beat egg whites until foamy. Add cream of tartar and continue beating until stiff. Slowly add sugar and vanilla; beat until well-blended. Pour into a 13x9-inch glass baking dish, greased with melted butter. Place in a preheated, 425 F oven. Turn off the oven and leave it all day or overnight, at least 12 hours. Then place in refrigerator.
2. At least 6 hours before serving, whip the cream until stiff and spread over meringue. Place in refrigerator until serving time. Cut into squares and serve with fresh fruit of your choice that has been sweetened with just a little sugar to form a slight syrup.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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As a board certified interventional Cardiologist, Dr. Sohail has always been interested in providing complete and comprehensive care to his patients. He has always been fascinated by sleep disorders and their impact on heart disease. In the last decade or so he became much more aware of a connection and co-existence of sleep disorders in advanced heart disease. Today, with his extensive background in cardiology and many years of clinical experience, Dr. Sohail's firm belief is that heart disease cannot be managed adequately and effectively, without also treating any co-existing sleep disorders or sleep apnea. Just as heart disease patients have sleep apnea, sleep disorders occurs in 5-10 % of the general population but 50% or more in patients with heart disease. Many patients with undiagnosed or strongly suspected sleep disorders are very much at risk of having silent and possibly serious heart disease. This knowledge and belief is the reason for the birth of 'Heart & Sleep Clinics of America'. Located in Arlington 'Heart & Sleep Clinics of America', not only combines the ever-evolving concept of sleep disorders and heart disease for "at risk" patients, but it's also a state of the art medical facility operating under one roof. Dr. Sohail and his team feel very blessed with the opportunity to help so many patients suffering from cardio vascular disease and associated sleep disorders along with a team of experts. When you visit 'Heart & Sleep Clinics of America', you will soon learn that their ultimate focus is to treat their patients with understanding, and to help improve their health with the upmost care, compassion and consideration.



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