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# NOW

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JULY 2015

## The Honor in the Ride

Three men find  
purpose in a  
noble cause

Dining  
Deals  
Inside!

## Eclectic Living

At Home With Dru  
and Angela Davidson

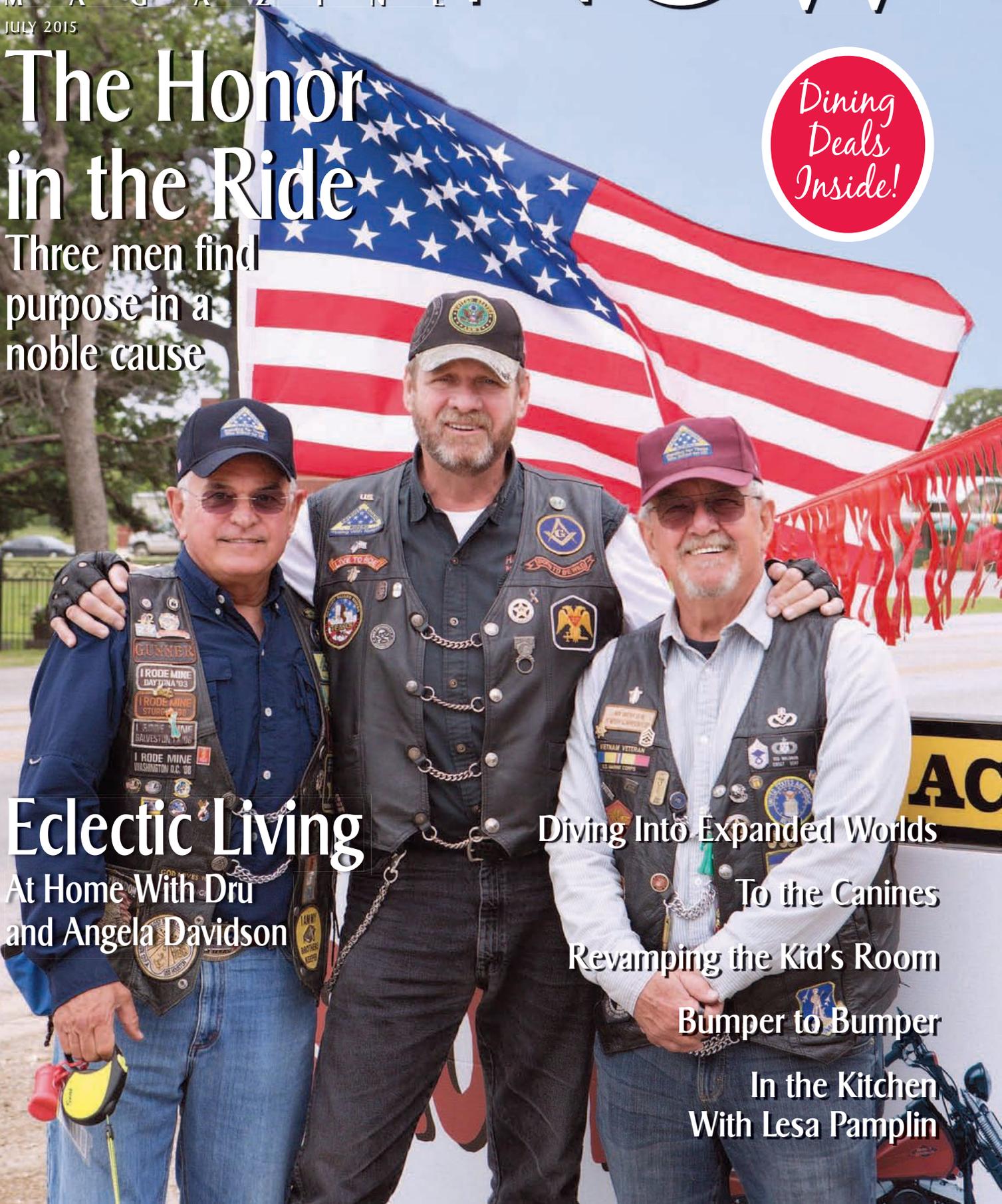
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To the Canines

Revamping the Kid's Room

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*Gunner, Mad Dog and Coal Miner are always ready to ride.*

*Photo by Vanessa Polozola.*

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## Editor's Note

*Hello, Mansfield!*

This year will be my family's very first Rockin' 4th of July experience. From what I hear, we can look forward to lots of sparkle and pizzazz in the nighttime skies. But it's a given that we'll have a blast, because anytime rockets and rock 'n' roll are combined, memories are sure to be made!

Other than fireworks, I always look forward to watching parades specifically to see the children's reactions to the novelty of it all. The way their faces light up with joy and wonder is pure enjoyment and cheap entertainment. I also delight in seeing the veterans as they cruise by on decked-out floats, waving to the awestruck little ones. This juxtaposition of the past and future of our nation appreciating one another is such a powerful moment to witness. It makes me proud to be part of the celebration.

*Sara*

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# The Honor



# in the **Ride**

— By Sara Edgell

*Envision a long line of American flags, the red and white stripes gently flowing in the wind. Imagine the sound of hundreds of motorcycle engines revving and roaring in unison as they move in tandem, the ultimate patriotic procession. Sympathize with a family, standing proud and honored as they say their*

*final goodbyes to their beloved fallen. Feel the reverence abound as the significant presence and purpose of the Patriot Guard Riders is realized — their mission, once again, successfully accomplished.*

The Patriot Guard Riders is a nationwide nonprofit organization that was formed in 2005 when a group of individuals planned to protest funerals of fallen U.S. warriors. The goal was to prevent the tarnishing of fallen soldiers' memories by acting as a shield at funeral services. The idea was a popular one that reached the hearts of many, and eventually, despite meager beginnings, the organization grew to thousands of members with chapters in every state of the country.

Although the PGR is comprised primarily of motorcycle riders and military Veterans, these are not requirements for membership. Additionally, there are no registration fees or monthly dues. The only requirement is to possess a profound respect for the military and warriors who serve our country. Three members who share this respect, and a love for motorcycles, are Mike Lowthorp, Ted Waldron and Mike Lambert.

In his youth, Mike "Mad Dog" Lowthorp, a Mansfield resident and motorcycle shop owner, had aspirations to become an Army man. He enlisted to make a career for himself but, unfortunately, suffered a severe knee injury that forced him out after only eight months. So, he redirected his life and began a career in the retail automotive industry. Nearly 25 years later, he then became an insurance adjuster, which led him to the PGR. On a business trip, a friend told him about the group. Mad Dog was instantly intrigued, and after a little research, he joined in 2013. The chance to once again practice and demonstrate his deep patriotism thrilled him.

Mad Dog is a general member, meaning he rides his 2006 Harley Ultra Classic and stands in flag lines at Honor Missions. Initially, he joined because he wanted to act as a protective buffer at military funeral services, but over the years, it has grown into something much



As members of the Patriot Guard Riders, Ted "Coal Miner" Waldron, Mike "Mad Dog" Lowthorp and Mike "Gunner" Lambert show their respect for fallen heroes.



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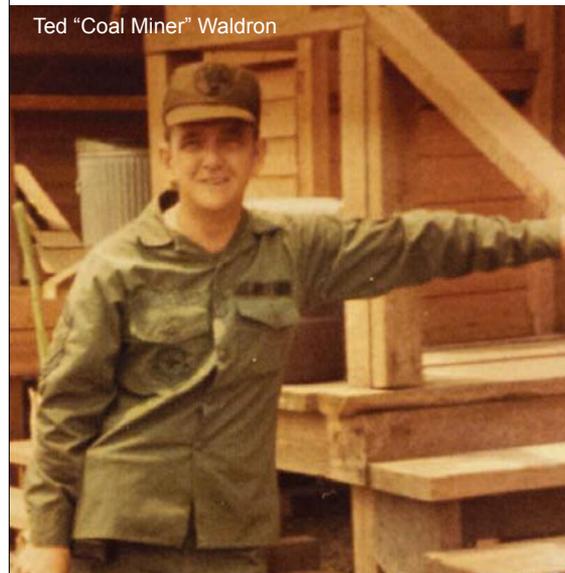
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more meaningful to the tall, brawny man. "Many families have no idea their loved one was a hero. When they see us, they realize how important that person was," he said.

Another Mansfield resident and current PGR ride captain is Ted "Coal Miner" Waldron. In the 1960s, he joined the Marine Corps and attained the rank

Ted "Coal Miner" Waldron



of gunnery sergeant while working as a weather forecaster. As a Vietnam Veteran, he experienced many painful occurrences, including poor treatment from his fellow Americans. "I returned home during an unpopular time. We were told not to wear our uniforms in public, because it was so bad," Coal Miner recalled. "We were treated with no respect."

However, Coal Miner's pride and beliefs were unshaken, and he then joined the Air Force, where he earned the rank of chief master sergeant and worked as a civil engineer for another 19 years. From these experiences, he learned well



the definition of camaraderie, as well as what it meant to serve his country. When he joined the PGR in 2013, Coal Miner once again had the chance to experience close relationships, as well as pay his respects to those who had risked everything by being in the military. "The



Mike "Mad Dog" Lowthorp

public's support of veterans and active-duty military has changed a complete 180 from what it used to be," he stated. "That's wonderful to see."

As ride captain, Coal Miner shoulders much of the responsibility for ensuring PGR members have the necessary information for missions in the area. "I coordinate with funeral homes, the family and the military. I search online and in newspaper articles to get the information I need to ensure everything is done," he explained. Atop his 2012

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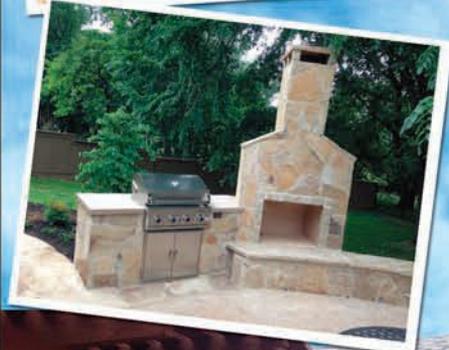
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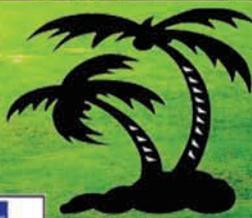
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Can-Am Spyder trike, Coal Miner essentially leads the way, demonstrating his deep respect and pride, and assisting the Riders one mission at a time.

Mike "Gunner" Lambert, a former Mansfield resident, joined in 2008 as a general member. He rode on missions and stood in flag lines, but when he saw the opportunity to do more, he stepped up and became a ride captain. After two years, he once again took a higher rank as assistant state captain only to become the state captain another two years later. Now, he is the regional ride captain for the South/Central States.

Gunner rides a 2013 Stallion, a three-wheeled motorcycle made exclusively in Texas. He also serves the PGR by overseeing the day-to-day operations in the Texas, Oklahoma, Kansas, Missouri and Arkansas regions. With a 22-year Navy career under his belt, the former combat search and rescue Vietnam veteran knows what it means to be a strong, fair leader. "The biggest thrill for me is working with riders and being in the position where I always feel like a proud parent," Gunner said. "All of these people are working for the same thing — a smile or a pat on the back."

"I consider that our pay," Coal Miner added.

In honorable and sincere ways, the PGR gives dignity to those who have suffered and sacrificed for the nation's safety. As volunteers, not a single member is paid a penny for the missions they help execute. Missions include: funeral, memorial, internment and visitation services for veteran and

# Like father, like son(s)

A strong sense of family has helped guide Munir, Mark and Roger E. Bishara to success in their careers and lives

**T**he patriarch is a noted pediatrician who has treated roughly 15,000 children over a stellar career in North Texas. Among the offspring, one is a chip off the physician block, a celebrated and popular plastic surgeon. The other is a local attorney who consistently makes life better for a clientele roster that includes athletes and entertainers. All that noted, what they've accomplished is simply a reflection of who they are.

They are the Bisharas.

Specifically, they are father Munir and sons Mark and Roger. And while June 21st was the official day to celebrate one's relationship with their father, the Bisharas get to celebrate it practically every time the three men unite.

That happened again recently, and the celebration manifested in the telling of tales and in the trading of jokes and in more than a few warm smiles. Apparently, smiling is a trait that was passed from generation to generation.

of young patients. "I still fill in for some of my old colleagues when they go on vacation," Munir said with a gleeful smile. "I practice medicine about a month each year, if you add up all the times I fill in. It's something I truly love doing, so I hope to continue to doing it as long as I can."

Munir is now three generations into treating some families, as patients he met when they were children have brought him not only their children but their grandchildren to "make well."

Munir's passion to enhance people's lives was passed to Mark – even if the son has charted his own medical course. His practice, The Paragon Plastic Surgery & Med Spa, has grown to feature three offices – in Mansfield, Southlake and a new location in North Park. From each he helps both men and women realize potential they might not have recognized they have, through cosmetic and corrective surgery, hair restoration and invigorating spa treatments.

"When you can make positive differences in someone's life, it's very gratifying," Mark said. "I also like the balance of being able to do so many things. I'm doing something different every day."

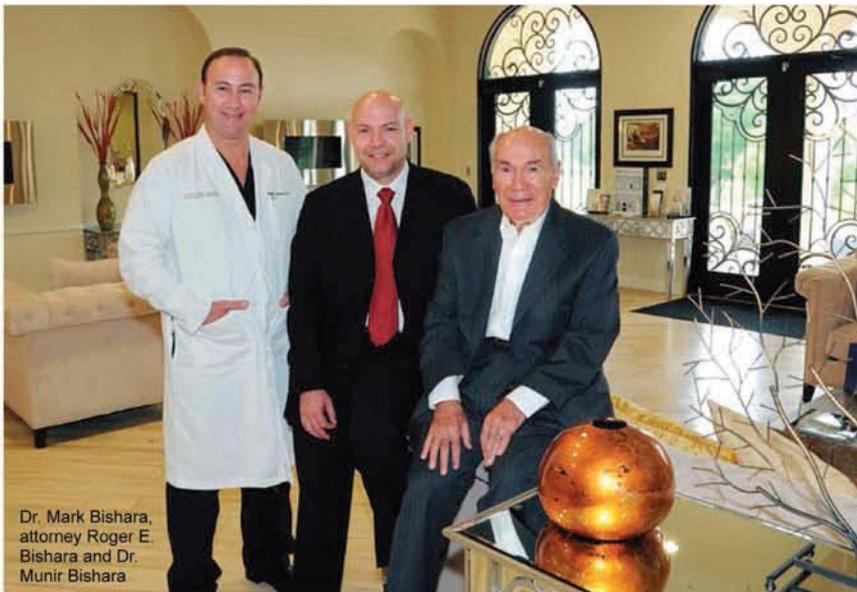
Roger is doing something different, as well – at least different from that for which the other two Bisharas are known. His law office at 2000 E. Lamar Blvd. specializes in corporate matters and contracts, especially with regards to entertainment law. As noted, he has clients from both the entertainment and athletic realms, helping make sure they have a legal compass to steer their careers in a successful direction.

"I started by handling the business end of Mark's practice," Roger said. "I liked the notion of helping others establish successful careers, and the practice more or less took off from there."

For all the three Bisharas have accomplished, it wouldn't be accurate to call theirs a "men's only" club. In fact, they said, Munir's wife Linda – Mom to Mark and Roger – deserves much of the credit for their collective success.

"She's the boss," Mark said. "She grew up on a dairy farm and had next to nothing. She wore burlap sack dresses, literally. So she has a real appreciation of the wonderful life our family has today, and she's helped teach us to appreciate what we have, as well."

What the Bisharas have, among the many accomplishments and professional successes, is a family dynamic that serves as a model for others. And that's worth celebrating, regardless of the date on the calendar.



Dr. Mark Bishara, attorney Roger E. Bishara and Dr. Munir Bishara

The sons say the dad gets credit for that – as well as for setting all manner of examples of how a man should be. Munir Bishara is the sturdy trunk from which the branches sprouted, and it's easy to see how his success begat theirs.

He began to pursue medicine in Beirut in the early 1960s, and though he is officially retired now after some 35 years practicing at various Dallas medical centers, he hasn't stopped taking care

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active duty deaths, as well as medal, dedication and memorial ceremonies. They also participate in both send-off and welcome-home functions, as well as Wounded Warrior home dedications. “Seeing the family members’ faces and the appreciation they have for us makes the whole experience for each mission,” Mad Dog stated.

In the past year, both Coal Miner and Mad Dog have ridden in about 15 missions in Mansfield. Coal Miner has coordinated nine in Mansfield alone. In total, the trio, in some capacity, has been a part of the hundreds of missions in the North Texas Region. According to them, it’s truly a moving experience witnessing so many compatriots come together for a common purpose. “You eventually begin to wear your emotions on your sleeve,” Gunner said.

“We all wear dark glasses, too. There’s a lot of allergies out there,” Coal Miner smiled.

Patriotism is defined as devotion to one’s country. This is demonstrated through actions deeply rooted in culture, respect and honor. These actions range from flying an American flag to saluting veterans and active duty military members or riding with the Patriot Guard Riders. No matter the action, it’s the reason behind it that matters most. When Mad Dog, Coal Miner and Gunner do what they do, it’s undeniable why. With an exceptional appreciation for the military and an unwavering respect for fallen heroes, they prove their patriotism one ride at a time. **NOW**

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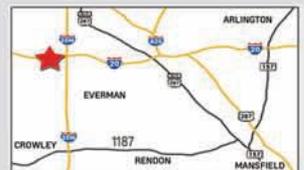
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# DIVING INTO EXPANDED WORLDS

— By Virginia Riddle

*Every four years, during the summer Olympics, Americans are enthralled as competitive divers from around the world perform breathtaking feats from lofty heights. Dives such as the 1-meter/3-meter inward 1 1/2 somersault pike, 1-meter/3-meter forward 1 1/2 somersault pike and 1-meter/3-meter forward 1 1/2 somersault 1 twist free become part of everyday vocabularies during the competition. These are just three of the 12 difficult dives that fill Antti Ijäs' repertoire. An exchange student from Ylöjärvi, Finland, Antti has not only represented his country well to the Mansfield community, but he has also helped the Mansfield High School dive team in competitions this past school year. "I have made so many friends, and I like to hang out with the diving team," Antti said.*

Antti's journey into competitive springboard diving began while on a family vacation in Greece. "I jumped in the pool and tried front and back flips. When we got home, my mom found a coach, so I could try diving," he remembered. Antti credits his two Finnish diving coaches, Vilma Koskipaa and Juha-Matti Kivinen, for furthering his abilities and passion, and preparing him to try out for both the Mansfield High School diving team and the Mansfield Diving club team. His coaches this past year have been Jerry Smith at Mansfield High School and Vladimir Sak with the diving club. "I have learned many new challenging dives here in America," Antti said.



Diving, however, was not the only challenge this Finnish student wanted to experience. "I wanted to cross the Atlantic Ocean to learn about a different culture and experience how people in the United States lived," Antti explained. He and his family found a student exchange organization, AFS, online and filled out the required paperwork. Since Antti was diving successfully in about five competitions a year in Finland, he hoped he would be assigned to an American host family that would be supportive of his diving.

Such a match was in the making in Mansfield. Jeremy and Annette Agor had made a decision to open their home to a foreign exchange student, so their 8-year-old son, Colin, would be exposed to another part of the world. "Colin has always wanted a sibling, and he's been diving for two years. After receiving information from AFS about Antti, we talked overnight about inviting him to come and decided to take a chance and do so, because we have the mutual diving interest. It's worked out well," Jeremy recalled. "Antti's a good sport. We drag him around to a lot of 8-year-old stuff, and he's very patient and methodical with Colin in helping him to learn more about diving."

"My life in Mansfield is much busier than in Finland," Antti admitted. However, he is accustomed to the

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older brother role, since he has a younger brother in Finland who has also tried his hand in diving.

“Colin has learned a lot about diving from Antti. The first time Colin went off a board was at his tryout. It’s been interesting having an experienced diver around,” Jeremy stated. Antti’s diving accomplishments this past year reveal that prior training and the personal progress he has made this past year. He earned an All-American qualifying score and his varsity letter, and he was named to the All-State Honorable Mention Team.

Whether in diving season or not, Antti stays fit by doing dry land training, which includes exercises for his abs and back so he can accomplish the necessary twists in dives. He also practices on trampolines and does a lot of leg exercises in order to build strength. In the water, Antti has discovered the ease that the bubble machine creates. “It breaks the surface

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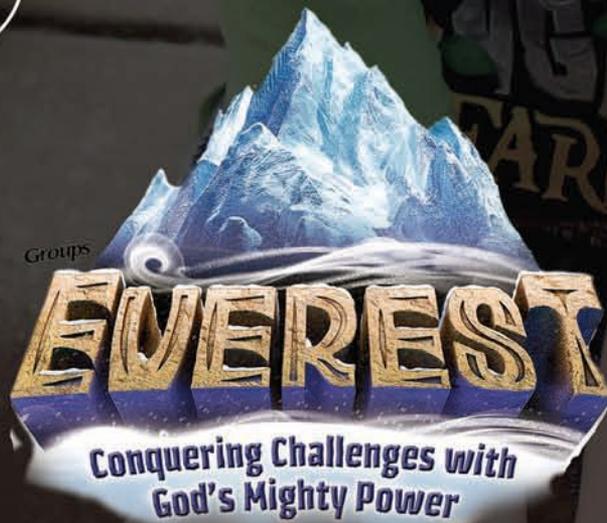
of the water, so divers don't get hurt so much," he revealed.

Antti's command of the English language has been very helpful in his studies. In Finland, students start learning English in the third grade at 9 years of age and, additionally, they learn Swedish and German. However, he did experience some challenges. "Everything here is bigger — like the school, for instance. Mansfield High School has about 2,000 students, and there are five high schools in Mansfield. In Finland, my city's one high school has about 800 students," Antti explained. "But everybody here is so nice all the time. In Finland, people focus more on their own lives and are more nonsocial," he added.

As a 17-year-old junior this past year, Antti had to adapt to school in the United States and keep up with daily diving practices, while still fitting in time to make new friends, participate in activities with his host family and practice his other passions of pencil sketching and photography. "I like working in pencil since I can always erase it," he said. He also likes to create graffiti-like drawings. "There are no rules — it's total freedom, so I can use my imagination and draw some incredible stuff that has meaning," Antti explained.

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His experiences in America will be well-documented through his love of photography. Nikon is his choice of cameras. "It's a very powerful camera. I shoot pretty much everything and store and share through Google Drive," Antti said.

Music had been a part of Antti's life in Finland. He played drums in his Finnish school's band and plays the guitar for fun. "I was just an average musician, so I quit playing, since I wanted to focus on diving," he explained.

Antti arrived in Mansfield last August, and he will return to Finland in time to enjoy weekends of relaxation at his family's summer cottage. He will be a junior again in Finland, but the Agors are planning a trip to Finland to see his high school graduation. They are proud of Antti for making the tough commitment to study abroad and for the improvement they have seen in his diving.

Upon his return to Finland, Antti plans to coach kids in diving and wants to eventually attend medical school and become a surgeon. "Finland's higher education system is one of the best in the world and is free," Antti explained proudly.

A world traveler already, Antti can now add the United States to the growing list of countries to which he has traveled: Spain, Sweden, Estonia, Germany and Greece. "Everybody that has a chance to go to a foreign country should do so, since there is so much to learn from that country," Antti advised. **NOW**

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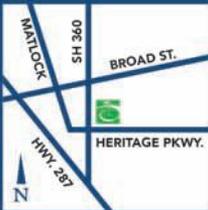
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# Eclectic Living

— By Sara Edgell

*Eclectic, offbeat, different, bold: all of the terms are synonymous with the style found in Dru and Angela Davidson's home. Not only is it full of unusual art, it is also full of character. From the curb, though, one would have no idea of the delightful wonders within. The sprawling lot, scattered with countless handsome trees, flawlessly accommodates the traditional, elegant stone and*

*brick, offering a sort of disguise, allowing the home to blend in well with the others on the cul-de-sac. However, upon crossing the threshold, the unique charisma of the seemingly typical Texas house is revealed.*



✿ AT HOME WITH Dru and Angela Davidson



Built in 1996, the 4,100-square-foot, two-story humble abode has all of the necessary space plus more, and is perfect for an active family of four. The family, including the couple's kids, Lindsey and Luke, has lived in the home since June 2004, but before they actually moved in, they spent a whole month updating the place. "We painted the entire interior of the house," Dru said. After that's when

the fun began. Angela and Dru quickly added their distinctive, personal touch to make the house their own.

Two influencing factors for decor came from the couple's favorite things: art, music and travel. In fact, their preferred outing is attending art festivals and buying artwork of all kinds. "The kids were shocked to see that we came home with only a small package after one



particular festival,” Angela reminisced. “They said, ‘Is that it?’ only to learn that Voodoo Momma and Daddy would be delivered a few weeks later.”

Hailing from New Orleans, the family’s most frequented getaway spot, the painting duo is part of a larger collection of pieces from artists in The Big Easy. In addition, there are paintings, metal sculptures and displays, clay and



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ceramic figures and a plethora of other mediums throughout the house by artists from all over the country, including local artist Eddie Phillips. “Angela’s buying philosophy is if you find something you love, buy it, and you’ll find a place for it,” Dru grinned. “We find a lot of things we love.”

Therefore, almost every square inch of wall space is occupied by something truly unique. Despite how much they own, the couple can recall the name of and purchase location for each piece. “We have an eye for unique pieces that are a certain feel,” Angela said. “We mainly buy things that catch our eye.”

The entry of the home opens into the formal dining and living rooms. The crisp, white walls accentuate dramatically high ceilings and enhance the natural light from the many windows. The custom-made, multi Edison bulb light fixture, tall circular metal sculpture and black and white family photos add a certain raw and natural ambience to the dining space.

Angela added her special touch to the mantel in the formal living space located just beyond the columns dividing the rooms, when she decided on a whim to paint it a lively shade of purple. “I came home from school one day, and she was

just sitting there painting it purple just because,” Lindsey said. But the purple mantel works well, completing the personalized feel of the unintentional music theme.

Album covers hang above the mantel, demonstrating the family’s diverse musical tastes, including classic rock and pop, country, jazz and even Zydeco. Music is an important aspect in the Davidson home. From the albums to The Clash posters and memorabilia in Dru’s office, the mood is complete thanks to the ever-present playing tunes. “There is



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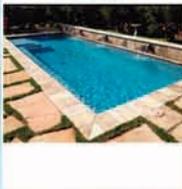


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always something playing on the sound system inside the house,” Dru said. “I think the kids have picked up a love for music because of that.”

On the wall opposite the mantel is a colorful 6-foot-tall painting of musicians and instruments found on one of their many trips to New Orleans. In the middle of the room sits a piano that once belonged to Angela’s mother. Underneath hides a curious metal cat, a piece the couple found in Mexico. The vibrant colors and bold designs in this open space set the carefree, unrestrained vibe of the entire home.

Off the formal living room, the casual living space, which contains the open kitchen, living and dining room, is where the family spends the majority of their time together. Formerly covered in floral wallpaper, the kitchen and dining room are now an array of primary colors. The cabinets are a bright, golden yellow, which effortlessly contrasts with the vibrant red walls. The deep, brilliant blue dining alcove, completes the lively space. The artwork here is welcoming and fun-spirited, featuring pieces such as Voodoo Momma and Voodoo Daddy paintings, a small metal fork and spoon, metal letters that spell *Yum* and a hand-painted, Mexican-style ceramic lizard and sun.

Also downstairs is the master bedroom and bath. The calming sage green space has a blending of new and old design elements, such as the framed flower painting made by Lindsey and Luke in their early childhood. With charm, it complements the brightly colored quilted bedspread and vintage apothecary table, another piece from Angela’s mother. In the large bathroom, an oversized glass shower, soaker tub and natural-toned tile offer a retreat for renewal and relaxation.

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Along the L-shaped stairwell, candid snapshots and special family photos, each one taken by either Dru or Angela, line the walls. The result is a captivating, floor-to-ceiling collection of family memories, freeze-framed in time. "Every single photo here is considered a family treasure," Angela smiled. More valuable than any piece of art, the Davidsons' love of family is at the heart of this home.

Upstairs, Lindsey and Luke have their own rooms, decorated according to their interests. This part of the house is also home to a media room, bathroom and "landing," as the family calls it. This space acts as a casual gathering spot for watching television, doing homework or just hanging out. "It's become Lindsey's hideaway," Dru stated. "When their friends are over, they are up here or outside."



Coincidentally, the family loves to entertain, and their spacious backyard is perfectly suited for just that. Summer months are the Davidsons' specialty, which means hosting lots of multigenerational parties filled with swimming, volleyball, grilling and music. The family always gets a kick out of seeing people's reactions to their home. In fact, visitors frequently comment that the home is similar to visiting a museum. And it's true, because everywhere the eye looks, there is something to discover and admire.

The fact that their home is a reflection of the life and family they have built together is what matters most to Dru and Angela, not conforming to any traditional or formulaic design aesthetic. "Our home is decorated unlike any other home you've ever seen," Angela explained. And that's exactly what makes the house their home. **NOW**



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Left to right: Emily, Natalie, Trang and Sy.

# Seeing Perseverance Through Helps Ophthalmologist Focus on Successfully Serving the Community

— By Hope Oriabure

Dr. Trang Le is a board-certified ophthalmologist who specializes in the treatment of glaucoma and cataracts. But before she was a doctor, she was a 10-year-old girl who emigrated from Vietnam. Dr. Le, her mother, grandmother and two sisters were all sponsored by a Lutheran Church in Baytown, Texas. Later, Dr. Le and her family would be joined by her father. When Dr. Le arrived in Baytown, she was met with several challenges and admits while it was a difficult process to learn the language and adapt to a new way of life, these challenges helped build her character.

“In my situation, I had to grow up faster (than other 10-year-olds), but it helped me be self-sufficient and adaptable,” Dr. Le said. “When I left Vietnam, I had to leave friends behind, so when I made new friendships here, I appreciated them more.”

Eventually, Dr. Le and her family left Baytown and moved to Massachusetts. Both Dr. Le and her sister graduated valedictorian of their high school classes. Their success was not a surprise but a destination, with a road paved by education and the belief that self-motivation determines one’s future in life. As a family practitioner and surgeon in Vietnam, her father, Dr. Lan Le, provided a wide range of medical services. With Vietnam’s doctor shortage, he worked very long hours ending with rounds at the hospital seven days a week. Upon coming to

America, Dr. Lan Le was unable to practice medicine here and made the challenging decision to continue his profession in the United States. Despite his medical experience and background, this decision required Dr. Le’s father to complete a medical residency. She was inspired by her father’s dedication and knew she wanted to be a doctor, too. Both Dr. Le and one of her sisters are medical doctors today. Her husband, Sy Le, is also a physician.

Dr. Le attended Rice University for her undergraduate degree, then Baylor University for medical school and completed her residency in Arizona. Dr. Le then completed a fellowship or training in a medical specialty at UT Southwestern in glaucoma. She started working at EyeCare Associates of Texas and has been with the practice ever since. Here, Dr. Le continues her belief in the vital role education plays in our lives by educating patients to ensure that they understand their conditions, as well as the risks and benefits of treatment options. She continues to instill in her children the value of education. “We encourage our children to take their education seriously, because it’s valuable and can never be taken away.” Dr. Le said. These are not just feel-good words but a legacy that helped a little girl from a war-torn country navigate her path to success.



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# To the Canines

— By Callie Revell



*Camryn Samuel knows man's best friend can be a girl's best friend, too. An active 10-year-old, she loves playing outside with her friends, and her favorite subject at school is P.E. Dogs have always fit her lifestyle well. "Most people say they love dogs just because they're really cute, but I think it's because I like to be active, and playing with my dog is so much fun," Camryn said. "We like to run around the backyard with Colby." Colby is the family's Vizsla pointer. In September, they lost Camryn's lifelong friend, Bo, the family's Schnauzer. "We had him all my life, since he was a puppy," Camryn said.*

When Camryn's 10th birthday neared, her mother, Kristen, suggested she donate money to a charity in lieu of gifts. Camryn liked the idea, and naturally, she decided she wanted to help dogs. "I was reading a book, and it had a story in it about a girl who did something really close to this," Camryn remembered. "I thought it was a really good idea, so we researched, and we decided to do Camryn's K9s." Camryn's K9s is a charity Camryn started to raise money to buy bulletproof vests for

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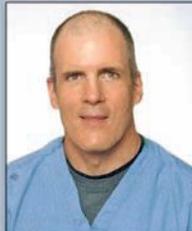


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police dogs. The dogs wear these vests when on duty, just like police officers, to keep them safe. "I've raised over \$5,000 so far, and I have enough money for at least six vests," she said. "Each vest costs at least \$700."

Camryn raises money in a variety of ways. This spring, she sold cookies shaped like paw prints as well as T-shirts. She also hosts fundraising events and uses her Facebook page to promote her cause. Every other week, she collects funds from donation jars set up at places like Creature Comforts Animal Clinic, Belinda's Pet Salon and Jo-Ed's Bombers sandwich shop. "It was kind of hard to do at first because I had never done anything like it. But it got easier and easier," Camryn admitted. "Now, I'm just used to having it in my schedule and doing all the work."

When Camryn raises enough funds to buy a vest, she delivers the money to a local police department, so they can order a vest for one of the dogs. "It has gone way beyond my expectations," Camryn said. "When we learned that the vest was not part of the dog's uniform, we were just going to donate to one dog. Then, we found out there were two dogs in Cedar Hill, where we first started. We didn't think it was fair to just do one, so we did both." In the first week, they had raised about half the donations needed to purchase the first vest. So far, Camryn has purchased vests for the Cedar Hill K9 Unit dogs, Titus and Ranger. She has also provided vests for Riko and Blade from the Ellis County Sheriff's Department,

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*"Most people say they love dogs just because they're really cute, but I think it's because I like to be active, and playing with my dog is so much fun."*

and she has just finished raising funds for the dogs from the Mansfield Police Department, Bandit and Oso. The dogs in Waxahachie are next on her list.

Camryn believes it's important to protect police dogs because they do so much to protect us. "If the officers are going to inspect a building and there's crime inside, they have to bring the dogs in," Camryn said. "If the person doing the crime has weapons, it's really dangerous for the dogs to go in there." According to Camryn, protecting the dogs is the least we can do. "They put their lives in front of everyone, especially the officers," she said. "They go in for the officers, and they risk their lives for every single person." Camryn's statistics say 15 police dogs have been killed in the line of duty in the state of Texas, and three dogs have been killed since she started Camryn's K9s in September 2014. "One was stabbed, and the other two were shot," she said. "The vests are made so if they get stabbed or shot there, it's not going to hurt them."

Camryn's parents, Kristen and Bobby, and her sister, Cailyn, couldn't be more proud of what Camryn has accomplished. "When she brought this

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idea up, I was a little shocked, because I had never thought of the dogs wearing bulletproof vests,” Kristen remembered. “You think of the human officers, but not the dogs.” Kristen assumed a charity like that already existed in the North Texas area. “We started to do research and found some organizations out-of-state that do this sort of thing, but there was nothing around here,” Kristen



remembered. “Camryn said, ‘Well, I want to start a charity.’” Kristen was hesitant at first but agreed to look into it. Starting the charity wasn’t easy and required hours of organization. “We went online to see if we could buy a vest, but they were a lot of money. We decided to see if we could find a dog we knew. We connected with Cedar Hill, and the response was just overwhelming. The whole police department knows who Camryn is now.”

Kristen has been impressed most with Camryn’s attitude and determination. “Her passion, focus and drive to get it done are amazing,” Kristen said. “As a parent, to see your child — especially at such a young age — become passionate about giving to something like this and starting something like this is *incredible*. This is her thing, and she handles the talking and a lot of the fundraising.” Kristen is also excited that Camryn’s

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Camryn poses for a photo with Officer Joe Alejandro and Oso.

K9s is helping her daughter build entrepreneurial and public speaking skills so early in life.

The response from the community has been very positive, and Camryn appreciates all the support she's received over the past year. "Most people think it's a really good thing, and they're proud of what I'm doing," she said. "Some people think it's kind of inspiring." She has been featured on NBC-5 and in Scholastic's news magazine, which goes to schools across the country. "My friends think it's really cool, especially my best friends," Camryn said. "All of us just love dogs, so they think it's great that I'm helping them."

Perhaps the most grateful supporters of Camryn's K9s are the police officers who work with the dogs. "The officers are really thankful," Camryn said. "I think they're really glad that someone came and helped their dogs." Since the dogs live and work with the officers, they develop a special bond, and it becomes that much more important to make sure the dogs are protected.

Camryn's goals for her charity are to continue raising money and providing as many vests as possible for dogs in the line of duty. "We want to do lots of events to bring in more donations," she said. Some of her ideas include a cook-out at the park or a fundraising day at a water park. The more donations she receives, the more dogs she can help protect. Even in the face of danger, man's best friend will be a little bit safer thanks to Camryn. **NOW**

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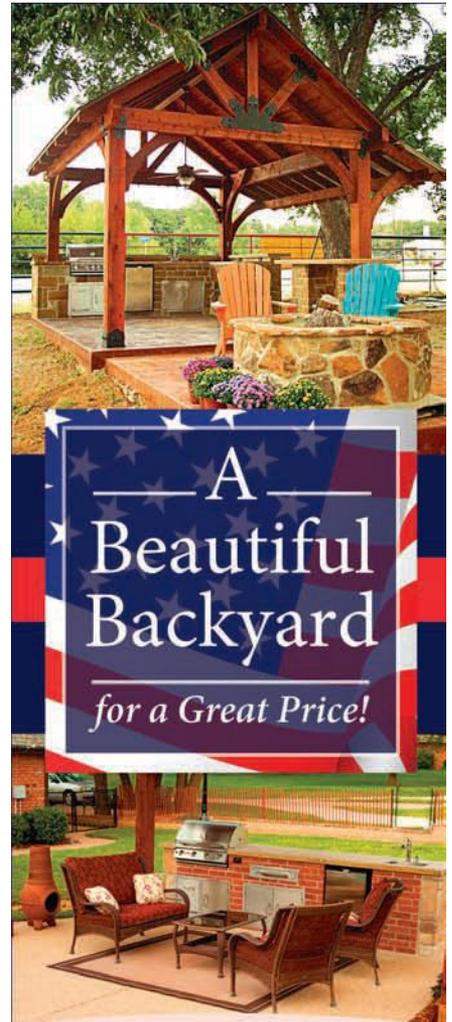
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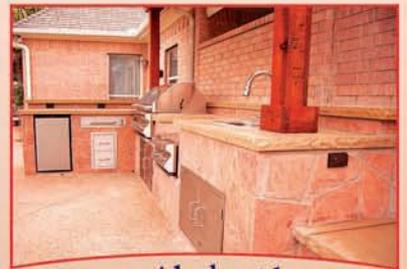
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A vibrant child's room with a yellow table, green shelves, and a blue roller. The room features a yellow table with a green base, a green shelf with books, and a green dresser with orange knobs. A blue roller is positioned on the right side of the image.

# Revamping the Kid's Room

— By Sara Edgell

*The decor of a house is a direct reflection of the family that resides within, and the same is true of a child's bedroom. As children grow, their interests, hobbies and tastes change. What they find appealing from ages 4 to 7 will very likely be different from an 8- to 12-year-old and definitely different from a teen. Luckily, remodeling, redesigning and redecorating their personal space to encompass the things they love doesn't have to be an expensive undertaking.*



## Getting Started

Use the experience as an opportunity to work on the project together and bond. The very first thing to do is talk about the things your child would like to see in the space. Discuss current likes and dislikes, favorite colors, interests, hobbies and needs.

A wonderful place to start is with a theme, as this can determine color palette, accessories, bedding and even furniture. For example, if a 12-year-old girl is dreaming of a shabby-chic, vintage cottage bedroom, the colors will likely be soft pastels. The decor will include lots of floral fabrics and refurbished furniture pieces, such as a whitewashed, vintage vanity and nightstand. Repurposed picket fence planks could also be used to build a headboard and/or shelving units, or they



could be used to line the walls, starting at the baseboard and coming half way up the wall.

Assessing the project and what it will entail before developing a plan is important. Make a list of items to be purchased, as well as those that can be repurposed, determine “do it yourself” projects versus those requiring the expertise of professionals and, lastly, decide a budget and stick to it. Then, you are ready to begin.

## Painting

Painting is perhaps the most inexpensive and easiest way to revamp a room. With a little prep and good old-fashioned elbow grease, a space can be completely transformed in a matter

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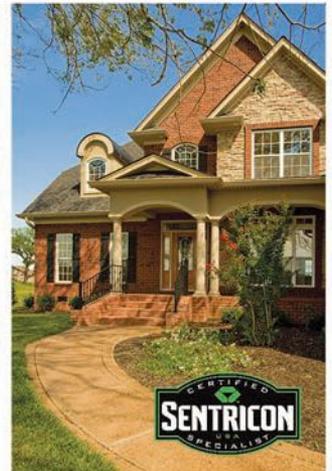
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of hours. Because color can greatly influence mood, and since children are typically drawn to bright, bold colors, compromising on paint selections is crucial.

Take into consideration the size of the room. Lighter shades of blue, teal, purple and green can open up a smaller space, whereas darker, richer tones like plum, magenta, burnt orange and ruby can be overpowering, making the space feel even smaller and cramped. Lighting is another factor to consider. Natural light will show the truest color, whereas incandescent and florescent lighting will cast hues on the color, altering its appearance. Give your child the freedom to pick their paint color, with a bit of compromise considering these factors.

## Personal Touches

Decorative painting techniques are also an option. Many craft stores carry a variety of stencils that could be used to create a slew of personalized wall graphics. You can also make your own stencil using a piece of cardboard, pencil and box cutter. Simply draw the design on the cardboard and carefully cut it out. From the popular chevron pattern to more specific designs like sailboats and anchors, cheetah print or a favorite quote, stencils — whether store-bought or homemade — make the job a breeze.

While stencils are helpful, they will not enable you to create the whimsical ambience only a custom-painted mural can deliver. From magical fairytale forests to vibrant cityscapes, nothing can top the work of a local artist or painter. These individuals are easy to find and can bring your child's vision to life like no one else can do.

## Furniture, Storage and Lighting

Storage and functionality are two areas to consider. Understanding the activities the space will accommodate is key. For



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example, is a desk needed for homework? Will a television and gaming system be kept in the room? Are there lots of toys or books requiring storage? All of these factors must be determined in order to decide the specific types of furniture the room will need.

You may be able to carry over large pieces of furniture, such as a bed or dresser, into the new room or update them with paint to fit the theme your child has chosen. However, in some cases, purchasing new furniture may be necessary. If your child wants a super-cool and highly functional loft bed complete with a shelving unit and desk underneath, or maybe they desire their own hide-hole built into the window frame, hiring a carpenter is in order. These professionals can build custom pieces of furniture, shelving and closet organization, or even change the layout of a room by removing or building new walls.

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or curtain rods. Jerseys could easily be transformed into curtain panels or bedding. The trick is to be creative and allow your child the power of choice when picking accessories for their new space.

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Bryan and Tonya Davis believe delivering the very best is all about customer service and honesty.



# Bumper to Bumper

*This shop has you covered.*

— By Sara Edgell

Confucius once said, “The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools.” This is something Bryan and Tonya Davis have experienced first-hand, since the purchase of their auto shop back in 2011. By focusing on customer needs and continuing education, the pair has perfected a business model they initially recognized as successful. “We saw that it worked,” Bryan explained, “but we also saw room for improvement so we went for it.”

The couple, married for 13 years with two young daughters — 9-year-old Lauren and 5-year-old Megan — lives in Azle and makes early morning drives to work and late evening drives back home six days a week. Even though they are making family sacrifices, they know

it’s for good reason. “Finding balance between family and work can be tough,” Tonya admitted, “but we’ve always said it’s God first, then family and then work.”

And that work is the shop, where they make sure things are running smoothly and proficiently by serving customers based on their individual wants and needs. This tactic has resulted in both loyal, returning customers and business referrals. “The people in Mansfield are amazing,” Tonya stated. “The support we have received from the community is everything to us.”

After a brief period of adjustment, Bryan and Tonya’s mechanic tools are sharper than they’ve ever been, and their greatest expectations for the shop have been long surpassed. On average, the shop services

## Business **NOW**

about 125 vehicles a week for a multitude of repairs, including: oil service, suspension, brakes, alignments and even engine and transmission repair. They are a JASPER Engines and Transmissions preferred installer and, additionally, a part of a network of shops in the DFW area that shares business referrals. If for some reason B&M can't do the work, they can set you up with another shop in network that can.

The Davises' top priority is to offer real-world, customer-focused solutions by using an attentive and dedicated approach. One way they accomplish this is by offering a holistic vehicle check, examining the entire automobile for obvious repairs, as well as other potential issues. "Every customer is different," Bryan explained. "We make it a point to explain repair suggestions to everyone. It's so important to make sure they understand why the repair is necessary."

Whether other problems are discovered or not, the client is informed and a plan is formulated based on the service, cost and time expectations of the customer. This is only achieved through open communication with the client. That's why building personal relationships and asking questions is part of the daily interactions at B&M. "We know almost every single one of our customers not just by their car, but by their name," Tonya smiled.

Many factors concerning vehicle maintenance come into play, such as personal driving habits, procrastination, affordability and general vehicle wear and tear. However, the team believes it's vital each customer knows as much about their vehicle as possible, so they make great efforts in teaching customers about their vehicle. Completing a walk through with the client, crew members point out potential hazards and offer valuable information concerning upkeep and longevity. "Procrastination is the No. 1 problem in vehicle maintenance and repair," Bryan stated. "Promoting vehicle education and maintenance prevents repairs, and that's something we strive to offer our customers."

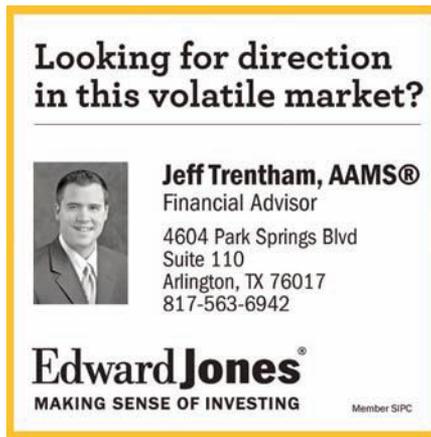
Delivering the very best is all about customer service and honesty at B&M. "Doing the right things and being dependable is what we stand for and try to do every day," Bryan said. That's how they are not only meeting expectations, but making a difference in the community they serve. **NOW**



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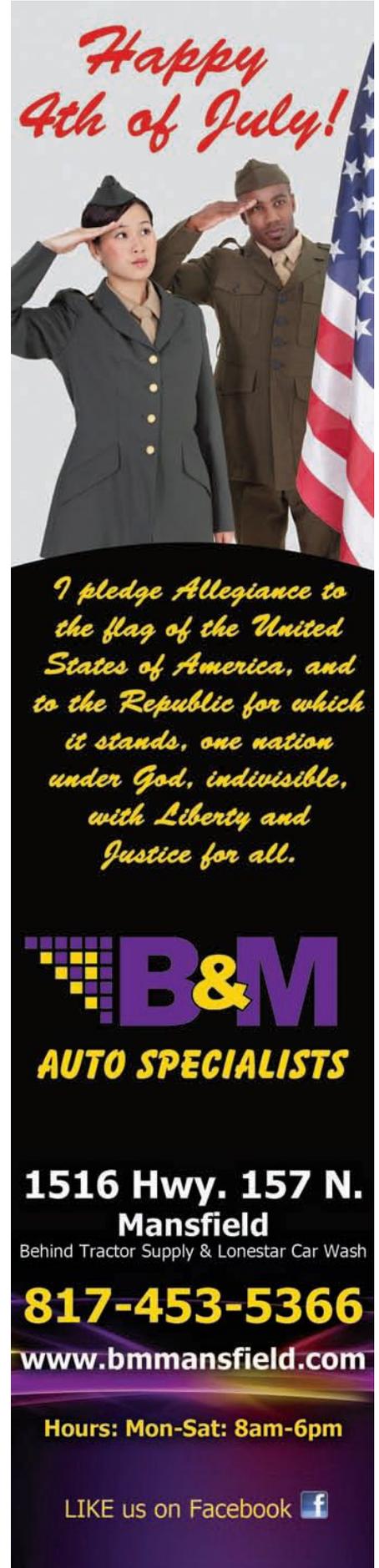


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*Addyson Wright helps wash the dishes after breakfast at her nanny's house.*



*Girl Scout Troop 2145 girls help kick off the Feed the Kids for Summer program at First Baptist Church.*



*Claire Wood, Haley Harmon and Grace Schuetze capture a memory at their senior prom.*



*Ready for the day, Jay Curtis sets up his produce stand at the Farmer's Market.*



*Sheri Gudis spends the afternoon working on a hand-painted glass.*



*Julian Batista delivers mail to the businesses in historic downtown.*



*Diane and Jay Frye congratulate their granddaughter, Piper, after her dance performance.*



*MISD students are acknowledged for their accomplishments at the AVID Senior Recognition Ceremony.*



*Boy Scouts and Girl Scouts of Mansfield gather after placing flags at the Mansfield Cemetery to honor fallen heroes.*

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# Women Business Owners Need Retirement Plans

If you're a woman who owns a business, you've got plenty of company. In fact, women own more than 10 million U.S. companies, and women-owned businesses account for about 40 percent of all privately held firms in the U.S., according to the Center for Women's Business Research. Clearly, the good news is that women like you are entering the small-business arena at a rapid pace. The not-so-good news is that you may be facing a retirement savings gap in comparison to male business owners.

To get a sense of this gap, consider these statistics:

- According to the U.S. Small Business Administration's Office of Advocacy, 19.4 percent of male business owners have 401(k) or similar plans, compared with just 15.5 percent of women owners.
- The percentage of female business owners with Individual Retirement Accounts (IRAs) is about the same as that of male business owners — but the men have more money in their accounts. The average woman's IRA balance is about \$51,000, compared with \$91,000 for men, according to a recent report by the Employee Benefit Research Institute. Although these figures change constantly with the ebbs and flow of the market, the difference between the genders remains significant.

One way to help close this savings gap, of course, is to set up a retirement plan for your business. But for many women business owners (and male owners, too), the perceived cost of setting up and running a retirement plan has been an obstacle. However, the retirement plan market has opened up considerably for small business owners over the past several years, so you might be surprised at the ease and inexpensiveness of administering a quality plan that can help you build resources for your own retirement — and help you attract and retain good employees.

With the help of a financial professional, you can consider some of the myriad of plans that may be available to you:

- **Owner-only 401(k)** — This plan, which is also known as an individual 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. You may even be able to choose a Roth option for your 401(k), which allows you to make after-tax contributions that can grow tax-free.
- **SEP IRA** — If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees.
- **Solo defined benefit plan** — Pension plans, also known as defined benefit plans, are still around — and you can set one up for yourself if you are self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and as is the case with other retirement plans, your contributions are typically tax-deductible.
- **SIMPLE IRA** — A SIMPLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees. Still, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions, than an owner-only 401(k), a SEP IRA or a defined benefit plan.

As a business owner, you spend a lot of time thinking about what needs to be done today. But you don't want to forget about tomorrow, so consider putting a retirement plan to work for you soon. **NOW**

*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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## Urinary Incontinence

— By Betty Tryon, BSN

Actresses Kirstie Alley and Whoopi Goldberg, using their comedic talents, have helped to make bladder leakage an acceptable topic for conversation. However, if you have urinary incontinence, it's no laughing matter. Urinary incontinence is the involuntary loss of bladder control. This inability to control the leakage of urine could be as minor as a small amount of leakage of urine escaping with a sneeze or cough to an uncontrollable urge to urinate and not be able to make it to the bathroom in time.

Depending upon the cause, this condition might be temporary or chronic. It can also occur from several sources at the same time. Some of the more common causes are pregnancy, prostate concerns, neurological disorders, age and weight. Hormones from pregnancy can weaken the pelvic floor support and cause the muscles to weaken. As the uterus grows, it will press against the bladder. If the sphincter muscles which hold the urine in are weak, leakage can occur. Treatment from prostate cancer can affect the ability to control urination. With neurological disorders, there can be a disruption of the nerves that control bladder function. Age-related changes could be attributed to a decline in the function of the bladder muscle. It's important to note that age does not cause incontinence but can predispose one to the condition. Extra weight can press down on the bladder, causing urine to leak with a sudden forced movement such as a sneeze, cough or laughter.

Urinary incontinence can also be affected by some drinks and medications, such as caffeinated drinks and diuretics.

If you suffer from urinary incontinence, it is important to keep yourself as clean and dry as possible to avoid rashes, open wounds and infections. Use barrier creams or ointments such as Vaseline, Desitin, cocoa butter or something similar to protect your skin from urine. If incontinence cannot be completely contained by medical or pharmaceutical means, protective gear such as pads or the use of catheters may be used.

Diagnosis and treatment will depend on what type of incontinence you have. Stress incontinence occurs with pressure on the abdomen. Urge incontinence, or overactive bladder, is when there is a strong urge to urinate followed by loss of bladder control. Overflow incontinence is a bladder that doesn't empty properly, resulting in dribbling of urine. If you are unable to get to the toilet because of physical or mental impairment, you have functional incontinence.

Urinary incontinence can be very distressing on one's social and personal life. However, check with your doctor to eliminate any underlying conditions that may precipitate the problem and ease your distress. **NOW**

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

### July 3

Mansfield's Rockin' 4th of July: 7:00-10:00 p.m.; fireworks begin at 9:30 p.m., Big League Dreams Mansfield, 500 Heritage Parkway. Free. Join the festivities as Mansfield celebrates Independence Day. For more information, visit [www.mansfieldtexas.gov](http://www.mansfieldtexas.gov).

### July 4, 11, 18, 25

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

### July 5

First Methodist Mansfield Independence Sunday: 9:30 and 11:00 a.m., 777 N. Walnut Creek Dr. Both services will feature patriotic music from the Chancel Choir, Orchestra and the DFW Brass. For more information, call (817) 477-2287 or visit [www.firstmethodistmansfield.org](http://www.firstmethodistmansfield.org).

### July 6 — 9

Walnut Ridge Baptist Church's Vacation Bible School: 9:00 a.m.-noon, 1201 SH 360. Free. For kids grades K-4th. This year's VBS is going to be the biggest adventure yet! For more information or to register online, visit [www.walnutridgechurch.com/wrkiddz/](http://www.walnutridgechurch.com/wrkiddz/).

### July 11

Buddy Whittington Band: 8:00-10:00 p.m., Farr Best Theater, 109 N. Main St., \$17-22 per ticket. For more information, visit [www.farrbest.com](http://www.farrbest.com).

### July 17

BBQ and Bingo Night at the MAC: 5:00-7:00 p.m., 106 S. Wisteria St. \$6 per plate. Join the MAC for an evening of bingo including delicious food and a silent auction. For more information, call (817) 453-5420, ext. 2227.

### July 18, 19

*West Side Story*: **July 18**, 2:00 p.m. and 7:00 p.m.; **July 19**, 3:00 p.m., Kennedale High School, 901 Wildcat Way, Kennedale. \$12-\$20 per ticket. For more information, visit [www.MainstageClassicTheatre.org](http://www.MainstageClassicTheatre.org).

### July 18

Daisy Summer Adventure: 9:00 a.m.-4:30 p.m., St. Jude Catholic Church, 500 E. Dallas St. New Girl Scout troops are forming for MISD girls entering grades K-1. For more information, contact Tina Cabello at (682) 222-7401.

### July 25

How Education Impacts Your Future: Wesley Mission Center, 777 N. Walnut Creek Dr. Join the Robin's Wings Women's Support Program for a morning of fellowship, food and empowerment. Free brunch and childcare provided with RSVP by **July 20**. For more information including time and cost, call (817) 473-6650.

### Jason Elmore and Hoodoo Witch:

8:00-10:00 p.m., Farr Best Theater, 109 N. Main St., \$17-22 per ticket. For more information, visit [www.farrbest.com](http://www.farrbest.com).

### August 7

2nd Annual "When Jade Smiles" Golf Tournament: tee off at 8:30 a.m., Tierra Verde Golf Course, 7005 Gold Club Dr., Arlington. \$100 per team. Includes 18 holes of golf, on-course beverage cart service and lunch. For more information and registration, visit [www.whenjadesmiles.org](http://www.whenjadesmiles.org).

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

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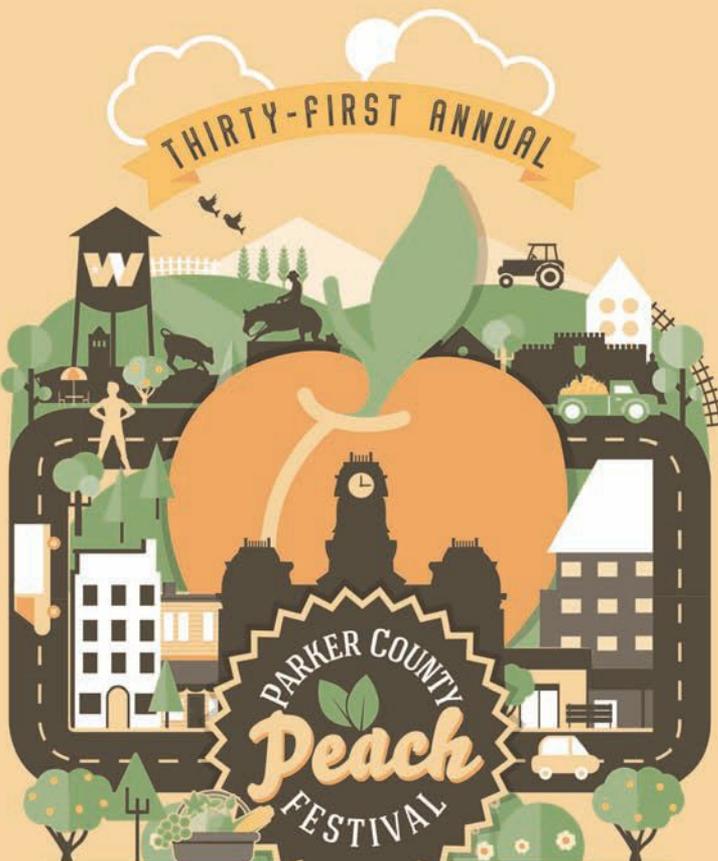


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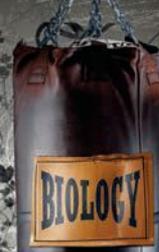
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## In the Kitchen With Lesa Pamplin

— *By Sara Edgell*

Cooking, for criminal defense attorney Lesa Pamplin, is not only one of her favorite hobbies, but it is also a stress reliever. “My stress level can be extremely high,” Lesa explained. “It’s only when I get in the kitchen that I can relax.”

Originally from Louisiana, her favorite and most flavorful dishes involve seafood, including: gumbo, étouffée and jambalaya. Cajun cuisine is her specialty and her version of comfort food. “I mainly cook for close family and friends,” she explained. In addition to monthly Soul Food Sundays with the family, Lesa also cooks for the Dallas Cowboys tailgate parties she hosts. Not only does her food bring others delight, but preparing it gives Lesa the chance to unwind and enjoy time with those she loves. **NOW**

### Seafood Gumbo

*Roux:*

- 2 cups cooking oil**
- 2 cups all-purpose flour**

*Gumbo:*

- 2 5-lb. bags chicken drumettes**
- 1 8-oz. container Tony Chachere’s Original Creole Seasoning**
- 20 qts. water**
- 3 bay leaves**
- 2 large yellow onions, chopped**
- 7 bunches parsley**
- 8 green onions, chopped**
- 3 celery stalks, chopped**
- 10 jalapeño peppers, chopped**
- 10 banana peppers, chopped**
- 5 3-lb. pkgs. Eckrich smoked sausage, sliced**
- 2 bags 30- to 50-count shrimp, peeled and deveined**
- 10 to 12 crab legs**

**1. For roux:** In a cast-iron skillet, add 2 cups of cooking oil and heat. Add flour, stirring continuously until dark-colored. Set aside.

- 1. For gumbo:** Preheat oven to 375 F. Liberally season chicken with Creole seasoning, to taste. Bake for approximately 35 minutes. Once chicken is partially baked, turn broiler to low to lightly brown. Set aside.
- 2.** In a 40-qt. pot, add water, bay leaves and half the container of Creole seasoning. Bring to a boil. Add roux, making sure to stir well.
- 3.** Add all vegetables and sausage. Stir well. Cook for 30 minutes over medium heat.
- 4.** Add chicken and some juice from baking process. Cook for 20 minutes.
- 5.** Add shrimp and crab legs; cook for 15 minutes. Serve over rice and enjoy!

### Beer Can Chicken

- 1 5-lb. whole chicken**

- 3 Tbsp. olive oil**
- Kickin’ Chicken Finger Lickin’ Spice Blend, to taste (may substitute spice blend of your choice)**
- 1 12-oz. can beer, any brand**

- 1.** Remove giblets and any other internal parts of chicken; discard.
- 2.** Thoroughly wash the outside and cavity of the chicken; pat dry the chicken with paper towels.
- 3.** Preheat the oven to 350 F. Rub entire outside of chicken with olive oil. Generously sprinkle spice blend both inside and outside of chicken.
- 4.** Place opened beer can upright inside cavity of chicken; place on a baking sheet on the lowest oven rack.
- 5.** Roast for 1 hour and 45 minutes to 2 hours, or until chicken is brown and crispy on the outside. The internal temperature should reach about 180 F when a meat thermometer is inserted into thickest part of the thigh.
- 6.** Carefully remove the pan from the oven; let chicken stand for about 20 minutes. Use kitchen tongs and oven mitts to gently remove the beer can from the chicken; discard can. Slice and serve the chicken as desired.

### Fried Ribs

- 3 slabs of ribs, about 2-3 lbs. each**
- Tony Chachere’s Original Creole Seasoning, to taste**
- Black pepper, to taste**
- 1 15-oz. bottle Heinz yellow mustard**
- 6 cups canola oil**

- 1.** Cut ribs individually. Season with Creole seasoning and black pepper.
- 2.** Place ribs in a large bowl or long baking dish. Squeeze all but 3 oz. of mustard over the ribs. Using your hands, massage the ribs until they are well-covered with the mustard.
- 3.** Allow the ribs to marinate 4 to 6 hours or overnight. Remove ribs and let stand for 1 hour. Add remaining 3 oz. of mustard prior to frying.
- 4.** In a deep fryer or cast-iron skillet, heat oil to 300 F; fry ribs until thoroughly browned.

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

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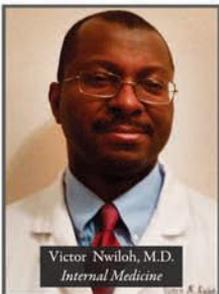
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