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SEPTEMBER 2011



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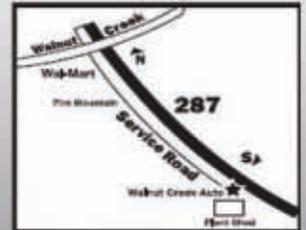
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**On The Cover**



Sandy Dias puts her flamboyant heart into every nook and cranny of her home.

*Photo by Jill Rasco Photography.*

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# Editor's Note

Howdy, Mansfield!

On September 10, organizers of the Mansfield Style Show and Shopping Expo are offering four fun events in one location to fund fine arts, academics and philanthropy. Head to the southeast campus of Tarrant County College early in the day to shop at 100 local merchants' booths. Take a break at 11:00 a.m. to feast on food from local restaurants and caterers. At 2:00 p.m., sit back and watch models showcase children's clothing from local boutiques and entertainment from local children's groups. At 6:00 p.m., the Women's Division of the Mansfield Chamber of Commerce Style Show will feature fashions from local boutiques modeled by a combination of professional models and local residents. How nice to know that any money you spend throughout this event will benefit MISD scholarships, MISD Fine Arts department and other local charities and organizations. Please visit [www.mansfieldstyleshow.com](http://www.mansfieldstyleshow.com) for more information or contact Jenny Conrad, (972) 822-6777.



Melissa

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*Alma, John, and  
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- 1:50 PM WYS Jazz Band
- 2:15 PM Tommy Shinger, Ph.D. Navarro College  
A Short History of Oil and Gas in Our Region
- 3:15 PM Old Fashioned Singers
- 3:45 PM Nowell Donovan, Dean of Academic Affairs TCU  
Geology of our Region
- 4:30 PM Waxahachie Community Theater  
Mischief in the Magnolias  
by F.B. Rogerson
- 5:15 PM Panel Discussion on the pros and cons of the oil industry
- 4:15 PM Dinner Break
- 4:45 PM SAGU Jazz Band Performance

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A woman with long brown hair, smiling, wearing a leopard print sleeveless top and a black skirt. She is standing on a paved path next to a golf course. In the background, there are green grassy areas, trees, and a clear sky. The text 'Dedicated to Helping Others' is overlaid on the left side of the image.

# Dedicated to Helping Others

— By Sydni Thomas

*Frank and Cathy Luna moved here from Washington State 10 years ago. Both were managers extraordinaire, used to collaborating on everything at work, home, and in their community. Once settled in Mansfield, they needed a way to connect with their new community. They found Walnut Creek Country Club four years ago and have done much more than golf and make friends. For the past four years they have served on the committee for the Battle of the Nines, an event hosted annually by the club to give proceeds back to the community throughout the year. “Everybody gets in a bind once in a while in life. If we can help through Battle of the Nines, that’s what we’re here for,” Frank said.*



*“We want to make sure we help those in Mansfield.”*

This year as co-chairs, Frank and Cathy are hopeful that Battle of the Nines will bring in more money than ever before to help those in need. Relying on the abilities and knowledge of the Battle of the Nines committee, Frank and Cathy know they will achieve their goal. “We have phenomenal people backing us, and we know how good they are. They know what they need to do and they do it great,” Cathy said.

“It’s so gratifying to see what all these great people, who have between four and 10 years experience, do to pull the event off,” Frank said. “Cathy and I work great together, but could never do it by ourselves.” Every year since the Battle of the Nines team began helping local charities, they have had to say “no” to those from outside our city and each year that has been hard for Frank. “You know that other people need it, but we want to make sure we help those in Mansfield.”

The helping began with a friendly rivalry. In 1985, Walnut Creek Country Club had only two nine-hole courses, the Willow and Pecan. Two club members began a rivalry over which course and golfers were truly the best. Tom Rogala believed that the Pecan far exceeded Mike Tierney’s Willow and their friendly rivalry became the basis of the first Battle of the Nines tournament. Triumph over the other would give the winner satisfaction that they were ‘superior,’ but both felt like their friendly rivalry could be used for the greater good of the community. Thus, it became an annual charity event that has helped raise over \$360,000 in the past 25 tournaments. After Walnut Creek Country Club opened the Oak course in 1992, it was added to the tournament, as well. The tournament is hosted in the fall and will be held on September 30 and October 1 this year.

All of the proceeds from the event are given back to the Mansfield community. Each year they donate to the Mansfield Independent School District (MISD) and the Mansfield Police and Fire Departments. Funds go toward programs, such as “Every 15 Minutes,” a DWI (driving while intoxicated) education program that teaches juniors and seniors at Mansfield high schools what the consequences could be should they choose to drink and drive. Money given to the police department is used

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to support ride-a-longs, in which police officers take students out on patrol during the weekend to show them the job they do and the consequences of crime.

The committee also gives a portion of their funds to overlooked individuals and smaller organizations that have fallen through the cracks and are unable to receive federal or state financial assistance. In the past they have been able to help car accident victims, families devastated by fires, terminally ill patients with insurmountable medical expenses and many other similar cases of hardships. Recently, they were able to provide air conditioning to a Mansfield church and a refrigerator for the local food bank. Many of the individuals and families have been brought to their attention by members of the club. They have found others through partnering with MISD counselors. "Our contributions are not a 'fix all' to most of the problems these people are facing," Frank said. "We hope it's enough to get them over the rough hump and give them hope. And the more support we have, the more good we can do for our community."



The monies raised to help the community come from the generosity of Walnut Creek Country Club, local businesses, club members and their guests. "This event means a lot to so many of the club members," Cathy added. "We all have fun with the rivalry but, in the end it's how much we help the community."

This year, over 30 committee members are working to make the 26th Battle of the Nines the most successful to date. Two hundred thirty-six golfers are needed to fill both courses, a feat which hasn't been done in the past few years with the down economy. This year they hope to fill the event to capacity and see how many lives they can help with the proceeds. "A lot of people put in many hours to make this tournament possible," Cathy said. "It takes us most of the year to pull this off. We take a month or two off after each tournament and then turn around and begin planning for the next."

When Battle of the Nines cleans up the course and closes the books, Frank and Cathy head out on a cruise. "We get away from everything and clear our minds," Frank said. That is a habit the

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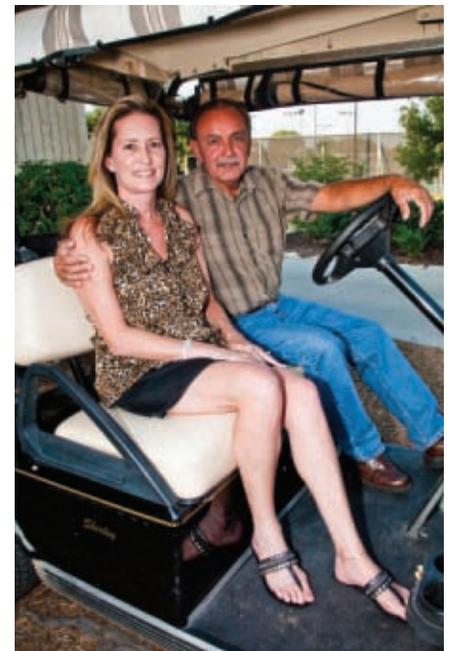
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couple has been in since they married. The two met at work in Seattle. “We’d drive to work in the morning, working in the same building, and on the way home we had that time on the freeway to decompress the day. When we got home, the evening was just for us!”

“From that point on, it was just a collaboration of everything we wanted to do — whether it was coaching baseball teams, little league, soccer teams, or volunteering for Habitat for Humanity or organizing banquets,” Cathy said. “The funny part is that even on the cruise after Battle of the Nines, Frank and I will sit



down to talk about what went well, what went bad, what needs to change to make next year’s event more successful,” Cathy said. “The better the event, the more money you can give to people in need. That’s what it’s about so we can help more businesses or individuals that are in need.”

Many of the community’s overlooked citizens, struggling to face a financial burden, have been aided by funds raised from the Battle of the Nines. Tournament participants trash talk and battle for ultimate bragging rights, but at the end of the day they are there to support their community and the unavoidable trials that it faces. Frank and Cathy joined the club to make friends, but have accomplished much more than that. They have joined a community and are dedicated to helping their fellow citizens. **NOW**



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# Motivated by Generosity

— By Jeremy Agor

*With the cost of a college education rising each year, every little bit of scholarship assistance helps. Tuition and fees, room and board, books, spending money expenses really add up, and it can be difficult to find ways to pay those costs without a little help. Miesha Ceaser, a 2009 Summit High school graduate and a rising junior at the University of North Texas (UNT), found out first-hand how expensive college can be as she prepared to*



Ten graduating seniors from Bethlehem Baptist Church received the 2011 Dr. Michael A. Evans Sr. Scholarship for use this fall.

*graduate from high school. She was excited to be awarded \$1,000 from the Dr. Michael A. Evans Sr. Scholarship program from Bethlehem Baptist Church prior to her freshman year in college.*

“Everything helps when you’re trying to pay for college. Receiving the scholarship made me more eager to do well in college because someone basically gave me free money to help me succeed. Someone was willing to give me an opportunity, and I really appreciated it,” Miesha said.

The Dr. Michael A. Evans Sr. Scholarship is awarded each year to high school graduates who have shown a commitment to God through service-oriented activities. To qualify, candidates must have one letter of recommendation from a teacher or counselor and one personal letter of recommendation. Also, they must write an essay explaining how the scholarship will help them reach their educational goals. In addition, recipients must be involved in a church ministry, community or volunteer service and high school activities, and they must display academic honor or achievements. One scholarship recipient recently graduated from the United States Military Academy and is a commissioned officer in the Army.

An overview of the scholarship provided by Scholarship Committee chairman, Bernard Pipkins, stated, “The funds help college hopefuls continue their missions of enhancing the lives of people on the local, state, national and global levels. We must continue to educate and equip the next generation for the journey ahead.”

Since its inception in 2007, 25 \$1,000 scholarships have been awarded. Fundraising efforts, including a golf tournament in September, ensure the scholarships will be available. The Scholarship Committee also provides financial planning workshops for those who hope to attend college.

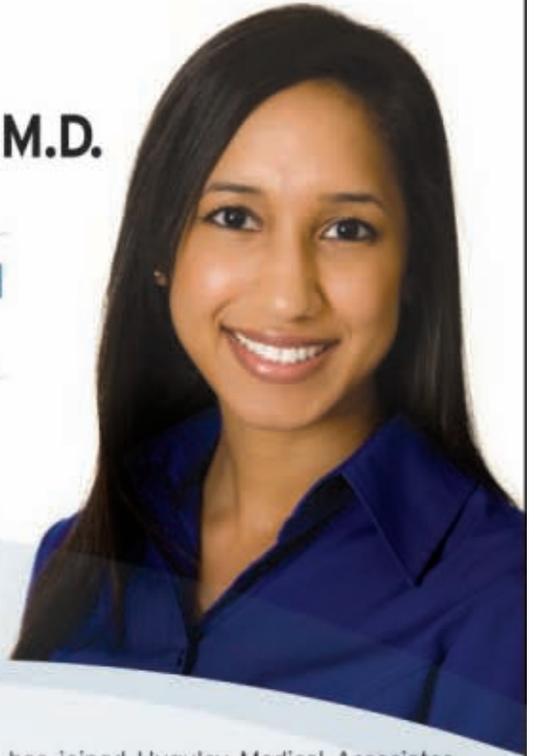
“I applied for the scholarship because it was a good opportunity to get money to help pay for college. In my essay, I explained I was a hard worker and kept my grades up. I felt I deserved the

# Welcome

**Chandra  
Chellappan, M.D.**

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Chandra Chellappan, M.D., has joined Huguley Medical Associates and opened an obstetrics and gynecology practice. She cares for women at all stages of life, including pregnancies and well-woman check-ups. She offers various treatment options for both medical and surgical problems, including several minimally invasive procedures performed in her office.

Dr. Chellappan completed her obstetrics and gynecology residency at John Peter Smith Hospital in Fort Worth. During her training, she also provided obstetrical and gynecological medical care for Tarrant County facilities. She earned her medical degree from Texas A&M University Health Science Center College of Medicine, and she studied nutritional sciences at Texas A&M University.

Fluent in both English and Spanish, Dr. Chellappan welcomes new patients and accepts most insurance plans, including Medicare and Medicaid.

**Chandra Chellappan, M.D.**  
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# “He’s Worth the Trip”



When Dr. Omar Osmani’s wife needed a gastroenterologist, they traveled 484 miles from their home in Roswell, New Mexico to see **Adil Choudhary, M.D.** at the **Huguley Center for Digestive and Liver Disorders** in Texas. Why? “Dr. Choudhary’s an excellent doctor. Many gastroenterologists are closer to home, but he’s worth the trip,” said the renowned spine surgeon.

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scholarship because it would help me get a better education, which is very important because you can’t do anything without an education nowadays. I had an interview in front of a panel of three or four people. That made me nervous! They asked a few questions, like why I thought I deserved the scholarship and what it would mean to me, so it wasn’t too bad. I found out I had won a scholarship when they announced it in church, and then they had a scholarship banquet. That was fun,” Miesha said.

Miesha chose to attend the University of North Texas because it was close to home, and she has lived on-campus the last two years. She moved into an off-campus apartment at the start of the school year with three people she had not met. She is majoring in psychology and intends to continue her education, after earning her undergraduate degree, in occupational therapy school. The skills she learns there will enable her to help people regain the skills they need to return to work after an accident or medical event.

“Occupational therapy is like physical therapy, but it’s helping people relearn how to do things. It’s interesting, because I can help people feel better about themselves. When something happens to you and you have to go through therapy, it can be nerve-wracking. I want to be



there to talk to them and help them understand they can get through the tough times and get back to life,” she explained.

Miesha has just started the classes in her major, but she is not deep into her psychology studies yet. Her sophomore year was difficult – in part because of a Spanish class – and she chose to take a class at Tarrant County College this past summer to help her grade-point average. Looking ahead to the future, she is seeking an internship at a hospital or clinic where she can complete the hours of observation and clinical work necessary to be accepted to an occupational therapy program.

“I’m working on finding an internship, but it’s been hard. I’ve called a couple of hospitals, but they didn’t have any openings,” Miesha explained. “I’m also looking for clinics where I can volunteer and also observe their work with patients, but so far I haven’t found anything.”

Away from the classroom, Miesha is quiet and laid-back. She worked part time at Ross Dress for Less in Denton and worked at Plato’s Closet in Arlington this past summer for extra spending money. She goes to some events at UNT, but she mostly stays to herself and has not gotten involved in many activities.

“Sororities and stuff really aren’t for me. I’m a really laid-back person. I like

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to watch movies and go bowling, but I'm really quiet and I always have been. People give me a hard time sometimes, thinking that I'm just not talking to them for some reason, but I'm just that way," she said.

Miesha's philosophy on life is mature and suits her quiet personality. She says three things make her who she is: her family – her parents, her 12-year-old sister and 22-year-old brother – plus living a healthy life the best way she



knows how and trying her hardest at everything she does.

"My parents were a good influence on me. They weren't strict all the time, but they instilled good values. They talked to me and made sure I chose to be around the right people, stayed out of trouble and kept my grades up," Miesha stated. "That's why education is so important to me, because that's how they raised me."

As she continues toward completion of her undergraduate degree and her goal of occupational therapy school, Miesha remains grounded and stays true to herself. Her work ethic would make the people who chose to reward her with a scholarship proud. Receiving that scholarship motivated her to get started and made Miesha even more determined to succeed.

"I just keep working at it and keep my goals in mind. I'm looking forward to graduation so I can start occupational therapy school," she smiled, "and then I'm excited to get a job and finally start my career." **NOW**

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# QUEEN EVERY DAY

— By Melissa Rawlins



## At Home With *Sandy Dias*

*Happiness and peace flow through the “castle” Sandy Dias created for herself after leaving California in 2007. Sandy was happy in San Jose, too. She grew up there, just 50 miles south of San Francisco. Then her son-in-law called and asked her to come to Mansfield, where he and Sandy’s daughter were rearing their son. Now, this vivacious grandmother can snuggle with her grandson in the hammock on the patio, where multiple seating areas, pampas grass, colorful potted plants and a stream made out of rocks produce that California feeling. Sandy took her happiness with her to Mansfield, and has bloomed where she planted herself.*



Sandy feels like a queen every day, keeping happy music on the stereo while she plays and putzes, cooks and naps, decorates and redecorates. After a morning at the gym, Sandy may come home and read for two days straight.



She used to fill her calendar constantly during her career in advertising, public relations and personnel. Now retired — and enjoying every moment — Sandy could never have had a home like this in



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California and considers her Mansfield home her castle. "It would have cost a million bucks. This is a dream come true," Sandy said, reiterating that her most valuable treasure is her good relationship with her daughter, Stacy, and her husband, Darwin, and their son, whom Sandy can't help but call Joshy.

In fact, once Sandy decided to move to Mansfield, Stacy and Darwin sold her their house and found a new one just a few blocks away. So now Sandy

can help her family whenever they need her, and they spend much of their free time together, going to the lake or seeing movies. Sandy usually picks Josh up from school and takes him to doctor's appointments. "I'm like the real hands-on grandma! Nothing could be better," Sandy said. "Just the other day, I walked up to his school to meet him, and he said, 'I really like your outfit. I really like your jewelry.' How many 4-1/2-year-old children will compliment you on your

fashion sense? Warms my heart."

For this, Sandy gave up her entire life in California. In flamboyant style, Sandy brought good memories with her. Mementos from both of her parents and from Michael, Sandy's fiancé who died of colon cancer in 2001, are all through the house. The art on the wall along the staircase had been in her office in the Santa Clara Chamber of Commerce. In her dramatic dining room for two, Sandy mixed a chair from the Mansfield antique mall, an antique dresser from California, a tall round table from Big Lots and a floral centerpiece from Salvation Army. She blended the wall colors to match the paintings. "I kept buying yellows and a wooden stir stick and experimenting like a mad scientist," she said. And as in every room in the house, Sandy made the drapes and installed custom switch plates.

The colors nicely bridge the dining room to the hall, where she hung two more pictures she brought from California. They are next to the entrance of the tiny bathroom under the stairs, which Sandy has dubbed Joshy's bathroom. Around the corner is Sandy's kitchen, where she spends a lot of time.



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“I don’t use recipes, I just create. It’s just fun,” she said, pointing out that Joshy’s playroom is right next to the kitchen. “He likes to help. He slices and peels the food, and can fry his own eggs and cook his own sausage.” The proud grandmother often eats lunch or breakfast or a snack with Josh at the counter, which gives her a perfect view of the centerpiece of her living room: the print of the European Lake Maggiore. She recently hired muralist Faith Shipman to paint a bright red cardinal resting in a tall, willowy mesquite tree on the wall above the door leading into her master suite.

When Josh spends the night, he sleeps here with Sandy. “It’s heavenly. I bring the water into almost every room in the house, because I love the ocean,” said Sandy, who painted her peaceful place in light and dark greens, aquas and blues. She covered her mother’s bench, made the cushion for the window, and gave her grandmother’s rocking chair a place



of honor. “Everywhere you look there are shells and waterscapes, reminding me of being in the water, like in the Bahamas or something.” She can take a trip to a different part of the world just by walking into her bathroom, with its garden tub, burgundy walls and print of the Amalfi coast in Italy.

Likewise, guests who stay upstairs can enjoy a trip to the beach or even to the Far East. “My Asian room is designed in honor of my mother, who loved Asian things,” said Sandy, who decorated around her mother’s two statues and “doodads” she found at Marshall’s and Home Goods or at the local Antique Mall, where she used to have a booth for her mother’s jewelry. And in the neighboring red room, where there are two paintings of roses framed with



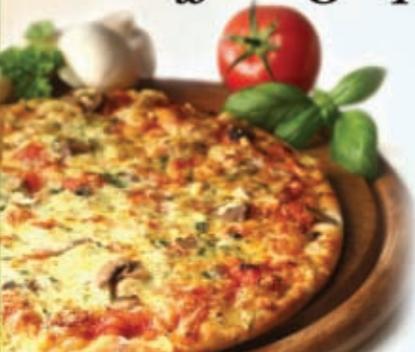
hand-gilded frames painted by Sandy and her mom, Sandy used a table runner as a valance.

Down the diagonal hall, the ocean is once again incorporated into her family room and office. In the two curio cabinets, Sandy keeps a collection of glass art started when she and Michael were in Hawaii. "He had a great taste for fine things. He bought me a blown glass sail fish, and we brought it home. From that point on I'd see something and think it was beautiful for its delicacy, and it just kind of got to be a thing," Sandy remembered. Her favorite is the hand-blown star fish the two found in Las Vegas. Surrounded by beautiful memories, Sandy sits at her dad's desk, that he built when she was 16, and checks e-mails while Josh plays Scrabble.

Periodically, Sandy will change her rooms around. Back down in the living room, she can switch the sofa with the chair to make the room more open. Josh can play in his playroom, and Sandy can still see what he is doing across the expanse of tile — which Sandy installed after noticing her dog dragging mud onto the carpet.

In the process of decorating the interior of her home, Sandy poured her happy heart into the lives outside of her front door. "I have made wonderful friends with my neighbors," said Sandy, who has gladly made herself the grandma of the community and babysits and cares for folks after surgery. Now that she is queen every day, with all the time in the world, she is enjoying serving others. "I've had a lot of help in my life. I always like to pay it forward." **NOW**

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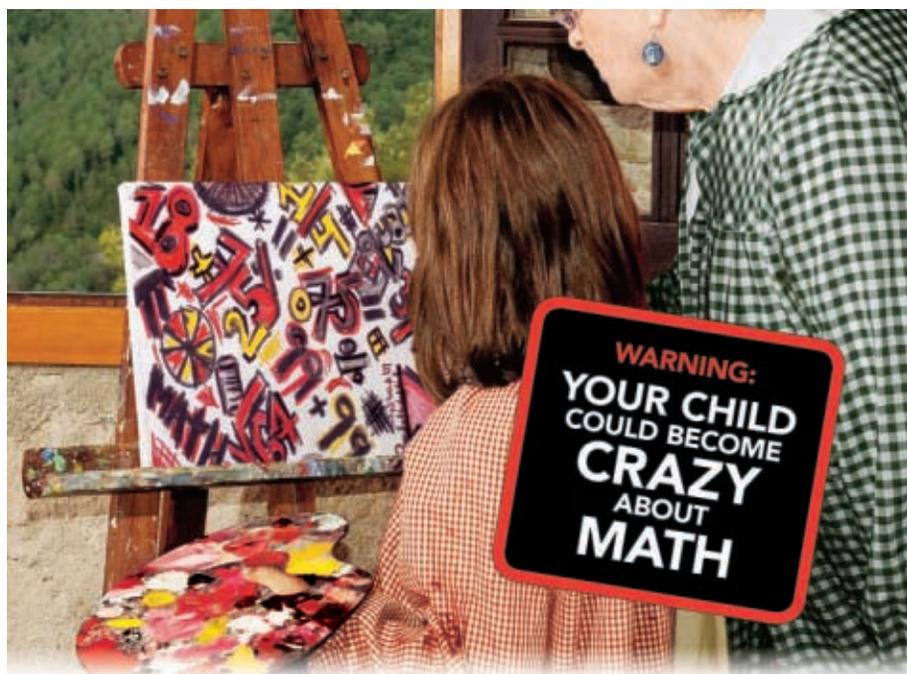


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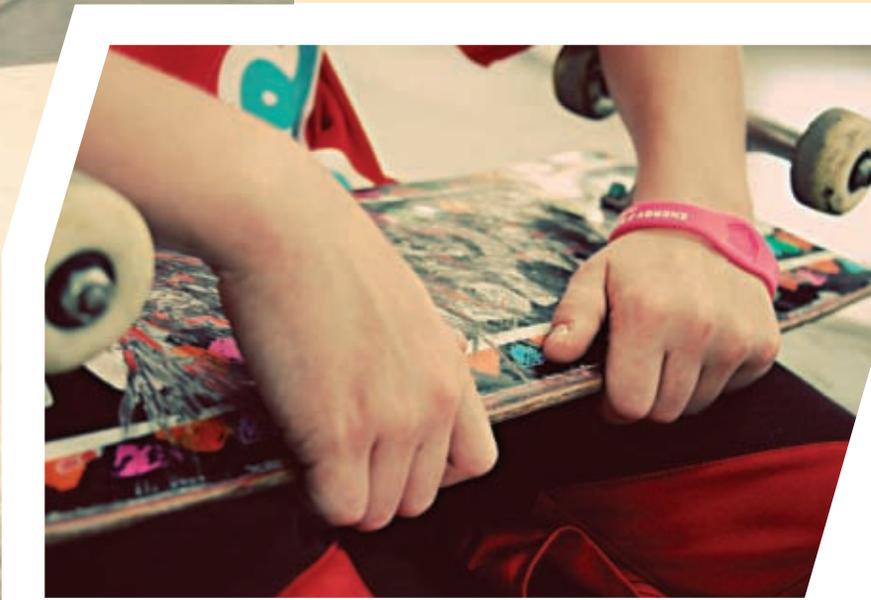
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# Skating CHALLENGE

— By Jeremy Agor

*Jordan "Chucky" Bunch is as comfortable doing tricks on a skateboard as he is walking on his own two feet. The 11-year-old hopped on his first board at age 3 and began getting serious at age 5. Now, he's a regular at a skate park called The Pier in Kennedale, perfecting tricks, hanging with his friends and winning bragging rights and trophies in skills competitions.*



# ng Through the ANGES



His mother, Cee Jay Mindrup, remembers Jordan playing on his small board in the kitchen and buying him a used SpongeBob SquarePants skateboard at a garage sale for his first “real” skateboard. “I hopped on a board when I was 3, and I thought it was cool to ride around,” Jordan recalled. “Once I got a little older, I started rolling around the neighborhood and got really excited when I finally ollie’d a curb.”

When Jordan was 5 years old, his neighbor’s dog attacked him, leaving painful scars on his face right before he started kindergarten. His teacher, Mrs. Fletcher, did a good job of helping him heal emotionally and protecting him from

  
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the mean comments that came from his classmates, but Jordan still was very quiet and reserved. Skateboarding provided him with an activity where he could be alone and do his own thing without worrying what others would say about him.

“Skateboarding was Jordan’s outlet. He made some friends through the sport who were older and who didn’t treat him differently because of his scars, and it was a noncontact sport, where he could compete without worrying about getting hit in the face, which was painful because of his injuries. Of course, he’s had to have his front teeth fixed twice since he started,” Cee Jay admitted. Those friends still come around and hang out with Jordan, even though they are now 16 or 17 years old and can drive, thus proving skateboarding to be a powerful bond.

When Jordan was new to the sport, he started going to a local, indoor skate park called Freestyle, largely because he often spent 8-10 hours on his skateboard, and Cee Jay felt it was better for him to be out of the Texas heat. When Freestyle closed, he moped for three months until The Pier opened, and he skates there as much as possible now. The owner, Jackie Andrews, sponsors him, lets him practice for free and recently gave him a new helmet.

“The difference between indoor and street skating is that indoor is a controlled environment with rails and ramps and everything’s smooth. Street skating has rocks and rails that haven’t been waxed and are rusty,” Jordan explained. “I prefer street skating because I like having a struggle rather than something new. I like

the challenge.”

Jordan excels at learning new tricks by watching others do them and then figuring them out on his own. He says he sees people do tricks on television and then tries them until he gets them right. If he can't land the trick, he goes back and tries to figure out what he did wrong so he can fix it. "Jordan's good at analyzing. He's real focused and looks at something and breaks it down until he figures it out. When we got him his first bike, it had training wheels, but within 45 minutes he wanted us to take them off and soon after that he was riding without falling," Cee Jay recalled. "He has no fear. He works until he can do something and then he tries something bigger and bigger. That's why I don't watch him skate."

Jordan skates for fun, but he also enjoys the challenge of competitions, and he goes up against other skaters regularly. He competes in team contests and finishing first or second earns him a spot on a team in the 13-and-under division. He has won several boards as trophies and is loosely sponsored by an up-and-coming skate company called Super Honky. He also excels at S-K-A-T-E, a game similar to the basketball game H-O-R-S-E. Competitors play rock-paper-scissors to determine who goes first, then the first skater attempts a trick. If he lands it, the other skater must land it or he earns a letter. The first person to spell S-K-A-T-E loses.

"To win, I just do all my tricks and hope they can't do them, too," Jordan said. "I watch them skate and see what they can't land and try to do those tricks first so I can knock them out fast."

Skateboarding also generated Jordan's nickname, "Chucky," after a fellow skater called him that name based on a character in the horror movie *Child's Play*. The name stuck, and Jordan even dressed up as the killer doll featured in the film for Halloween one year and scared the neighborhood kids.

Jordan is a sixth grader at Mary Orr Intermediate School in Mansfield. In contrast to the stereotypical slacker attitude sometimes portrayed in movies, he takes Advanced Placement (AP) courses and is an A-B student, with mostly A's. He enjoys gym and math and is an excellent artist. He is very good at drawing freehand, and his copied images



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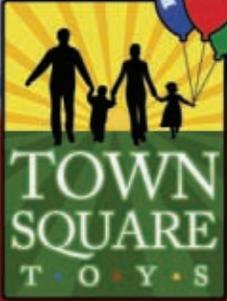
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look as good as if he'd traced them. In one assignment, which was eventually entered in an art contest, his teacher told the class to trace their hands, then fill them in with geometric shapes. Instead of circles and squares like his classmates, Jordan filled one hand with his name and drew a guitar in another, creating a striking piece far different from the others.

Away from school and the skate park, Jordan rides his bike, plays sports with



his friends and has a sizable video game collection, but skateboarding is the way he chooses to spend most of his time.

Despite skateboarding's reputation as a sport for malcontents, Jordan has not experienced any prejudice for participating in the sport he loves. Cee Jay attributes this to the fact that it is more mainstream than it was a decade ago. People are seeing it really is a sport for hardworking athletes. "Skateboarding has really evolved beyond the 'surfer dude, graffiti reputation' it had, and it's much more acceptable now," she said.

That acceptance makes it easier for Jordan to enjoy skating nearly everywhere in the city. It is his release, and he knows that if he has a bad day, he can hop on his board and work out his problems. If his legs are sore, he can skate half-pipes and mini-ramps and work out the kinks, making it a great way to deal with whatever life throws at him. "Skateboarding is my life," he said. "It's what I do. It's my sport." **NOW**

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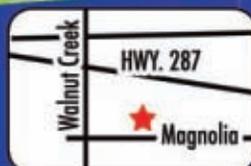
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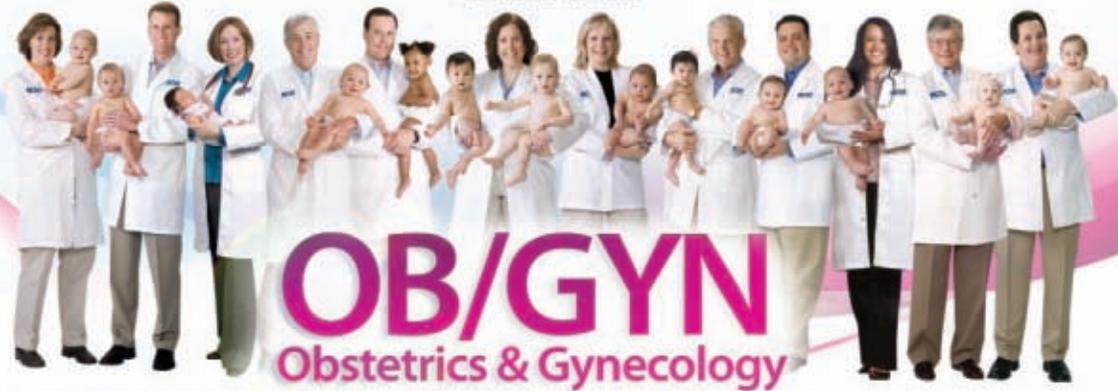
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# Giving His All

— By Jeremy Agor

*If you've ever thumbed through the JCPenney sales ad and stopped in the boys' jeans section, you might have seen some of Chandler Davis' work. The rising sophomore at Mansfield's Timberview High School is a model and actor in addition to the rest of the activities in his jam-packed schedule. Although, given a choice, he'll play ice hockey over doing anything else.*





When he was in sixth grade, Chandler was homeschooled, which eventually led to his modeling and acting career. He enjoyed having a schedule that allowed him to get out of bed at 10:00 a.m., finish his work by noon and then have the rest of the day to play video games or go to the hockey rink, but eventually he grew tired of only talking to his younger brother. So, his parents helped him find something to do. "During the year Chandler was homeschooled, we asked him if there was anything he'd like to do, and acting came up," explained his mother, Ann. "We submitted his name to an agency. They called him for an interview, and he was hired."

"The JCPenney ad was my first shoot. I didn't have any experience, and it was just my bottom half and my tennis shoes. I do it once in a while. I haven't had much lately, but I did get a job recently advertising the mask and armband toys for Iron Man of the Hasbro Avengers series of toys. I've also been in some film stuff, mostly as an extra. I've come close a couple times to having a role," Chandler said.

He has been acting and modeling since seventh grade. His film experience consists mostly of commercials, while his print gigs are advertisements. Tryouts for acting jobs mostly take place during the school year, with filming occurring during the summer. However, since he hasn't been hired, most of Chandler's

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time is spent playing sports. He played catcher on the high school baseball team this year. Although the team's results weren't as good as he hoped they would be, Chandler enjoyed fielding his position, especially sliding on his knees if the ball got by him, and getting back in the groove of hitting after an eight-year hiatus from the sport. He has also played football and golf and competed in track and swimming.

His sport of choice, however, is ice hockey. He started playing at an early age when his parents took him skating, and he's been going back to play ever since. When he started playing, the family lived in Ennis, and the closest rink was in Duncanville. Practice times were early in the morning, which meant Chandler had to be out of bed before 6:00 a.m. Getting him up was never a problem, however. "All I'd have to do is say, 'Chandler, time for hockey,' and he'd jump right up and say, 'OK, let's go!' I even tricked him into getting up for school that way once in a while," Ann laughed. One wall of the family's home is dedicated to Chandler's hockey career, complete with photos of him playing and on the ice prior to a Dallas Stars game as a "junior starter of the game." A game-used stick also hangs on the wall.

Chandler plays defense because he likes the contact and lacks the stamina to continually rush up the ice. He has set his sights on playing in college for powerhouse Michigan State University — which was the national runner-up in 2010-11 — with an ultimate goal



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of playing professionally, preferably in the National Hockey League. After playing for Mansfield Ice Hockey for a couple years, he recently made the Texas Tornado team of the North American Prospects Hockey League and will compete with that squad for the 2011-12 season. He hopes to begin the process of becoming a college prospect through that competition.

“Making the Texas Tornado is a great opportunity. There are teams from as far away as Anchorage, Alaska, and Denver, Colorado, and although I may not get to play that far away from home, I will get to travel out of state for some tournaments. The Texas Tornado is one of the only true Junior A teams in the DFW area that plays other teams around the United States. Hopefully, I’ll play for them over the next two years and then move on to college,” Chandler said. “I definitely want to play college hockey. As for turning pro, I’ll try my hardest to get there. It’s going to take a lot of work, but I really want to do it.”

His new team comes with adjustments for Chandler and his parents. His high school squad practiced and played games during the week, but the Tornado has three to four practices during the week, and then plays games on the weekend, which will cut even more into his free time. “I want him to have a life besides hockey,” Ann admitted. “With the high school team, it was more of a school sport, so we had weekends together. He’s going to have to learn how to balance everything.”

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He has done well so far. “I usually do my homework at school or as soon as I get home,” Chandler said. “I hang out with my friends when I have time — usually on the weekends — and I like to work out by myself and just hang out when I get a chance, too.”

Another way Chandler stays grounded and keeps his life balanced is by attending and participating in activities at the Mansfield Church of Christ. He participates with the youth group when he can and sometimes attends mission projects and retreats. He also helps out with the church’s Kids Crusaders Sunday School classes for children ages 2 through kindergarten. He particularly enjoys putting on puppet shows and singing songs with the children.

“It’s not that hard, really — you just put a puppet on your hand and move your fingers to make it talk,” he laughed. “I did it because they needed help with the little kids, and they asked me. Once I had a kid who really liked me. I’d move, and he’d scoot closer. I’d move again, and he’d scoot closer again. It was pretty funny.”

“Kids love Chandler,” Ann added. “If I have nursery and he comes with me, the kids are perfect.”

Taken at face value, Chandler’s list of achievements and activities make it seem like he can’t be a normal teenager, but in reality he is grounded, well-spoken and in control. He’s also figured out the secret to success. “I’m really nice,” he grinned. **NOW**

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# Seeking the MASTER WITHIN

— By Jeremy Agor



*Michael Cissell is an accomplished artist, but for him art is more than just a pastime. It's an obsession. Although he has had no formal training in art, he has a traditional art background and enjoys the work of the masters. He creates works of art in many mediums, including: oils, watercolors, acrylics, metal sculpture, murals and airbrushing, which is the medium he works with most.*

“I got a four-year degree from UMG — the University of My Garage,” he laughed. “My only formal art education was in high school. That, combined with a relentless desire to create art is what allows me to do what I do. What’s unique to my style is that I bring traditional techniques to a contemporary art form. I’m known for my attention to detail. If I can’t do my best every time, I might as well not do it at all.”

Michael has enjoyed art since he was a child. In 1976, he entered — and won — a contest for grade school students in his hometown of Louisville, Kentucky, to create a piece of art illustrating the United States Bicentennial. The mayor presented him with an award and a ribbon, and Michael was hooked. He took art classes through high school and played with art as a hobby into his 20s. “Growing up in the second half of the 1970s



and early 1980s, I painted a lot of album covers, like Boston's first album," he said.

Michael was married and had a daughter by age 24 so, while art's allure hadn't left him, he no longer focused on it much. Instead he worked in construction, building patio decks, worked for a glass company and painted signs for a sign company. A few years later, he felt "like a corral of horses was trying to drag art out of him," so he bought an airbrush and started painting for friends. Soon, his wife at the time brought him into their two-bedroom apartment and showed him the piles of stuff that he'd been working on — helmets, skis, even a tailgate — that were slowly taking over their home.

"I went back to my friends and told them that my wife was cracking down on me and I couldn't paint for them anymore, but they said, 'What if we pay you?' and I was back to being an artist," Michael explained. "In the beginning, working on my art cost me a lot. My obsession with airbrushing combined with not a lot of money coming in added to an already failing marriage, and ultimately led to a divorce. But I had to follow my heart and pursue art."

When he started, he worked in Greenville for about seven years then he moved to the Dallas area in 2001. Soon, he ended up working with Fort Worth-based American Ironhorse Motorcycles as the company's lead airbrush artist. A friend at work asked him what he had wanted to be when he was younger. When Michael explained



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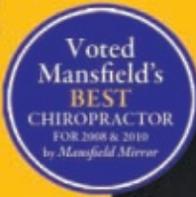
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to his friend that he'd always wanted to be an artist, the man walked over to him, gave him a hug and said, "Mike, you're living the dream." And that is when he realized that he was doing exactly that.

Airbrushes range in price from \$100-\$500, and Michael has at least a dozen. Each has a different function and is capable of exquisite detail — some of the higher-end brushes can create a line finer than a human hair. Much of Michael's airbrush work is on motorcycles. Often, people bring him something they found online and say, "I want this," and he recreates it. Other times, they say, "I want something cool. You're the artist, go with it." Those times are his favorites, because he gets to tap into his creativity. Recently, he finished a large-scale mural for the indoor basketball court at the home of an NFL player in Cedar Hill.

"I've been around art a long time. Most people who buy art pick an artist they like and stick with them because they like that particular style. I'm the opposite. I'm all over the place with my style, and I buy whatever strikes me," he said.

Hanging in Michael's home is an oil paint reproduction of *Mother and Child* by William Bouguereau that he painted, as well as an original oil painting Michael created from photographs of a trip he took on his 40th birthday, hiking the Grand Canyon from rim to rim.

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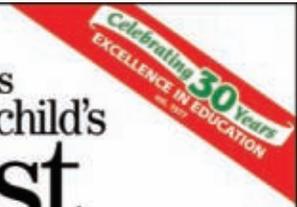


That painting is a composite of three photographs and also incorporated an airbrush to add depth to the work.

"It took three days for me to complete the hike, and I got a lot of pictures. I wanted to do something to commemorate it, so I painted the picture. I had it almost finished, but I couldn't get the depth of field right in one section. Then it dawned on me that I could airbrush over the oils to create the haze that was in the photograph and get that depth, and it worked," Michael said.

Michael's inspiration comes from traditional Renaissance and post-Renaissance artists. He also counts television art instructor, Bob Ross, as an influence, having often raced home from work to catch his television show and learn how to paint. As he gets older, Michael finds himself becoming nostalgic, and conversations with friends sometimes spark a memory that leads to a painting.

"I was talking to a buddy about what 'old school' means and, for me, it's a kid



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sitting on his Stingray bicycle, next to a chain link fence smoking a cigarette and watching the cheerleaders practice after school. It's raw and not what most people expect, but I'll definitely paint that soon," he said.

More importantly, Michael feels that he has a masterpiece within him that will allow him to be remembered long after his death. The desire to bring that piece into being lies behind everything he creates.

"All the masters in history have pieces that people remember them by — like Da Vinci and Michelangelo's *Pieta*. I think I'll live long enough to create something like that," he said thoughtfully. "I think there's a marble sculpture in me that'll be inspiring, and I know I have the ability to create it if I just have time. That's something I have to look forward to. If I'm 80 when I finish and I lay down my tools and die the next day, I'll be OK with that. I want to create that one thing that will last and go down in history." **NOW**

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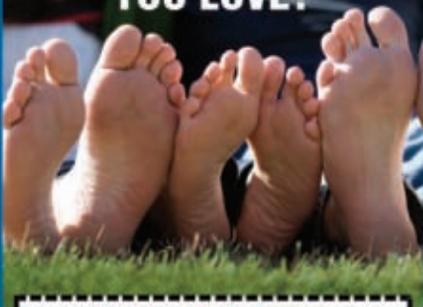
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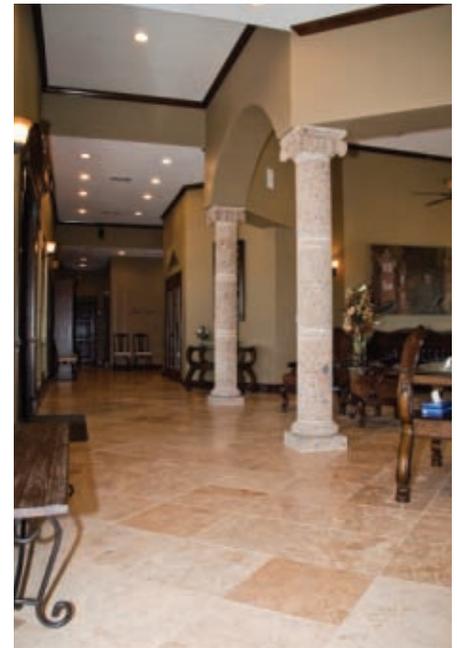


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# Here for the Living

*Alternative Funeral Services celebrates life — one family at a time.*

*— By Melisa Rawlins*

The Mansfield couple who opened Alternative Funeral Services has created a unique setting in Mansfield for people who have lost a loved one. Forward-thinking Melisa and Daryle Perez built a stately building, with warm and dignified spaces for planning and memorializing. They designed meditative gardens in a protected area where families can hold services and plant trees in permanent honor of loved ones who have been cremated. But if you think Alternative Funeral Services provides cremation only, think again.

Daryle, a licensed embalmer and funeral director, prepares bodies for burial at the cemetery of their family's choice. He is experienced in grief counseling, and Melisa is also an excellent counselor. Together, they prepare the living for all they will

have to deal with. "I tell people God chose my career for me. Melisa and I really consider this a ministry," Daryle said, "We understand some families need a little more help than others, and we're able to help in all kinds of ways."

Melisa grew up here, and worked for the Mansfield Independent School District for eight years before marrying into the funeral business in 2004. "She came one summer, between her college classes, to help me in my Arlington business, which I opened in 2002. When she saw what we did, she said this is what she wanted to do," Daryle said. They have been working together every day since.

Melisa is co-owner, bookkeeper and service coordinator. Getting ready for a memorial service entails everything from

setting up flowers and flags to doing hair and makeup. "When we're on a service together," Melisa said, "it goes so smoothly because Daryle and I work really well together."

The couple recommends folks plan ahead for funerals, before a loved one passes. "First, do your research," Daryle said. "We try to educate people so they know what to do if that death occurs. Secondly, when you call around for price, make sure you know what you're asking for. Families have told us, 'You may not have been the least expensive, but you were the most helpful and that's why we chose you.' Finally, come on in and meet the people, see the facilities. That could be the determining factor for you."

When you call Alternative Funeral Services, you will reach either Melisa or Daryle. Likewise, when you hire them, it will most likely be Melisa or Daryle who bring the deceased to their building. "We take care of them from the moment they pass until they are interred in the ground," Melisa said. "We are unique in that 95 percent of the time only our hands touch that body. When you're calling around, find out who your loved one will be with until the interment." Melisa and Daryle keep confidential every issue discussed in the coordination room.

When someone passes away unexpectedly, Melisa and Daryle are able to help the family coordinate a funeral service that works well within their budget. They are also able to work with the family to provide discounts. "For instance, if a family chooses cremation because they think it's less expensive but they really prefer burial, we try to help them get into the burial package," Melisa said.

Alternative Funeral Services keeps their funerals priced fairly, and also hosts only one at a time. Telling the family, "This is your home for the evening," Melisa and Daryle see to it that people are comfortable. "Of the families we serve, 99.9 percent have been 100-percent satisfied by our elegant facility, affordable prices and customized services," Daryle said. Their reward is that "Thank you" from each happy family who is grateful that Melisa and Daryle helped them through everything. **NOW**

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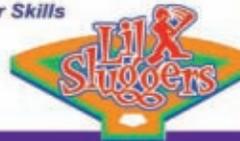
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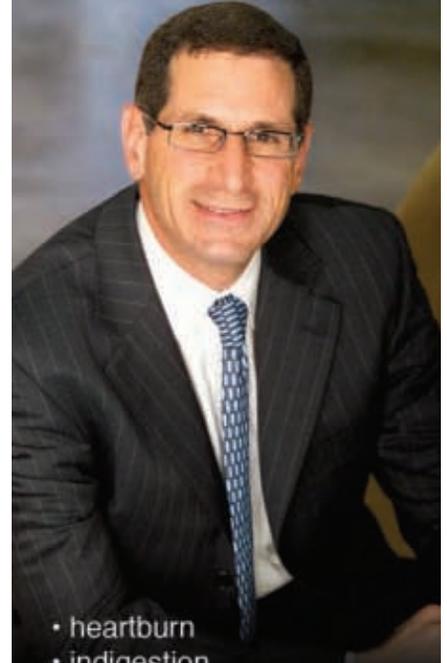
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Cousins, Malachi Powell and Mike Green, take a break from playing basketball at the Mansfield Activities Center.



Brent Reynolds, surrounded by his family, celebrates his 43rd birthday.



Johnny Baca poses with his grandchildren: Alexis, Delilah, RayRay, Josiah, Elija, Jeremy and Aubrey.



Everyone is all smiles at the Chamber of Commerce ribbon cutting for Golf Etc.

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# Portion Distortion: How Portion Size Affects Weight Loss

— By *Medi-Weightloss Clinics*

The amount of food available today is greater than any other time in history! We are being served larger and larger quantities at smaller prices. Restaurants advertise endless bowls of pasta or combination meals for a cheaper price, when what would actually benefit us is the exact opposite. What is more appealing than having your health? Even the word “healthy” has come to mean something different. A healthy serving being advertised means a large portion, not a quantity that is optimal for your health and diet plan. What has resulted is a portion distortion problem!

So, what is the correct portion size? To answer this question, we must first define the terms portion and serving size. A portion is how much you choose to eat of an item. A portion may be what you receive on a plate from a restaurant, the number of crackers from a box, or the amount of green beans you put on your plate in your own kitchen. A serving, on the other hand, is a defined quantity on the nutrition label of a packaged food. There may be more than one serving per package, even if the package is small. It is even more important to recognize that the serving size listed is not necessarily the recommended quantity to consume. The serving size listed is based on the FDA list of foods that has quantified calories, carbohydrates, fat and protein. Recommended serving sizes are set based on the Dietary Guidelines for Americans. The serving size on the label may be the same as the recommended serving size, yet it does not have to be.

So what should one serving look like? The following food list shows a visual equivalent of the recommended serving size.

- Whole wheat bread (1 slice): compact disk
- Rice (1/2 cup): 1/2 of a baseball
- Cooked pasta (1/2 cup): 1/2 of a baseball
- 1 cup whole grain cereal flakes: baseball
- 1 oz. cheese: 4 stacked dice or a matchbox
- 3 oz. (cooked) meat or poultry: deck of cards
- 3 oz. (cooked) fish: checkbook or deck of cards
- 1 cup raw vegetables: baseball
- 1/2 cup cooked vegetables: light bulb
- Small baked potato (1/2 med.): computer mouse
- 1/2 cup fruit: 1 small apple, small orange, 15 grapes
- 2 Tbsp. peanut butter: golf ball
- 1 tsp. butter, salad dressing: poker chip

Control your portions so that you are eating about one serving. Take note of how big your portions are throughout the day. If they are larger than the list above, try reducing your portions to lose weight. Remember its OK to indulge every once in a while, so that you do not overindulge when you have lost all power to resist temptation! **NOW**

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# Build Your Retirement Savings

— By *Tim Bordelon*

Most people save for major purchases like new cars, home improvements or tropical vacations. Unfortunately, some people don't plan for their long-term financial needs. People who don't plan may not have the type of retirement they desire. Do your retirement plans feel secure?

Deferred life annuities may be one option for you to consider. An annuity is a contract that offers you a way to build income for retirement. The annuity's earnings are tax-deferred, which means you won't pay taxes until you begin withdrawing your money.

A deferred life annuity allows you to build savings over time. It then provides you a reliable source of retirement income — income that you cannot outlive.

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Whatever your retirement needs, deferred life annuities can help you rest easy with a guaranteed rate of return. Talk with an insurance professional about the benefits of a deferred life annuity. **NOW**

*Tim Bordelon is a State Farm agent based in Mansfield.*

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### September 10

35th Annual Mansfield Women's Division Style Show: 10:00 a.m.-8:00 p.m., Tarrant County Community College Southeast Campus. Festivities include a 60-booth vendor showcase, the Taste of Mansfield, Children's Showcase Style Show, Main Style Show, MISD Art contest, community stage and a demonstration stage. All of the proceeds from this event will go directly back into our community through donations to the schools, fine arts departments and other nonprofit organizations here in Mansfield. Visit [www.mansfieldstyleshow.com](http://www.mansfieldstyleshow.com).

### September 15

Networking Luncheon: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151 Country Club Drive, Mansfield. Hosted by the Women's Division, in partnership with the Mansfield Chamber of Commerce. Sponsored by Cookie Lee Jewelry, the guest speaker will be Jeff McKissack, president of Defense by Design, who will give tips on personal safety. Call Tami Stringer at (817) 473-0507.

Business After Hours: 5:30-7:30 p.m., Southwest Bank, 1701 U.S. Hwy. 287,

Mansfield. Call Tami Stringer at (817) 473-0507.

### September 16-18

Antique Alley Texas and 25 Miles of Sales: 9:00 a.m.-6:00 p.m., Hwy. 4 between Cleburne-Grandview Hwy. 916 between Grandview-Maypearl. Antique tractor show, antiques, collectibles and much more. Family fun and great food! Call (817) 240-4948 or e-mail [info@antiquealleytexas.com](mailto:info@antiquealleytexas.com).

### September 21

Lunch 'n Learn: 11:30 a.m.-1:00 p.m., Mansfield Area Chamber of Commerce, 114 North Main Street. Build your business by participating in a luncheon seminar focused on providing professional development opportunities. Hosted by Charter Business, the luncheon is free for the first 15 attendees who are members of the Chamber. Call Tami Stringer at (817) 473-0507.

### September 24

Mansfield Clean, Green and Lean 5K Run: 6:30-10:00 a.m., Town Park, 500 N. Main St., Mansfield. Sponsored by Methodist Mansfield Medical Center, Diet Solution

Center, Mansfield Chiropractic and Envision Imaging-Hunters Row, this 5K Run benefits the Mansfield Chamber of Commerce. Call Tami Stringer at (817) 473-0507.

### September 27

Mansfield Independent School District Board meeting: 7:00 p.m., 605 E. Broad Street, Mansfield. Call Julie Moye at (817) 299-6382.

### September 29-October 1

Women's Retreat: 7:00 p.m. Thursday-7:00 p.m. Saturday, Three Mountain Retreat in Clifton, TX. Hosted by W.I.N.G.S., the women's ministry of Mansfield Bible Church. This year's theme is "Tumbled and Polished: Discover God's Vision for Your Life." Lilies Out Loud, the humorous and impactful teaching team of Rebecca Hardie, Cindy Peek and Jagee Melton, will be leading this life-changing getaway. Call (817) 473-8980 or e-mail [mbc4god@mansfieldbible.org](mailto:mbc4god@mansfieldbible.org).

*Submissions are welcome and published as space allows. Send your event details to [melissa.nowmag@sbcglobal.net](mailto:melissa.nowmag@sbcglobal.net).*

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## In The Kitchen With Irma Barbosa

— By *Melissa Rawlins*

When preparing meals for her family, Irma mixes the tastes of California in with the flavor of the border. Born and reared in Eagle Pass, Texas, Irma learned to cook only after moving west. As a newlywed she found herself calling home to ask her mom, Consuelo Garcia, how to make enchiladas and tamales. Over time, Irma learned the secrets and developed a few of her own recipes. “I had a huge persimmon tree in California, and used to make a lot of persimmon cookies,” Irma said. In 1998, she followed her three children, Susie Molina, Darwin Barbosa and Yvette Chavez, to Mansfield, and eventually Consuelo moved in with Irma, too. Now, she surprises her family with the cookies when the fruits are ripe in the winter. **NOW**

### Persimmon Cookies

- 1 cup butter or shortening**
- 1 cup sugar**
- 1 cup persimmon pulp, scooped out of skin**
- 1 egg**
- 1 tsp. vanilla**
- 2 cups all purpose flour**
- 1/2 tsp. baking powder**
- 1/2 tsp. salt**
- 1 tsp. cinnamon**
- 1/2 tsp. allspice (optional)**
- 1/2 tsp. nutmeg (optional)**

**1.** Cream butter and sugar; mix well with persimmon, egg and vanilla.

- 2.** Sift together all dry ingredients; add to the above mixture.
- 3.** Drop cookies onto a well-greased cookie sheet; bake about 15 minutes at 375 F.

### Mexican Rice

- 1 cup rice**
- 1 Tbsp. canola oil**
- 1/2 of a 4-oz can tomato sauce**
- 1 tsp. Knorr chicken flavor bouillon**
- 2 cups water**

- 1.** Fry rice with oil; add tomato sauce, bouillon and water.
- 2.** Bring to a boil; cover and simmer for half an hour.

### Ground Beef With Potatoes

- 1 lb. lean ground beef**
- 1/4 tsp. salt**
- 1/2 tsp. garlic powder**
- 1/2 tsp. onion powder**
- 2 to 3 potatoes, cut into chunks**
- 1/2 4-oz. can tomato sauce**
- 1 cup water**

- 1.** Fry meat with spices until cooked.
- 2.** Add cut pieces of potatoes, stirring with spatula until potatoes are cooked.
- 3.** Add tomato sauce and 1 cup of water. Boil about 15 minutes, depending upon how watery you want it when you serve it.

### Enchiladas

- 1 whole chicken**
- Water**
- 1 4-oz. can tomato sauce**
- 1 tsp. garlic powder**
- 1/2 tsp. salt**
- 1/4 cup canola oil**
- 1/2 cup flour**
- 1.14 oz. chili powder**
- 1 8-oz. can tomato sauce**
- 2 12-oz. cans chicken broth**
- 4 dozen corn tortillas**
- 1 lb. mozzarella cheese, shredded**

- 1.** Cover chicken with water and boil; allow it to cool until you can shred it. Reserve 1 cup chicken broth.
- 2.** After shredding the chicken, put it back in frying pan. Add tomato sauce, reserved cup of chicken broth, garlic powder and salt. Boil for 10 minutes.
- 3.** Heat oil in frying pan. Put flour into hot oil; stir until flour is brown. Put chili powder into the browned flour. Add second can of tomato sauce and 2 cans chicken broth. Stir until you have created a smooth gravy.
- 4.** Using a slotted spatula, dip each tortilla in the gravy until the tortilla is soft. Do not leave too long, or it will be tortilla soup! Stack onto a clean plate, no more than 10 at a time. Save extra gravy, freezing for the next time you make enchiladas.
- 5.** Put a small handful of meat and cheese inside each tortilla, roll it and place it into a 13x9 pan. Sprinkle grated mozzarella cheese all over the first layer, then arrange a second layer of enchiladas. Cover with more mozzarella. Bake at 375 F until the cheese is melted.

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

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