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M A G A Z I N E

AUGUST 2014

## Where the Ball Is

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a game for JT Ibe

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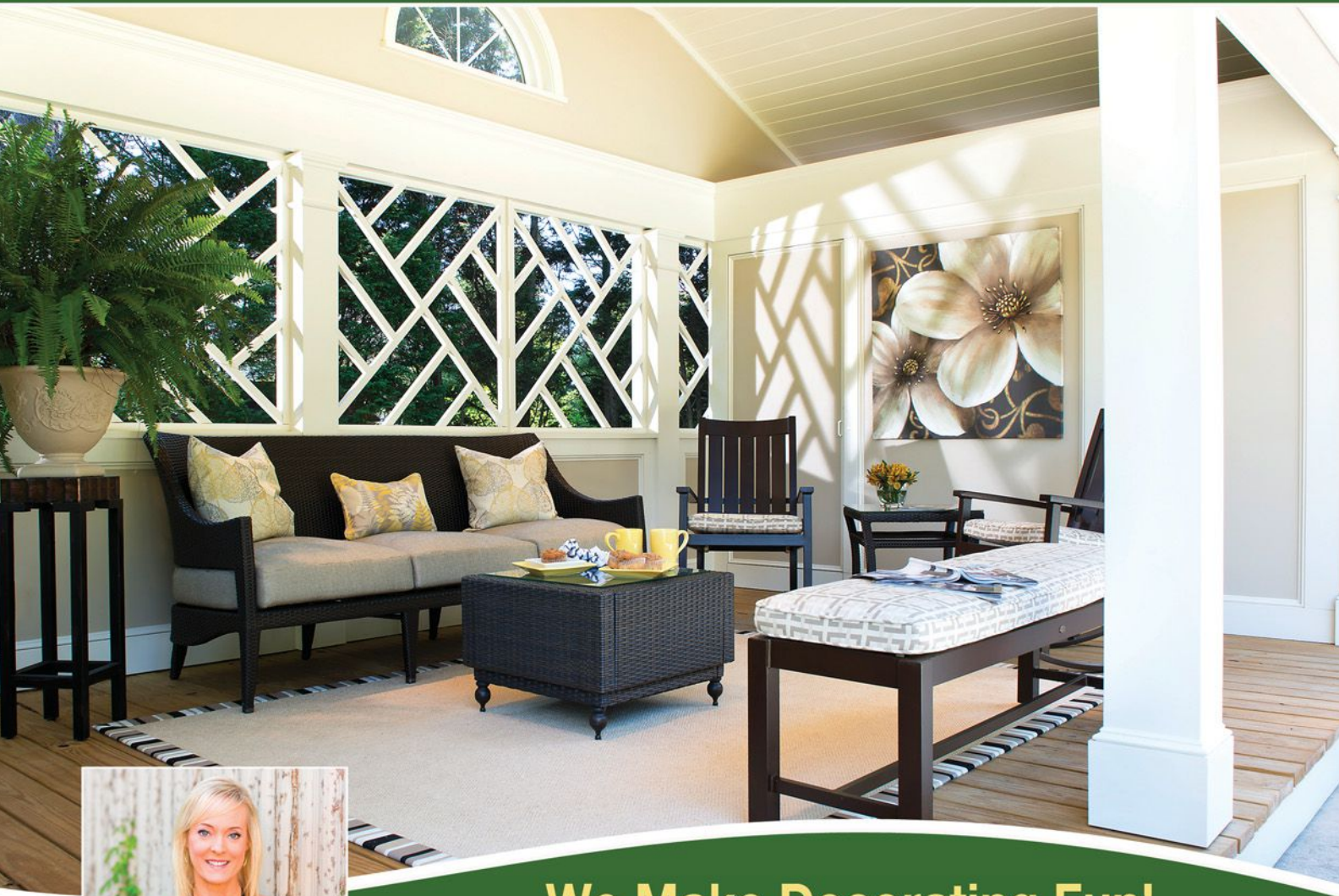
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## ON THE COVER



*JT's leadership skills will take him far.*

*Photo by Amanda Rooney.*

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## Editor's Note

*Happy August, Mansfield!*

When I sit down to write my editor's notes, I like to look up any interesting upcoming holidays. I often find an unusual reason to celebrate, like National Karaoke Week or Don't Go To Work Unless It's Fun Day. This time around, according to HolidayInsights.com, August is Family Fun Month. So even though many of us are gearing back for school to start again, you can still have fun with your family!

Our city parks are among the most beautiful around! Pull out a blanket and some sandwiches and set up a picnic under the shade of a tree. You could even set up your own water park in your backyard with sprinklers, Slip 'N Slide and a baby pool. Or, if you want to keep indoors, set up a family game night and bust out some board games.

What will you do for Family Fun Month?

*Mikaela*

Mikaela Mathews

*MansfieldNOW* Editor

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# WHERE

— By Sara Edgell

*The Friday night lights have always shone bright in the crisp fall evenings in the heart of Texas, and Jon Ibe has always been one of the brightest stars on the field. The fifth grade is where it all began for JT, as he is called by friends and family. His parents always instilled in him the importance and value of an education, but JT knew he was interested in more than just academic success. He knew he was capable of greatness on the playing field. And football just so happened to be that sport.*

Franca and Raymond Ibe reared JT, the youngest of six children and the only one who played sports prior to middle school, to be a strong, intelligent, considerate and capable individual. They instilled in him and his siblings the utter imperativeness of education in order to be successful in life. Academics were important to him, yet his strong nature and athletic aptitude prompted him to strive for more, even when he was young. “My parents always pushed me and my siblings.

**“BEING A LEADER ISN’T JUST VERBAL, AS IN TELLING PEOPLE WHAT TO DO, BUT LEADING BY EXAMPLE.”**

I think what drove me was them telling me I needed an education to succeed. I also told myself I could get an education not only with grades, but with football, too. I realized football could take me through college,” JT explained.



# THE BALL IS

Football proved to be JT's passion, but also his means to an end, and others soon realized he was meant to be on the gridiron. As a young player, JT primarily played linebacker because of his size. At Mansfield High School, JT started with the varsity team during his sophomore year, proudly donning the number 7 jersey. Over his four-year tenure, he was given the opportunity to play running back, defensive end, wide receiver and corner back. Ultimately, he became the first string safety for the team's defense, which is essentially the leader of the secondary and where his true talents for the sport were able to shine.

JT is a very stoic and disciplined young man — the strong and silent type. He is mindful and careful with his actions. He watches and pays attention to his surroundings before he acts. These specific characteristics make him such a force to be reckoned with on the playing field. He understands and respects the game.

According to JT, playing offense requires more memory, as players have to remember all the plays the quarterback is

responsible for calling. Considering there are over 100 different plays, offensive players have to be well-versed and quick on their feet not just literally, but also mentally. Defense, on the other hand, obviously involves more physical contact, and that's what he likes about it. "Tackling people is just fun, and you get to win as a team and celebrate together," he shared, "but there is more individual freedom on the field when playing defense. You have the chance to stand out and make plays on your own." It's that individual freedom he strives for. It's what gave him the opportunity to demonstrate his talents on the field as a dynamic player.

JT was awarded Sophomore Defensive Player of the Year, the Second Team All-District his junior year and the First Team All-District his senior year. For all three years he played varsity, he was given the Academic All-District award for maintaining his academic scores. While football was proving to be his most significant talent, he made sure to maintain his grades and value his education just as his parents had taught him.







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By spending time with his teammates, JT learned how to be a better leader. He was so proud and honored when his teammates voted him to be one of the team captains his senior year. "Even if I wouldn't have been nominated to be a captain, I would have still done things to help lead my team," JT remarked. "Being a leader isn't just verbal, as in telling people what to do, but leading by example." Therefore, for the past two years, JT went on the field ready to make plays so his team would follow suit. But he doesn't just practice this mentality

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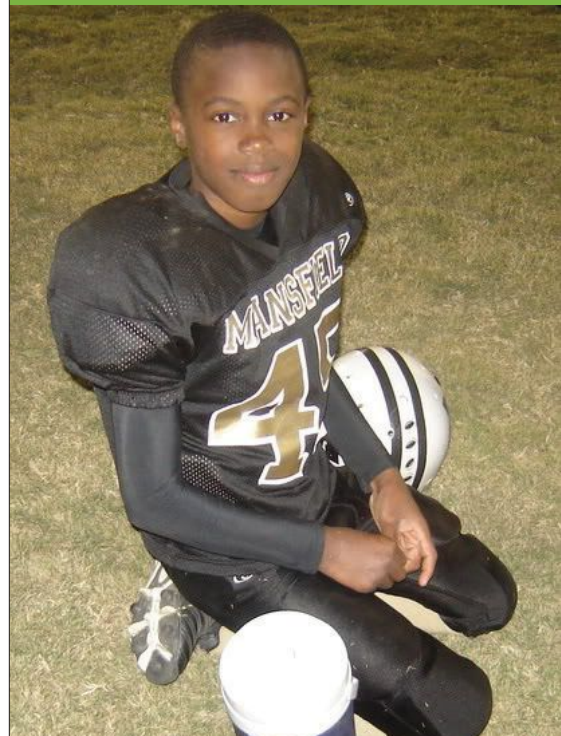


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while playing ball, it's something he does in all areas of his life. In fact, when his head coach was asked to select a player to serve as a mentor for younger students in MISD schools, he immediately chose JT. "When I met with the kid I mentored, I just tried to help build him up and listen to him," JT admitted.

All of his hard work earned him the attention of not only his coaches, head coach Jeff Hulme and position coach Greg George, but also of college recruiters. During his junior year, JT received two full-ride scholarship offers,



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one from Minnesota State University and the other from Rice University. In the summer of 2013, JT committed to attend and play football for Rice University. He plans to attend Rice for four years in order to earn his bachelor's degree before moving on to pursue his master's. While he is undecided on the specific degree, he knows he wants to be in the field of mechanical engineering. "My goal is to be good," he said. "I want to be remembered at Rice."

JT lives by a few words from the great Muhammad Ali: "Champions are made from something they have deep inside





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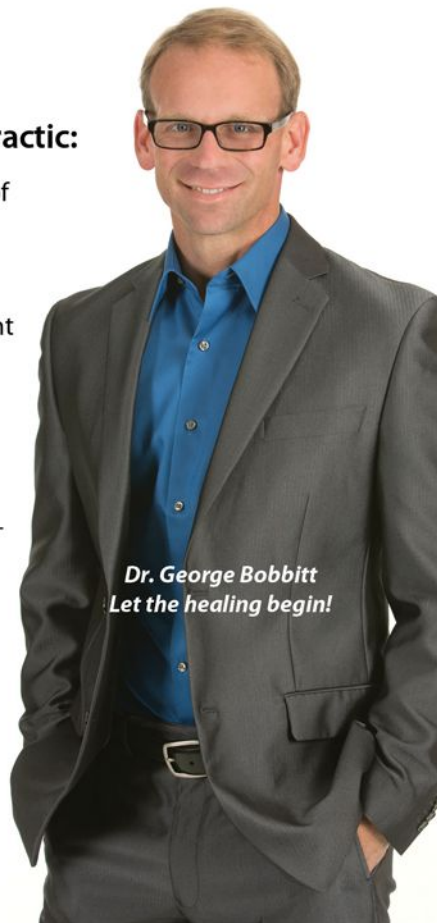
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them — a desire, a dream, a vision.” At a young age, JT felt the need to pursue football. As he grew, his desire to play also grew. A true champion knows they are capable of greatness, and JT had that realization early on in life. Now, as a young adult, he is putting himself in the best playing position of all, not only on the football field but also in life. By following his dreams, he will work to make the future he visualizes for himself a reality.

**“TACKLING  
PEOPLE IS JUST  
FUN, AND YOU GET  
TO WIN AS A TEAM  
AND CELEBRATE  
TOGETHER.”**

No doubt, JT is the kid to watch this next year. His collegiate football career is truly just beginning, and while playing in the NFL would be great, it isn't his ultimate goal. He does, however, have high ambitions to make his name a mainstay at Rice University. Given his strong work ethic, scrupulous morals and determined attitude on the field and in the classroom, his star is sure to continue to burn bright under the stadium lights. **NOW**



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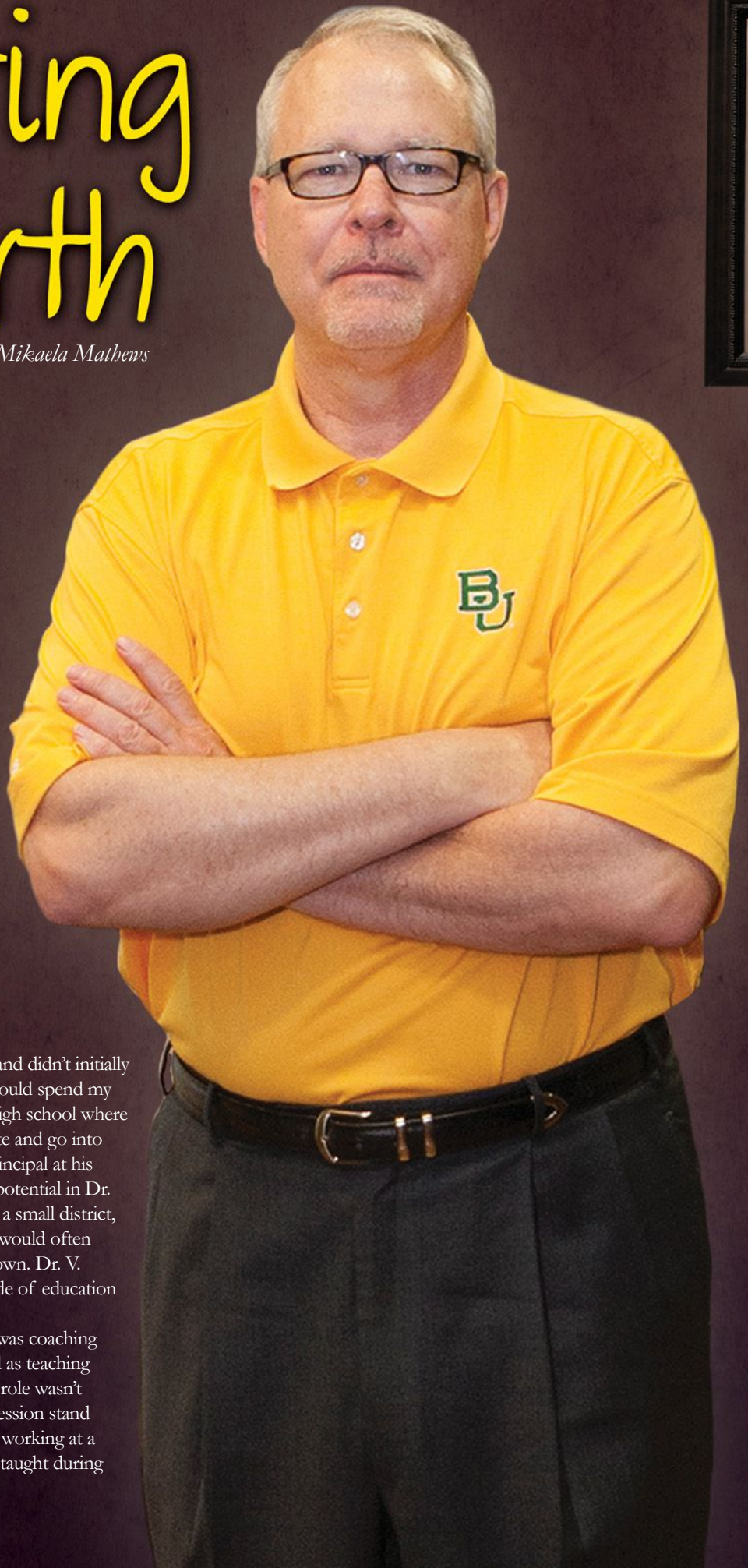
# Inspiring Growth

— By Mikaela Mathews

*When Dr. Vaszauskas, more commonly known as Dr. V., joined the staff at Mansfield ISD, he knew he had found someplace special. "I had always heard about Mansfield and what a great place it was to work," he shared. "People ask me now what makes this such a special place, and I tell them we have great kids, wonderful churches and amazing schools, while still keeping a small-town feel." As superintendent of the Mansfield ISD, Dr. V. leads nearly 33,000 students and 4,000 employees with the goal to inspire, achieve and excel.*

Dr. V. has been an educator for over 30 years and didn't initially anticipate being in administration. "I thought I would spend my career in the classroom, but the principal at the high school where I was teaching encouraged me to get my doctorate and go into administration," he explained. Mr. Branch, the principal at his school when he was coaching and teaching, saw potential in Dr. V.'s administrative skills. With the school being in a small district, there were no assistant principals, so Mr. Branch would often ask Dr. V. to fill in for him while he was out of town. Dr. V. discovered he really enjoyed the administrative side of education as well.

Before earning his doctorate, however, Dr. V. was coaching high school students in nearly every sport, as well as teaching five classes. Because he was at a small school, his role wasn't just coach and teacher. He wore many hats: concession stand operator, janitor, referee and mentor. "It was fun working at a small school, because there was so much to do. I taught during







the day, then worked the concession stand during the JV girls' basketball game and refereed the JV boys' game. At half-time, I would go refill the nacho cheese in the Crock-Pot, finish the game, sweep the floor, coach the varsity boys and head home. I was working hard, but I had a lot of fun doing it," he smiled.

His own high school experiences encouraged Dr. V. to pursue a career in education. "My coaches inspired me. They were constantly making sure we were acting right in the classroom, turning in our assignments, passing our classes and being respectful to our teachers," he explained. "They were the reason why I wanted to coach." Watching seventh-grade students progress throughout the years into strong athletes and excellent students was one of the most satisfying and fun parts of Dr. V.'s job as a coach.

Despite juggling a busy career, Dr. V. made time for a family, too. "I met my wife, Cindy, while we were at Baylor, and we've been married for 31 years. She's my best friend," he smiled. He also has three sons: Chris, a Baylor University alumnus working in the computer science field; Jason, a senior at the University of Colorado who is studying music; and Trey, a sophomore at Oklahoma State University who is studying science.

A few years after earning his doctorate and working as an administrator, Dr. V. received a call from a friend about an open job opportunity in Mansfield ISD as the associate superintendent of curriculum, instruction and accountability. Because of Mansfield's reputation and the attractiveness of the job, Dr. V. applied and soon came on board. "My first task was to write a district curriculum so all of our kids would have access to a guaranteed

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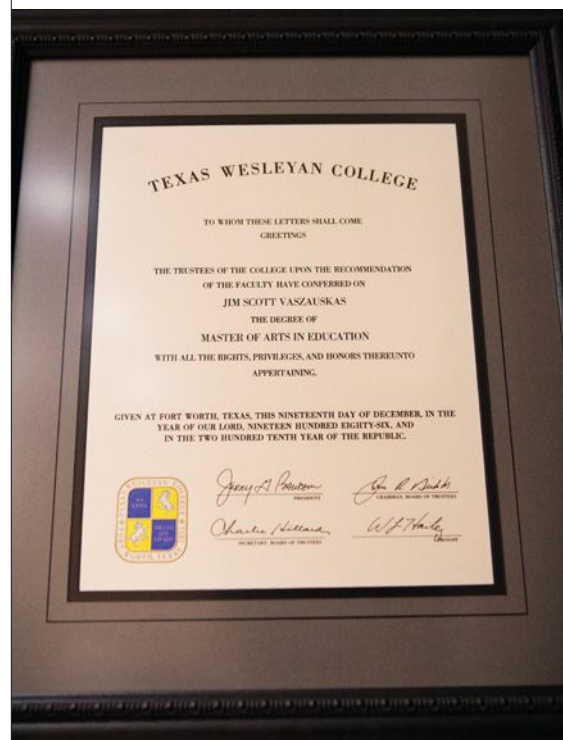
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and viable curriculum,” he explained. His job also involved overseeing State of Texas Assessments of Academic Readiness testing and anything involving principals, administrators or curriculum.

He had held this position for close to four years when the former superintendent, Dr. Bob Morrison, announced his departure. “The school board asked me





to come on as interim superintendent in February 2013, and my first job was to look at our future land sites. We have a lot of future growth that's exciting," he shared. Dr. V. was unanimously voted in as superintendent in July 2013 by the school board and trustees.

The future looks bright for Mansfield ISD. For the older students, Dr. V. is working with the teachers and school board to continue to provide opportunities for college prep and career readiness. "Our district recently asked our culinary students from the Ben Barber Career and Technology Academy to prepare meals for

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district meetings with officials from the city of Mansfield and the city of Arlington. We work often with those cities and wanted to thank them for their hard work, while also giving our students real-world experience," Dr. V. stated.

On the other end of the age spectrum, Dr. V. looks forward to new developments for early childhood education. "I look at early childhood education as a key piece of our public school system and hope to expand those offerings. We would love to potentially have an early childhood center where we have specialists work with early childhood kids before they go into kindergarten," he explained.

Positive relationships inside the classroom are important to Dr. V. "I think the most important thing that happens in education is the relationship teachers have with their students and parents," he shared. "Parents send us their kids for at least eight hours a day, so we want to develop trust



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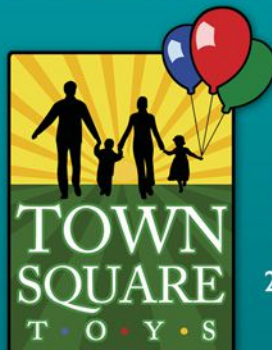
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with the parents. The only way we will be successful as educators is if we do a good job building relationships and trust.”

Dr. V. has fostered those relationships in his own career, long before his role as superintendent. He often mentors his former students who are also in education or administration. “I have a former student who shadowed me in preparation to become a superintendent,” he said. “Having those phone calls or relationships with former students is very powerful.”

Of course, Dr. V. always loves any opportunity to speak with the students. “Kids just crack me up. They’re great,” he laughed. “I get a lot of emails from them, and if they ask to see me, I try to make time to meet with them. Getting to meet with them is truly great.”

Outside of the students, Dr. V. also relishes any chance to encourage the teachers. “It’s hard to choose just one part of my job that is the most satisfying, but I’m the most proud of helping people move up in their career,” he shared. “One example is David Thayer. I recommended him to our school board as principal of Alice Ponder Elementary. After he got the job, watching him join their team and do a really great job was very satisfying to me. It’s fun to watch people grow.” **NOW**



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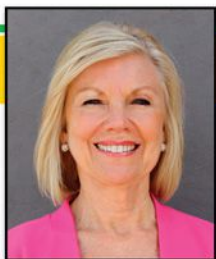
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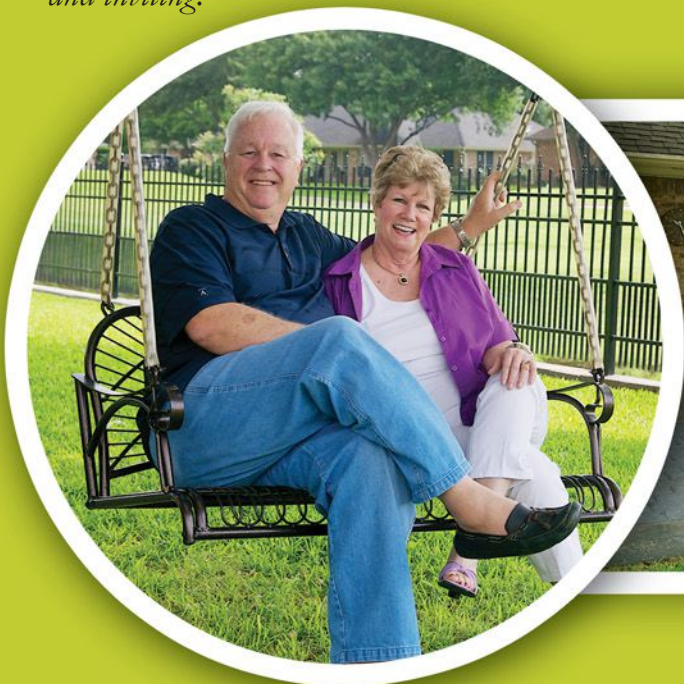
# With Joy to Spare

— By Carolyn Wills

*As Don Mahan and Dee Davey approached their wedding day in 2010, the process of shaping a nearly 2,400-square-foot house into the jewel of a home it is today was already underway. “In your 50s, marriage is not so much about the dreams of a bride and groom as it is about treasuring relationships and enjoying family and friends,” Dee said. “Don and I love to entertain, so we wanted our home to be warm and inviting.”*

Their newly envisioned three-bedroom, single-story home is in one of Mansfield's oldest and loveliest neighborhoods. It was built in 1974 in the early development of the Walnut Creek area and was one of few homes located on the golf course. Dee and her late husband, Tom, bought it as a pre-foreclosure. “We loved the neighborhood, and although the house was not very old at the time, it was a mess,” she said. “It had orange carpets, padded green and orange walls in the dining room and ugly ceramic tile in the kitchen.” Tom traveled a lot. As a veteran Realtor, Dee worked most of the time, so while they made the house livable, the real renovation came much later, largely due to Don's creative genius.

Don doesn't think of himself as a decorator but admits to having a natural eye for design and a genuine love for entertaining. At the age of 19, he was hired as the maître d' of the then-famous and luxurious Greenhouse Spa in Arlington.







## At Home With Don Mahan & Dee Davey Mahan

"For seven years, I met fascinating people like Princess Grace and Ladybird Johnson," he smiled. "It was a *Downton Abbey* atmosphere and a great experience for a kid from Arlington. I learned how the rich and famous live, as well as how to cook, serve and entertain. It helped me throughout my 38-year career in real estate and as the owner of a successful catering business."

Don and Dee are delightful and gracious with energy and joy to spare. The addition of a front yard garden patio has accomplished the tranquil feeling the couple were going for. The beautiful patio is framed by a wrought-iron gate and adorned with flowers and herbs,





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a bubbling fountain and two colorful ceramic Japanese Koi guardians at the front door. "I call the patio my New Orleans kick-back garden," Don said. "Dee calls it her meditation garden."

Inside, the old, flocked wallpaper in the entryway has been replaced with French wallpaper, and the unattractive ceramic floors are now covered with stunning travertine tile. "Wood floors and plantation shutters were installed in the living room years ago," Dee explained. "Don and I decided to leave the wood paneling dark." By merging and



arranging Victorian, modern and eclectic furnishings and accessories, the living room has become a dramatic and elegant gathering place and the site of some exceptional Christmas parties. "A lot of the furnishings were Don's," she added. "He bought the oriental-style rug for the room, and from an artist's rendering, he sketched and created the three beautiful, red tulip lithographs."

Something — actually someone — who did not arrive with Don is Dee's 14-year-old black cat, Jester Becky. "Sometimes he's the bane of Don's

existence," she grinned. It seems Jester Becky doesn't always behave, but for now, he and Don are getting along.

Next to the living room, on a cozier scale, is a family room with easy chairs, comfortable sofa and big screen television. "It's our nesting place," Don grinned. "When my 84-year-old mother visits, that's where we relax."

As lovely as the living and family rooms are, the formal dining room is an absolute showstopper. Clean lines, cool colors, wall trim and modern styling accentuate a stunning off-white,

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marble-topped table surrounded by six tall-backed chairs in white slipcovers. "I like contemporary style," Don said. "Dee bought the table from a client, and she already had the art. The chairs and curio cabinet were mine, so the room is really a merging of us." Two small wine racks flank a central window, and in an opposite corner, a tall glass cabinet displays treasures like the porcelain panda gifted to Don by Helen Boehm. "We have one or two dinner parties every



month," he added. "I cook and serve. After everyone's gone, Dee and I wash dishes. We've served as many as four plates per person and gone through 60 glasses in an evening."

The kitchen centers the home and is next to a breakfast area with a round table and an enormous hutch crafted by Don's father. "I have seven sets of china and loads of glassware," Don smiled. "I told my dad what I wanted, and he built the hutch with lights to highlight the glassware, so it's a very special piece."

The kitchen features newly-painted, white cabinets, a stainless-steel triple sink, bluish-gray stone counters and backsplash plus light-colored flat finish travertine floors. The ceiling, clad in wood-stained beadboard, adds character and warmth. "The kitchen may not be large, but it is highly functional," Don said. Influenced by Helen Corbitt of the famous Zodiac Room cuisine at Neiman Marcus, the delicious aromas in the kitchen are maybe the best features of an already outstanding room.



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In the spring and fall, Don and Dee enjoy the backyard with its two stamped-concrete patios, lovely pergola and furnishings to accommodate outdoor dining. "We've hosted receptions and retirement parties for as many as 60 guests," Dee said. The backyard is home to a remarkable and enormous American elm tree, complete with a bench swing. There's also a lovely arbor, which on occasion is strewn with Queen Elizabeth roses. Among Don's many flowers and herbs is a row of five large blue ceramic pots, three of which he has converted into flowing fountains. As if the view couldn't get any better, there's a captivating water hazard between the home and manicured golf course.

"One of the great things about this neighborhood is that the homes don't turn over often," Dee said. "Over the years, I've sold many of them, and besides knowing our neighbors it's gratifying to see people loving their homes."



When Dee is not working and Don is not cooking or renovating, they enjoy traveling. "We have a time share in Hawaii," Don said. "We also enjoy Florida, Las Vegas and Europe."

Elegant and warm is what they wanted for their home, and it's safe to say the Mahans' many guests experience it as such. "A house is a house," Dee said. "It's what you do with it that makes it a home." **NOW**

  
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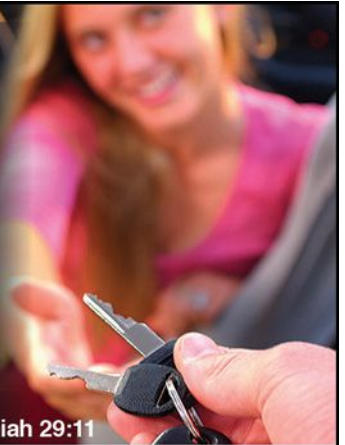
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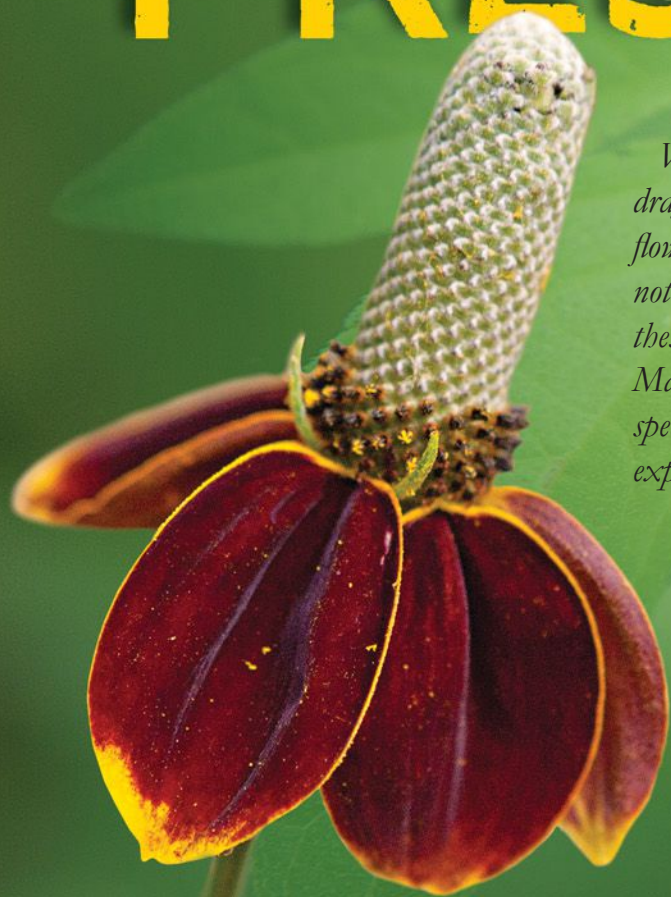
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explanation about creatures and plants about which you might otherwise never think. "I grew up outside. I was always playing and exploring," he smiled. Growing up in Aledo, Texas, Sam had ample room to explore nature all around him. "I loved bugs. I even had the nickname 'Sam the bug man,'" he laughed.

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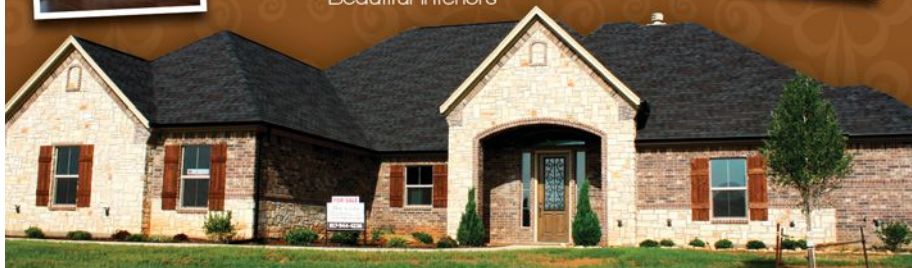
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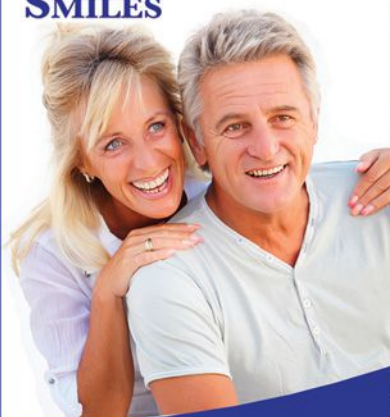
Sam’s passion didn’t stop once he reached his older years. He first attended Weatherford College and earned his associate degree in biology. “I had wanted to pursue entomology for a long time so I could study bugs,” he explained. “But, I discovered that was more of a degree for pest control and instead of killing bugs, I wanted to study them!” Ultimately, Sam pursued a degree in biology and later earned his master’s degree in genetics from Tarleton State University.

During his study, Sam was blessed to have several unique opportunities to observe nature. “One of my professors was studying pocket gophers, and I joined him in his study,” he shared. “The species I worked with was so interesting. I could talk for hours about pocket gophers!” His

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study of pocket gophers included knocking on doors of several homes in Oklahoma and asking if he could retrieve gophers from their backyards.

From Oklahoma, Sam later traveled to Puerto Rico to study snails. "This was a long-term ecological research project to study how snails respond to hurricanes. It was a population assessment, because the snail species populations would fluctuate after a hurricane," he

explained. "It was such a great time because snails are active only at night. So we would go out into the Puerto Rican rain forest from 9:00 p.m. to 2:00 a.m. with our little head lamps on, searching for snails."

Sam originally planned to pursue his doctorate in biology while teaching at Tarleton. His intense passion for nature, however, didn't sit well in a lab coat and four white lab walls. Sam was made to be out in nature, so he diverted his career to nature education. After a few years working at the Botanical Research Institute of Texas, the Fort Worth Museum of Science and History and the Fort Worth Nature Center, Sam received a call from the city of Mansfield requesting an interview for the nature education specialist position. "My interview was quite long, and I was able to tour all of the parks, including the new Oliver Nature Park. I saw pockets of nature everywhere, but when we came to the nature park, I saw so much potential here. This was the selling point for me to come here," he shared.

Active involvement in nature excites Sam, especially when he is able to bring the experience to Mansfield children. "I get to bring hands-on science on a minor scale to the kids. I'm letting them get to hold science in their hands," he smiled.

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example, did you know that young dragonflies live underwater? The larvae also have an extendable mandible under their mouth that they use to catch their prey underwater,” Sam related. “It’s almost alien-like or something you’d see in a movie. But it’s right here — in our own park!”

Sam taught a number of classes throughout the spring and summer shortly after the nature park’s opening. At the large pond near the entrance of the park, Sam crouched down with his students to study wildlife teeming under the pond’s surface. “We had one group of kids from Alice Ponder Elementary School on a field trip, and I let them hold some tad poles in their little hands,” he smiled. “They loved those tad poles. It was so beautiful, and they drew me little thank you pictures later saying their favorite part was holding them.”

Adults, as well as children, have also benefited from Sam’s knowledge on wildflower, bird and citizen science trips. “Our citizen science trips allow people to become scientists for a day,” he said. “We do active surveys of organisms out here by taking a picture of something on our smartphones, then documenting it in an app called iNaturalist that records it



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in a database. It allows us to be a part of a global citizen science project. As of April, we have found 59 species of birds and over 230 species of plants. What's fun is I know there are even more than that out here, just waiting to be discovered."

Another program Sam leads is a geology program. "This is fun for the kids. We get to melt a piece of chalk in vinegar and talk about acids and bases. We also talk about ancient saltwater crocodile and sea turtle fossils found in Arlington," he explained.

Sam never runs out of words while explaining nature to his students. "What's so great about the nature park is that even a little blade of grass is a teaching tool. You can use anything out here to teach. That's one of the things I love about nature: It's full of little lessons."

During his classes, Sam explains to the students the park's tagline: Educate. Appreciate. Preserve. "We love this tagline, because each word leads into the next," he said. "We hope the students learn something interesting about nature and want to share it with their friends. This interest leads to appreciating nature, and hopefully, after appreciation, it will lead students to preservation. I hope they'll think, *That is so cool. We share the planet with these organisms, so let's protect them. Let's allow them to survive out here.*" **NOW**





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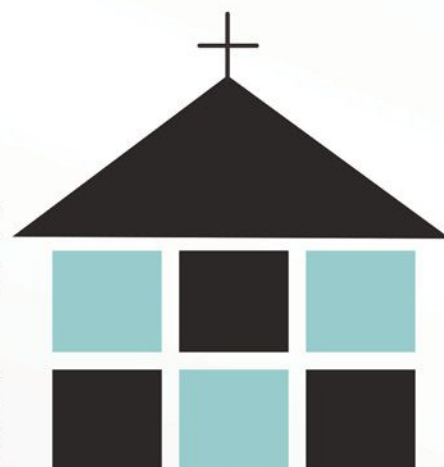
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# AQUATIC ADVENTURE

— By Randy Bigham

*Nature lovers know the peace that water brings to any pastoral setting, whether it's the babbling brook of the wilderness or the trickling mini-waterfall of a terrace garden. But what can be more soothing or fascinating than a koi pond? With its colorful varieties of Japanese carp darting among rocks and plants, this touch of nature transforms any backyard into an oasis.*



"Ponds have become increasingly popular recently," acknowledges letsbekoi.com, the online face for this Waxahachie-based fish and pond supplier. "They can be preformed, hand-dug, made from stock tanks, on your patio, even indoors. With so many options, you can make yours as simple or elaborate as you wish."

Koi ponds, as an addition to your water garden, not only create a tranquil environment but ensure years of refreshing enjoyment for the whole family. There are how-to guides for installing koi ponds, available in print and online, and serious garden lovers prefer the do-it-yourself approach. But if you're like most homeowners, you're not a landscape designer or even a seasoned gardener. You will, therefore, likely opt to buy ready-made pond and waterfall kits. It's an expedient route to a beautiful result, yet it pays to be informed.

Whether choosing a local contractor or a national chain to implement the water garden of your dreams, you should acquaint yourself with the process. You should also know how best to address issues from building ordinances that might impede your project to the proper maintenance of the pond, its plants and fish.







## Do you really want a pond?

Before making a decision between a pond or water feature, consider the significant difference. A koi pond will require dedication to upkeep, which a water feature won't. "Ponds are miniature ecosystems with plants, animals and microorganisms working in harmony to achieve balance," explains a how-to



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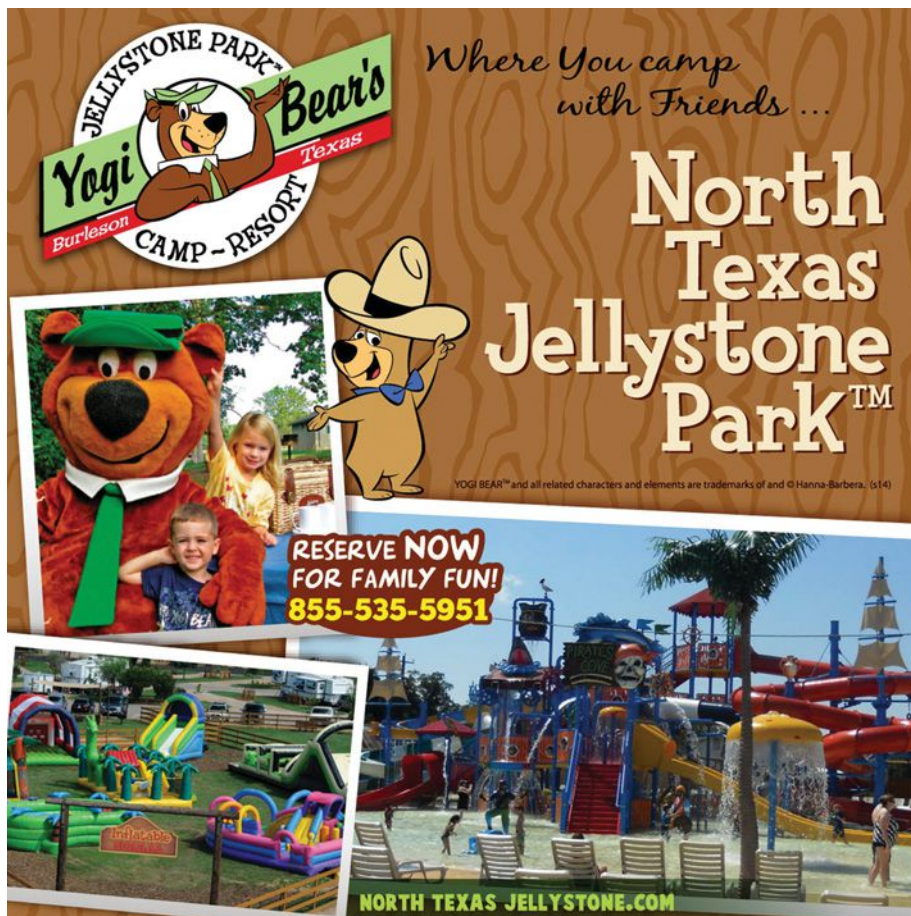


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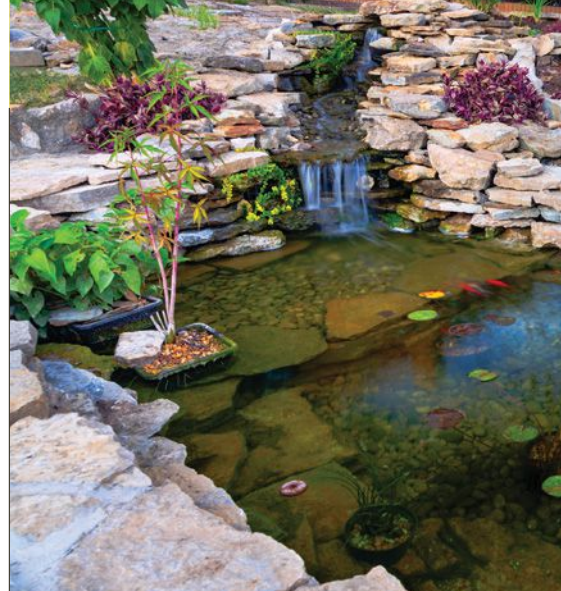
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page at Lowes.com. "Ponds are alive and require different care; all need to be circulated in the summer and aerated in the winter."

By contrast, a water feature merely sets off the water with decorative elements like a fountain or a lighted waterfall. They are as low-maintenance as a gardener can get. You just switch it on or off.



## What to know before you build.

Before your landscaper or contractor lays out your koi pond, consult the local code enforcement department. There may be laws restricting the depth of your pond or access to it, and you'll need to be prepared to meet those or other requirements. Ordinances may also mandate fencing types, a building permit or an inspection of the site before and after construction. Finally, call 811 free of charge to request that all gas, electric, phone and cable lines be mapped out for your safety.

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## Collaborate with your builder.

You may want to hire either a landscape designer who specializes in gardens and pools or an independent contractor. But you can also pick one of many construction companies that now perform the excavation and initial cultivation of koi ponds.

Work from architectural drawings or images of your builder's former projects or provide your own vision for the size and layout of the pond. Incorporate highlights of your existing garden, for instance a gazebo or arbor, into the scheme. Decide with your builder on the kind of stone to be used for pathways around your pond.

Perhaps you'll want a small, rustic terrace constructed nearby so guests can admire the carp whizzing to and fro. A grotto or other forms of recessed seating along the path to the pond are attractive ideas for individualizing the addition of a koi pond to your garden.

## Select the location.

Choosing the perfect site for a koi pond is key to reducing maintenance while optimizing safety and enjoyment. Make sure the pond is built lower in the surrounding landscape, but not so low that runoff threatens the pond with fertilizer or other lawn chemicals. The pond should sit in an area that receives four to six hours of sunlight. A location fully exposed to the sun will cause issues of overheating and algae accumulation. Placement in full shade will prevent water lilies and other plant life from prospering.

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Your builder will need to network with a licensed electrician to ensure safe placement and service for a pump and filters, decorative lighting and other amenities. The pond should also be constructed within access of water hoses and sprinkler lines.



## Pick your fish.

There's a wide variety of koi to choose from. Distinguished by brilliant colors and patterns, the most popular types are the white-skinned, red-marked Kohaku; Asagi, with light blue and red markings; and Bekko, yellow skinned with black spots. Koi are hardy, resisting most parasites, and can live for 50 years. Koi are omnivorous, eating peas, watermelon and lettuce. But a specially designated, commercially available food is recommended, because it's nutritionally balanced and made to float, thereby bringing the fish to the surface. Koi will grow accustomed to feeding times



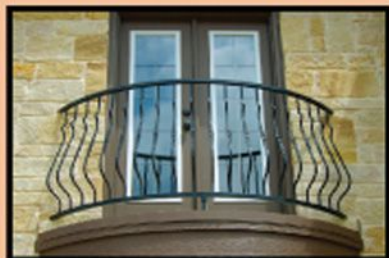


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and the feeder, and can be trained to eat from the feeder's hand. Feeding is not recommended when the water temperature falls below 50 F.



## Protect your fish.

The bright colors of koi that attract the admiration of garden lovers also draw predators like cats, raccoons and birds. Ponds should have a section deep enough for koi to hide in and ledges that are high enough from the surface to prevent animals from attacking. Nets covering the pond are sometimes suggested to keep away predators.



The possibilities for enjoying the peace and beauty of koi ponds are boundless. While adding a distinctive decorative element to your garden, this creative yet affordable feature will enhance your love of nature, aid the environment and provide family fun for generations. **NOW**



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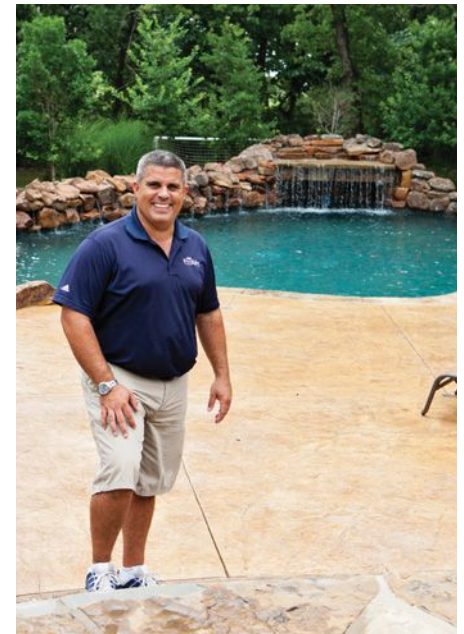


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# Sparkling Summer Fun

*BlueWater Pools builds custom backyard paradises whole families will love. — By Mikaela Mathews*

For over 15 years, family-owned BlueWater Pools has been building custom pools and outdoor living areas for families all over North Texas. “You will not get an automated telephone response when you call here,” shared Scott McFarland, co-owner and founder of BlueWater Pools. With quality customer service and expertise in the swimming pool industry, BlueWater Pools renovates older pools and backyards, constructs new pools and offers a weekly pool maintenance service.

Building gorgeous outdoor living areas is part of what BlueWater Pools does best. “We build more than just the swimming pool. We build outdoor kitchens, patios and arbors. We also install landscaping and outdoor accent lighting,” Scott explained. For the electronic gurus, BlueWater provides a smartphone app that can turn on all your swimming pool

features from any location. If you are away from home and decide you’d like to get in the hot tub later, you can pull up your pool controller on your smartphone and start the heater.

BlueWater Pools can design and show their customers an impressive visual 3D representation of their future pool and backyard living area. The 3D image can be shown to simulate any time of day, such as morning, afternoon and early evening light. Clients can actually see what their pool will look like throughout the day.

For customers with an existing pool, BlueWater Pools can help develop a remodeling plan to update and turn your existing pool into a breathtaking backyard escape. Remodeling projects can change everything about a pool, such as adding a few special details, or simply retiling or resurfacing a pool and deck.



Scott and his team take pride in their show room with its display of tile, coping, plaster, water features and outdoor kitchen options. Potential pool customers can take home brochures full of information and pictures with lots of choices to help them decide on their perfect pool.

*"We build more than just the swimming pool. We build outdoor kitchens, patios and arbors. We also install landscaping and outdoor accent lighting."*

BlueWater Pools also offers a weekly pool maintenance service. Full pool service includes: testing the water and adding any necessary chemicals to maintain the pool's balance, cleaning out the pump pots and skimmer baskets, cleaning and brushing the sides and the water line tile, net skimming the surface, vacuuming the bottom as needed and backwashing the filter. This service is free to all BlueWater Pools' new pool build customers located in the service area.

The technicians are highly trained to provide a quality experience for their customers. "All of our technicians are certified pool operators, which requires them to take periodic classes to maintain their certification," Scott said. "Customers will likely get to know their technicians well, since they often stay with us a long time. We don't have a big turnover on our technicians. We have one who has been with us for over 10 years now."

Safety and customer education are also highly important to BlueWater Pools. "We're a member of the Association of Pool and Spa Professionals, which is an organization committed to the safe use of swimming pools. "We provide our new pool owners with copies of safety brochures to maximize the enjoyment of their new pool," Scott explained. "Whether you have a huge yard or a zero lot line — we can design the perfect pool for you." **NOW**

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*Chris Clark blows up a beach ball for summer fun.*



*Caleb Mitchell has some fun in the sun.*



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# Your Legacy is in Your Hands

Unless you keep close track of obscure holidays and observances, you probably didn't know that August is What Will Be Your Legacy? Month. Still, you might want to use this particular month as a useful reminder to take action on what could be one of your most important financial goals: *leaving a meaningful legacy.*

A legacy isn't simply a document or a bunch of numbers — it's what you will be remembered for and what you have left behind that will be remembered. It's essentially your chance to contribute positively to the future, whether that means providing financial resources for the next generation, helping those charitable organizations whose work you support, or a combination of both.

To create your legacy, you'll need to do some planning. And you can start by asking yourself a couple of key questions:

**What are your goals?** When you think about leaving a legacy, what comes to mind? First and foremost, you may well want to leave enough money to help your own grown children meet their financial goals. After that, you probably have other things you'd like to accomplish. Perhaps you want to provide resources for your grandchildren to attend college? Or set up a scholarship at your own alma mater? Give financial support to a cultural, social, religious or scientific group? By thinking about your goals and putting them on paper, even in an informal sense, you'll be taking the important first step in leaving the legacy you desire.

**How can you turn your goals into reality?** If you don't take some concrete steps, your legacy just won't materialize. And the most important step you need to take is to create a comprehensive estate plan. Your estate plan can be quite involved, because it may involve several legal documents, such as a will, living trust, health care power of attorney

and so on. In creating these materials, you will need to work with your legal and tax advisors, because estate planning is definitely not a do-it-yourself endeavor.

You probably shouldn't wait until you are deep into retirement to take action on your estate plan, because developing the necessary documents and arrangements can take a fair amount of time — and you'll want to make these preparations when you're in good mental and physical health. Also, the longer you wait to set up your estate plan, the less likely it will be that you've communicated your wishes clearly to your family members, who may end up unsure about what you want and what their roles are in carrying out your plans — and that's an outcome you certainly don't want to see.

In fact, clear communications are essential to developing a successful estate plan. You should not only tell your family members — and anyone else affected by your estate plan — what you are thinking of doing but also inform them about the professionals with whom you are working and the locations in which you are storing any vital documents, such as your will.

By identifying your goals, working with the appropriate professionals to create an effective estate plan and communicating regularly with your family members and other key players in your life, you can go a long way toward leaving the legacy you desire. So, do what it takes to launch that legacy. **NOW**

*Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Shawn M. Malley is an Edward Jones representative based in Mansfield.*

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## Chronic headaches? They're not all in your head.

Have you suffered from a headache recently? If so, you're not alone. Approximately 45 million Americans are afflicted with chronic headaches, migraines or facial pain, so chances are high that you know a family member, co-worker, neighbor or friend who is also suffering. What you may not know is that an imbalance in the mouth could be the underlying cause of your pain. Moreover, your pain and its root cause can be treated without pills, injections or invasive procedures.

Does this sound too good to be true? It's not, but you may need to rethink your approach, as well as *who* you approach, for treating your headaches.

The "nerve root" responsible for headaches is also connected to muscles, nerves and blood vessels in the areas treated by dentists. These regions include the teeth, jaw, mouth and surrounding bones and muscles. Problems in these dental regions can cause traveling impulses, which result in symptoms in areas that seem unrelated to the problem origin. In other words, force imbalances can cause symptoms such as headaches, migraines, facial pain, jaw clicking/popping and ringing in the ears.

Dental force imbalances can be caused by clenching, grinding or wear. The solution is not another drug, but instead a treatment designed to restore equilibrium to these imbalances. Dentists now have proven technologies to pinpoint the cause of chronic headache pain and effectively treat it. Confused? Skeptical? Don't be. Talking to your dentist about your headaches may be the best conversation you can have.

After all, you've likely tried countless prescriptions and dozens of over-the-counter medications, changed your diet or sleep routines or given alternative

therapies a whirl. By now you've probably figured out that temporarily masking your symptoms isn't doing you any favors. On the contrary, it's probably left you wondering why nothing works and where to turn next.

Now you know. Your dentist has in-depth knowledge of dental forces, their imbalances and their subsequent, painful results that make him/her a qualified professional to treat your pain. Dentists are increasingly offering proven treatments that restore balance to the mouth. These treatments begin with detailed evaluations about why you're experiencing pain and how the underlying causes can be corrected. Then, treatment plans that don't involve painful injections or addictive medications are formulated, providing long-lasting relief after only a few therapy sessions. Therapies may include muscle manipulation and strengthening exercises, electrical stimulation, cold laser therapy and custom-fabricated rehabilitation devices. Combined, they restore normal function and balance that relieve headaches and other painful symptoms.

More than 90 percent of patients who undergo these types of therapies experience significant pain relief. So the next time you find yourself at the mercy of yet another headache, remember — it's not all in your head, but it could be starting in your mouth. Talk to your dentist for true pain relief. **NOW**

*Dr. Sheila Birth  
Birth Stewart Orthodontics*



### August 1, 2

**Aladdin, Jr.: Friday:** 7:00 p.m., **Saturday:** 2:00 p.m. Uptown Theater, 120 E. Main, Grand Prairie. Public performances of Grand Prairie Arts Council's Summer in the Arts Musical Theater Workshop and Production. For ticket information, call (972) 237-8786.

### August 2

Back to School Bash: 2:00-3:00 p.m., Main Library, 901 Conover Dr., Grand Prairie. The Bash stars special guest David Chicken, a Grand Prairie favorite. Join us for fun, music and comedy.

### August 4 — 7

Fit Camp: 8:30-11:30 a.m., Walnut Ridge Baptist Church, 1201 SH 360. \$60. Children will play in a variety of games and fitness activities. For more information or to register, visit [www.wrkidz.com](http://www.wrkidz.com).

All Star Sports Camp: 9:00 a.m.-12:00 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. Open to kindergarten through sixth grade. For more information or to register, visit [www.firstmethodistmansfield.org](http://www.firstmethodistmansfield.org).

Dodge ball Summer Sports Camp: 12:30-3:30

p.m., First United Methodist Church, 777 N. Walnut Creek Dr. Open to kindergarten through sixth grade. For more information or to register, visit [www.firstmethodistmansfield.org](http://www.firstmethodistmansfield.org).

### August 9

Stargazing with Astronomers: 7:30-9:00 p.m., Oliver Nature Park, 1650 Matlock Rd. Free. For more information, visit [www.olivenaturepark.com](http://www.olivenaturepark.com).

### August 11 — 14

Dance Camp: 8:30-11:30 a.m., Walnut Ridge Baptist Church, 1201 SH 360. \$60. For more information or to register, visit [www.wrkidz.com](http://www.wrkidz.com).

### August 16

Paws in the Pool: 10:00 a.m.-2:00 p.m., Crawford Park Pool, 401 Straus Rd., Cedar Hill. \$1 pre-registration/dog; \$2 at the gate. Owners are free. Bring your doggie for a dip in the pool to end the summer season. For more information, call (972) 291-5130.

### August 23

August Gusto XI 5k/1 Mile Run/Walk: 8:00 a.m., Legacy Pavilion, River Legacy Parks, 701 NW Green Oaks Blvd., Arlington. For

more information, visit [www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph).

Back to School Celebration and Health Fair: 9:00 a.m.-1:00 p.m., Dalworth Recreation Center Gymnasium, 2012 Spikes St., Grand Prairie. The free event includes health screenings, games, bounce houses, snacks, free school supplies (on first come, first serve basis) and more.

### August 29

Friday Night Respite: 6:30-8:30 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. Childcare is provided for special needs children and their siblings. For more information, contact Amanda Ferguson at [amandaf@fmc.org](mailto:amandaf@fmc.org).

### August 30

Communities Against Crime 5k/1 Mile Run/Walk: 8:00 a.m., Legacy Pavilion, River Legacy Parks, 701 NW Green Oaks Blvd., Arlington. For more information, visit [www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph).

*Submissions are welcome and published as space allows. Send your current event details to [mikaela.mathews@nowmagazines.com](mailto:mikaela.mathews@nowmagazines.com).*

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## In the Kitchen With Ashley Stubblefield

— By *Mikaela Mathews*

As a mostly self-taught cook, Ashley Stubblefield was born to be in the kitchen. “Cooking to me is a passion and an art form in which I get to create beautiful works of art and put them on a plate,” she commented. A majority of Ashley’s skills are from her love for cooking and experimenting in the kitchen.

Growing up, Ashley also learned from her grandma. “In the summer, I would stay with my grandma in Waxahachie, and we would always cook,” she said. Some of Ashley’s favorite meals are inspired by Asian and Latin American cultures. “The food I enjoy the most is Asian food, hands down! I love the ingredients used and the components of each dish.” **NOW**

### Ramen Stir Fry With Veggies

- 1 pkg. chicken-flavor Ramen noodles**
- 1/4 cup peanut oil**
- 2 garlic cloves, finely chopped**
- 1 cup broccoli florets**
- 1 red bell pepper, sliced**
- 1 medium onion, sliced**
- 1 15-oz. can baby corn**
- 1/2 cup La Choy Stir Fry Sauce**
- 1 tsp. soy sauce**
- 3 green onions, sliced**

- 1.** In a saucepan, prepare Ramen noodles and seasoning according to package directions; drain and set aside.
- 2.** In a wok, heat oil and add the garlic, stirring garlic so it doesn’t burn.

- 3.** Add all of the veggies, except green onions; sauté to your liking. Turn off the heat; add the noodles, stir-fry and soy sauces. Mix together. Before serving, sprinkle with green onions.

### Pasta With Shrimp

- 1 1-lb. pkg. penne pasta**
- 1 lb. large shrimp (16-20)**
- Salt and pepper, to taste**
- 1/4 cup olive oil**
- 1 garlic clove, sliced**
- 1 red bell pepper, sliced**
- 1 cup broccoli florets**
- 1 yellow onion, sliced**
- 1 zucchini, sliced**
- 1/2 cup Olive Garden salad dressing**

- 1.** Cook pasta according to pkg. directions. Drain and set aside.
- 2.** Peel and devein shrimp; season with salt and pepper.
- 3.** Heat olive oil in a pan on medium-high heat. Add garlic and veggies; sauté to your liking. When your veggies are almost done, add the shrimp and cook until pink. Add pasta then turn off heat. Pour in dressing and serve.

### Lemon Pepper Wings

- 1 24-oz. pkg. chicken wings**
- 2 cups canola oil**
- Pinch of flour (optional)**
- 1/4 cup olive oil**
- 2 Tbsp. butter**
- 3 Tbsp. McCormick lemon pepper seasoning**

- 1.** Wash chicken and pat dry.
- 2.** In a saucepan, heat canola oil to 350 F. If you don’t have a thermometer you can add a pinch of flour, when it dances you know your oil is hot enough. Add wings and cook until they reach an internal temperature of 165 F or about 15 minutes. They should be golden brown.
- 3.** Combine olive oil and butter in a separate bowl. Microwave for 45 seconds; add the seasoning and mix together. Add the wings into the mixture and toss. Serve.

### “Adult” French Toast

- 1 tsp. cinnamon**
- 2 tsp. vanilla**
- 1/4 cup Grand Marnier liqueur**
- 1/2 cup milk**
- 3 large eggs**
- 4 slices of Texas toast**
- 1 Tbsp. butter**
- Powdered sugar, to taste**

- 1.** In a dish, combine cinnamon, vanilla and liqueur. Whisk to incorporate the vanilla and eliminate the lumps of cinnamon. Add milk and eggs; whisk together. Submerge Texas toast in mixture for 5 seconds.
- 2.** On a warmed griddle or pan, melt butter; add the bread and cook each side for 2 1/2 minutes.
- 3.** Slice in half diagonally and sprinkle with powdered sugar.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



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