Mansfield OV

MAY 2016

Building Life

Brenda Norwood learns from everyone, and passes on what she knows

Grand
Legacy
At Home With
Mrs. Billie Holleman

BRIDGIGT

2016 Mother's Day and Memorial Day Shopping Guide

From Tragedy to Triumph

Playing It Forward

It's a-Boat Time

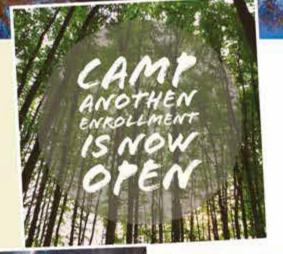
Gracious Helpers

Dining Deals

In the Kitchen With Denise Roe

CAMP ANOTHEN











817-798-9616 6350 Newt Patterson Rd. Mansfield, TX info@campanothen.org



FROM ABOVE

YOUR CHILD WILL:

- · Sharpen his or her mind, body and spirit
- Discover friendships & uncover new skills
- Challenge existing abilities & try new things
- Improve his or her self-esteem and independence

Half-day Discovery Camp for ages 4-5

Full-day camp for ages 5-12

Bon Fire Evening Camp for ages 13-16

Archery • Arts & Crafts • Group Play Team Sports • Team Building

Take 20% off the price of one week of Camp. Use Code 20forcamp

Enroll online at www.campanothen.org















Look and Feel your Best!

Paul T., Mansfield

I have always tried to stay in shape. I have a friend who joined Diet Solutions and asked me to join so we could hold each other accountable. I came to Diet Solutions because I ride a bicycle 3-4 times a week and just couldn't get my weight down. Now, only after 8 weeks in the program, I have lost 32 lbs. I feel better, and I like the fact I can eat real food, go to restaurants and don't have to count calories.

Paul T. lost 32.2 lbs. in 9 weeks!*

MANSFIELD

920 U.S. Hwy. 287 N., Suite 306 (At Walnut Creek in Torn Thumb Shopping Center)

817-453-3438

CROWLEY / BURLESON

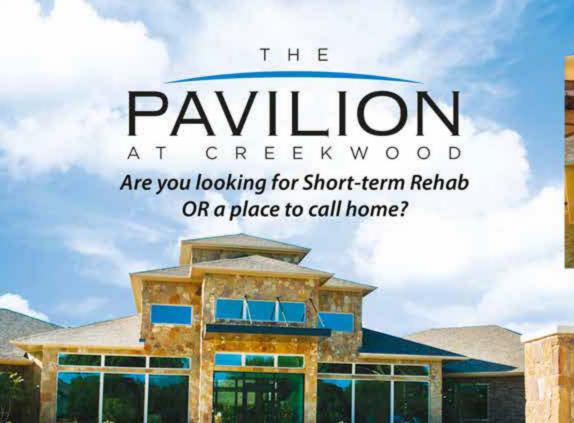
Before

740 S. Crowley Road, Suite 2 (Next door to I-Fit Elite Gym)

817-297-2100

www.dietsolutioncenters.com

Individual results may vary.



PAVILION AT CREEKWOO 2100 CANNON DRIVE

From your arrival to your 'Graduation' our focus is on helping you get back to your life. Should you have a need for therapy and rehabilitation, come experience The Pavilion at Creekwood. There is simply no other place like it.

Admissions Accepted 7 days a week

* Short-term Rehabilitation offered 7 days a week:

- · Physical Therapy
- Vital Stem
- Occupational Therapy
- · Respiratory Therapy
- · Speech Therapy

* Services and Amenities:

- Wound Care
- · Pain Management
- Directed Care by Physicians & Nurse Practitioners
- Direct Coordination with Surgeons
- Transportation to Follow-up Appointments
- Full Private Rooms and Suites
- Semi-private Suites
- Flat Screen Television with Cable
- Telephones in Each Room with Local Number
- Salon and Spa Services
- · Wi-Fi





2100 Cannon Drive, Mansfield, Texas 76063 Phone: 817-779-6500 Fax: 817-779-6501 www.pavilionatcreekwood.com



We accept Medicare, Medicaid and Private Pay. Reviewing Insurances on individual bases. 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 . Virginia Riddle Jeff Trentham . Betty Tryon Zachary R. Urouhart . Carolyn Wills Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla Artists, Kristin Bato . Morgan Christensen Martha Macias . Brande Morgan Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose Photography Coordinator, Amy Ramirez Photographer, Vanessa Polozola

Advertising

Advertising Representatives, Teresa Banks . Lori O'Connell . Steve Randle Cherise Burnett . Linda Dean-Miley Mark Fox . Bryan Frye . Casey Henson Cedrick Logan . Melissa McCoy . Carolyn Mixon Cleta Nicholson . John Powell Linda Roberson . Joyce Sebesta

Billing Manager, Angela Mixon

ON THE COVER



Mansfield native, Brenda Norwood, remembers history and nurtures the present.

Photo by Vanessa Polozola.

CONTENTS May 2016 • Volume II, Issue 5



8 **Building Life**

Brenda Norwood retires for the second time from an influential career in MISD.

- 18 From Tragedy to **Triumph** Ty Lewellyn turns music into hope.
- 30 Grand Legacy
 At Home With Mrs. Billie Holleman.
- 36 Playing It Forward The Buccaneers play to win on and off the football field.
- 42 It's a-Boat Time Following a few guidelines will ensure a fun and safe day on the lake.





- 50 BusinessNOW 52 Around TownNOW
- 54 FinanceNOW
- 60 CookingNOW

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2016. All rights reserved. MansfieldNOW is published monthly and individually mailed free of charge to homes and businesses in the Mansfield ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



Editor's Note

Happy Mother's Day, Friends!

If it weren't for our mothers, who would we be? Would we be wilder, gentler, richer, poorer, smarter or sillier? Would we be foolish or wise? Have our mothers shaped us into readers or watchers, singers or talkers, runners or walkers, servers or employers? As we enter this month, would our mothers be raising their eyebrows at us or with us? Could we be laughing for the sake of her contagious smile?

I've never wanted another mother. Mine taught me social graces that make me employable. She trained me in the pleasures of hospitality, so that even when I'm by myself, the little details make my home a delight. One such joy are the flowers she taught me to love. This month, I'll remember her when my yellow iris blooms, reminding me of a very special Mother's Day years ago when I gave her one just like it!

Here's to you and your mother, sharing the love ...

Melissa

Melissa Rawlins MansfieldNOW Editor melissa.rawlins@nowmagazines.com (817) 629-3888

You talk. We listen. In person.



Shawn M. Malley, AAMS® Financial Advisor 1560 N. U.S. Hwy. 287 Ste. 200, Mansfield, TX 76063 817-473-0006 www.edwardjones.com

Member SIPC

Edward Jones







Lifetime Powertrain Warranty SO Added Cost

On EVERY New Honda & Most Pre-Owned









HondaOfBurleson.com • 817-295-5000

632 N. Burleson Blvd in Burleson, TX 76028. If traveling South, exit Renfro and make a U-turn.

FIRST METHODIST MANSFIELD'S SUMMER EVENTS for kids/

VACATION BIBLE CAMP: JUNE 13-16

DAY: 9AM-12PM EVENING: 6PM-8PM (4YR-4TH GRADE & SPECIAL NEEDS)

GLEN LAKE TRAILBLAZER II: JULY 17-22

(3RD-6TH GRADE

TRIUMPH SPORTS CAMP: AUGUST 1-4

SPORTS: 8-30AM-11:30AM, DODGEBALL: 12:30PM-3:30PM (\$75/E)

SUMMER BLAST: AUGUST 15-17

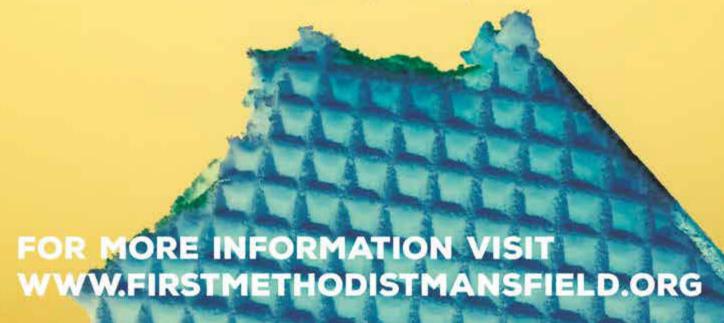
6PM-8PM (5TH-6TH GRADERS GOING INTO FALL)

UNITED MISSION WEEK: JUNE 26-30

(6TH-12TH GRADE & SPECIAL NEEDS)

UNITED SUMMER: ALL SUMMER LONG

PROGRAMS FOR (6TH - 12TH GRADE)



Join us for our Annual

Spring Fling

Events & Specials!

IN MANSFIELD Tuesday 5/3/16 1pm-4pm

IN SOUTHLAKE Thursday 5/5/16 12pm-4pm

EVENT SPECIALS

Voluma \$675 syringe (2 syringe minimum, org \$800)

Belotero \$450 syringe (T syringe minimum)

Radiesse \$499 syringe (2 syringe minimum, org \$725)

Jevederm Ultra & Juvederm Ultra Plus \$499 syringe (2 syringe minimum, org \$650)

Kybella & Botox Exclusive Offer \$200.00 off

(save on both Kybella and Botox treatments when administered at the same appointment, for total savings of \$200)

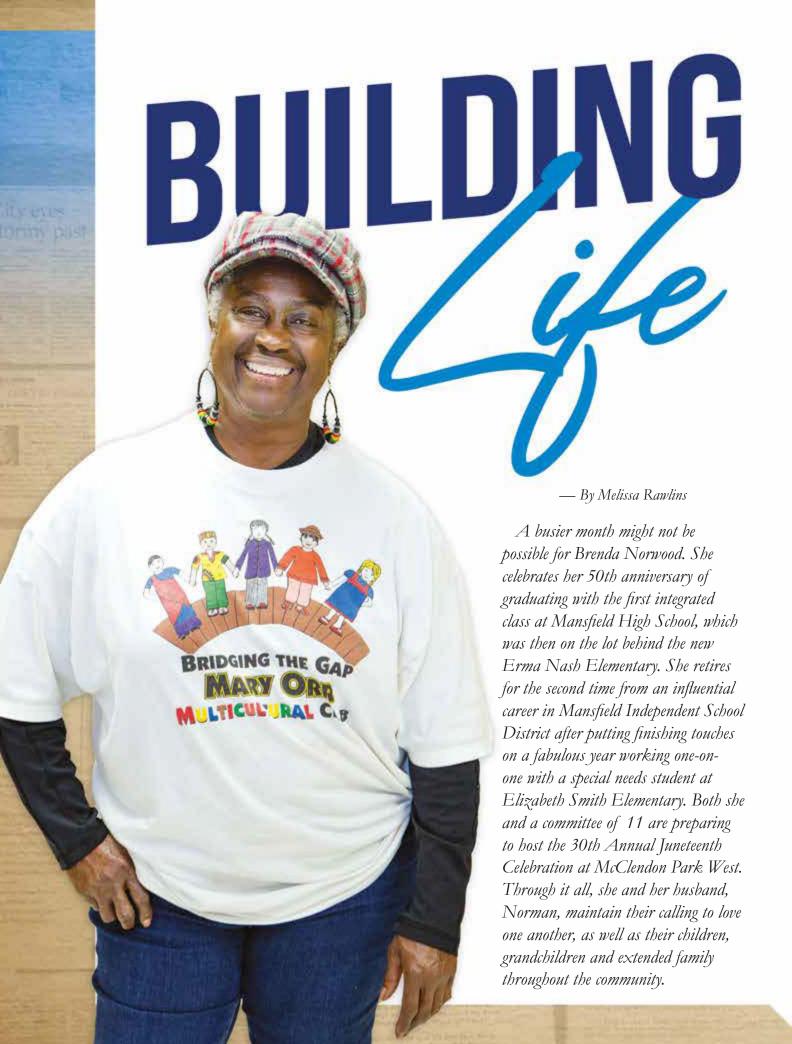
> Gift Cards Available Drinks & Hors d'oeuvre provided at both events!







1203 White Chapel Blvd., Ste 150 Southlake, TX 76092 • 817.473.2120



When God instills in you how to work with children, it's nothing but a calling.



Believing we are all children of our Heavenly Father, Brenda has devoted herself to peace. "We are in this life together," she said. "Let's make the best of it!" She learned that philosophy, amongst others, from her mother, Louise Hawkins.

With a fourth grade education, Louise reared three children by herself. "She taught me to do so many things. It made me very independent," Brenda said. "She was one who never was sick. She instilled within us: 'Take care of yourself. Don't go to bed angry. Let all of that stuff go. Treat people the way you want to be treated.' She always had perfect health, because she smiled all the time and had the best immune system possible. I took that philosophy, and I

live with it. And you know, I'm hardly ever sick!"

Growing up listening to the older people in her neighborhood, Brenda learned indispensable lessons. "You have to be around the common knowledge that God gives us," she said, "and those older people had that." They took time to talk to the younger ones about things they learned from experience, not from a book. "That is life building."

Academics provided Brenda perspective on other people and opportunities for her future. "Starting in kindergarten, all the way through high school, public education helps young people learn to add, subtract,





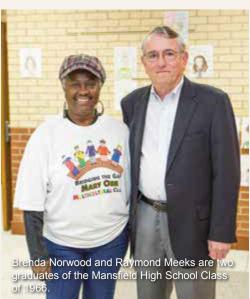


tell time, count money, understand history and learn science and physics. Otherwise, you just have to speculate," she said. "You discover that you may want to run a business, teach history, do math or, like me, get into science, so that you can get to where you need to be."

Her path to becoming a science teacher who impacted the lives of two generations in Mansfield started in first grade at what was then known as The Colored School, located in what is now part of Bethlehem Baptist Church. "It was part of the Mansfield school district, but we weren't integrated," Brenda said, explaining that all the teachers were black, and there were no black teachers in the white schools.

Several of her teachers left a lasting impact on Brenda. "Mrs. Thelma Louise Jones, who lived here in Mansfield, wouldn't pass us on to the next grade if we did not get what we were supposed to get out of that particular class." She recalls Mrs. Ruby Matthews, also from Mansfield, who used to run the gun club with her mother, husband and son and worked in MISD as a teacher. At one point, she was principal of The Colored School. Brenda credits her music teacher, Miss Clarice Lamar, whose father drove her from Dallas, with teaching her to sing opera. She admires the dedication of Mrs. O'Vivien Barton who drove from Cleburne to teach in MISD's colored school, "Mrs. Wilson came from Fort Worth in the car with her sister,





who worked in Corsicana's all-black school every day," Brenda said. "They had a drive!"

Once students in that system got to eighth grade, they were bussed to I.M. Terrell in Fort Worth. Brenda attended I.M. Terrell through 11th grade. In her senior year, 1965-66, the Mansfield schools integrated. A previous attempt at integration had failed in 1956, resulting in increased racial tension and fear. Things changed because the laws changed. "We had to integrate. So, it wasn't a good feeling," Brenda said.

She remembers the presence of her minister from Bethlehem Baptist Church, Reverend L.E. Billingsly, along with some of the deacons, when she

More personalization. Lifestyle inspiration.



Designed with YOU in mind.

Personalized inspiration for your new home!

Our Design Studio has everything you would ever need to create a home that is a direct reflection of who you are. See the latest trends and get an idea of how they will fit in your home and your family's lifestyle.





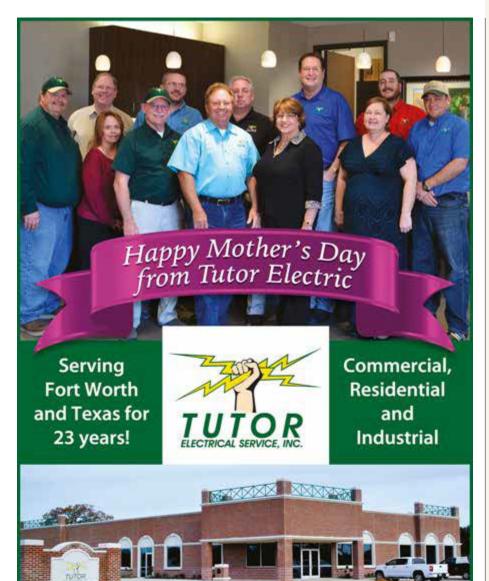


model locations: johnhoustoncustomhomes.com



866.699.6054 JOHNHOUSTONCUSTOMHOMES.COM 皇





At Tutor Electrical Service, we believe you shouldn't have to sacrifice quality for affordability.

- Meeting your electrical needs since 1993!
- Nationally recognized with Awards for excellence in Electrical Construction
- Highly trained, professional & courteous licensed electricans
- Fully staffed Service Department to handle your residental and commercial electrical needs
- Full service, design-build electrical contractor meeting your needs from concept to completion
- Experienced installers in the latest medical imaging and treatment equipment
- Commitment to integrity in business is our foundation

201 Willow Creek Court | Mansfield, TX 76063 | 817-516-0064 | www.TutorElectric.com













and 10 other African-American students got off the bus on their first day at Mansfield High School. The teens were not as scared as in 1956. They had as one of their classmates Eddie Lee Johnson, whom Brenda recalls was a phenomenal football player.

Though unwelcomed by many teachers, as well as students, the integrated atmosphere improved as time went on. Her speech teacher, Mrs. Potts, told them she would treat them well, no matter their color. "People are just children. I don't know why people were brought up the way they were. But God has a reason for making us the way He did. We were supposed to be accepting of that," Brenda said, looking back through 50 years at the community's progress. "We established relationships with some of the white students. I buy eggs from Lonnie Middleton to this day. I use Raymond Meeks, a lawyer downtown, when I need to do anything."

They all graduated in 1966, and Brenda started working for MISD in 1967 as a special education aide. "That gave me the initiative to go to Texas Woman's University to become a science teacher," Brenda said. "When you get into education in the position I was in, it's a calling, because when you go to college they don't teach you how to teach and interact with those children. When God instills in you how to work with children, it's nothing but a calling."

Brenda worked much of her career at Mary Orr Intermediate School, originally in the old high school. While working at Mary Orr, she was asked to teach Multicultural Exploratory classes. She and the students discussed issues like the fence separating the black



With everyday tasks becoming impossible, Anne Ingle decided to do something about her back pain. She chose Baylor Orthopedic and Spine Hospital at Arlington for her minimally invasive spine surgery. With a specialty hospital dedicated to treating orthopedic and spine patients, Anne received the care she needed and is back at it.



Notice Regarding Physician Ownership: Baylor Orthopedic and Spine Houpital at Adington is a hospital in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers, Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health, BOSHA_97_2013 75 CE 11.14









cemetery from the white cemetery in Mansfield, and dressed in cultural dress for cultural feasts. Brenda learned about stepping, a dance form said to have its roots in South African boot dances, while studying literature about African culture, and started a stepping group in Multicultural Exploratory. After enough practice, they were invited to various functions in Mansfield, from parades to halftime shows.

In her off-hours, Brenda and her husband, Norman, coordinated Mansfield's Juneteenth. It had been a well-attended event when Brenda was a child. "The community would gather under those trees where the big Bethlehem Baptist Church sanctuary is now," Brenda said, remembering families like the Lawsons, Briscoes and Moodys from as far away as Alvarado and Midlothian. "It was just beautiful." Many years passed and Juneteenth's coordinators also passed on. About 30 years ago, Brenda and Norman reinvigorated the community celebration. For the 2016 event, Brenda's secured a steppers group to perform in the historical presentation.

Brenda's former students remember her for giving them the respect they're due. By trying to learn what she can from everyone, and offering to pass on what she knows, Brenda will forever be building life all around Mansfield. NOW

You care about your pets. So do we!

Low Cost Services:

- · Spays and Neuters
- Vaccinations
- Heartworm Testing
- Microchipping
- · Dental Cleaning
- Flea and Tick Control

Burleson Low Cost Clinic: 344 SW Wilshire Blvd. Suite E (Next To Elks Diner)

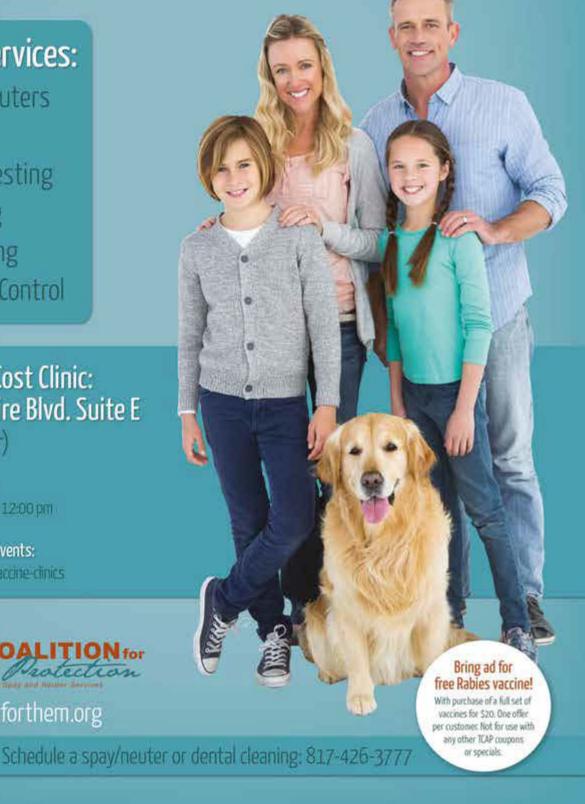
Walk-in vaccine hours:

Monday - Friday, 9.00 am - 12:00 pm

Additional area vaccine events:



www.texasforthem.org





MOTHER'S DAY SPECIAL!



Sofa and Loveseat



Bridge/Shelf/L&R Pier/TV Console



Queen Bed, Dresser, Mirror and Nightstand



Queen Bed, Dresser, Mirror and Nightstand



Sectional with 4 Recliners



Queen Bed, Dresser, Mirror and Nightstand

VISIT ANY OF OUR LOCATIONS

MANSFIELD

1301 Hwy. 287 N., Ste. 101, 76063 (817) 225-0330

DALLAS

2639 W. Davis St., 75211 (214) 946-2659

ARLINGTON

2002 E. Abram St., 76010 (817) 303-7735

DISTRIBUTION CENTER

2202 E. Randol Mill Rd. Arlington 76011

ARLINGTON OUTLET

2202 E. Randol Mill Rd., 76011 (817) 945-6460

NEW FORT WORTH

4200 S. Fwy., Suite 1118/1128, 76115 (made La Gran Paza) (817) 921-1690

DALLAS

602 S. Hampton Rd., 75208 (214) 946-2635

MESQUITE

2034 Town East Mall, 75150 (In front of El Chico's Restaurant by main mail entrance) (972) 682-4305



WHILE SUPPLIES LAST!

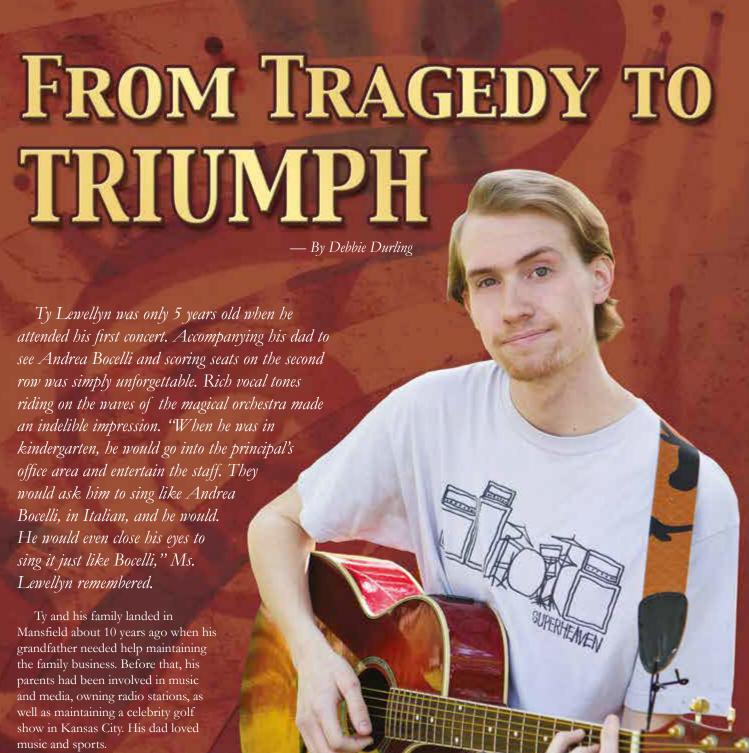












Being extremely savvy and gifted in music, Mr. Lewellyn would take Ty to a varied array of concerts. They attended some 200 concerts together as Ty grew into a teenager. At 12 years old, he received his first guitar. He listened to the AC/DC Live DVD and played along.

Then, his dad took him to a Journey concert. They had "Meet and Greet" tickets and sat on the front row. Meeting the band members and taking in the concert so close to the stage made for an unforgettable evening that was another piece in Ty's choice to pursue music.

During high school, Ty was active in the choir and show choir. Through his

"IF YOU EVER FEEL LIKE **EVERYONE OR** LIFE IS AGAINST YOU, THERE WILL ALWAYS BE A FORM OF **MUSIC YOU CAN** LISTEN TO, TO LIFT YOU UP AND GIVE YOU HOPE."

involvement in the school programs, he became comfortable performing on stage. "Dad and mom were always front and center with a video camera," Ty said.

Then came the most memorable concert of all — Legacy Legends. Modeled after American Idol, Mansfield High School puts on a talent show each year for those students who would like to showcase their talents. All of his training and passion paid off when he walked across the stage to receive first place as "The Legacy Legend" for that school year. Of course, his mom and dad were proudly sitting in the audience, beaming. Unknown to all of them, this would be the last concert his dad would attend.

Later that same year, three years ago now, Mr. Lewellyn was conducting an everyday business deal. As he exited his truck, he gripped his chest, fell to the ground and suffered a massive heart attack. Ty had lost his best friend, sports partner and music coach.

For a while, Ty put away his music. "I felt dead inside," he shared. Devastated, he went into a deep depression that he was unable to rise from alone. "The only thing that helped me was music," Ty recalled. "Listening to music was a way to deal with my anger." He had an electric drum set, so he would put



Enroll them in Kumon and add a little brain food to their summer and beyond!

Call today to schedule a free Parent Orientation:

Kumon Math & Reading Center of Mansfield - North 920 Highway 287 North, Suite #208, Mansfield, TX 76063 682.518.8868 . kumon.com/mansfield-north

"Offer valid at participating Kumon Centers only when you enroll between 6/1796 - 6/30/16. Most Rumon Centers are independently owned and operated. Additional fees may apply.

Kathy Buys Houses!

I pay ALL closing costs — sell now, more later!

Sell Your House in 5 Days

817-295-6222

FOR ANY REASON:

- Estates
- Behind on Payments
- Rental Property
- House Needs Repair
- Just Want Out



WWW.KATHYBUYSHOUSES.NET

· \$15K-\$200K

· AS-IS HOUSES

Going on vacation this summer?

Make sure your portfolio continues working while you relax.



817-225-4476

600 Strada Circle, Suite 106, Mansfield, Texas, 76063 todd.simmons@lpl.com www.360wm.net



Todd A. Simmons AAMS, MBA

Securities offered through LPL Financial, Member FINRA/SIPC, Investment advice offered through 360 Wealth Management, a registered investment advisor. 360 Wealth Management and Simmons Wealth Management are separate entities from LPL Financial

NOW HRING







Join our fast growing TEAM

at our global corporate headquarters.

Immediate interviews for Stock Control Associate positions. Interviewing now for IT, Marketing, Finance, Warehouse, Customer Service, and many others.

Visit mouser.com/CareersNow to search our current openings.



Mouser Electronics is a worldwide leader in the distribution of electronic components for engineers to design future must-have products today. Mouser is part of the Berkshire-Hathaway family of companies, a Texas Employer of Excellence and a Mansfield Chamber of Commerce 2014 Outstanding Large Business of the Year winner.

1000 N. Main Street, Mansfield, TX 76063





on the headphones and bang away as another release of his emotions.

"Then I had a big spiritual turnaround," Ty said. Seeing that he was not coming out of the depression alone, he went to a grief counseling center. The center grouped people by age. The meetings always began with a song. The leader explained the meaning of the song and what the original author was saying through it. He would say, "This is a



song I would listen to when I was feeling ." Then the group members would use that sentence to share how the song made each of them feel. This helped Ty loosen up to talk and get the deep emotions out of his system. He would leave with a feeling of bliss.

"Going to the group helped me feel like I was not alone," Ty admitted. He was able to see others grieve and watch the music help them open up, too. As he began to heal, Ty realized he had found his passion. He wanted to use his musical abilities to help others heal the way music had helped him heal. The following year, he was invited to make a guest appearance in the Legacy

Legend Competition. He did a tribute to his dad while singing and playing his acoustic guitar. He finished the performance with, "I hope the music speaks to you [the audience] in whatever difficulty you may be facing."

That summer, he received an invitation to participate in a church camp. After hearing him sing, a camper confided in Ty, and he was able to mentor









WWW.MANSFIELDURGENTCARE.COM



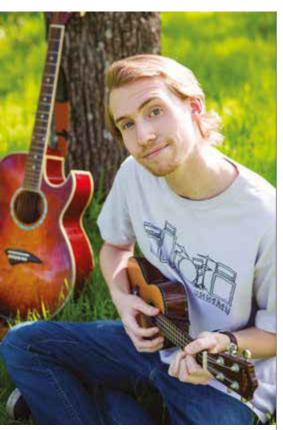
the youth in music. This was rewarding and further confirmed that sharing music with others would definitely be a career goal. Since that time, multiple opportunities to help someone through music have come his way.

A struggling friend who made some poor life choices began confiding in Ty. He encouraged his friend to begin listening to music. He loaned him his



record player and his choice of an 80-album record collection. Soon, the young man took interest in playing his brother's bass and has now purchased his own instrument. Through Ty's guidance, music began to change his friend's life. He has now moved beyond his difficulties to managing a business. "His whole outlook on life changed," Ty said. "He now sees hope."

After finishing high school, Ty enrolled in Tarrant County Community College. He is majoring in psychology to study the intricacies of the mind and



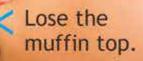
how music soothes the spirit. His next step is to enroll in a university and major in music therapy. An extremely talented musician, Ty plays the acoustic guitar, electric guitar, drums, piano and bass. He feels in some ways he is following in his father's footsteps because of the rich love of music and talent that was passed on to him. He loves playing music in his pastime and at social fellowships with his friends. Concerts for crowds of up to 850 have also been a delight. One of his life's goals is to do something in music production. He not only wants to produce, he wants to write the music for all the instruments creating the entire outcome of the piece. "He has his dad's drive," Ms. Lewellyn added.

Presently, he works with students in an inner city after-school program. Through conscientious teaching and sharing his music, he has been able to bring a lift to some who were in difficult situations, like losing a parent. Ultimately, he wants to take the abundance of talent he has been blessed with and help others soar out of the emotional pits that would otherwise destroy them. "If you ever feel like everyone or life is against you," Ty shared, "there will always be a form of music you can listen to, to lift you up and give you hope."











We're proud to be among the first in the area to offer this revolutionary new body contouring treatment. Now you can target and sculpt away that stubborn, exercise- and diet-resistant muffin top, without surgery or downtime. CoolSculpting® is FDA-cleared and delivers undeniable results.

Contact us today to schedule your consultation.



2800 E. Broad Street, Suite 124 Mansfield, TX 76063

723 N. Fielder Rd., Suite C Arlington, TX 76012 780B NE Alsbury Blvd. Burleson, TX 76028

2560 Central Park Ave., Suite 395 Flower Mound, TX 75028

Jeannine Hoang, MD • Lisa Moody, PA-C
Allison Wilbanks, MPAS, PA-C • Uyen Mimi Phan, MPA, PA-C • Paige Herlihy, MPAS, PA-C

MOTHER'S DAY - MEMORIAL DAY 2016 SHOPPING GUIDE



Your Local Source For:



BRING IN THIS **AD FOR 20%** Off Your ENTIRE

PURCHASE

DISCOUNT GOOD THROUGH MAY 31, 2016



Tue-Fri: 10am - 7pm

Saturday: 10am - 4pm Sun-Mon: CLOSED

Phone:682-704-0720



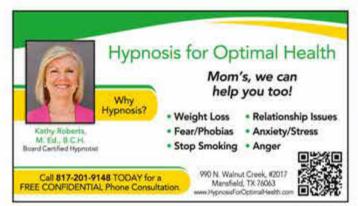
SHOPPING GUIDE Memorial Day 2016













SHOPPING GUIDE Mother's Day & Memorial Day 2016



EARLY BIRD DISCOUNTS! REGISTER TODAY!



LEARNING ACADEMY

BEST AREA PRE-K PROGRAM!

- · New Family Discounts · Ages 3-5
- · Full/Part-time · State Licensed & CCMS Approved
- Daily Martial Arts Classes (no experience needed)





Not Just ordinary. EXTRAORDINARY LIFEGARE!

BUSHO KAI U.S.A., Inc.

817-473-7406 · www.kidzcarelearningacademy.com



- **Karate Classes**
- Arts & Crafts
- Team Building Swimming and more!
- State Licensed & **CCMS** Approved Childcare Facility Ages 5-13 years





STAY HEALTHY!

817-473-7400

1501 HIGHWAY 157 · MANSFIELD, TEXAS 76063 · 1 MILE SOUTH OF 287







FREE

mosquito

treatment with prepaid

vearly program

817-692-7693

www.weedsolutionsinc.com

- **Custom-blended Fertilizers**
 - Weed Preventatives
 - **Core Aeration**
 - Mosquito Control
 - Lawn Insect Control
 - **Grassy Weed Control**

For healthy grass, trees and shrubs call MANSFIELD'S FINEST LAWN CARE COMPANY

\$10 off **Fire Ant** Control

\$10 off Grubworm Control

OFFERS EXPIRE 5/31/16





We've been proudly serving the Metroplex since 1989.

- Roof Repair / Replacement
- Commercial Roofing
- Skylights

When having work done on your roof - it is VERY IMPORTANT that homeowners ALWAYS ask for proof of insurance, bank references, supplier references, as well as customer references whether using WR Roofing or not.

We work closely with you to ensure we understand your every need.

We take pride in knowing that we consistently take care of our clients.

We believe that the best materials along with a well tenured and well trained staff, is the key to our success.

We dedicate ourselves to satisfy and exceed your expectations.

At WR Roofing ... Expect the best.



Commercial & Residential

1836 Lone Star Rd. Locally Owned & Operated Mansfield, TX. 76063



FREE INSPECTIONS

817-473-5066

Call to Schedule Your Tour TODAY!



DFW's ONLY Infant and Toddler Learning Center!



We designed the environment to nurture your baby and stimulate exploration and growth.





6 wks. to 12 mos. - \$255/wk. 12 to 18 mos. - \$240/wk. 18 to 24 mos. - \$235/wk. 2s - \$230/wk. Registration Fee: \$150 Annually

Everley Rose Prices:

6 wks. to 12 mos. - \$200/wk. 12 to 18 mos. - \$200/wk. 18 to 24 mos. - \$190/wk. 2s - \$170/wk 1x Registration Fee: \$50

Primrose Prices:

*6 wks. to 12 mos. - \$265/wk. *12 to 18 mos. - \$265/wk. *18 to 24 mos. - \$250/wk. *2s - \$235/wk. Registration Fee: \$100 *NOT including Monthly Supply Fees

OPENING SOO

EARLY Enrollment NOW!

Open 6am - 6:30pm

1751 N. Walnut Creek Dr. • Mansfield, TX 76063

For more info please CALL or EMAIL:

817.225.6831

babies@walnutcreekacademy.com

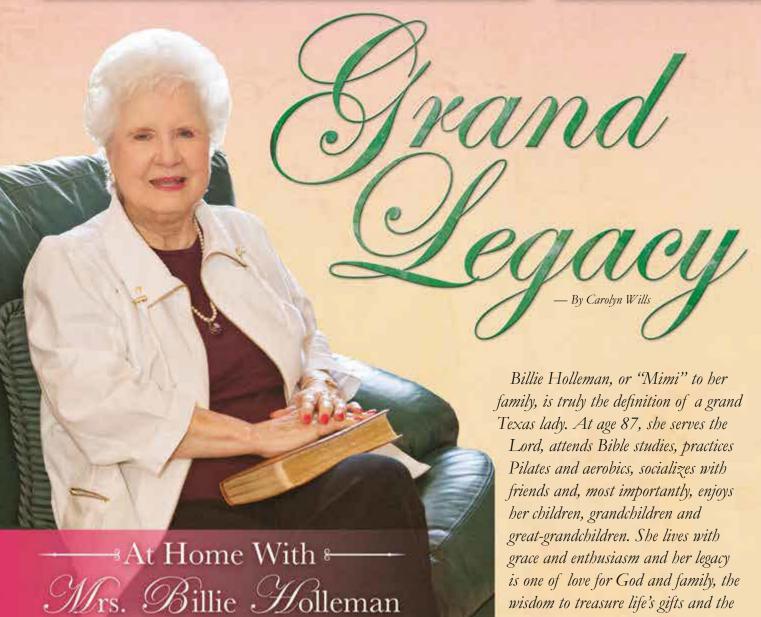
















courage to endure its profound heartaches. "I was blessed with marriage to a remarkable man for over 61 years," she smiled.

Billie Francis Carpenter was born in Paris, Texas, grew up in Dallas and attended Christian College (for women) in Columbia, Missouri. She married Asa Holleman in September 1949 shortly after he graduated from Texas A&M University with a degree in chemical engineering. "He entered college at the age of 16 and graduated at 19," she shared. Their union marked the beginning of a great journey with





sweet and precious times. "As newlyweds, we would buy groceries weekly and treat ourselves to a hamburger and a malt," she smiled. "Really, we were living on love."

Through the years, they created a loving family and a thriving business known as Holleman Construction. They also nurtured and shared their faith. In 1965, they built a 6,000-square-foot home in Dallas. In 1978, they built a 4,800-square-foot home in Midlothian, where they lived happily for 28 years and, then, around 2006, they chose a smaller footprint with less acreage and maintenance. "Asa's health was beginning to fail," Billie shared. "We moved to a 4,800-square-foot house and, then to one with 4,300 square feet." Her beloved Asa passed away in 2010.

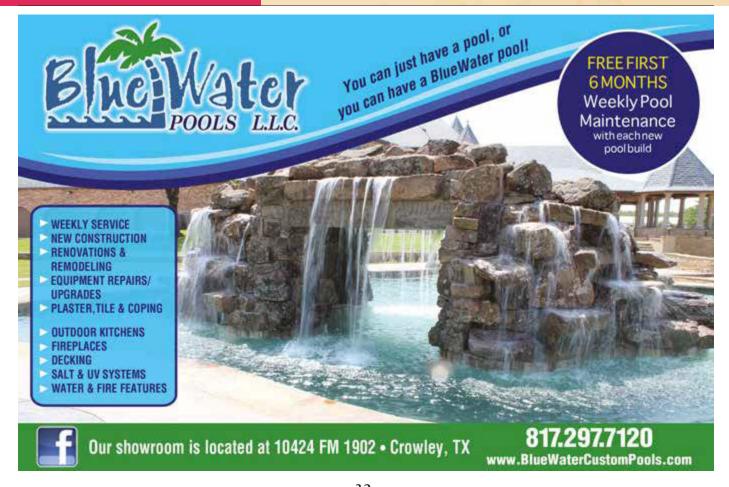
Billie moved to Mansfield in January 2011. "My daughter had learned about a retirement community for active adults," she said. Billie previewed the luxurious apartment homes on a Saturday, and then returned with her daughter on Monday. The following day and with a leap of faith, she committed to a fourth-floor, two-bedroom, two-bath, 1,200-square-foot residence in the multistoried complex.



"I've enjoyed living here," she smiled. Weather permitting, she and a few friends regularly visit the outdoor swimming pool for 6:30 a.m. water aerobics. "I've been doing aerobics for so many years, I have my own routine," she smiled. "Instead of a class, we have our own group, and it's a lot of fun." She's also participated in the Friday night socials, complete

with entertainment, snacks and refreshments, and is a frequent attendee at the Sunday 11:00 a.m. "piped in" church service held in the massive dining room.

Billie is a stylish woman experienced at creating homes for her family on all scales, so it isn't surprising that her current residence is stunning. At movein, the walls were already a soft khaki





"My priorities are *God* and *family*.

I'm *thankful* every time my phone rings with a request for *prayer* from the kids and grandkids."











WE'VE

seasoned business, Gallini Law navigate the complexities of business. We proactively assist, guide and protect our clients so they can concentrate on what they do best!

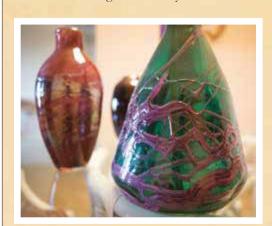
- · Entity Formation
- · Contractual Drafting
- · Document Review
- Nondisclosures
- Employment Matters
- · Business Collections
- · Trade Secrets
- IP Infringement
- Compliance

GALLINI LAW, PLLC Don't wait another day.

p 817.303.2820 Serving Mansfield for over 15 years Jon C. (Kit) Gallini, J.D. 990 N. Walnut Creek Dr., Ste. 1003, Mansfield color with trim and crown moldings in white and the vintage wood plank floors a rich chocolate brown. Billie left the wood floors in the kitchen but, for warmth, added a light tan carpet in the living room and bedrooms. "I stayed with the color theme because it's pleasant and easy on the eyes," she said. She also opted not to add drapes. "I like the openness and sometimes more can be too much."

The home opens to a small vestibule. To the right is a private guest suite and, to the left, an elegant 9-foot-ceilinged living room/kitchen/dining area with a view to an outdoor patio/balcony. "I love having coffee on the balcony in the mornings," she said.

The living room is furnished with soft blue leather sofas accented with art created by Billie's "Arizona" granddaughter. "She's a wonderful artist," Billie said. "She works with metal sculptures and blown glass." Meanwhile, an elegant cabinet is home to a number of Boehm fine porcelains. "Asa loved them," she explained. "Most are of birds and flowers." Shortly after Asa discovered his first Boehm figurines, he and Billie attended an auction where they were thrilled to purchase a whole collection. "We eventually donated 31 out of the 150 in our collection to raise funds for the Dallas Theological Seminary."



On the wall facing the sofas is an exquisitely framed oil painting of roses. "My parents bought it when I was in grade school," she said. After her parents died, the large painting hung in her brother's home. "Then, my brother passed and it came to me," she said. "It's very special."

Next to the living area, a round glass-topped table with cushioned

chairs serves as a convenient and lovely dining room. The kitchen is a striking combination of red cookware (a gift to Billie from her children,) dark cabinetry, black appliances, granite countertops, tile backsplash, wood floors and a gorgeous functional island.

Beyond the core living area, a doorway leads to the master suite and a small media room. "The TV room is bonus space with this apartment," Billie said. "It's the reason I picked this particular unit." While she isn't interested in computers, she loves having a special place for reading, Bible study, prayer or simply watching television.

The master bedroom is all about comfort, elegance and family. Above the bed is a breathtaking, panoramic photo of Asa and Billie with their children and 11 grandchildren. "The picture was taken in our backyard next to the lake, and the photographer suggested that we each wear white," she explained. To look at this remarkable photo is to understand what motivates this special woman.

Billie has three sons and a daughter. In total, they have given her 16 grandchildren who have, so far, produced 31 great-grandchildren. Except for the artistic granddaughter in Arizona, everyone in the family lives nearby. "We have always been a very close family," Billie shared. "We love getting together."

In the past, Asa and Billie would take the grandchildren, in groups of four, to places like Disneyland and Hawaii. Now, on each Saturday before Mother's Day, usually from 11:00 a.m. to 2:00 p.m., the family gathers at a park in Midlothian. "We rent a section and have a petting zoo with miniature animals for the children," Billie explained. "We have a big picnic and the kids love seeing the animals."

In the summer, they lease cabins in New Braunfels for a four-day weekend and, for Christmas, it's the Civic Center in Waxahachie. Attendance at each family event is typically 65. Including Mimi, that's currently the total of the Holleman children, spouses, grands and greats!

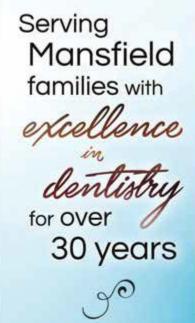
"My priorities are God and family," Billie shared. "I'm thankful every time my phone rings with a request for prayer from the kids and grandkids. My prayer is that God is with each of them through their journeys and, at the end, each will be found walking with Him." NOW







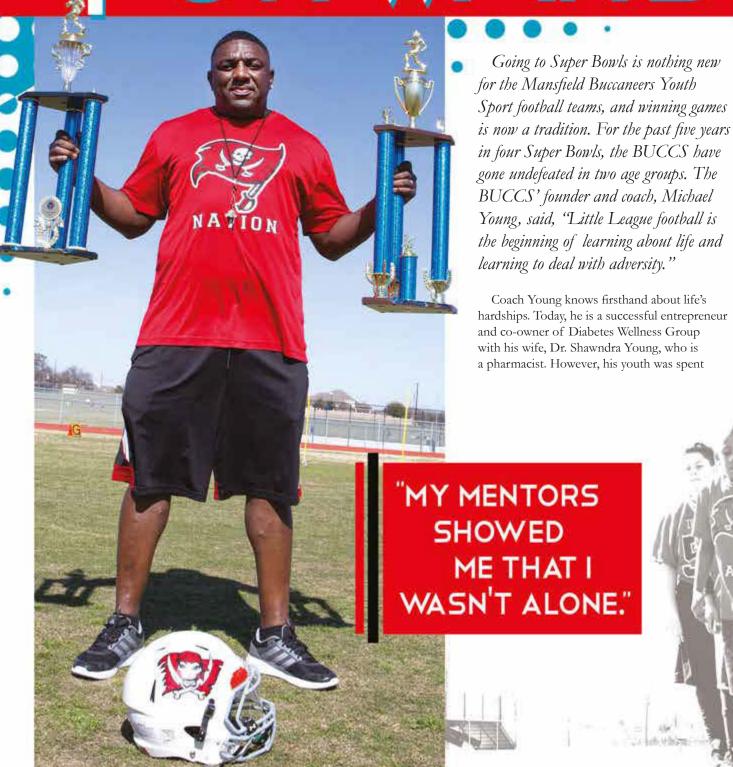
J. Edward Irving, D.D.S. / Lewis H. Stephenson, D.D.S.

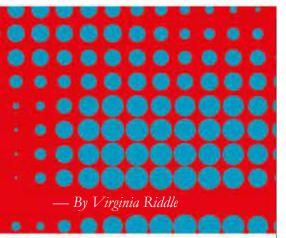




817-473-0244 747 Highway 287 North Mansfield, TX 76063 WWW.ISCDENTAL.COM

PLAYING IT FORWARD

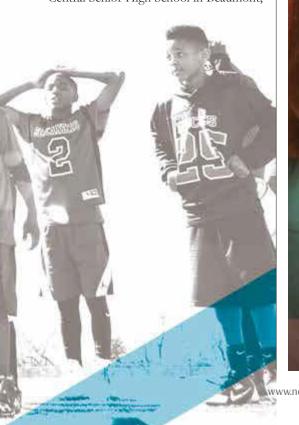


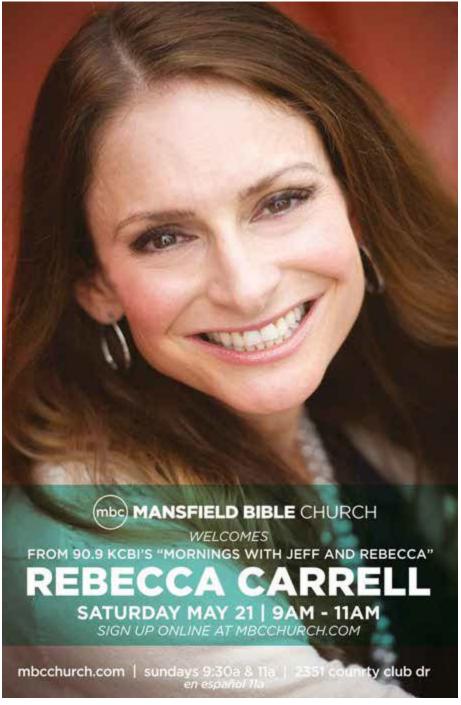




in Beaumont, where his single parent mother worked two jobs in order to support her five children. "I was the oldest, so I had to do everything at home for my siblings, and I knew I had to make a path and be the first from our family to graduate from college. I wanted something better for all of us, and I'm proud we got out of that environment," Coach Young said.

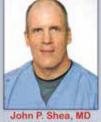
He cites getting an education as the foremost key to his success, but playing football also had a huge impact on Coach Young's youth. "I had lots of good coaches who were mentors, and I listened to them. With no dad, I had to learn from them and the other kids' fathers as to how to be a father," he remembered. When Senior Day came at Central Senior High School in Beaumont,





www.nowmagazines.com 37 MansfieldNOW May 2016





John P. Shea, MD Shea ENT & Allergy Clinic 817-551-1010 www.sheaent.com

Shea ENT & Allergy Clinic has helped diagnose and treat various causes for hearing loss and limitus since 1979. Our clinical staff with over a century of experience is ready to help.

After evaluation and care of common causes of hearing loss and tinnites, such as common wax impaction, other causes are investigated, such as Menière's disease. Fluctuating oar futness, lineitus, hearing loss, sound sensitivity and dizziness can be caused by Ménière's. This inner ear disorder is often from an allergy that can be diagnosed and treated with Allertol sublingual drops, offered exclusively through our clinic.

After diagnosis and clinical treatment, persistent hearing loss/ tineitus can be improved with hearing aids, custom selected and fitted by Dr. Eubank.



Newman International Academy at Walnut Ridge FREE TUITION CHARTER SCHOOL





OPEN HOUSES: Tuesday, May 10th & Thursday, May 12th at 6:30 pm

1201 SH 360, Mansfield, TX 76063



- 1. Visit www.newmanacademy.org
- Download the application form, fill it out, bring all of the required documents, turn them in on campus between 8:00 am 12:00 pm, Mon. Fri.
- 3. Attend an Open House on May 10th or 12th For more information, please call:

817-870-6649

A STEAM SCHOOL

Science · Technology · Engineering · Arts/Athletics · Math

WISDOM | STATURE | FAVOR



Coach Young's mother had to work and couldn't come to the game to walk with him during the presentation. "Coaches Jones, Dixon and Fisher escorted me that last time I wore the school's uniform. It meant the world to me. My mentors showed me that I wasn't alone," he said.

As an All-American linebacker, Coach Young played football first at Navarro College and then at the University of Central Arkansas. "A lot of the guys I played with went on to play in the NEL. We have college."

in the NFL. We have college and future pro athletes stop by to talk to the kids and make sure they're being taught right," he said.

He founded the BUCCS after having searched for the right concept to use to introduce football to his oldest son, Michael, who is now 13 years old and a student at Danny Jones Middle School. "I found the North Texas Age Pure Youth Football League, where players move up year-by-year together from age 6-12. I liked that concept," Coach Young said. "I started with 14 kids, and two of them were Michael and his brother, Domonique, now a student at Smith Elementary. We now have over 100 kids playing."

The league includes teams from Waxahachie, Red Oak, Ennis, Dallas, Saginaw, Aledo and DeSoto. "It's a



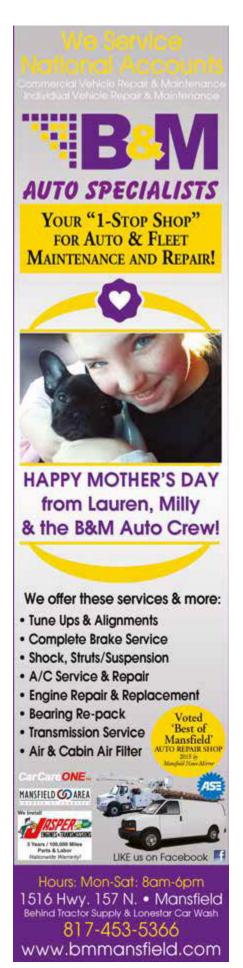


fun and really powerful league," Coach Young said. "We cater to kids who are sometimes left out or for whom there was just no room on a team. Mansfield has grown so much, so that happens."

The BUCCS' motto — I'm my brother's keeper, and I will do my job — carries through all aspects of play, school and life in general. "We pray before and after games," Coach Young said. "We accept all faiths. We also teach great sportsmanship." Parents especially appreciate that grades are important. "We have no pass, no play even for the 7- and 8-year-olds and check progress every three weeks. Parents who are teachers offer tutoring on the sideline before and after practice if players need help. I go and talk to kids at their schools and watch their behavior, too," Coach Young stated. "I teach them to value their













lives and not bend to peer pressure by believing in themselves."

The team's coaches are trained through USA Football, and parents are educated about concussions and what equipment — from mouthpieces to helmets — to purchase to prevent injuries. "Some of the team moms are nurses, and we have CPR-trained professionals. That's a good recruitment tool," Coach Young said.

From the end of June throughout July each year, the team practices are centered on conditioning, agility and establishing muscle memory. "We don't practice in full pads every time," Coach Young said. The team's season lasts from August through December with two practices a week and games played every Saturday. They also have played in the Cotton Bowl Classic and the Texas State Fair Classic. "We beat Oklahoma in the latter classic our first year and have never lost a game since," Coach Young said proudly. "More importantly, we've had no major injuries or hospitalizations. I'm very proud of that," he added.

With 15-20 players on a team, every player gets play time and has an offensive and defensive position. The BUCCS attend a free camp every year, and team members participate in 7-on-7 during the year to help develop skills, especially for quarterbacks. "We have fun, so it's not just a workout. We play basketball and encourage athletes to run track while

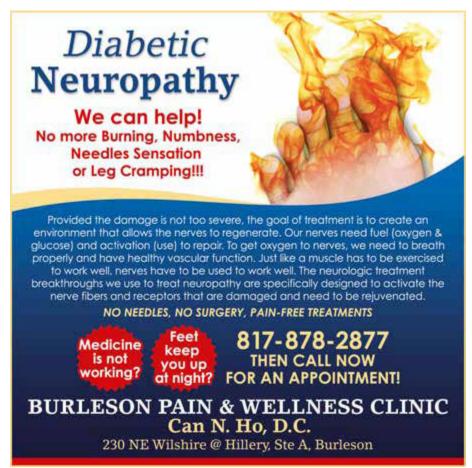


playing 7-on-7," Coach Young remarked. "We throw the ball, work with receivers, kick field goals and train specialty teams. We want players to be multidimensional. We've had players who can kick a 25-yard field goal at age 10."

Sponsors and fundraisers have helped send the BUCCS to play by invitation in the AT&T Stadium every year. The parents and players get a pre-game tour of the stadium, including the locker rooms. "You can still dream when you're on that AstroTurf, and you ought to see the look on everyone's faces," Coach Young remembered. Major sponsors have included Pepsi-Cola, CK Bling, Sports Authority and Mansfield Postal Center. "Those guys really enjoy coming to the games and watching," he added.

Players can qualify for scholarships that cover fees, insurance and uniforms. "Some of our families are on fixed incomes, and we don't want to turn anyone away," Coach Young stated. "I want to teach kids to play through adversities. We play hard and practice like we want to play games. If they're giving me 100 percent and make a mistake, that's OK. We're always striving for perfection and remembering that there's no 'I' in team. We're teaching the same system of playing as the Mansfield high school and junior high coaches are using."

Building future leaders for the Mansfield community is Coach Young's ultimate goal. "It would be selfish of me not to serve my community by giving back," he said. NOW







BEFORE YOUR TRIP

• Safety starts at home:

Boating is exciting, but there are many things you should know before getting on the water. The Texas Parks and Wildlife Department teaches safety classes throughout the year, as well as offering an online version of its course. For anyone born after August 1993, the safety course is required in order to operate a powered vessel.

• Know your equipment:

In addition to knowing the safety standards for your boat or personal watercraft (PWC, also commonly called a Jet Ski), you need to ensure you know the equipment itself. If you are renting a vessel, familiarize yourself with controls and features. If you own your own boat or PWC, check the oil and fluid levels the same way you would a car.

• As you are planning:

While Texas is somewhat lacking in natural lakes, there are a plethora of manmade spots to enjoy. For a perfect sunny day on the water, a local lake might be the place for you. But if you're thinking about a longer trip, you might want to consider traveling up north to Lake Texoma or exploring a lake in the Austin or Houston areas.

• When you pack:

Because you are constantly getting hit by the cool mist coming off the boat, you might forget to apply sunscreen or drink



enough water. Bring plenty of liquids and sunscreen to take care of your body's needs, inside and out. You want to remember your trip for the first time you waterskied, not the wicked sunburn you got spending 10 hours in the heat.

ON THE LAKE

• Find the perfect spot:

If fishing is your aim, most of the lakes around Texas have local guides for









\$7,499 + TAX Z723KH-48 (KOHLER)

Z724XKW-54 (KAWASAKI) \$8,499 + TAX

CASH \$6,999 + TAX CASH \$7,999 + TAX

Z726XKW-60 (KAWASAKI) \$8,999 + TAX

CASH \$8,499 + TAX

Grand Prairie 972-314-2500 Six & Mango Equipment, LLP

www.sixandmango.com

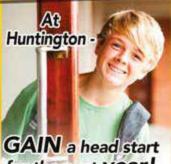
Frisco 972-335-2731

Kids lose two months of their academic knowledge during the summer.

We can help them retain their knowledge!







for the next year!

an Academic Evaluation

Expires 5/31/16



Suite 111 Mansfield, TX 817-539-0332

1219 E. Debbie Ln.,

SAT/ACT and STAAR Prep

independently owned and operated. © 2003 Huntington Learning Centers, Inc.

MANSFIELD (AREA













a small fee, with all but a guarantee of a successful day baiting and luring. If your desires are more for speed and thrills, make sure to find a location free of heavy traffic or shallow water. Choppy waves are great for PWC use, and can be fun for general boating, but for waterskiing and wakeboarding, you will want flatter waters. One trick is to make passes about 20 yards away from, but parallel to, manmade shorelines that act as a natural wind blocker.

• Equip yourself:

Make sure you wear life jackets.
Legally, adult boaters only have to have a life vest available, not necessarily on.
But tragic, avoidable deaths happen every year because someone failed to use a life jacket. Children under 13 are required to wear life jackets, and they should also be closely monitored while the boat is underway. It is also prudent to take a wallet and phone on the lake in case you have any mechanical or user-error problems on the water.

• Boat safely:

You should always pass other vessels on the left, or port side. When you pass





another vessel, a person or an object of any type, you must be more than 50 feet away or slow to idle speed. Boats are allowed on the water at night if they have lights, but PWCs must be off the lake 30 minutes before dusk for everyone's safety.

• Know your limits:

PWCs are fun and relatively simple to learn to use, but operating larger boats is much more involved, so do not try to take out more boat than you can handle. When it comes to getting maximum speed, or trying tricks on skis and boards, make sure you have someone who can help you if you overdo it.

• Keep your ears and eyes open:

You want a full day at the lake, but if waters are too choppy for skiing, or if storms are coming, it is best to be safe. Someone waving hello and someone waving for help looks similar from 60 feet away, so be sure to look for signs indicating that a fellow boater needs help. The Texas Wildlife Department has wardens patrolling the lake for everyone's benefit, so afford them the same courtesy and respect that you show highway patrolmen.

Harris * Cook, LLP

Attorneys & Counselors at Law

Locations in Mansfield & Arlington

709 East Abram Arlington, TX 76010 309 East Broad Mansfield, TX 76063

Premier Full Service Law Firm

817.473.3332

Practice Areas:
Complex Divorce Matters
Contested Child Custody
Business Formation
Business Litigation
Wills & Estate Planning



David L. Cook
Managing Partner
*Board Certified, Family Law
Texas Board of Legal Specialization



Kimberly Fitzpatrick Non Equity Partner

Call Us Today To Set Up Your Free Initial Consultation

*Over 70,000 attorneys are licensed to practice in Texas. Only 7,000 (less than 10%)
have earned the right to be recognized as Board Certified Specialists in one of 21 select areas of law

www.harriscooklaw.com



MEDICAL CENTER & Sleep Lab for Adults & Children Welcome walk-ins Free flu shot for Self-pay New patient \$99 established \$59 Limited Time

NOW OPEN

The Vine Medical Center and Sleep Lab 921 E. FM 1187, Suite A, Crowley, TX 76036 Extended hours: Monday thru Saturday from 7 a.m. to 7 p.m.

The Vine Medical Center welcomes Nagwa Lamie, MD, Board Certified in Family Medicine and Sleep Medicine. Nurse Practitioner Sheletha Bratton, APRN, FNP-C, Board Certified Family Nurse Practitioner.

Reveal your true shape

ZERONA® is the first FDA approved non-invasive laser, that removes fat and inches painlessly. Imagine, dropping a dress size or losing that "muffin top" with NO PAIN, NO SURGERY and NO RECOVERY TIME.

817-945-1682 www.thevinemedicalcenter.com

Find us on Facebook.

ZERONA
Non-Invasive Body Contouring

Dr. Ehab Hanna, Board Certified in Internal Medicine.

Accepts Medicare, Medicaid & most other insurance plans. Promotional cash prices also available.















BEFORE HEADING HOME

• Recheck your hitch:

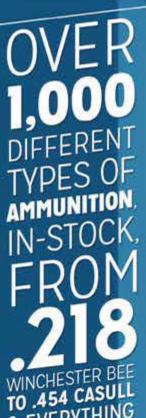
Be careful to make sure your boat is securely hitched if pulling or secured on the lift if it stays at the lake. For a lift, make sure to raise the boat based on the highest possible water level, not necessarily the current level. Every year, boats fall off lifts and sink during storms because they were not lifted high enough off the lake level.

• Cleaning up:

There are organisms and bacteria in some water that will eat away at the veneer on a boat if left untouched, so make sure to give it a quick wash when your day is complete. If you travel from one body of water to another, make extra sure to clean the boat, as some organisms in one lake will attack those in another if they are allowed to spread.

It may seem as though there are a lot of rules to follow just to have a relaxing day on the water. But following these guidelines will help you be prepared for your day at the lake, as well as keep you and your loved ones safe.

Editor's Note: More laws, safety standards and general boating information are available on the Texas Parks & Wildlife Boating Page at www.tpwd.texas.gov/fishboat/boat/.



to .454 CASULE & EVERYTHING IN BETWEEN LIKE .38 SUPER

ORDER NOW AT SWFA.COM 1.972.SCOPE IT (1-972-726-7348)

COME SEE US AT 5840 E. US HWY 287 MIDLOTHIAN, TX

> YOU'VE BEEN MISSING









SWFA SS HD 1-6x24 Tactical 30mm Riflescope \$999.95



Springfield Armory XD6 Mod2 9mm 3" Subcomp 16rd Black \$449.95



S&W Bodyguard .380 ACP 2.75" Barrel 6 Round \$339.95



Glock OEM 42.380 ACP 3.25" Barrel 6+1 Capacity Fixed Sight \$409.95



ICOtec GC300 Electronic Game Call \$79.95



Badger Ordnance "Bone" Shooting Bag \$24.95



Magpul Hunter X-22 Ruger 10/22 Stock \$127.95



SilencerCo Spectre II 22 Rimfire Suppressor \$349.99



MTM Survivor Ammo Can \$34.95



Lansky T.A.S.K. Apocalypse Survival Kit \$140,95



Wise Company Five Day Emergency Survival Kit for One Person \$62.95



15 Loaded 30rd Troy Mags MTM Plastic Ammo Can .223 55gr \$349.95



YETI

YETI Rambier Bottle \$39.99 - 18oz. \$59.99 - 36oz. \$89.99 - 64oz.





Fiocchi SD Ammo 9mm Luger 115gr FMJ 50rd Box \$12.99 WFIOCCHI



Flocchi SD Ammo .380 ACP 95gr FMJ 50rd Box



Federal Ammo 5.56 XM193 55gr 20rd FMJBT \$6.99



Now accepting new patients

Diabetes management
Cholesterol-level management
Complex lipid disorders
Aviation medical exams



John Willis, DO

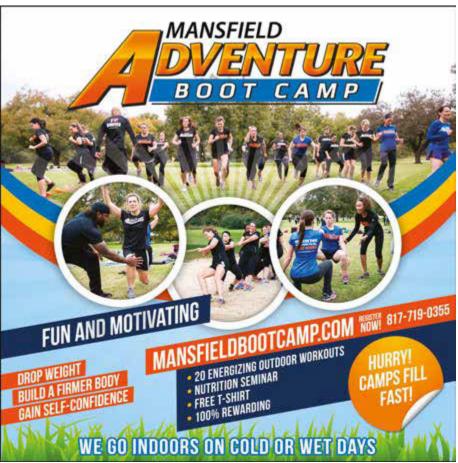
Schedule an appointment today at 817-473-6867 or visit

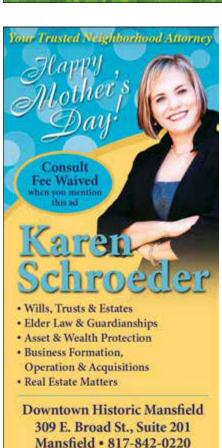
MethodistFamilyCare.com/ MansfieldHealthCareAssociates



2800 E. Broad Street • Ste. 212 Mansfield, TX 76063

Methodist Mansfield Health Care Associates is owned and operated by Medirealth and staffed by independently practicing physicians who are employees of Medirealth. The physicians and staff who provide services at this site are not employees or agents of Methodist Health System or any of its affiliated hospitals.















Mansfield 1151 N. Walnut Creek Dr. Mansfield, TX 76063 817-453-0013

Everley Rose Infants and Toddler Center Mansfield 1751 N. Walnut Creek Dr. Mansfield, TX 76063 817-225-6831

Walnut Creek Academy/Primary Mansfield 550 E. Debbie Ln. Mansfield, TX 76063 817-473-4406

> Arlington 4815 Arborgate Dr. Arlington, TX 76017 817-483-1103

Arlington 5508 Chaperito Trail Arlington, TX 76016 817-457-3225

Waxahachie 1401 Ferris Ave. Waxahachie, TX 75165 972-937-8300

Everley Rose Community Center Waxahachie 116 Hwy 77 North Waxahachie, TX 75165 972-937-1205

> Grand Prairie 668 Beatty Dr. Grand Prairie, TX 75052 972-237-7616

Business NOW







The Pavilion at Creekwood

Annette Branton, Admissions Director 2100 Cannon Dr. Mansfield, TX 76063 (817) 779-6500 Annette.Branton@fundltc.com www.pavilionatcreekwood.com

Sunday-Saturday: 8:00 a.m.-8:00 p.m.



The professionals caring for people at The Pavilion keep each patient's needs top of mind.

Gracious Helpers

The Pavilion at Creekwood helps patients regain strength to return to the community. — By Melissa Rawlins

For those in-between times, when we're not well enough to live at home but too healthy for hospitalization, Mansfield residents now turn to The Pavilion at Creekwood. This skilled nursing facility feels like a boutique resort staffed with gracious, experienced professionals. Designed around a courtyard drenched by sun, the spacious public areas gently beckon guests out of the 56,000 square feet of residential area.

"This is a building you feel good about introducing families to," Mia Madison said. As clinical liaison to hospitals in Mansfield, Arlington and Grand Prairie, Mia conducts the physical assessment on each patient before they enter The Pavilion. Also, Mia talks to the family and the hospital team. She comes to understand what services and equipment the resident will need at the facility. "Our goal is to make sure they have patient-centered care."

Opportunities for activity abound at The Pavilion, as do necessary stretches of time for relaxation and rest. Emily Featheringill, community life director, hosts stimulating educational sessions. For example, residents who enjoy outdoor activity can plant herbs in pots in the courtyard, and a horticultural therapist visits monthly to guide residents in making mini terrariums to take back to their rooms. A bi-monthly wine and cheese happy hour also promotes the kind of socializing that the designers of The Pavilion find important for their guests' holistic healing process.

For overcoming physical, occupational and speech challenges, the Pavilion provides a 4,000-square-foot, state-of-the-art therapy gym. "The Pavilion is fairly structured on the day-to-day therapy, for body and mind to recover successfully," Hunter Daniel said. A business development consultant for The Pavilion at Creekwood,

Business NOW

Hunter's passion for serving others shines through as he discusses the skilled nursing center's guests and their needs. "Facility staff monitors each resident daily, managing medication, providing meals and helping with mundane tasks as part of their therapy."

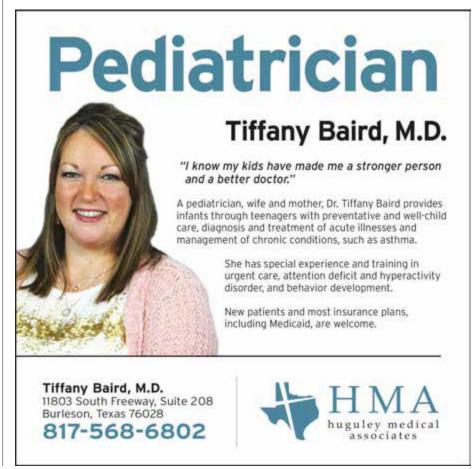
"Our goal is to make sure they have patient-centered care."

A prime example of the thoughtful service provided at The Pavilion is a beautifully appointed transition room on a hall in the short-term nursing facility. As guests regain strength for their graduation back into the community, an independent physician and therapy team make recommendations on a person's progress. But each guest is encouraged to assess his or her own progress in the transition room, which contains all the comforts of a high-style, one-bedroom apartment. Guests can spend an afternoon alone: resting on the bed, arising and walking to the restroom or the sink, practicing tasks like taking plates out of the cupboard, putting Tupperware back in place, and stepping over the edge of the bathtub. "It's important for them to try different things, like walking over area rugs," Hunter said. "We want our guests to feel confident, mentally, that they can do it once they're back at home when nobody is around."

Annette Branton, admissions director for The Pavilion at Creekwood, would happily take interested families on a tour any day of the week. She recommends visiting between 8:00 a.m.-8:00 p.m. out of respect for all the residents. Melinda Clements, business office manager, can help families get their resources in order.

Since 2015, The Pavilion at Creekwood has offered families in Mansfield an extraordinary home-like service for rehabilitation. "Anybody can choose any facility at any time," Hunter said. "It's wonderful that The Pavilion is a resource for Mansfield." When your family needs a place for healing, consider The Pavilion at Creekwood, where patients motivate each other and caring helpers strive to go above and beyond to support their guest's safe return to the larger community. NOW





Around Town NOW



Papa John Banks and granddaughter, Carter Whitley, enjoy a beautiful day at Rose Park.



Cynthia, Matt, Nathan and Ryan help host Calloway's grand opening in Mansfield.



Randy Davis and GG join Lucy Lou and Jason Davis for a walk.



Pastor Jeff Harper joined Major George Hurd and Olivia Bergeron on their spring break trip from Mansfield to Flint, Michigan, going doorto-door delivering water.



For Doris Jaynes, preparing for Easter goes hand in hand with blessing two beautiful grandchildren.



The Mansfield High School Band's participation in the Pickle Parade is a great addition to the fun-filled event.



Haven O'Connell hugs Ginger, a friendly representative of one of Haven's favorite birds.



Michaela Young relaxes near her table full of allergy-free goodies during Third Thursday Downtown.



The Dunn Family enjoys sunshine in one of Mansfield's many beautiful parks.

Dining DEAL\$









Help Your Mother Prepare for Retirement

Mother's Day is almost here, so start shopping for the flowers or candy for Mom. But this year, why not also go beyond the traditional? Specifically, if your mother is still working but getting close to retirement, consider providing her with a gift that can help make her days as a retiree more pleasant.

Here are a few suggestions:

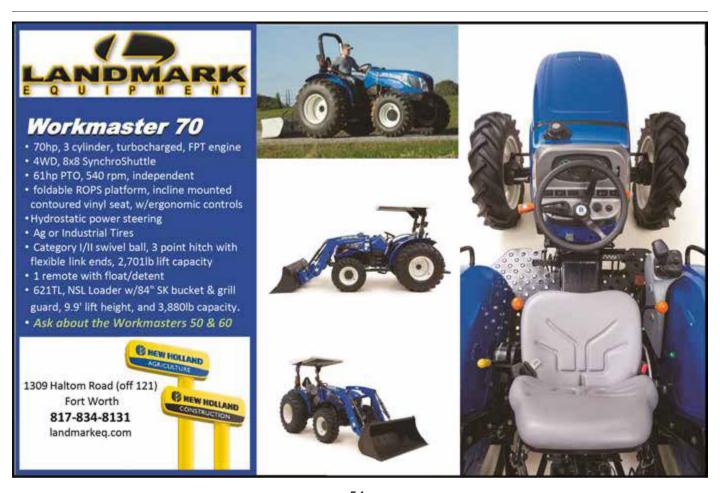
- Contribute to her IRA. As long as your mother is employed, she can contribute to an IRA, and she may already have one. If so, help her fund it for 2016. You can't contribute directly to her IRA, but you can certainly write her a check for that purpose, and by doing so, you can make it easier for Mom to "max out" on her account this year. Assuming your mother is over 50, she can contribute up to \$6,500 per year to her IRA. As you may know, an IRA can be a great way to save for retirement because it offers significant tax benefits. Contributions to a traditional IRA are typically tax-deductible, while any earnings can grow tax deferred. Roth IRA contributions are not deductible, but any earnings can grow tax free, provided the account owner meets certain conditions.
- Give Mom some stocks. You know your mother well, so you are probably familiar with the products she likes. By giving her shares of stock of the companies that produce these goods, you will provide Mom with a feeling of ownership that she may enjoy along with the benefit of possessing investments that could potentially increase in value.
- Discuss retirement income strategy. Even if your mother has made some smart financial moves, such as investing in an IRA and her 401(k) or other employer-sponsored retirement plan, she may still need some advice on how best to initiate and

manage her retirement income. To cite just one action she needs to take, she must start making withdrawals from her 401(k) and traditional IRA once she turns 70 1/2. But if she withdraws too much each year from these accounts, she could deplete them sooner in her retirement years than is desirable. To develop a solid retirement income strategy — one that can help her avoid outliving her income — she will need to coordinate withdrawals from her retirement accounts with her Social Security payments and any other sources of income she may have available. Because it's so important to put together an appropriate income strategy, it's a very good idea to consult with a financial professional. If your mother does not currently work with one, encourage her to meet with someone you know and trust.

Of course, your mother may be married and have her finances commingled with those of her spouse. Nonetheless, every one of the suggestions mentioned above is applicable and relevant to your mother, whether she is singled, married, divorced or widowed. Women must be prepared to take full charge of their financial situations, no matter their marital status.

Anything you give Mom on Mother's Day will be appreciated. But if you can add a gift — whether in the form of investments or knowledge — that can help her make progress toward an enjoyable retirement lifestyle, you will be providing her with an enormous "thank you" for all she's done for you over the years.

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





Midlothian Conference Center 1 Community Circle Drive, Midlothian, TX 972-775-7125 • www.MidlothianCenter.com

Come Join Us for Some Fun in the Sun!

The new Courtyard by Marriott Midlothian Conference Center is waiting for you to come dive in their sparkling blue pool for the Spring and Summer!



3 Community Circle Drive, Midlothian, TX 469-672-8760 • www.marriott.com/dalcd Reservations: Call 888-236-2427

OLD REPUBLIC TITLE

KEEP CALM and trust OLD REPUBLIC TITLE

Arlington

1241 W. Green Oaks Blvd. Suite 101 Arlington, TX 76013 (817) 457-3930 p | (817) 457-2976 f Since 1992, no other title insurer has had higher

overall ratings than Old Republic Title.

Mansfield

1405 N. Highway 287 Suite 101 Mansfield, TX 76063 (817) 453-8104 p | (817) 453-7418 f



Kim Moore **Escrow Officer**



Robyn Barrere Sales Executive (817) 751-4187



Autumn Revoir Branch Manager Escrow Officer



Jo Waldrop **Escrow Officer**



Lolly Waller Escrow Officer



Denise Ausmus Escrow Officer



Sheri Scott Escrow Officer

OLD REPUBLIC INSURANCE GROUP

Fibromyalgia Help

— By Betty Tryon, BSN

Fibromyalgia was a perplexing illness. Those afflicted complained of chronic fatigue and debilitating pain deep inside their bodies. There was no lab test to point to a specific illness, so sometimes, it was all chalked up to one of two things — either the patient was faking, or it was all in their head. Although the symptoms of fibromyalgia syndrome were identified as early as the 1820s, it was not until the late 1970s that the term *fibromyalgia* was given to the condition.

The most common symptom of fibromyalgia is pain in muscle tissue. According to the Arthritis Foundation, "Fibromyalgia pain has been described in a variety of ways, such as burning, aching, stiffness or soreness. It often varies according to the time of day, activity level, weather, sleep patterns and stress. Many people with fibromyalgia say that some degree of pain is always present, although the pain can come and go. For some people, the pain may be quite severe." Distinctive to fibromyalgia are specific tender pressure points located all over the body. Having at least 11 of these pressure points usually points to fibromyalgia.

Along with pain, sleep problems, fatigue, anxiety and depression are familiar complaints. The fatigue experienced with fibromyalgia is different. It can be overwhelming, limiting and chronic. A night's rest doesn't help. Sleep problems could include difficulty in falling asleep and a disruption in the sleep phase called deep sleep, where the body's restorative operations take place. Anxiety

and depression are common bedfellows with illnesses that can be debilitating in activity and pain.

There is no definitive laboratory test or X-ray one can take to diagnose this syndrome. Diagnosis is made from your presenting symptoms, medical history and ruling out other diseases that could cause the same symptoms you experience. There is no cure for fibromyalgia. A person will always have this, and there will be good days and bad days. To enjoy life is to maximize the good days.

On those days when life is too difficult, it is beneficial to already have a plan in place. Mobilize your support system for meals and chores. These can be family members, volunteers or paid help — even after-school help from a teen. Take the time to indulge yourself with a comedy or a book you've been meaning to read. Avoid online chat groups that focus on the pain and suffering of your condition. Utilize those who have a positive bent and encourage coping techniques. Try yoga's deep breathing and stretching practices. People of faith may find comfort in prayer. If you have fibromyalgia, difficult days are unavoidable, so master your coping strategies to get through the day.

Source: http://www.arthritis.org/about-arthritis/types/fibromyalgia/symptoms.php.

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









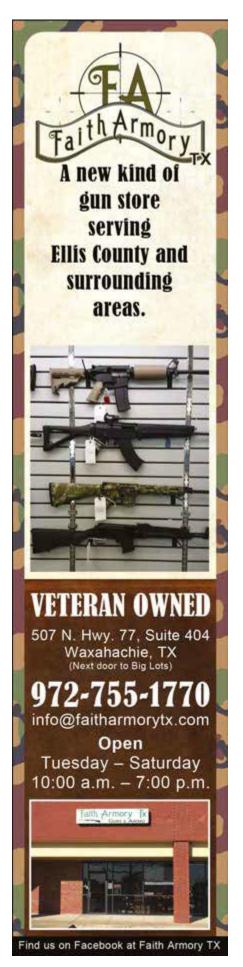














May 4, 18

Happy Hour: 4:00-6:30 p.m., The Pavilion at Creekwood, 2100 Cannon Creek Dr. RSVP to Emily Featheringill, (817) 779-6500.

May 7

Bingo: 6:00-9:00 p.m., St. Thomas Hall, St. Jude Catholic Church, 500 E. Dallas St. Lots of good food and family fun! Call ahead: (817) 473-6709.

May 9

Golf Tournament: Noon- 7:00 p.m., Walnut Creek Country Club. This 23rd annual event raises funds for The Mansfield Area Chamber of Commerce. Individuals, \$200; Teams, \$700. Package includes 2 mulligans, lunch, dinner and 2 drinks. RSVP to Lori Williams, President / CEO, at (817) 473-0507.

May 12

Business After Hours: 5:30-7:30 p.m., Hand and Stone Massage, 1530 E. Debbie Ln. Call Mansfield Area Chamber of Commerce, (817) 473-0507.

May 14

Mulch Madness Giveaway: 8:30 a.m.-noon, 24 N. Mitchell Rd. Free, quality mulch given to

residents who bring their own trucks, trailers or containers to transport the mulch. Any questions? Email: water@mansfieldtexas.gov.

Mansfield Police Department Meet and Greet: 10:00 a.m.-2:00 p.m., City Hall, 1200 E. Broad St. (817) 276-4200.

Household Hazardous Waste Dropoff: 10:00 a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. Bring your hazardous wastes, electronics and recyclables along with proof of Mansfield residency. Contact David Macias, (817) 276-4239.

Wisteria Street Market: 10:00 a.m.-4:00 p.m., Mansfield Activities Center, 106 S. Wisteria. Enjoy a day of family-friendly shopping plus a silent raffle to benefit Keep Mansfield Beautiful. There will be arts and crafts vendors, food trucks, a face painter, silent raffle, art area, free make and take crafts and various activities throughout the day. (817) 728-3680.

Walnut Creek Academy Open House: 11:00 a.m.-1:00 p.m., 1751 N. Walnut Creek Dr. Tour the school, meet the teachers and learn more

about Walnut Creek Academy's curriculum. Contact Laura Templeton, (817) 473-4406.

May 15

Family Experience: 5:00 p.m., Sanctuary, First Methodist Church Mansfield, 777 N. Walnut Creek Dr. This worship service is high energy and fun, kid's style. (817) 447-2287.

May 20

Mobile Mammography: 9:30 a.m.-4:00 p.m., Cedar Point Townhomes, 1751 Towne Crossing Blvd. The Methodist Health System brings its screening technology to those who are 40 years of age or older and have no current breast problems. RSVP to Methodist Health Connection, (214) 947-0026.

May 31

Meet n Learn: 3:30-4:30 p.m., Mansfield Chamber. Blake Vansteenburg with Lux Internet Marketing answers all your marketing questions. RSVP to Mansfield Area Chamber of Commerce, (817) 473-0507.

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



CALL NOW FOR THE NEW COUNTERTOPS YOU'VE ALWAYS WANTED!





Granite, marble & quartz fabricator for kitchen & bathroom countertops

Extensive color selection combines beauty, function & elegance for any bathroom or kitchen!

$MTM_{\scriptscriptstyle Countertops}$

2460 Hwy. 287 N. • Mansfield For more info call 866-439-1935.

(Northbound service road – between Callendar Rd. & Turner-Warnell)

FREE

18-gauge Stainless Steel Sink

(\$350 value)

Call or visit our website for details!

www.MTMCOUNTERTOPS.com

- * FREE Estimates
- * Competitive Pricing
- * Up to 15-year Warranty on Some Products





COME SEE OUR WIDE SELECTION!

SHOWROOM HOURS: MON-FRI: 8AM - 5PM SAT 10AM-2PM









We are neighbors caring for neighbors in Mansfield and surrounding areas.

Services Provided:

- · Skilled Nursing
- · Physical Therapy
- Occupational Therapy
 - Speech Therapy
 - · Home Health Aides
- · Medical Social Worker

CALL TODAY! (817) 842-4263

Fax: (817) 842-4264

www.careofexcellencehomehealth.com Most Major Insurances and Medicare Accepted.



Direct Mail Advertising Works!

Let MansfieldNOW magazine present your advertising message to

over 28,200

Home & Business addresses in the Mansfield ZIP codes



Call for more information 817-477-0990

Cooking NOW



In the Kitchen With Denise Roe

— By Melissa Rawlins

Wearing many hats in her rich life, Denise Roe is a health educator, hydration specialist, swimmer, jogger, ministry pioneer and lover of salads and dark chocolate, which is low glycemic. She shares her fresh salads and guacamole with drop-in guests. A favorite main dish is turkey burgers with fresh salsa and chips.

Her focus on healthy eating started in her late 20s, influenced by her Aunt Joan. Her culinary talent developed as a child, helping her mother and, at Thanksgiving, her Grandma Roe, in her big kitchen in Buffalo, New York. Years later, she cooked and baked in that very same space while renovating the house. Maintaining her body is a simple matter of combining the right fats, proteins and fiber to lower inflammation and help her feel great.

Salad

- 1/3 head romaine lettuce
- 1/3 head escarole or butter lettuce
- 1/2 bag baby spinach
- 1/4 cup cauliflower pieces
- 2 radishes, sliced
- I cup grape tomatoes, halved
- 1/3 cucumber, sliced
- 1/4 red onion, sliced
- 1/2 Tbsp. flax seed
- 1/2 Tbsp. chia seed
- 1/3 can whole black olives
- 1/4 apple, sliced
- I avocado, deseeded and diced
- 1/4 cup dried cranberries
- 1/2 cup walnuts
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds

1/4 to 1/2 cup blue cheese crumbles 8 oz. grilled chicken, diced

- **1.** Wash and dry first 7 ingredients. Tear lettuce into bite-size chunks. Peel and slice onion.
- **2.** Grind flax and chia seed in a coffee grinder.
- **3.** Combine any combination of these ingredients into a large salad bowl and toss well with your favorite salad dressing.

Salad Dressing # 1

1/2 cup olive oil

1/3 cup balsamic vinegar

I lemon, juiced

1 tsp. Bragg's Apple Cider Vinegar

1/2 tsp. Bragg's Liquid Amino Acid

1/4 tsp. garlic powder

1/4 tsp. onion powder

I tsp. fresh ginger, grated

1/4 tsp. real salt

1/4 tsp. black pepper

1 tsp. Spike or Mrs. Dash (with garlic)

I. Add all ingredients to a glass container; mix. Store on the counter, not in the refrigerator. Will last 2 to 3 weeks. Shake before each use.

Salad Dressing #2

1/4 cup mayonnaise

1/4 cup olive oil

1/4 cup Parmesan cheese, freshly grated

1 clove garlic

1/2 lemon, juiced

1/4 cup chopped combination of fresh parsley and basil

1/4 tsp. real salt

1/4 tsp. black pepper

1/8 tsp. chili flakes

1/4 tsp. monk fruit sugar (or 1/2 tsp. fresh honey)

1. Puree all ingredients in a food processor. Store in the refrigerator up to 4 days.

Guacamole

3 Hass avocados, ripened

I handful grape tomatoes

3-4 Tbsp. onion, chopped

I large clove garlic

1/3 cup fresh cilantro

1/3 sweet onion

1/3 jalapeño

1/3 red pepper

2/3 lemon, juiced

1/2 tsp. cumin

1/2 tsp. coriander

1/2 tsp. chili powder

1/4 tsp. real salt

1/4 tsp. black pepper

1. Combine all ingredients in a food processor. Pulse until as chunky as you like.

2. Add a scoop to your plate with meals of all kinds, including breakfast. Goes nicely with blue corn chips, too!

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



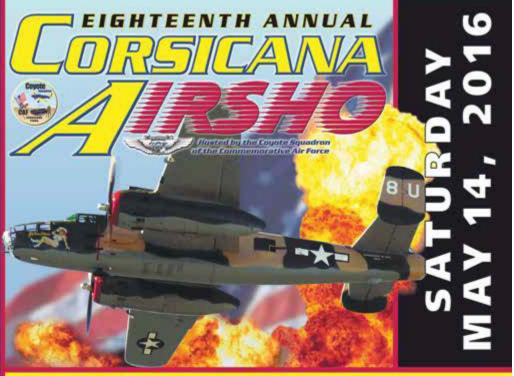


\$10.00 per Person or \$20.00 per Car

FREE ADMISSION

to Veterans, Active Military Personnel and Their Families

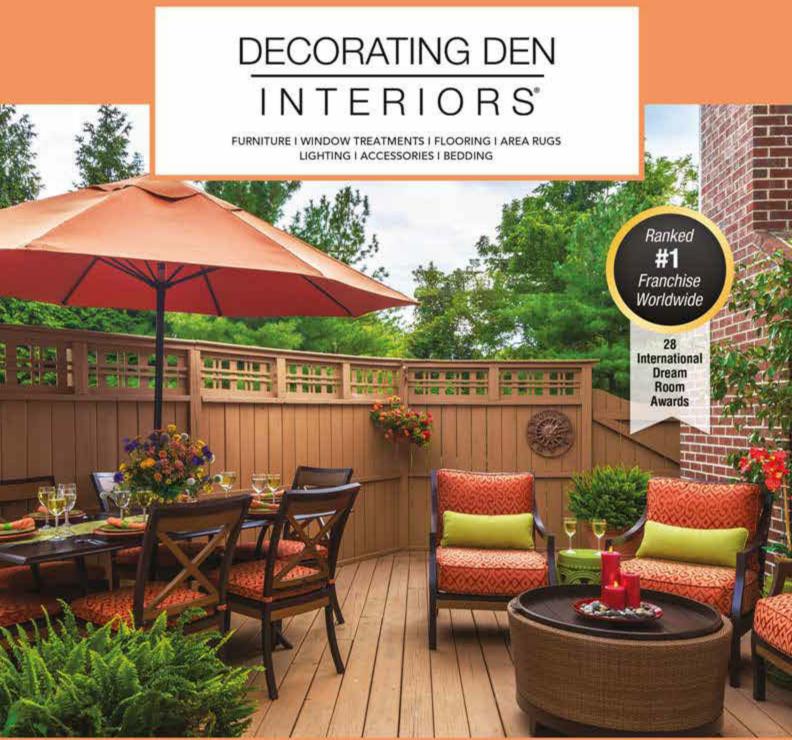
RIDES
WILL BE
AVAILABLE
IN SEVERAL
WARBIRDS
FRIDAY &
SATURDAY



AIRSHO!

GreenWork Printing

CORSICANA MUNICIPAL AIRPORT GATES OPEN 8:30 A.M. www.coyotesquadron.org





& THE LANDRY TEAM

FROM INSPIRATION TO REALITY

Don't leave home. We come to you! Our extensive product assortment allows us to work with your lifestyle and budget.

Our design consultation is complimentary.

VISIT WWW.THELANDRYTEAM.DECORATINGDEN.COM OR CALL 817-472-0067
SEE WHY OVER ONE MILLION SATISFIED CUSTOMERS HAVE CHOSEN DECORATING DEN INTERIORS