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JUNE 2013

The Amazing Guitar Master

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sweet sound of
the guitar

Teamwork Testimonial

At Home With Jay and Debbie Clary

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Moving Mountains
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Lynn Pemberton (co-chair of program), Holly McCanlies (Director of Guidance & Counseling MISD), Chuck Wilson (co-chair), Yvette Ojeda (admin. asst.), not pictured

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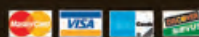
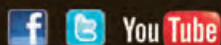


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ON THE COVER



French musician Philippe Bertaud has talent with strings.

Photo by Vanessa Polozola.

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Editor's Note

Dear Friends,

The month of June always transports me back to my childhood. We lived on a small hill with two other families. With a dramatic view of the Austin skyline poking up to our left and a small wooded area full of deer and roadrunners perfect for fort-building and exotic adventure-making to our right, my brothers and our friends felt like we had our own little kingdom.

A favorite memory is of summer nights playing kickball with our friends and with my dad. I remember digging my toes into the freshly mowed grass as the sun set relieving the scorching heat. I relished the moments my dad would gingerly push me on a swing, while a much-needed breeze blew through my tangled, messy hair.

May your June be full of summer memories and the opportunity to make new ones!

Mikaela

Mikaela Mathews
MansfieldNOW Editor
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The Amazing GUITAR MASTER

— By Carolyn Wills

When he was a young boy growing up in France, Philippe Bertaud, along with his older brother, Jean Paul, spent his summers working at local farms on the outskirts of Nice. For a time, Philippe imagined he would spend his life as a goatherd. “I love goats,” he grinned. “They’re very smart.” As it happened, though, around the age of 14, this second-born son of a city transportation worker and a restaurant cook was called to do something quite different.

Today, Philippe is a world-renowned jazz and classical guitarist, composer, master teacher and recording artist. Once described by the *Los Angeles Times* as the “New Lord of the Strings,” he is also a loving husband, father, humorist, cook and philosopher with a passion for living in Texas. His is the story of a boy who grew to greatness and of a man who stepped back from a frightening edge. It is truly an amazing story.

Philippe does not hale from a family of musicians, performers

or educators. His father was French and his mother Italian and their strong work ethics provided for their family. His brother is seven years older and, until Jean Paul left for the military, Philippe was his constant companion. Strangely, it took only a moment on a rainy day for this youngest son and little brother to meet his destiny.

“I was 14,” Philippe smiled. “My brother’s military friend had left his guitar with me, but I hadn’t really learned to play it. It was raining outside, and my parents and I were watching a documentary on television.” The program was about an American jazz guitarist named John Leslie “Wes” Montgomery. “I heard the sweet sound of his guitar and then, in the close-ups, I saw happiness in his face. That was my first contact with American jazz, and I had to know more,” he said. “The next morning I hurried to the music stores in search of a teacher.”

Not only was he directed to a music instructor but amazingly, when he knocked on the door, Philippe was greeted by a black jazz guitarist. “Every time I went to a lesson, I could imagine I was in New York or New Orleans or Los Angeles,” he smiled. “He became my mentor and taught me the importance of ‘specializing in nonspecialization,’ which meant I would study



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classical and jazz.” As he learned his trade, Philippe’s enthusiasm grew, and it became clear he had the determination, talent and dedication to move forward. He auditioned and was accepted by the National Conservatory of Music in Nice, France, where he majored in jazz and classical guitar and composition, graduating in 1986.

Over the next 20 years, he toured the world, performing at venues like the Festival International de Jazz de Montreal, Winter Festival in Rio de Janeiro and annually at Carnegie Hall in New York City. “I spent a lot of time in Brazil and also played Turkish music in Istanbul.” Philippe speaks French, English, Spanish, Portuguese and Laotian. His style combines extraordinary expertise, depth of musicology and percussive wizardry, a soft sensual singing voice expressed in French and the ability to use humor and charm to connect with his audience. Playing, singing, recording, composing or teaching, he challenges



boundaries so every performance is fresh. His instruments are Alhambra guitars, which he helps to design and, while mostly acoustic, there is room for one electric guitar.

Other loves also exist in Philippe's life. Most important are his wife, Thavone, and their two children. "I met my wife 26 years ago," he smiled. "I saw her across a room and fell in love. Thavone had been adopted by a French family, so while we both grew up in Nice, she is Laotian. When the borders opened in Laos, we travelled there to find her birth parents, and they were reunited."



Philippe is also passionate about Texas. "Years ago, I was in Austin after a tour in Mexico when I happened to see a friend from Nice!" he grinned. "He had joined a band, moved to Austin and was so excited about Texas."

Eight years ago, he returned to Texas on vacation with Thavone. "That's when we fell in love with the Dallas/Fort Worth Metroplex and decided to move,"

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he said. "There's so much variety and quality here, and we picked Mansfield because of the great schools. Our daughter, Jade, now 20, has been working in film/documentary making in Paris and will soon return to work in Texas. Our son, Alexander, is 17, and an excellent guitarist. We've already been to Los Angeles to perform together."

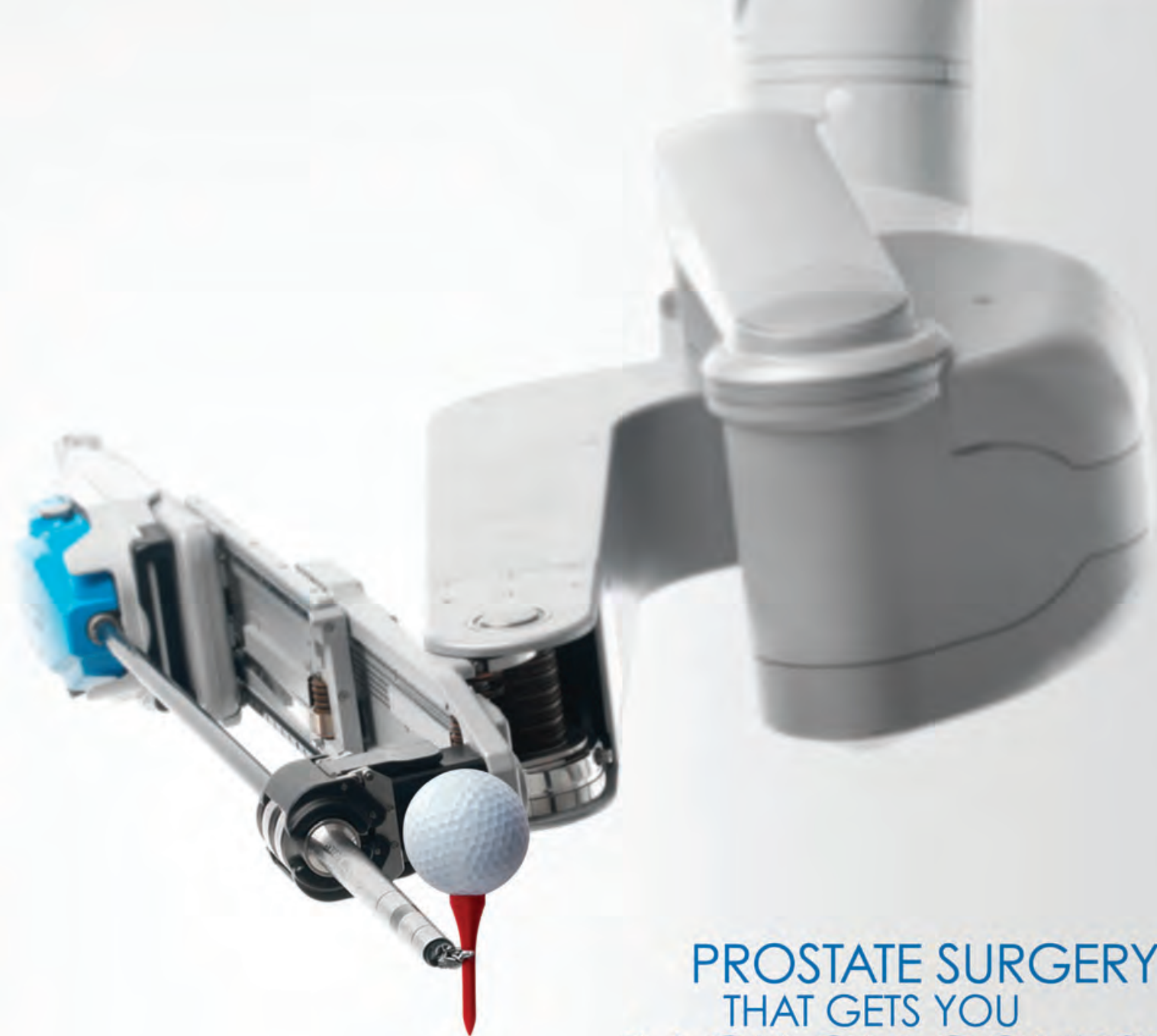
A few years after settling in Texas, Philippe faced a significant crossroad



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in his life. "I was working hard, playing maybe 200 concerts a year and not feeling well," he said. "One evening before a concert, I felt so ill I had to be taken to the hospital." The diagnosis revealed advanced cancer, and the prognosis was quite dim. "I believed there were better alternatives than aggressive treatments,



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and if I wanted to live it was up to me to reset my life," he shared. "A friend told us about a doctor who prescribed natural supplements, nutrition and exercise. That was five years ago. I now know good food is the best pharmacy, so I eat organic foods and am a vegan. I follow an exercise routine and invest my energy in select projects."

One of his favorite projects is helping the East Broad Outreach Center. "Pastor Shane Whisler is a good friend," Philippe said. "He's doing a lot of good things for our community, and I want to do everything I can to help."

While Philippe also teaches from his home and reserves time to perform at Carnegie Hall, he is currently focused on a new project. "We're producing a documentary about Texas," he smiled.



Through his eyes as a world-traveler and his amazing music, Philippe hopes to highlight this great state, to let people know Texas is a leader when it comes to "green" energy, that good food and restaurants are abundant and so many religions, cultures and architectures are represented.

"The most important thing you can do is to follow what is calling you, and then everything will fall into place," he smiled. On a rainy day in France, Philippe was called by the sweet sound of the guitar. He listened, studied and shared. The world has been his stage, and now Texas is his home. At 46, he has travelled, made many friends, created a loving family, produced an enormous repertoire and has only just begun. **NOW**



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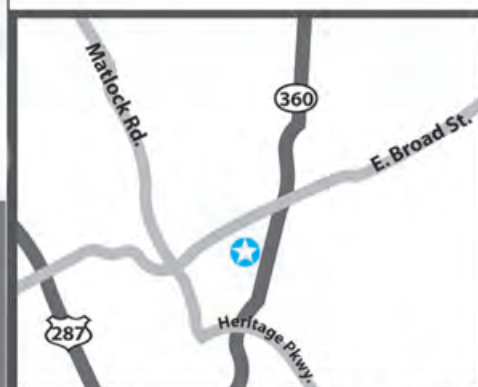


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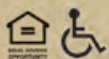


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Mansfield, TX—Mansfield Funeral Home is the **first business in Mansfield**—and the first funeral services facilities—to switch to a 100 percent renewable energy operation via the installation of a solar panel system.

They completed their solar panel installation in early 2012, which was a \$476,000 project after two years in the making. The project was managed by RCIAC, a Rowlett-based industrial electric company. Each of the installation's 168 panels is outfitted with a monitor that tracks daily usage. The steel, ground-mounted structure supporting the solar panels were installed to not detract from the meditation gardens outside, pathways that were previously exposed to the sun.



The business isn't completely independent from the electric company, as it is still tied to the power grid. Instead, they operate by replenishing the energy they consume and, at times, by generating even more energy than they consume which results in solar power credits.

“It's a total game-changer in terms of the way we're using energy,” said Daryle Perez, the owner of Mansfield Funeral Home. “We used to spend as much as \$700 a month on electric bills; money that we now save because we're receiving so many electric company credits. Plus we're reducing our footprint by renewing the energy that we consume.

“We get a bill from Oncor that shows the amount of power we produce through our solar panels,



and the amount of power that we use from Oncor,” explained Perez. “Depending on how that shakes out, we either break even, or we have a credit with Oncor. We end up offsetting (and then some) the electric energy that we consume each month.”

“Many businesses that are considering solar may feel that the savings is not significant enough to justify the upfront cost of the system,” said Dave Perez, co-owner of RCIAC. “Although there may not be significant savings initially, the long term benefits should be considered. Electrical expenses can increase 4-5% annually, so once the payback period [on an installation] is reached, you can achieve 100 percent savings on electrical expenses for another 10 to 15 years.

“Movement towards a greener way of doing business is definitely

compatible with the goals outlined in Vision 2020, which calls for “clean, green and lean” as a leading characteristic of our community,” said Rob Schulz, a financial planner who served as a member of the 2020

Mansfield initiative. “We hope that other organizations in town will look to Mansfield Funeral Home as a resource and a model for this type of development.”

As for Daryle Perez, the project is the culmination of a long-held goal to create an environmentally-friendly business. “Now that we've made the switch to renewable energy, we've greatly enhanced our original vision for efficiency and eco-friendliness.” Our hope is that we can serve as an example to other area businesses, so that they'll be encouraged to make the jump to renewable energy themselves. We're very pleased with the results so far, and in our case, it's a particularly appropriate addition for our business, he added. “Renewable energy is a powerful symbol of the regeneration that happens with the circle of life.”



Daryle &
Melisa Dalton-Perez

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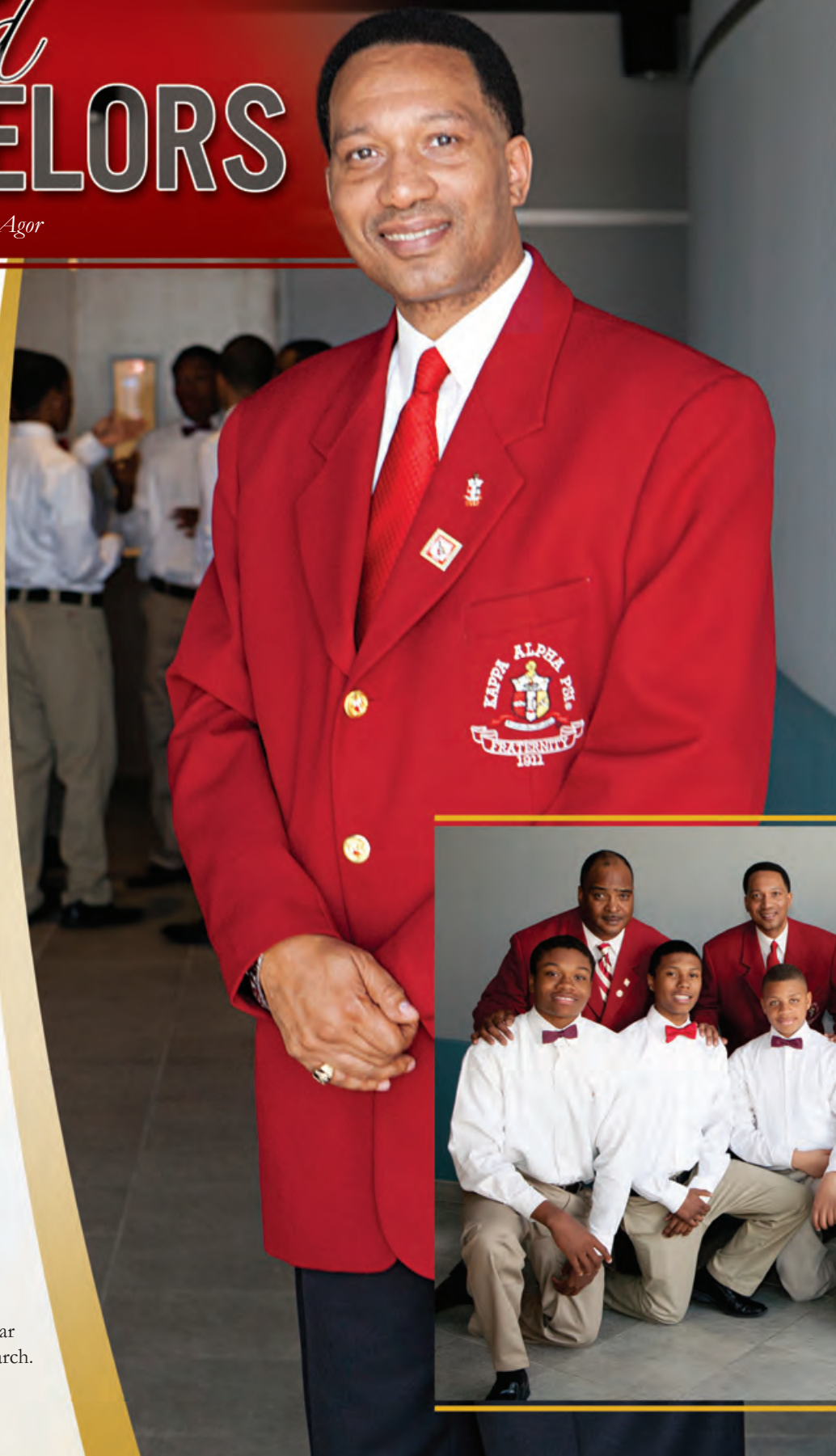
GUIDES *and* COUNSELORS

By Jeremy Agor

Growing up can be difficult for a young man in today's world. Many challenges face teens and preteens, from the angst of young love to nerves over a big test. Add obstacles from society, like poverty or the lack of a positive male role model, and those challenges grow exponentially greater. If the young men facing these issues are exposed to positives and see they can overcome their hardships while they are still in middle and high school, they have a very good chance to be successful for the rest of their lives.

Knowing this, and tired of hearing about how young men without an education are squandering their lives and draining resources from their communities, Kappa Alpha Psi Fraternity, Inc., developed a program called Guide Right that mentors young men, regardless of race or creed, and prepares them to take and pass their college entrance exams, perform community service and deal with the societal issues they face daily.

"The Guide Right program is a national service program of Kappa Alpha Psi, and part of the program is the Kappa League," explained Darryl Conner, the Mansfield-Cedar Hill Kappa Alpha Psi alumni chapter polemarch.



"Through Kappa League, we work with sixth- through 12th-graders at Danny Jones Middle School, Lake Ridge High School and soon, Legacy High School in Mansfield, as well as several schools in Cedar Hill. The young men in the program learn the fundamentals of life with a structured focus on education."

Kappa Alpha Psi is a historically black fraternity, founded in 1911 on the campus of Indiana University in Bloomington, Indiana. Its founder, Elder Watson Diggs, saw a need

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for an organization for black students to come together and assist one another against the social ills of that time. The fraternity's foundational purpose is achievement in every field of human endeavor and bringing those achievements to light in every community its chapters serve. Although it is a historically black fraternity, the organization supports the entire community. "We get young men into college. Also, we want to get them involved in the community: being active in their church, school and in general," said Michael Brundy, president of the Mansfield-Cedar Hill Kappa Foundation.

Kappa Leaguers are given a primary academic approach to learning, with a focus on doing work that will allow them to pass the SAT and/or ACT and earn scholarships to the college of their choice. The fraternity uses an online program called Naviance, a college and career readiness program, which the boys can use to prepare for college entrance exams and adults can use to track the boys' progress to determine where they've done well and where they need more work. Michael indicated if a young man enters the program as a high school junior, they will get him into college.

Kappa alumnus John Wallace is the Guide Right director and was a Kappa Leaguer. His son is now a member





of the Kappa League in Mansfield. "I participated in Kappa League as a seventh-grader in Texarkana, Texas, and got a Kappa League scholarship to Prairie View A&M University my freshman and sophomore years," John said. "The life experiences kids have when they get to college are eye-opening. I'd been mentally prepared, so I was ready to succeed."

"Education is the future. Without it, we're hopeless," he continued. "A young man needs to be given guidance on living at a faster pace considering everything negative surrounding them and holding them back. My perspective is, if we don't do it, no one will. So we do it on a local and national level to see these young men achieve their goals."



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The chapter's community service chair, Brock Johnson, added, "It's hard to go out and walk up to a kid and say, 'Hey, kid, let me help you.' But if you're part of an organization, you *can* do that."

The Mansfield-Cedar Hill Kappa Alpha Psi alumni chapter was founded in 2008 at a social gathering held at his residence, according to Dr. Charles Shelton, one of its founding members. With Toney Johnson, Victor Ponder and John Wallace, he managed to get regional provincial approval to become the fifth alumni Kappa chapter in North Texas, and by June 2009 had 33 chartered members. "Our objective is to provide community service to Mansfield and Cedar Hill, plus support breast cancer and heart disease concerns. We also focus on mentoring the youth of our communities, providing scholarships and sponsoring social events for members and nonmembers of our organization," Charles said.

In addition to breast cancer awareness and clean-up days, the chapter has also sponsored a college fair, where 26 colleges and universities came to Duncanville to speak to Kappa Leaguers. "The college fair had these kids excited about their futures. The college representatives were so engaging that our kids came away with a lot of energy, inspired to have a career," Brock said.

Other community service activities where Kappa Leaguers participate alongside the adults include a joint opportunity with Alpha Kappa Alpha Sorority at the Dallas Life Foundation, helping teach homeless clients social

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and communication skills and providing school supplies and clothing. That activity was particularly important to Darryl, because he ran into an old college friend who is now homeless and relying on the Dallas Life Foundation. It was a stark reminder that even those who seem like they are on the road to success sometimes stumble.

The chapter also sponsors voter registration drives, including one in September that registered 345 new voters. Having Kappa Leaguers participate in these activities is especially important, because they do not always have a concept of giving. "When we do a food drive, we have these young men participate, because if you've never had anything given to you and aren't used to getting something, it's amazing to give back," Brock said.

For the brothers of Kappa Alpha Psi, community involvement goes beyond their own needs to give back. Rather, it is an opportunity for them to take control of a social situation that has reachable solutions, as well as modeling responsibility, decency and hard work.

"It's about the responsibility of having young males see what decency and hard work will do for their lives. We teach discipline and decency to give them a sense of who they are and where they are in the community. A lot of them come from single-parent homes, mostly mothers, so we step in as role models and show them what they can do," Darryl said.

Alumnus Victor Ponder summed up the group's goals succinctly: "We're saving our young men. We want every young man to have the opportunity to get an education, learn a skill and become a gentleman." **NOW**



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

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Testimonial

At Home with
Jay and Debbie Clary

— By Carolyn Wills



In 2005, Jay and Debbie Clary said good-bye to their big two-story house and hello to a 2,850-square-foot, four-bedroom ranch-style home in a lovely Mansfield neighborhood. "The house was built in 2002," Jay smiled. "We moved in, and the decorating and renovations began." Not only did they, with help from family and friends, do all of the work themselves, but each change, each addition, each element transformed their beautiful home into an absolute showcase and, really, a testimony to teamwork and the spirit and power of a close-knit family.

"Debbie and our daughter, DeAnna, are the decorators," Jay said. "We all know when Debbie says 'all's you gotta do,' there's a project on the way." Projects for this family tend to come with a capital P, like the day that Debbie spotted a dark-stained, wide-planked floating-wood floor and thought how great it would look in place of the carpets. A few "all's you gotta do's," and Jay and his son-in-law, Ray Bridgewater, were on it. "It turned out to be quite a challenge," Jay laughed. "The challenge was in lining up the planks on either side of the wall between the living and dining rooms."

The results were spectacular, though, and soon another project evolved to make it even better. "We installed a rock wall on the base of the kitchen peninsula," Debbie said. "It's a light, natural-colored stone that works well with dark granite counters, wood floors in the living room and the earth-toned walls."

"If we can do it ourselves, we will," Jay added. One ambitious project involved changing the designated formal living room into a large formal dining room. "It happened as a result of our morning walk," he said. "We saw some people loading a TV and refrigerator from a stack of furniture outside of a home and offered to help.

Turned out, they were attempting to steal, so we stayed to help the homeowner and wound up buying their enormous white antique dining

table and hutch. Each of the chairs weighs 65 pounds, and it takes four men to carry just the top of the hutch."

"Our dining space was much too small, so we decided to reconfigure," Debbie said. Not only did they redefine the formal living space, but they removed the wall between the kitchen and original dining area to create a walk-through and a dramatic and inviting nook at the rear of the new dining room. "We love our dining room. Each year, Jay hosts a sit-down holiday dinner for his company, and this has worked out so well," Debbie explained. "Also, we have lots of family gatherings. During the holidays, I put up 22 themed Christmas trees throughout the house."

While replacing floors, adding doorways and installing rock walls are definitely house-changing projects, the real distinction of the Clary's home lies in Jay and Debbie's love for their family and in Debbie's penchant for lions, tigers and zebras, oh my. "I've always loved the drama and beauty of animal prints," she smiled. Deep earth-toned walls and various faux finishes provide the ideal backdrop for Debbie's collection of canvas prints displayed throughout the home. Each room is ready to offer a dramatic surprise, whether it's the beauty of a tiger's eye or the whimsical back view of four zebras.

As breathtaking as their home is, the thing that matters most is family. Family is also part of the Clary's decor with beautifully framed photos of children and grandchildren. "We're so blessed," Debbie said. "We have three wonderful children,





each graduated with honors and each is successful and productive, and seven perfect grandkids.”

Their oldest daughter, DeAnna, is an art teacher at Martha Reid Elementary School where she was just named Teacher of the Year, and is also the mother of 8-year-old twins. Their other daughter, JaNette, works in Human Resources at Alcon Labs in Fort Worth and is the mother of two girls and a boy. Their son, Jeromey, is a National Football League

player and the father of two boys.

“Jeromey played football for Mansfield High School and Texas A&M University,” Jay said. “He graduated from college in 2005 and, on draft day, the family gathered here to watch ESPN. When he got the draft call from the San Diego Chargers, we started jumping and screaming, and our neighbor came running over. That night, we celebrated at Del Frisco’s. His position is right tackle, and the jersey No. 66 he wore in high

school and college is his today as a Charger.”

In the Clary’s home office is a huge wall graphic of Jeromey in full Charger pose and uniform. “He’s 6 feet 8 inches and weighs 320 pounds with 13-percent body fat,” Jay explained. “His wife is a three-time American pole vaulter. They’ve bought property here, so when he retires, our whole family will live close.”

Jay and Debbie have been married

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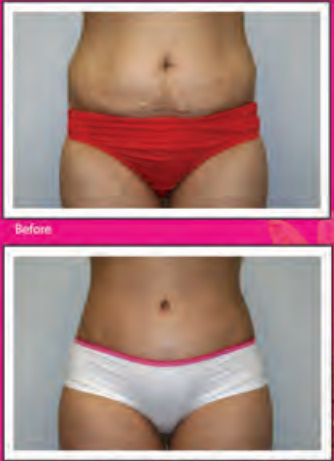
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for 37 years. For 30 years, Jay worked in the pharmaceutical industry, which required the family to move a lot. Four years ago, his career path changed to livestock nutrition, which also requires a great deal of travel. "I think that's one reason our family is so close. We've lived in many different states and cities," he said. "About four years ago, my career shifted to livestock nutrition, and I'm home maybe one week of each month. Last year, I flew 102 flights and had 167 hotel nights."

"We travel often," Debbie said. "We've been to Paris for one of Jay's business meetings and to London to watch the Chargers play in Wembley Stadium. Each year, we buy tickets for Jeromey's games."

"We really are a team," Jay smiled. Considering they've just joined forces to lose 90 pounds, it's safe to say they are a winning team. "I have lost 50 pounds, and Debbie has lost 40. We walk at least four miles a day regardless of the weather."

"Jay has gone from a 44-inch waist to 36 inches," Debbie said. "I recently had





Projects for this family tend to come with a capital P.

hip replacement surgery and feel much better now that I've lost the weight. We're making better decisions about eating and staying true to the exercise regimen."

There are a few additional residents at the Clary's home. "Clara Kitty is our cat," Debbie smiled. "She's as mean as the day is long, but we love her. Then there's sweet Duffy, the Lhasa Apso, and his two rambunctious Golden Retriever buddies, Charger and Chloe."

The Clary's home is breathtaking. It's a joy to see — if only to marvel at Debbie's and DeAnna's creativity and Jay's "all's you gotta do" accomplishments for Debbie. The real beauty, though, goes to their family who learned early the values of drive, dedication, determination, devotion and the wisdom in doing the best that you can do. **NOW**



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A Life-long Sport

— By Mikaela Mathews

Tennis has always been woven through Trina Gibbs' life. When she was young, someone gave her a racket and ball. "I remember hitting the ball against the house and the garage door. I guess I always had an interest in it," she explained. From her childhood to playing in college for fun to watching her own children play, Trina is passionate

about tennis. With the help of four other tennis enthusiasts, Trina is pioneering a new organization to implement more tennis play.

The ball got rolling after Trina had created a tennis club program with Catholic Charities in Fort Worth and wanted to start one in Mansfield. After a few conversations, Trina discovered that Scott Kissinger had attempted to start a tennis organization called Mansfield Area Tennis Association (MATA) a few years earlier. Trina contacted Scott about restarting the program, and the rest is history.

The other board members — Bobby Hart, Michelle Grizzle, and



Tracie Alexander — also jumped on board to promote the sport.

Getting the organization started required a lot of paperwork. But it didn't daunt Trina. As a teacher for 30 years, she feels comfortable with it. "I did not realize when we got this started how much paperwork we had to do," Trina laughed. "But, that's one of the things I miss about teaching. Besides the kids, it's the paperwork!"

The mission of MATA is to promote tennis in the area of Mansfield with a focus on the children age 10 and under whom they hope will continue for the rest of their lives. The United States Tennis Association (USTA) helped MATA get started by providing equipment designed specifically for



"We gave the children rackets and balls, and let them try to hit it back and forth."

younger children. "Foam balls are available for the kids to play with that don't bounce as high and go crazy everywhere," Trina explained. In addition to the balls, the nets are lowered and the court shrinks in size in order to accommodate children.

MATA hosted a Play Day in January, which Scott and Bobby coordinated. The organization provided tennis professionals to teach approximately

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30 children how to play. "Play Day is where you're just trying to get the kids excited. We gave the children rackets and balls, and let them try to hit it back and

"I was so happy to find a sport I could actually be a part of."

forth," Trina recalled. The age range for the Play Day was from 3 to 11 years old. Following the practice, volunteers placed targets with prizes on the court and challenged the kids to hit the targets with the tennis balls in order to win a prize.



In December, MATA also participated in the Hometown Holiday Parade in downtown Mansfield. The board pulled a float together with the help of Summit



High School and Mansfield High School tennis players. "We let the high school students hit balls down the street in front of our float," Trina laughed.

MATA plans to continue creating opportunities for kids' tennis programs



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through Mansfield After School Care at Erma Nash Elementary, D.P. Morris Elementary and Alice Ponder Elementary. Once a week, Trina and other volunteers will teach tennis to the children. "We will be doing a lot of fun coordination games and agility drills," Trina explained.

Trina believes tennis is an easy sport for kids to practice at home or at a playground because no major equipment is needed. "The kids can hit on the garage door or a wall, or they can take another kid with them and go to a playground and hit a ball around," she said.



All of the MATA board members believe tennis is a life-long sport that creates opportunities and close friendships. Tracie Alexander, the treasurer of MATA, discovered this while playing in high school and college. "I was so happy to find a sport I could actually be a part of," Tracie explained. "There may be a kid out there who lacks confidence, needs to meet friends or wants to be a part of a team. I hope MATA can help with these things by exposing them to tennis."

Michelle Grizzle, the secretary of MATA, has been playing for nearly 15 years while her husband, a tennis professional, has been playing for over 30 years. Her daughter also currently plays for Mansfield High School. Michelle was even ranked No. 1 in the state, while also serving as the captain of a tennis team for eight years.

For Trina, tennis greatly impacted her

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through her children. Her two daughters played tennis in high school, and one continued to play at the collegiate level at Lamar University in Beaumont, Texas. Both Bobby's and Scott's sons also played high school tennis with one of Trina's daughters.

Scott had two sons who played tennis in high school, and one of them continued to play in college with Southwestern University in Georgetown, Texas. Although Scott doesn't personally play the sport, he has seen the tremendous opportunities and friendships it gave his son. Consequently, he believes exposing children to tennis early is important. "I'm a big believer in letting the kids have exposure to as many things as possible at an early age," Scott explained. "We have strong soccer, football, basketball and baseball programs, but no exposure to tennis at an early age."

Bobby's son was introduced to tennis at the age of 5 and eventually continued on to play in college. Thus, Bobby has high esteem for the sport and the friendships it can create. "I became involved in MATA because I wanted to help ensure as many kids as possible would have the same opportunities our son enjoyed," Bobby explained. "Getting kids on the tennis courts at an early age gives them a chance to learn a life-long sport and make great friends."

In the future, MATA hopes to introduce adult leagues, as well as scholarships for high school students. "There are a lot of things that go through all of our minds for the future," Trina explained. "But, it depends on things like grants and donations that have to go through." Grants have been important to the development of MATA. One grant from the USTA helped MATA with their paperwork and equipment. MATA also heavily relies on volunteers to make their events possible.

On the whole, however, MATA hopes to encourage children to pick up a racket and start hitting the ball. With this experience and the low cost of equipment, children can continue to stay active for the rest of their lives. "Whether you win or lose, you walk up to the net and you have to shake your opponent's hand," Trina explained. "I think that's just a real good building block for life." **NOW**

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MOVING MOUNTAINS

By Mikaela Mathews

All it takes is one simple look at Dena Schimming's classroom at Legacy High School to notice she is no ordinary teacher. Vivid colors dance above on painted ceiling tiles created by past students while the back walls are lined with airplane seats. Bright red church pews are angled in a V-shape in front of the airplane seats. Students sitting in these seats get an excellent view of the dry erase board in front of them that reads Teen Leadership I and Teen Leadership II. Anywhere from 180-200 students walk in the brown doors to learn from Dena Schimming, and she is committed to each of them.

Dena's teaching philosophy is simple: empower teenagers, and they will change the world for you. "I have always thought society has underestimated teenagers' ability and the things they can accomplish," Dena smiled. "If you can ignite a fire in them, they can accomplish unbelievable things. And when they ignite that fire in the student body, they can move mountains."

Teaching wasn't Dena's first career. Before starting to substitute teach, she was in banking. After six



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years on that job, however, she started to feel a tug elsewhere. She started to substitute teach and earned her bachelor's degree in English. She quickly fell in love with teen leadership and ultimately, the students. "I got into teaching for the kids," she explained. Dena's passion for her students caught the eye of more than one person, when she was awarded the Mansfield Independent School District Heartbeat Award in 2009. Qualifications for the award are for somebody who makes a significant impact on the school and community. The award came as a

"If you can ignite a fire in them, they can accomplish unbelievable things."

complete surprise for Dena, however. "I had no idea I had even been nominated. I was dressed in 1980s apparel for homecoming, which was really embarrassing," Dena laughed.

In her six years of teaching, Dena has seen her students move many mountains. The Teen Leadership I class, designed for lower classmen, encourages students to focus on improving themselves. "They're learning about themselves and learning what their talents are and what they have to offer society," Dena explained. Students also learn how to build meaningful relationships,

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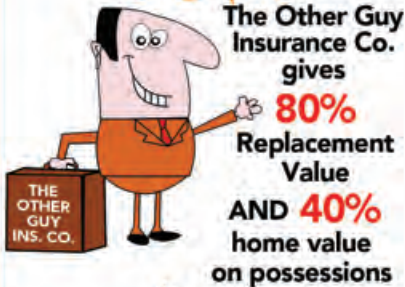
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take ownership of their actions, give back to the community, and embrace their past, regardless of if it was good or bad.

The lessons learned from Teen Leadership I transfer in a tangible way to Teen Leadership II. The students who



continue with the elective are involved in a number of community service projects. One of the largest is Pink Fest, a fundraiser for a digital mammogram unit. This event started six years ago when Dena put the idea out to her students. They grabbed onto the idea and ran with it.

Students raise money for the mammogram unit by selling T-shirts and an all-day walk. Once the money is raised, it is donated to Moncrief Cancer Resources, a group that provides the mammogram unit by parking it out in the Legacy parking lot. Dena felt it was important for Moncrief to do this. "I wanted our kids to be able to see where



our money goes,” Dena explained. “I think it’s important for them to know their money doesn’t just go out into an abyss. We can put a number to how many lives we save today with early detection.”

In the past six years, the combined efforts of Dena and her students have raised over \$155,000 to promote early detection of breast cancer.

In addition to Pink Fest, her students are also busy working on LUCK week — a weeklong project benefitting a child or adult afflicted with a life-threatening disease. Applications



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are submitted in November, and student council officers decide who they would like to be the honoree for the year. "They look at all kinds of things: their story, their siblings, what their battle has been like, that type of thing, to determine who it is that they want to sponsor throughout the year," Dena explained.

During these weeks, events revolve around the honoree for the year. "Our honoree this year was a big fan of Tinkerbell and fairies, so we had the Tinkerbell Neon Trot, which was a nighttime Fun Run in the dark," Dena explained. In addition, students held an event called Teenagers in Tiaras, which was a mock beauty contest. Dress up days throughout the week included Taylor Swift Day, Justin Bieber Day, Fairy Day and Super Hero Day.

Students have full responsibility in planning the events for both Pink Fest and LUCK week. "For the Fun Run, the students were responsible for all aspects

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Dena Schimming poses with her daughter, Madeleine, who is a student at Legacy High School.

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of it, even to the point where they met with city council members and found out what would be required of them,” Dena described. “They were the point of contact for that and constantly had a to-do list of things they had to take care of.”

When students aren’t working on improving their community, they are learning basic life skills, such as learning how to write a letter. A recent assignment for Teen Leadership called for the students to write letters to Governor Rick Perry and Lieutenant Governor David Dewhurst on education in Texas.

Dena’s classroom provides an excellent location to allow her students to think outside of the box. When Dena first started teaching, she filled her room with couches. When those couches started to deteriorate, she wanted to try something new. “I wanted to try something really different that kids couldn’t even fathom sitting on,” Dena laughed. She found real airplane seats with the buckles still attached on Craigslist. Dena has found the students love the way these seats make a great conversation starter. “I have some kids come in and immediately buckle themselves in,” Dena smiled.

The ceiling reminds Dena of her previous students. Every senior in Teen Leadership II must choose one word or phrase to describe the class. Then, the students decorate a ceiling tile based on that word or phrase. Words like compassion, confidence, *carpe diem* and fellowship stretch across the ceiling. “A piece of them is always with me at all times,” Dena smiled. They act as a reminder of the bonds with her previous students and why she continues to teach. “I love when you can find a student’s passion and get them to not direct it to themselves, but to direct it towards improving society,” Dena beamed. “It is so amazing to just watch them grow and blossom.” **NOW**

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The staff of Isle at Watercrest provide quality care and many senior living options.

LUXURIOUS LIVING

The Isle at Watercrest provides both quality care and luxurious living for senior adults.

— By Mikaela Mathews

With a breath-taking community and numerous amenities, the Isle at Watercrest promises to provide quality care and luxurious living for all of its senior adult residents. A towering lobby decorated with granite stone and rich red brick greets visitors to the facility. Offering privacy for residents, the apartments and villas are tucked back into the property. In order to provide care where needed, the community is divided into two parts: active adult living and assisted care.

The active adult living side, also called Watercrest at Mansfield, is for active residents ages 55 and older. “They’re an active bunch,” smiled Jeanee Shore, the executive director of

residential living. “We have a swimming pool, water aerobics, chair aerobics and a work-out room with treadmills and weights.” With a full-time, on-site resident director, residents have a wide array of activities.

Watercrest at Mansfield offers 200 apartments with 11 villas for residents. The apartments range from 1-3 bedrooms, and amenities include full kitchens with granite countertops, 9-foot ceilings with crown molding, a private patio or balcony and in select apartments, a dual vanity and garden tub.

The villas offer a more home-like, one-story setting. Villa residents also enjoy a view of the community’s expansive pond.

Additionally, residents have direct access to one- and two-car garages from their villas.

Residential living at the Watercrest at Mansfield offers à la carte options, such as meal plans and housekeeping, to choose from when moving in. "Our meal plan is optional," Jeanee explained. "Residents don't have to have a meal plan. So, they can pay less rent and eat what and when they want. If they want to pay basic rent and not take the meals, they can."

On the other side of the campus, residents needing assistance can choose from assisted living or memory care options. "We offer assistance with managing medications or help with grooming and dressing," explained Jon Gulley, the executive director of assisted living. "We also offer memory care for those who would benefit from the programming or are at risk of wandering out."

Residents at the Isle at Watercrest can enjoy oversized closets, a flat screen TV, dark vinyl wood floors, carpeted bedrooms and a walk-in shower with bench. Kitchens include a frost-free refrigerator/freezer and microwave, as well as cabinet space. The community also offers month-to-month rental agreements for those wishing to avoid a large buy-in or entrance fee.

All residents at the Isle at Watercrest also have access to the 13,000-square-foot clubhouse, which is the centerpiece of the community. Also available are a theater, salon and barbershop, indoor and outdoor living area with fireplace, a media library, as well as a Wi-Fi coffee and bistro café.

The staff of the Isle at Watercrest is a tight-knit family. Nearly everyone on staff in the Watercrest community has worked together before. "We worked together at a previous location, so that helps with the cohesiveness of the campus," Jon explained. "What that means for the resident is we are all on the same page. We communicate well together and with the adult children of the residents here. So, we're going to do what's best for their parents throughout their continuum of care here." **NOW**



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Mansfield High students take part in the Color Fun Run.



Melody Wong puts the finishing touches of paint on a baby grand piano which is now on display at Music Place Mansfield.



In a tournament honoring the memory of 7-year-old Kyle Lewis, the 6U AA Pirates Baseball team proudly shows off their trophies and hard work.



Rylea Fields, Mansfield's Miss LoneStar Preteen, participates in the Stiletto Stampede in Fort Worth.



Bry Acker is one of many citizens helping with the Habitat for Humanity house currently being constructed in Mansfield.



Runners race to the finish in the city's 5K run.



Guests from Klein Tools dress "funky formal" to groove to LeFreak at the Mansfield CARES ball.



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Be Aware of the Risks of Not Investing

You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about *not* investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

- *You might not keep up with inflation.* If you put all your money under the proverbial "mattress" or, more realistically, keep it all in cash instruments and very short-term investments, you might think you are playing it safe. After all, you might reason, your principal is protected, so even if you don't really make any money, you're not losing it either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild 3-percent annual inflation rate, your purchasing power will decline by about half in just 25 years.

- *You might outlive your money.* For a 65-year-old couple, there's a 50-percent chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to sustain you for two or even three decades in retirement.

- *You might not be able to maintain your financial independence.* Even if you don't totally run out of money, you could end up scrimping by, or even worse, you

could become somewhat dependent on your grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

- *You might not be able to retire on your terms.* You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue during retirement. But both these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

- *You might not be able to leave the type of legacy you desire.* Like most people, you would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. That means you'll need to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years, and as you move toward retirement, to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great. **NOW**

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

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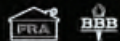
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Mansfield Police Officers Association Golf Tournament: 10:00 a.m. Registration, 11:00 a.m. Lunch, 1:00 p.m. Scramble, 6:00 p.m. Dinner and Awards. \$125/person or \$500/team. 4 ball scramble and two courses to choose from. For more information, visit www.facebook.com/MansfieldPoliceOfficersAssociation or email Kevin Johnson at johnson125@sbcglobal.net.

June 8

Mansfield Animal Shelter's Doggie Dash 5k Fun Run: 9:30 a.m., Rose Park, 409 N. Walnut Creek. Vendors will also be there before and after the race. For more information, contact Kathy LaKatta at (817) 905-3229.

June 14

Preschool craft party: 9:30-11:00 a.m., Mansfield Activities Center, 106 S. Wisteria St. \$6/child or \$5/child with MAC card. For more information, visit www.mansfield-tx.gov/departments/parks/rec/mac/.

June 16

Michael Martin Murphey, 4:00 p.m. and 7:30 p.m., Farr Best Theater, 109 N. Main. \$30-\$55. Limited VIP packages available. Father's Day

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June 17 — 20

First United Methodist Church Vacation Bible Camp, 9:00 a.m.-noon or 6:00-8:00 p.m. For ages 4 through fourth grade. Special needs program available. Register online or call (817) 477-2287, ext 112.

June 17 — 21, 24 — 28, 29

Theater Summer Youth Workshop: 8:30 a.m.-4:30 p.m., Kennedale High School, 901 Wildcat Way, Kennedale. \$375. Children in grades 4-12. For more information, visit www.mainstageclassictheatre.org/mcteducation.html.

June 24 — 27

"Kingdom Rocks" Vacation Bible School: 9:00 a.m.-noon, Walnut Ridge Baptist Church, 1201 S.H. 360. Free. Family Night is **Thursday**. For more information or to sign up, e-mail Angie at angela.hampton@walnutridge.cc.

June 24 — 28

Colossal Coaster World Vacation Bible School: 9:00 a.m.-noon, First Baptist Church, 1800 E. Broad. Free. Children must have just

completed kindergarten through fourth grade by summer of 2013. For more information, visit www.firstmansfield.com.

Bio Beauty Scientist: 6:00-9:00 p.m., Cora Spencer Elementary, 3140 S. Camino Lagos, Grand Prairie. \$65. For more information or to register, visit www.gs-top.org or contact Ms. Campbell at (682) 222-7401.

July 2

TAAF Junior Golf Tournament: 9:00 a.m.-1:00 p.m., Mansfield National Golf Club, 3750 National Pkwy. \$30. For all skill levels. For more information, visit www.mansfield-tx.gov/departments/parks/rec/mac/.

July 3

Mansfield's Rockin' 4th of July: 7:00-10:00 p.m., fireworks at 9:00 p.m., Big League Dreams, 500 Heritage Parkway S. Free. Parking at MISD Stadium with free shuttle service.

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In the Kitchen with Randy Sampson

— By *Mikaela Mathews*

Although a graduate of the Culinary School of Fort Worth, Randy Sampson has practically been a cook from birth. He started his culinary adventures at the age of four. “I always enjoyed helping my mother in the kitchen,” Randy explained. “I didn’t receive formal training, though, until I was 24.”

He enjoys cooking for his girlfriend and testing out new recipes. In order to create these recipes, he often samples different beers and builds off of those tastes. He even brews his own beer in his kitchen. “I really enjoy brewing beer myself and using it to cook or pair food with,” Randy shared. “I’ve been home brewing for about five years now, and I don’t plan on stopping anytime soon.” **NOW**

Spinach Mushroom Goat Cheese Pizza

2 Tbsp. olive oil (divided use, as needed)
1/4 cup shallot, diced
1 clove of garlic, minced
1/2 cup mushrooms
Pinch of red pepper flakes
1 cup + 5 extra pieces of spinach (divided use)
1 Flatbread
1/4 cup mozzarella cheese, shredded
1 Tomato, sliced
Goat cheese, crumbled, to taste
Salt and pepper

1. Preheat oven to 450 F.
2. In a medium sized skillet, heat 1 Tbsp. olive oil over medium high heat. Add the shallot, garlic, mushrooms and pinch of red

paper flakes; sauté until mushrooms are golden.

3. Add spinach to skillet; continue sautéing until the spinach has wilted, (about 1-2 minutes). Remove from heat.

4. Brush the flatbread with the remaining amount of olive oil.

5. Sprinkle the mozzarella over flatbread followed by the spinach mixture.

6. Top the flatbread with a couple of fresh leaves of spinach, slices of tomato; sprinkle the crumbled goat cheese on top.

7. Bake for 8-10 minutes.

Mom’s Greek Lemon Rice Soup

2 onions
3 carrots
3 stalks of celery
1 bay leaf
Salt and pepper, to taste

1 clove of garlic
1 whole chicken
1 cup rice
2 eggs, room temperature
Juice of 1 lemon
2 cloves garlic

1. Cut up onions, carrots and celery; place in a pot. Add a bay leaf, salt, pepper and garlic. Add chicken; cover with water. Bring to a simmer until chicken is done (approximately 1-2 hours or starts to separate from the bones).

2. Remove chicken; cool. Strain vegetables from broth.

3. Add rice to broth; simmer until done (about 20 minutes).

4. Mix eggs with lemon juice in a separate bowl. Add a little warm broth to the egg mixture to warm it; add this mixture slowly to the pot of broth to prevent scrambling of eggs.

5. Add remaining garlic and more salt or pepper to taste. You can always add more lemon if desired. My mother always liked it with extra lemon!

Raspberry Ice Cream

Yields about 1-1/2 quarts.

2 cups fresh or frozen raspberries
2 cups heavy whipping cream
1 cup half-and-half cream
1 cup sugar
2 tsp. vanilla extract

1. Place the raspberries in a blender; cover and process on medium-high speed until chopped; set aside.

2. In a large saucepan, heat milk to 175 F. Stir in sugar until dissolved. Remove from heat.

3. Stir in whipping cream and vanilla. Fold in raspberries. Refrigerate until chilled.

4. Fill cylinder of ice cream freezer two-thirds full; freeze according to the manufacturer’s directions.

5. Refrigerate remaining mixture until ready to freeze.

6. When ice cream is frozen, transfer to a freezer container; freeze for 2-4 hours before serving.

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

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Grand Prairie Orthodontics



Dr. Marlon Henderson
Diplomate, American Board
of Orthodontics



Dr. Jim Morrow
Diplomate, American Board
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www.grandprairieorthodontics.com

4927 Lake Ridge Pkwy., Ste. 135, @ Camp Wisdom (NW corner) Grand Prairie, TX 75052

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