Alexandra Mendez (born Mehl) was raised in Texas and is the oldest of three sisters. Her father, a German immigrant who came to the United States in his twenties, built a colorful life in Dallas as a photographer and roadie for rock bands of the 1980s before meeting Alexandra’s mother. Growing up in Garland and later Bedford, Alexandra experienced the challenges of her parents’ divorce but found strength in family and friendships that shaped her into the resilient person she is today.

After graduating from high school, Alexandra pursued her bachelor’s degree in Early Childhood Education at Texas Woman’s University in Denton. Inspired by her late mother, a lifelong teacher and later an administrator, Alexandra began her career in Keller ISD, where she taught for several years. Completing her degree was a milestone achievement, especially as she balanced personal loss and financial challenges during that period. Recently, she embraced a new professional chapter as a roofing sales contractor, enjoying the flexibility and variety the role brings.

Alexandra is passionate about health, wellness, and staying active outside of work. She gardens in the mornings, practices yoga, hikes, bikes with family and friends, and frequents the infrared sauna. Her curiosity extends to nutrition and supplements, particularly concerning managing her MTHFR gene mutation.

Looking ahead, Alexandra is preparing to return to school for postgraduate studies, with ambitions of earning her master’s degree. In five years, she envisions having completed her studies, starting a family, and moving beyond the DFW area to begin the next chapter of her journey.