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OCTOBER 2015

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I am a 58-year-old grandma and wife. I have tried most every diet, and after some time the weight came right back on! Over the past four years, I have been trying to get weight off, and nothing worked because I have hypothyroid and fibromyalgia. I also have acid reflux, which made me have to stop eating by 5 PM so I wouldn't reflux at night. I saw on Facebook a DSC ad. After checking them out, I messaged them about my health problems. They said they had had luck with thyroid problems, but hadn't had a patient with fibromyalgia. I told them my main goal was not weight loss as much as I was wanting the pain to get better, and if I lost weight, that would be great! Immediately after I got on the program, the pain in my body got much better and in the first week I lost 7 lbs. *What a surprise!*

I also had another goal that I did not want to cheat on this program, and as a result, I have lost 47 pounds of the 50 pounds that I needed to lose. I have NOT cheated at all, and I have felt absolutely GREAT compared to what I had been feeling. I have had zero problems with my acid reflex this entire time!

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ON THE COVER



Dr. Michael Evans continuously works toward improving the community.

Photo by Vanessa Polozola.

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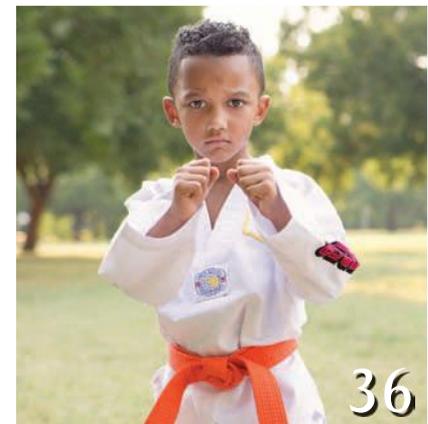


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Editor's Note

Hello, Mansfield!

It's finally fall, y'all! And with it comes Halloween, which triggers the fast-paced whirlwind that is the holiday season. It begins with candy and costumes, and before we know it, everyone is shouting "Happy New Year!" before embracing in that obligatory, traditional smooch. Bewildered by the transition from pumpkins to turkey to wrapping paper, I am continuously left wondering just how in the heck another year has passed me by with such haste.

So, before it's all said and done, slow down — enjoy the sights and sounds of now! Admire the rich, deep hues of the changing leaves. Feel the crisp, cool air of the evening breeze. Relish in the extended twilight. Experience the sunset as it lights the Texas blue skies ablaze. Indulge in pumpkin-flavored and -scented everything. Quick! Catch it before it's gone, and we're missing it all over again.

Have a wonderful October!

Sara

Sara Edgell
MansfieldNOW Editor
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MANSFIELD ISD Earns Highest Recognitions for Financial Reporting

For the second year in a row, Mansfield ISD has been awarded the highest recognition from two organizations for its commitment to financial responsibility and transparency.

MISD received the Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the United States and Canada (GFOA). The district also received the Certificate of Excellence in Financial Reporting award from the Association of School Business Officials International (ASBO). The awards were given for MISD's 2014 comprehensive annual financial report (CAFR).



The recognitions represent a significant accomplishment of an entity and its management. The awards are GFOA's and ASBO's highest forms of recognition in the area of governmental accounting and financial reporting.



Dr. Karen Wiesman, Associate Superintendent of Business & Finance, and her staff were recognized at a recent Board Meeting.



MISD Trustees Approve Decreased Tax Rate

The Mansfield ISD Board of Trustees adopted a balanced budget for the 2015-16 school year, and Trustees voted to approve a lowered tax rate of \$1.51 (it was previously \$1.5271). \$1.04 is for maintenance and operations; \$.47 is for the debt service. The rate applies per \$100 of taxable property value.



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A Community Catalyst

— By Sara Edgell

Life, as wonderful and beautiful as it is, can sometimes be marked by struggles. Thanks to struggles, people are able to fully appreciate the wonderful beauty. It is also through them that we, as compassionate and caring people, learn not only the most valuable lessons in life, but also the most valuable things about our character and ourselves. When Dr. Michael Evans was just 8 years old, he experienced a life-changing struggle that opened his eyes and his heart. Because of it, he became the man he is today — a genuinely concerned and kindhearted man deeply interested and invested in making a difference in the community he calls home.



Although he was very young, Dr. Evans realized how greatly his family life and general well-being changed after his parents divorced. “My family of origin and living in inner-city Houston taught me to take on responsibility for my sibling and myself early in life,” he explained. “When I was 8 years old, I made a vow to help others survive if I could, and I’ve kept that vow.”

“By focusing on the people of this community, I hope to **further the community based on the real needs I see.**”

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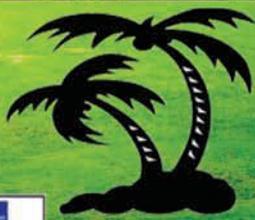


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He originally set out to become an attorney. However, his career path changed directions drastically because he felt a calling upon his life he simply could not deny. Eventually, he obtained a master's degree in divinity and a doctorate in ministry theology. During his last few years of school, he found himself at Bethlehem Baptist Church where he quickly became the leader of the flock. Along with his wife of 28 blissful years, Lisa, and two sons, Michael Jr. and Richard, Dr. Evans made Mansfield his home.

While being a pastor gives Dr. Evans the opportunity to reach many lives, he goes above and beyond the call of duty to reach the people of his community. His faith and family are top priorities in his life, but so, too, is education. "Education is a great equalizer because the more a person learns, the more they can earn," he smiled. But by earning, he doesn't mean by financial means alone. Through education of all sorts, people grow mentally, emotionally, spiritually and personally. They are given knowledge to develop skills and hone abilities and realize capabilities. Dr. Evans strives to offer educational opportunities to the people of Mansfield in any way he can. "By focusing on the people of this community, I hope to further the community based on the real needs I see," he explained.

Over the years, Dr. Evans has been involved in countless programs benefiting various groups and individuals in the community. In the '90s, he pushed



for equal housing opportunities and roadways to ensure families all across Mansfield were not living in sub-standard conditions. As a product of his efforts, the Historic West Mansfield Texas Community Development Corporation was born. Their goal was to encourage quality economic development in that area.

In the early 2000s, he worked with Tarrant County College District as an administrator coordinating and overseeing responsibilities related to the college district's ESL and Adult Basic Education centers. He additionally worked first as a part-time academic counselor and then as a college-bound counselor before working exclusively as the coordinator of the entire district's GED program. The program, still active today, is thriving and serves countless individuals each year.

Dr. Evans also founded the BBC Educational Enrichment Program, which evolved into the Bethlehem Academy. Originally, the program was designed to assist at-risk youth by targeting and improving their academic performance. To date, it has served more than 1,000 young people in the Mansfield area with tutoring services, career exploration and summer job placement. Homework Haven is yet another program that actually stemmed from this. The primary focus is to help kids with basic literacy skills and offer remediation for the standardized tests required in schools.

Additionally, he founded the mentor program called SEAMS, Successfully

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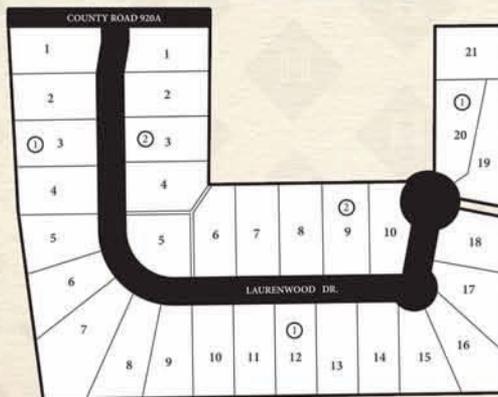


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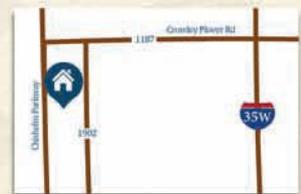
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Educating African American Males. This program was designed to give individuals a resource to better their lives through education. “African-American males have the lowest test scores and the highest dropout rates in this country. They also have the highest incarceration rates,” Dr. Evans explained. “I wanted to do something to help advise and mentor these young men for many reasons. Number one because I am one, and number two, because I have two sons.” After several fruitful years, Dr. Evans expanded the group to include all races, realizing more than just African-American males needed mentoring and guidance. “I believe if you don’t save a child when you can, they will eventually become a menace to society, rather than an asset, that we’ll then have to deal with later,” he stated with resolution.

Everything that Dr. Evans has begun has grown. Each program has changed, as needed, in order to remain the most effective and beneficial to those being served. Eventually, every program has also passed hands, which is something Dr. Evans considers to be positive. “In growing the programs, we are growing the individuals involved. By incorporating others, we are enhancing their skills and making things better for everyone,” he smiled. “Getting these programs started was my way of serving others. It was the catalyst to growing others.”

Currently, Dr. Evans serves on the MISD Board of Trustees as president of the board. A member since 2007, he works closely with the other leaders on



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the board and administration to ensure the continued success of the district. Because education is so very important to him, being involved with the board is something he considers an honor. "I have a passion for working with and for kids, so I advocate for all of them, especially those who have distinctive needs," he explained. "A lot of them just need a second chance to see their potential."

Dr. Evans' role in the community can easily be described as an active advocate and volunteer for the betterment of the members of the community. His tireless efforts have not gone unnoticed either. Dr. Evans was inducted to the city of Mansfield's Wall of Honor in 2007, an accolade awarded to those who demonstrate outstanding service for the city and its residents.

He lives by a motto reminiscent of a common proverb. By teaching a person how to read and write, it's the same as teaching a person how to fish. It isn't about providing what they need, but showing them how to go about it themselves, so they are capable, competent and confident contributing members of society. "A person who serves the community has the job to help people become better," Dr. Evans explained. "People need to be able to rely on their own ingenuity and build themselves up based on their own abilities and talents. Then, they can go on and share those things with others." It's a reciprocating process, essentially, that Dr. Evans is dedicated to setting in motion in whatever manner he is capable. **NOW**

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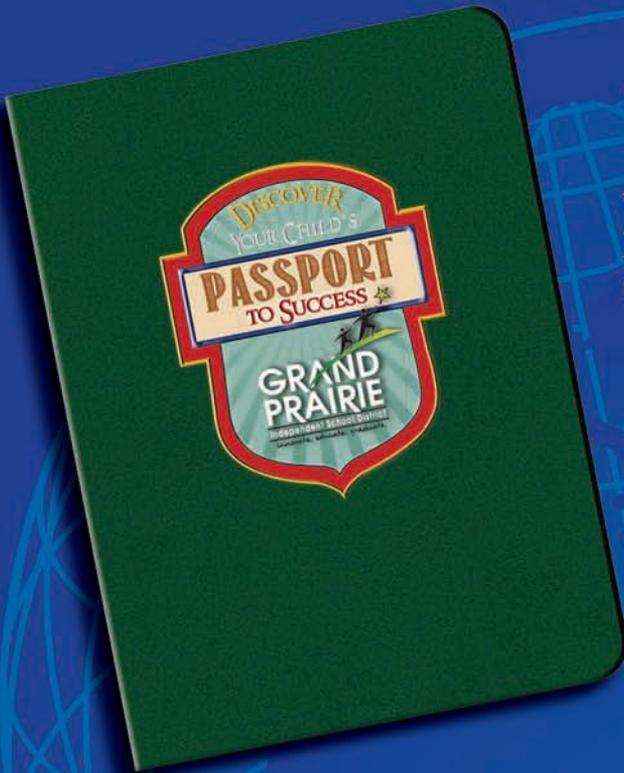
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Little Miss

SEW IT ALL

— By Sara Edgell

Since the fourth grade, Meredith Peebles has been obsessed with fashion. Everything from clothing to accessories to what her favorite stars were wearing interested her. She would mimic trends and piece together outfits inspired by high-fashion looks featured on the glossy pages of style magazines. She would analyze garment elements, paying attention to accessories, colors and pairings. To her, clothes were more than items to be worn out of necessity — clothes were a form of self-expression, a type of visual art to share with others.



It all began with a Christmas gift — a video game where players could design their own clothes and create all sorts of outfits. Meredith was hooked, and soon began emulating the digital ensembles she fashioned in the game. Her interest in fashion did not wane, but increased, so much so that she asked for fabric as her Christmas gift in sixth grade. She used the fabric on an old dress form she also received that year, draping, pinning and manipulating the colorful textiles into crude dresses, tops and skirts. “I didn’t know how to sew then, so I spent a lot of time just playing with the fabric to figure out how to shape things,” Meredith remembered. She would then name and photograph each of her creations before posting the images online. Even in the beginning years of her craft, she had a desire to share her work with the world.

As her creativity blossomed, she expanded her designing techniques by sketching and drawing her designs. Eventually, she wanted to sew, too, so she saved up her money and bought her very first machine, a Singer Simple, along with a subscription to *Vogue* at the age of 12. She may have only been in the eighth grade, but she knew wholeheartedly she wanted to become a fashion designer. Things changed, however, after a trip to New York where she attended Teen Vogue Fashion University during her junior year of high school. “I realized the fashion industry was very dog eat dog, and that wasn’t the environment I imagined myself being in because of how competitive it was,” she recalled. “Because of that, I decided to pursue costume design instead to focus on the art rather than the business of clothing.”

So, she continued to work on her own creations in her bedroom, sketching unique outfits, and then making them a reality using her Singer Simple. She was uninhibited with her handiwork, making anything her heart desired and finding inspiration from the world and people around her. She taught herself the basics, mastering all of the stitches her little machine could muster. She learned how to cut and piece material together, and often wore her custom constructions as the shining jewel of her distinctive ensembles.



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Her self-taught sewing skills served her well at Mansfield High School where she worked as the costume designer assistant and costume designer for multiple theatrical productions including *The Lion, the Witch and the Wardrobe*, *The Drowsy Chaperone*, *Seussical the Musical* and *One Flew Over the Cuckoo's Nest*, among others. "I wasn't a big musical person, but I ended up really getting into them," she said. "I learned a lot about working with actors and wardrobes in general, but specifically for musicals. Musical are the most difficult because the cast and the outfits had to be flamboyant yet movable."

Understanding these requirements added to Meredith's costume construction and assembly. For her, designing each costume for each cast member was her way of completing the characters and telling the story in her own personal way. Through aesthetics, she was giving the audience the visuals



necessary to coincide with the actors' performances, which brought each show to life. Because of her impeccable work, Meredith won the Betty Lynn Buckley Award for Best Costume Designer for *Seussical the Musical*, and was nominated the following year for *The Drowsy Chaperone*, both instances being a huge honor.

During her senior year of high school, Meredith applied to numerous universities, but was accepted at CalArts, one of the most well-known film schools in the nation. Even though leaving her friends and family behind in Texas was difficult, she knew there was no way she could pass up such a huge opportunity.

Her first year at college taught her many new things about sewing and garment structure. She took classes that tested her limits, so she pushed herself into uncharted territory, and she thrived.

"When I arrived at CalArts, I quickly realized I'd been doing everything wrong," she admitted. Although she's



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considered a novice, she revels in the fact that she still has so much room to grow in her craft. “I’m still developing my style as a designer,” she admitted, “but I’m kind of letting it form itself as I go. I’m molding it and thinking about it in every piece I create.” Inspired by costume designers like Colleen Atwood, Mary Zophres and Judianna Makovsky, Meredith is comfortable taking design risks and experimenting with fabrics and patterns. She has also traded in her Singer Simple for an industrial-size sewing



machine, and she can’t imagine going back to the Singer Simple now. “It would be like going back to domestic life, like from a Ferrari to a hybrid Honda,” she laughed. “It’s just not the same.”

Meredith’s portfolio includes contemporary pieces, such as men’s trousers and a 1930s-style pink bias cut gown. “These look simple, but they are the most difficult because of precision,

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like darting," she explained. She has also created a Jane Austen-inspired pink coat, typical of the Regency Era, as well as an elaborate, Elizabethan Tudor gown. "I was able to be really creative and use lots of fabric to create these decadent designs," she beamed. "It was challenging, but so much fun!" Her prized design is a flowy blue dance piece created for a production described as dancers in chaos but who find clarity in each other. "My inspiration came from storm clouds," she elaborated. "I dyed the fabric so the blue and grey translated the turmoil of a storm and the turmoil the dancers conveyed."

Her creative process begins with focused concentration on the story at hand. Be it a dance or theater production, she likes to explore the story, so she can get a firm grasp on her interpretation of it. Next, she begins sketching costumes, one character at a time, making sure each piece contains cohesive elements so all of the different looks fit together seamlessly. Then she preps her materials by gathering fabrics, creating patterns and cutting the fabrics accordingly. Finally, she constructs the piece. Fundamentally, Meredith uses the very same skills she began practicing in the fourth grade.

Meredith's ultimate goal is to turn her talents into a lucrative and fun career as a costume designer for film and television, although it isn't about fame and fortune. For her, it's about pursuing her passion and creating art others can enjoy simply for the sake of art. **NOW**



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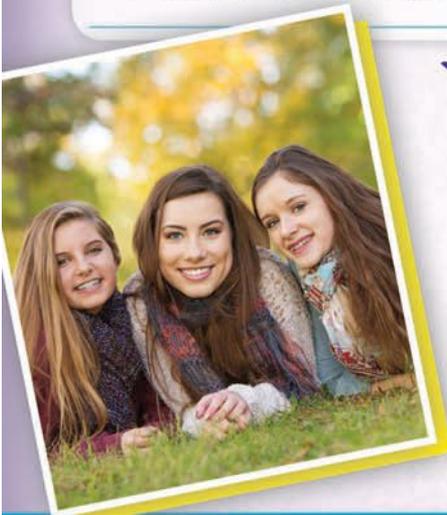


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Lisa Pickens' passion is art, especially abstract art. Her design style is a creative and thoughtful eclectic mix. Her favorite color is red. She loves gardening, searching for art "gems" at unusual places, spending time with family, working with her students and enjoying her beloved cat, Tom Tom, and she thoroughly enjoys teaching.

It was eight years ago when she packed up her belongings and headed for Mansfield, with her Bachelor of Fine Arts, teaching certificate and master's degree in hand. "I graduated from the University of Houston and had lived in Houston most of my life," she smiled. With her sister living in Mansfield, a brother nearby, her parents in Granbury and the area's many schools, she thought it could be a good move. It turned out to be a *great* move.



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Initially, she rented an apartment and, shortly, she encountered a white and gray stray cat. “He kept coming around and, ultimately, we adopted each other,” Lisa grinned. “He’s maybe 7 years old now and has such a sweet demeanor.” She named him Tom Tom, and in 2010, when the time was right for her to buy a home, Tom Tom was clearly in the equation.

“I wanted something small with character and in a nice neighborhood,” she said. Assuming her search would end with an older house, Lisa was thrilled at the discovery of a developing community of duplexes and upscale homes. The few duplexes that had been built piqued her interest. “I feel so blessed that I got here when I did,” she said. “I love older homes, but they tend to need a lot of

updating, and with a new build, I was able to select options and also add my own tweaks.”

Today, Lisa’s 1,300-square-foot home is a testimony to her talents as an artist, gardener and designer. The two-bedroom, two-bath, pale rose brick beauty is located on a quiet street ending with a cul-de-sac and a view of the community lake. “I love this neighborhood and this street, in particular,” she said. “With a cul-de-sac at the end, it’s very private, and the bench by the lake is the perfect place to relax.”

The first hint that her duplex is something special is her flower garden. “The neighborhood association maintains the front yard, but I added all the flowers,” she said. The colorful

garden bordering the front walkway and extending throughout a portion of the yard combines a variety of mostly perennial and some seasonal plantings in a mix of heights and colors. An abundance of flowers that do well in Texas, like lantana and vinca, plus an occasional art sculpture or ceramic critter, create a look that is natural and whimsical, with heavy contrast in color. “Interior design was part of my fine arts program,” she said. “I’ve applied those lessons, especially the rules of color and space, in different design areas of my life.”

Her home opens to a light-filled foyer, sitting room, living room and state-of-the-art kitchen and dining room. Opting for a one-car versus two-car garage, Lisa

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was able to add a charming room to the right of the foyer as a sitting room or, simply, a quiet place to read and enjoy a beautiful painting. "The builder was really kind to me," she said. "He was also willing to create arches over the three interior passages." Adding the room and arches enlarged and softened the central space and enhanced its openness. A large window to the left of the foyer also emphasizes spaciousness, while the long window seat adds more seating and storage.

The central living area is stunning, with newly installed, warm wood-grained floors, leather sofa, comfortable chairs, rich dark wood furnishings and a tall side table displaying Lisa's collection of gorgeous sculptures. Then, too, there's the slightly snagged oversized ottoman.

Open to the living room is a gorgeous kitchen with a light-tan tile floor, dark-stained custom cabinets with beadboard doors, chef's pantry and stainless steel appliances, including a commercial-grade gas stove. A huge island with a granite counter provides ample room for preparing meals and is actually the most significant change to the original floorplan. "It was the biggest thing the builder did for me," she explained. "I didn't want the kitchen cut off from the living room, so I asked him to build the island to be the same height all the way around, instead of a high eat-in bar on one side." The builder was impressed by the result.

A hallway off of the home's core, featuring three large abstract paintings, leads to a guest bathroom, two bedrooms and the master bath. "Thanks to the builder, I got to choose colors for the bathrooms that were different from the planned palette, and he even trimmed the mirrors with wood and painted them black," she smiled.

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The master bedroom is very special. “It’s my favorite,” she said. “The big picture window gives the best light and, then, there’s the view of trees fronting a creek in the distance. I can hear crickets and locusts and, sometimes, it feels just like camping.” In addition to her quiet street, Lisa’s backyard borders a field and creek-bank, ensuring that her view will never be blocked.

The second bedroom has been transformed into a bright art room/studio. Prominently posted is the saying: *Every day holds the possibility of a miracle.* “I’ve been an artist my whole life,” she smiled. “Since I was a little girl, I’ve been drawn to abstract art.” Besides drawing and painting, she’s also a quilter. Lisa is humble about her own work, but her pieces strongly support her amazing talent.

“I love teaching art to children,” she said. She has created a program called Masters of Art and has been presenting it to kindergarten- through third-grade children at the Mansfield Activity Center. She also provides private lessons and teaches part time at Michael’s Arts and Crafts.

For her full-time job, Lisa is certified as an early childhood- through fourth-grade teacher. “Art and teaching are both passions,” she said. “I enjoy helping and encouraging children to learn all subjects.”

When she’s not teaching or creating, Lisa is often volunteering at Mansfield’s First United Methodist Church, watching her senior nephew perform in a high school play or visiting her parents in Granbury. Then again, she may be home listening to country music or rhythm and blues. For sure, each item and every inch of her lovely home expresses her joy — proof that this home, Lisa’s home, is a work of art. **NOW**

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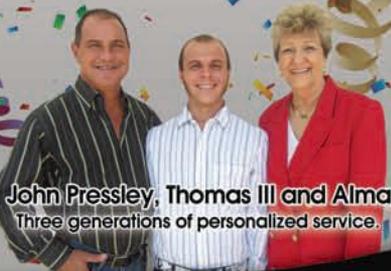
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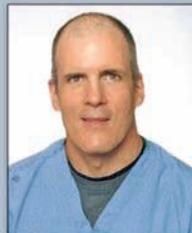


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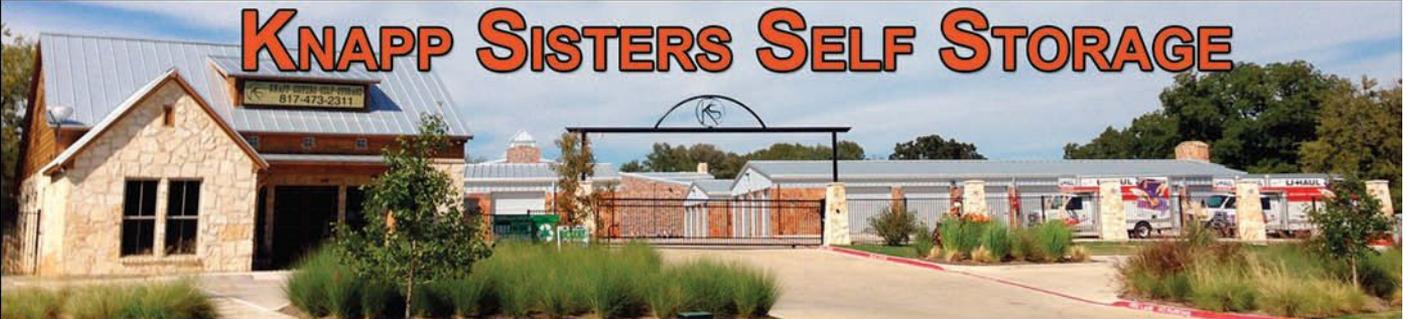
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The Heart ☆☆☆☆ of a ☆☆☆☆ Champion

— By Dianne Reaux

When Brandon Torres Jr. turned 4, his father signed him up to play flag football. Brandon enjoyed playing, but when the season ended, his father wondered how he could keep his youngest son active. After researching a few sports, he decided to enroll Brandon into taekwondo. “I was raised playing sports,” Brandon Sr. shared. “Being involved in sports helps you learn a lot of life skills, like building strong character traits and learning to be a team player. You need those lessons to help you in life.”

Sports had been a large part of Brandon Sr.’s life, and he wanted his children to enjoy some of the same experiences and learn some of the same valuable lessons. “I played football, baseball and basketball, you know, traditional sports,” Brandon Sr. explained. “I’d always wanted to do sports like karate, but it wasn’t something my family could afford. So, I wanted to find a sport that Brandon would enjoy and be dedicated enough to try to be really good at it.”

Brandon Sr. chose an activity that would help Brandon Jr. develop his natural strengths. “Taekwondo uses a lot of leg strength, and it also helps with agility and speed,” he explained. They found a qualified taekwondo instructor, and Brandon loved it.

“I like training,” Brandon Jr. admitted. “I like kicking the bag and punching it.” In fact,



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Brandon Jr. performed so well, his coach, Erik Farfan, asked if they would consider allowing him to compete in tournaments. And once Brandon Jr. started competing, he started winning. "I think I'm a good fighter," Brandon Jr. shared, "because I won my tournament."

Brandon Jr. started taekwondo classes in November 2014, and took part in his first competition the following February. With only three months of practice, he won his first competition — and the list of wins continued to grow.

"Once he started competing in taekwondo, it was about one tournament a month," his mother, Constance Torres, shared. "There were competitions in February, March, April and May in Houston, San Antonio and in Austin. He was also in an international competition on South Padre Island in September. Things get a little blurry sometimes," she said laughing, "because he competes in Jiu-Jitsu as well."

That's right — Brandon is also a formidable opponent in the sport of Jiu-Jitsu. "Brandon started training in Brazilian Jiu-Jitsu at the end of January 2015," his father stated. "I saw that mixed martial arts is really gaining in popularity. His mother and I thought that since he was pretty good at taekwondo, and he really liked grappling, we'd fit room in our



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schedules for Brandon Jr. to take classes in jiu-jitsu as well.”

It didn't take long for Brandon's jiu-jitsu trainer, Eric Flores, to see the same athletic potential his taekwondo instructor saw. "He said Brandon Jr. had talent, and asked if we thought he would like to compete," Brandon Sr. explained. When Brandon Jr. competed in his first jiu-jitsu competition at Texas Woman's University in Denton, he won first place.

At just 5 years old, Brandon Jr.'s roster of championships is undeniably impressive. He was the AAU Taekwondo National Champion, Dallas International Taekwondo Champion, the Metroplex Grand Prix No-Gi Champion, the AAU Region 9 Taekwondo Champion, the AAU South Texas District Taekwondo Champion, the Texas International Grappling Festival Gi & No Gi Champion, AAU Southwest District Taekwondo Champion, the Newbreed Ultimate Challenge Gi & No Gi Champion and the NAGA Dallas Grappling No-Gi Champion, all awarded this year. In August, Brandon competed in Austin in the North American Grappling Association Texas Open and won double gold in his division.

To round out his training program, Brandon Jr. started wrestling. Over the summer, he practiced two days a week,

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and now that school has started, he competes with The Wrestling Factory in Midlothian. Brandon's mother laughed at the mention of school. "When Brandon started competing, he wasn't in school. But this fall, he started kindergarten," she stated.

Constance teaches fourth grade, so she made sure her crew understood once school started, there were going to be some changes. Brandon Sr. agreed. "Since Brandon Jr. wasn't in school when he first started practicing, Constance worked with him to make sure he spent time learning his numbers and his ABCs," he said. "So we're blessed that she's a teacher."

Brandon Sr., a geriatric nurse, readily admits the investment into his son's athletic pursuits is a sacrifice. "Brandon Jr.'s participation in athletics costs money, so I want him to get something out of it. We wanted to make sure he receives proper training. So if he decides that someday he'd like to teach and train others, his coaches have authentic lineages, and he will, too."

Brandon Jr. has the full support of his entire family, including his 11-year-old brother, Nathan, who is an avid swimmer and enjoys playing board games. His older sister, Mia, is 13 and enjoys dancing, playing soccer and reading. Even his 1-year-old baby sister, Zya, has learned to walk and likes trying to keep up with her older siblings.

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One of Brandon Jr.'s biggest supporters is his Uncle Clint. Clint, Brandon Sr.'s brother, also grew up with a passion for sports. "Clint doesn't have any kids of his own, so he enjoys watching Brandon Jr. compete in sports. He even funds most of the tournament registration fees and the gear Brandon Jr. needs to compete," Brandon Sr. shared.

It's clear to see the Torreses are a close-knit family. "We're on the go a lot, but when we have down time, we like having movie night, either at home or at the theaters. We also like going to the park and watching the kids play," Brandon Sr. shared. "We really had a blast going on vacation to Florida last summer. We really loved the beach."

"I always tell people Brandon Jr. is a sweet kid," his father shared, and he recalled an incident during a recent practice. Brandon Jr. saw a new student being overwhelmed by an older, more aggressive student, and he voluntarily stepped in and took the younger student's place. And afterward, Brandon Jr. shared some of his grappling techniques with the new student. "That's just how he is," his father stated simply. "Brandon Jr. is a really sweet kid, but when he steps out onto the mat, he knows it's time to go to work." **NOW**



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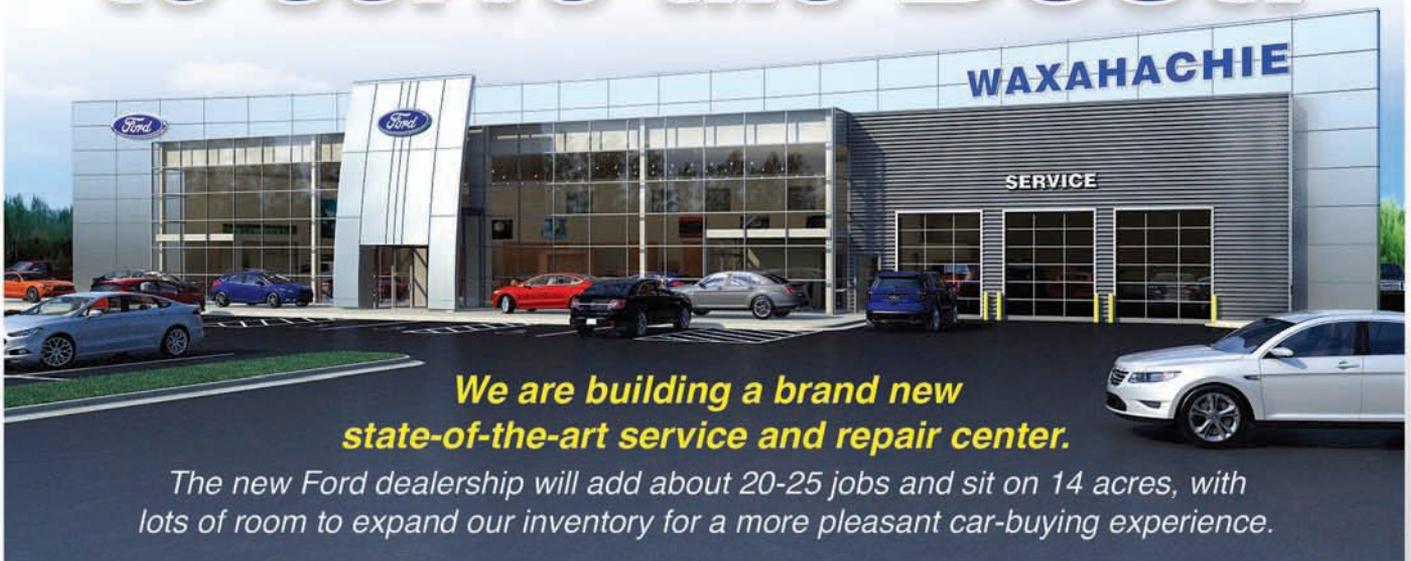
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CABINET REFRESH 101

— By Jill Rose

Looking for an inexpensive way to dramatically change the look of your kitchen? Painting cabinets is a great way to get the look of a new kitchen without the price tag of a complete remodel.

FIND THE PERFECT COLOR

For most people, one of the hardest parts of painting kitchen cabinets is finding the right color. With all the paint options available, even opting for white cabinets can result in having to sift through hundreds of variations to find the “right” white.



One of the biggest obstacles to choosing a color is lighting. The number of windows in your space (natural lighting), as well as the type of bulbs you use (soft white, bright white, daylight, etc.), can drastically change the way a color will look. Buying your paint from a paint specialty store can alleviate a great deal of indecision, as the employees in these stores are able to provide you with the best options, depending on your lighting. Keep in mind, homes with a lot of natural light tend to cast a blue hue on white paints, whereas homes with artificial lighting can cast colors ranging from blue to orange, depending on the bulb used.

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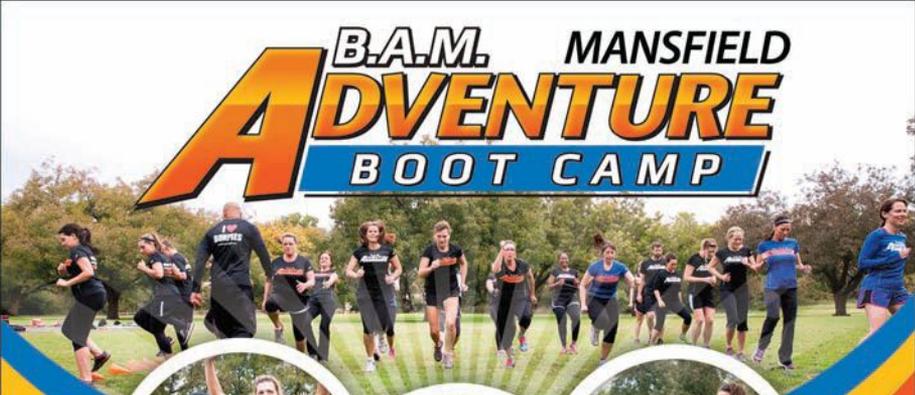
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After selecting a few sample colors, purchase scrap pieces of wood strips that are the same species as your cabinets and paint them using the sample colors. Leave the samples in your kitchen for a few days to see how the color changes throughout the day. Once you've decided on a color, select your sheen. Choose a high-gloss sheen for a more modern look or an eggshell for a more classic feel.

PREP YOUR AREA

Begin by taking the cabinet doors off and removing the hinges. Be sure to label each cabinet door and hinge for reassembly. Next, tape off the wall area around the cabinet frames.



GIVE EVERYTHING A GOOD SANDING

Whether your cabinet doors, drawers and frames are painted or covered in stain, you will need to sand them. Begin by using a 100-grit sandpaper, and then move on to 120-grit sandpaper. Note: Most of the cabinet can be sanded with an orbital sander, but the smaller areas will need to be sanded by hand.



After sanding everything, remove the dust created. The frames are easy to clean, but doors and drawers can be tricky. Dust will ruin your paint job, and you will find yourself having to sand out specks and reapply paint. To ensure maximum dust removal, start by simply turning the cabinet door or drawer over and patting the back so most of the dust falls out. Follow this with a quick pass over with a vacuum wand. Finally, use a duster and get into the crevices. If you find you still have dust specs, use mineral spirits and a rag to remove any remaining dust.

FIX ANY GOUGES OR DENTS

If you have deep scratches or dents, fill them in with wood filler. Let it dry, and then sand it down using a 180- or 220-grit sandpaper. Be sure to clean away any excess dust.

PRIME THE CABINETS DRAWERS/FRAMES

Using a 2-inch paint brush, apply a light coat of primer to the cabinets, drawers and frames. Tinting your primer to match the color of the new cabinet paint is excellent insurance against future nicks and scratches showing.

Begin by priming the back of the cabinet door. Start in the center panel section. If you get primer on the stiles or rails, make sure you brush them out, so they don't leave a blotchy finish.

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Next, prime the rails, and then the stiles. Do not prime the edges of the cabinets at this stage. After priming the cabinet doors, move on to priming the drawers. Since drawers only have a front, prime the entire drawer (edges included). The next step is to prime the cabinet frames. If desired, prime the inside of the cabinets, also.

Once all items have been primed, allow them to cure for at least 24 hours before lightly sanding (by hand) all the primed surfaces with a 300-grit sandpaper. Sand them just enough to remove any imperfections or random pieces of dust that may have fallen on them while they were still wet.

Turn the cabinet doors over to the front, and repeat the entire process above. Be sure to prime the edges of the cabinets, and allow them to cure for 24 hours.

PAINT THE CABINETS/ DRAWERS/FRAMES

After the primed pieces have been allowed to cure for 24 hours, begin painting. Painting is really no different than priming, and you should follow the same process as priming. Begin by painting the back of the cabinet door, and



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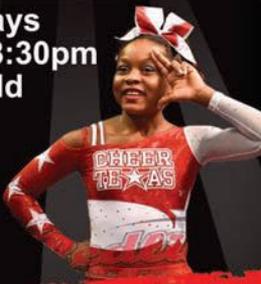
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then lightly sand out any imperfections before moving on to the drawers and cabinet frames. Allow them to cure for 24 hours, and then repeat the entire process for a total of two coats of paint.

After the second coat has been allowed to cure for 24 hours, move on to painting the front of the cabinet doors. Again, follow the same process as above (panel, rails, stiles but now also the edges). Allow them to cure for 24 hours, and then repeat the entire process.

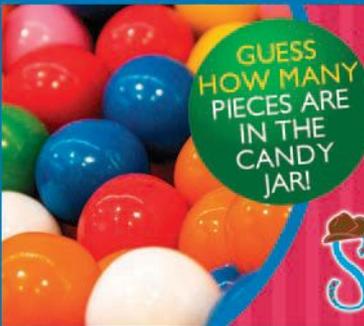
ADD THE POLYURETHANE

Before actually adding the polyurethane, lightly smooth out the door's finish using a 300-grit sandpaper. Apply the polyurethane with a foam brush for a suggested total of three coats on each side. Allow the polyurethane to cure per label, reassemble the cabinets and enjoy the beautiful new look of your kitchen for years to come!

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Dreams Come True

Quality homes at affordable prices is the top priority at Phoenix Custom Homes. — By Sara Edgell

It begins with a vision — a family with a dream of building their very own home — a brick house with four bedrooms and two baths, an open living, kitchen and dining area complete with a backyard and two-car garage. Whatever the floor plan may be, they envision this perfect house in their minds, and they save up to make it happen, to make that dream house their home. At Phoenix Custom Homes and Remodeling, making this dream a reality is what Gary Bullard aims to accomplish. “Our customers are real-world people,” Gary stated, “and we strive to do exactly what they want for their home.”

With an extensive background in construction and flipping houses, Gary and his wife, Beverly, started the business in 2008. Their primary goal was, and still is, to offer quality homes at

affordable prices. With this mission statement in mind, the couple has worked diligently, focusing primarily in areas south of I-20, to build a reputable and reliable contracting outfit. In fact, 80 percent of their business comes from repeat customers or referrals. Building an average of seven new homes a year and about 20 remodels, they are clearly doing things right.

Phoenix specializes in building custom homes at virtually every price point and in sizes from 1,800 to 3,500 square feet. The essential focus is to assess and exceed each client’s specific needs and wants. From stone and granite selection, to maximizing useful space in floor plans, Gary guides customers through the planning process. One of the most important aspects he focuses on is energy efficiency. Foam insulation, tankless water heaters,

Business **NOW**

windows and HVAC units are all products he encourages clients to consider for long-term savings. "In five years' time, these items will have more than paid for themselves," he explained. "Educating our clients about spending money in effective ways that will result in saving money in the long term is what we want to do."

However, building homes isn't Phoenix's only area of expertise. They also remodel homes. Ironically, it was also in 2008 that the market tanked, so Gary, being both reasonable and realistic, knew that to supplement work, remodeling jobs were a necessity. "We can do just about anything," he said, "but the most common job we are hired to do are bathrooms and kitchens." Other remodels include custom cabinets, home additions and outdoor kitchens, which they are capable of accommodating. These updates not only keep things functioning properly, but also increase the overall value of the home.

"Our customers are real-world people, and we strive to do exactly what they want for their home."

No matter the task, a team of experienced professionals handles every job under the supervision of Gary's trusted foreman, Ray Grabeel. Thanks to the relationships Gary has cultivated over the past seven years, he also works exclusively with a select group of subcontractors to keep every aspect of the job moving fluidly. "We want each job to move along as quickly as possible by handling hurdles effectively," Gary explained. "That's why every single facet is handled by a licensed professional in each technical trade area."

The ultimate satisfaction for Gary and his crew comes from seeing a new home built where a dirt lot once was or seeing something old and dysfunctional become new and lovable again and knowing they made it happen. In the end, Phoenix Custom Homes and Remodeling makes a reality out of the vision a family has of a dream home. They make dream homes come true. **NOW**

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Mansfieldians gather for food and refreshments to celebrate the city's 125th birthday.



The Lake Ridge HS cheer squad poses for a picture before taking the field.



Dennis Wright points out noteworthy landmarks at the Mansfield Historical Museum.



Youth members of Faith Christian Center are ready for another outreach opportunity.



Firehouse No. 4, CEAAA members and Maria Lindsey of Aqua-Tots are thrilled that they collected nearly 9,400 bottles of water during the Hydrate the Heroes campaign.



Geoff and Lori O'Connell send summer out in style.



Members of the JROTC look sharp in their dress blues.



This trio of friends spend the afternoon learning about community safety workers.

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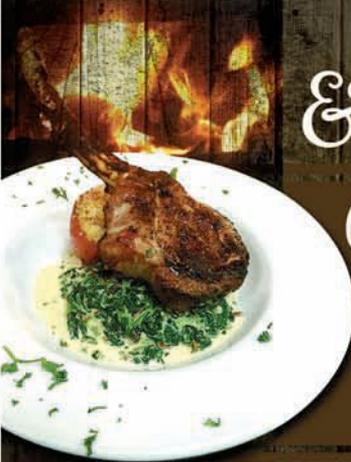
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Retirement, Stage Three: Planning, Contentment and Reflection – and Your Legacy

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You may be enjoying what can be one of the most wonderfully fulfilling times of your life. More than anything else, it is likely that your state of health will determine when you must start applying the brakes. And that may not be for a very long time. It is no longer a novelty to find golfers in their 90s shooting their age or travelers in their mid-80s flying off to new destinations.

Financial Planning

Earlier in your retirement, you may have determined the smartest ways to withdraw funds from your nest egg. Perhaps you stayed invested in equities longer than previous generations, because you planned for a long, active retirement, not a short, sedentary one. As the years pass, it may be prudent to revisit your portfolio to decide whether any allocation shifts and changes in direction are needed to keep it in line with your situation.

Certainly, if you have not yet done so, it is time to update any legal documents, wills, lists of named beneficiaries and charitable causes and anything else you want to make part of your legacy. Studies show that surprisingly large numbers of even astute investors fail to tend to such matters. Names of beneficiaries on your IRAs, for example, supersede your will, so check their accuracy. In addition, make sure that a trusted family member or friend knows the whereabouts of your vital documents.

Modern technology has added a new problem — username and password confidentiality. You can save your loved ones a great deal of anguish if you share this information, or at least keep a list of usernames and passwords along with account numbers and other information. Banks and financial institutions, to guard against unauthorized persons obtaining access to your money or your identity, may require death certificates and other information before they will unlock accounts and allow anyone else in. Even spouses with joint tenancy may have to supply death certificates and corroborating information — and wait weeks — to get access, unless they know the correct information.

Defining Your Legacy

Your life may still be a fantastic journey, but there will come a time to reflect and plan your legacy. Handled appropriately, with the right financial plans, trusts, charitable contributions and family bequests, your legacy can last for decades. Just as your vision and interests defined your lifetime accomplishments, they can now determine your role in your family’s or community’s story. **NOW**

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Jonathan Pope is a Raymond James Financial Advisor based in Duncanville.



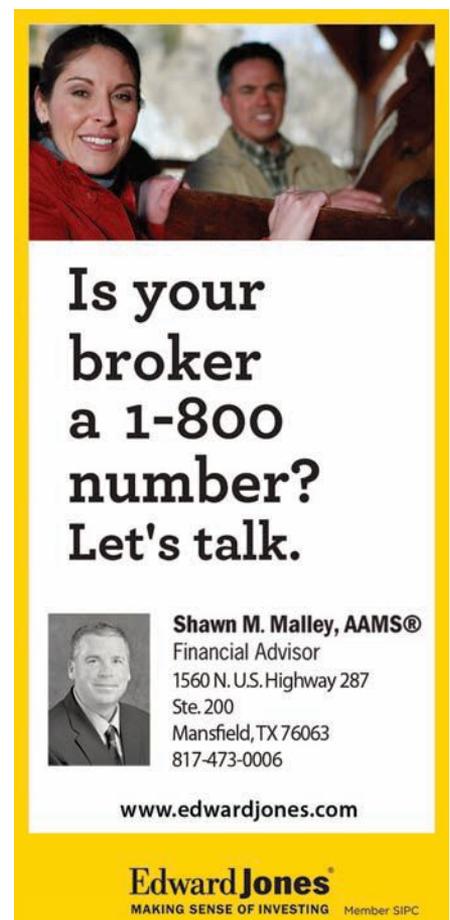
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Farmers Market: 8:00 a.m.-1:00 p.m., 206 Smith St. Come by to browse, shop and visit with your favorite vendors.

October 3

Mansfield Fire Safety Palooza: 10:00 a.m.-4:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Free. Come out for a good time and learn all about fire safety. For more information, visit www.mansfieldtexas.gov/event/4631/fire-safety-palooza.

October 6 — 11

Futures of Mansfield 2015 Men's Professional Tennis Tournament: Walnut Creek Country Club, 1151 Country Club Dr. For more info, contact the tennis shop at (817) 473-1311.

October 9

Health and Wellness Expo: 9:00-11:00 a.m., Mansfield Activity Center, 106 S. Wisteria Ln. Free. Open to the public. Flu shoots will be available along with health screenings, exhibitor booths and class demonstrations. For more information, contact (817) 453-5420. Mansfield Area Chamber of Commerce's 2nd Annual Clay Shoot: 10:00 a.m.-1:00 p.m., Alpine Shooting Range, 5482 Shelby Rd., Fort

Worth. For more details including registration fees, contact (817) 473-0507 or info@mansfieldchamber.org.

October 17

Paws with Partners meeting: 10:00-11:00 a.m., The Pavilion at Creekwood, 2100 Cannon Dr. Free. Please come learn how you and your pet can help people in need. This informational event is for humans only. For more information, contact pawswithpartners@yahoo.com.

October 24

20th Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips, host of the weekly TV Show, *Texas Country Reporter*, for a day of arts and music. Enjoy a free concert with America as they take the main stage. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit www.waxahachiecvb.com.

A Night on the Town: 6:00-9:00 p.m., Rose Park, 303 N. Walnut Creek Dr. Enjoy a haunted train ride, ghoulish games, a ghost and goblin fun run and a movie in the park.

For more information, visit www.mansfieldtexas.gov.

October 30

Boo Bash: 6:00-8:00 p.m., Mansfield Activity Center, 106 S. Wisteria Ln. Children under 2 free; children 2-11 \$7; 12 up \$3; \$10 per person day of. Everyone attending must be registered including adults. Join in the festive family fun including carnival games, crafts, a hayride, and more. For more information, contact (817) 453-5420.

October 31

Trunk or Treat: 6:00-8:00 p.m., Mansfield Bible Church, 2351 Country Club Dr. Free. Looking for a fun, safe, family friendly activity for your children on Halloween night? Come to MBC for lots of fun, candy, games, costume contest, live music and more! Go to www.mbcchurch.com or call (817) 473-8980 for more information.

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In the Kitchen With Jennifer Fielden

— By Sara Edgell

Jennifer Fielden has always been interested in food and its effect on the body, so naturally, transforming traditional recipes into flavorful, nutritionally balanced dishes is her specialty. She prefers cooking with seasonal, locally grown and raised foods because they are nutritionally superior and tastier. She also finds satisfaction in teaching others how to transition their diet in order to enjoy better health and vitality. “Properly preparing fresh, organic foods enhances the nutritional value,” Jennifer explained.

She updates family recipes, making them healthier, which allows her to combine the things she loves in her own version of farm-to-table style cooking. “I was blessed to be raised around amazing cooks — my grandmother, mom and brother — who taught me cooking techniques, flavoring and recipe developing,” she smiled. **NOW**

Breakfast Egg Muffins

- 1 large sweet potato, peeled and chunked**
- 1/2 medium yellow onion, chunked**
- 1 small organic Gala apple, chunked**
- 2 Tbsp. Kerrygold butter (or ghee)**
- 12 free-range, local eggs**
- 1/2 lb. cooked pastured bacon, crumbled**
- 1 Tbsp. fresh parsley, chopped**
- 1/2 tsp. sea salt**
- 1/2 tsp. pepper**
- 1/2 tsp. dried dill weed**

- 1.** Place sweet potato, onion and apple in a food processor and chop well. Transfer the mixture to a heated pot. Add butter and cook approximately 5 minutes, adding salt to taste. Allow to cool.
- 2.** Butter a muffin pan with Kerrygold butter. Add 1/2 cup of mixture to each muffin cup and press down using the bottom of a glass. Bake at 400 F for 10 minutes.
- 3.** In a large bowl, mix eggs with the remaining ingredients and whisk well. Pour egg mixture on top of baked sweet potato mixture, filling to 2/3 full. Bake at 400 F for 15 minutes, or until center is set. Allow to

cool for about 10 minutes before loosening the sides with a knife and removing from the tin.

Spicy Chicken Meatballs

- 1 lb. organic, local ground chicken**
- 1/2 cup organic kale or spinach, chopped**
- 1 fresh jalapeño, seeded and finely chopped**
- 1/2 cup bell peppers (red, orange or yellow), finely chopped**
- Juice of 1/2 medium lemon**
- 1 free-range egg**
- 1/2 cup white onion, finely chopped**
- 1 tsp. dried parsley**
- 1/4 tsp. dried cumin**
- 1/4 tsp. chili powder**
- 1/2 tsp. cracked black pepper**
- 1 tsp. garlic powder**
- 1/8 tsp. ginger**
- 1 1/2 tsp. sea salt**
- 2 Tbsp. high-quality, extra-virgin olive oil**

- 1.** In a large bowl, mix together all of the ingredients well.
- 2.** Form the mixture into golf ball-size balls and place on a baking sheet or in a baking dish. Cook at 375 F for 25-30 minutes, or until fully cooked. Serve as desired.

Garlic-infused Mashed Cauliflower

- 1 head organic cauliflower**
- 4 garlic cloves, peeled and smashed**
- 2 cups organic chicken broth (or bone broth)**
- 1 Tbsp. Kerrygold butter (or ghee)**
- 1 tsp. fresh chives**
- Sea salt and fresh cracked pepper, to taste**

- 1.** Remove cauliflower leaves and cut into large chunks. Place in a large pot with garlic cloves and broth. Bring to a boil; reduce heat and cover for 10 minutes
- 2.** Transfer cauliflower to a blender and blend until smooth. Add butter, chives, sea salt and pepper to taste. Serve and enjoy.

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

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