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# Mansfield NOW

M A G A Z I N E

October 2007

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the Clowns**

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*Photo by Ivey Photography.*

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**Mansfield**  
**NOW**  
The Community Magazine  
Serving Mansfield and  
the Surrounding Area  
MAGAZINE



# Mansfield NOW

## Editor's Note

### *Love Thy Neighbor*

October is Fire Prevention month and who better to teach us about fire prevention than a bunch of clowns? When firefighter Davy Sanchez realized the need for a better way to educate our children, very creative minds came together to form Mansfield's first clown troop. In fact, that kind of inspired thinking is the theme of this month's issue.

The beautiful story of how Joe Miller built a dream home for his wife, and how local artists and business leaders followed their passion – be it through exercise or artistry – to create a new life for themselves are all representative of the kind of forward-thinking, expressive neighbors we have. But perhaps one the most inspiring stories comes from our education feature on Carter Blood Care. In a month dedicated to fire prevention and safety, blood donors should be rewarded for their acts of selflessness and inspiration.

In that same spirit of selflessness, I would like to thank local photographer Greg Thomas for the wonderful pictures of Courtney Hines, Mansfield's female football player, he provided for use in the September issue. Inadvertently, he did not receive proper credit for the photos and we apologize for the oversight! Thank you, Mr. Thomas!

*Alex Allred*  
Mansfield Editor



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— By Alex Allred

# Send in the Clowns

*The Mansfield Fire Department uses slapstick humor to convey lifesaving truth.*

Combined, the men on the stage have given more than 40 years of service to the public, responding to all emergencies imaginable. They have endured many harrowing experiences of their own. But in October – every October – they take on a challenge of a different sort. They become clowns.

Blaze, Bleve, Higbe, Res-Q and Haz-Mat have been educating our children about fire and personal safety since 2003 through slapstick humor, song and dance.

“This is an important program to us,” said Fire Marshal Ed Henderson. “If we’re able to save one child through the efforts of the clowns, the program has paid for itself.”

For this reason, the fire department focuses heavily on elementary school children. According to research studies, juveniles set more

fires, intentionally or not, than any other group. But the fire department believes with proper education, most fires can be prevented.

No one knows this better than Davy Sanchez. Before his transfer to the Mansfield Fire Department, Davy was introduced to the concept of the clown during his tenure with

the kids, ‘Don’t play with matches,’ and how to stop, drop and roll.” It was unimaginative and boring for the children. “I asked if I could do something else to get the kids’ attention.” When the green light was given, he became a one-man clown show.

It was 1995 and not too many firefighters were wildly excited about dressing up as a clown, so Davy was on his own. In fact, Round Rock was the only other fire department in Texas with an active clown program.

It was up to Davy to begin his own research, track down other clown programs, attend clown conferences, learn how to apply makeup and create routines for the children.

But as soon as he came to Mansfield, he had an immediate clown volunteer. Phillip Baker had similar experiences with the school visits. “We would go into the schools and say, ‘This is a smoke detector. Go home and change the battery,’ and the entire time we



*Fire Marshal Ed Henderson with his clowns.*

the Colony Fire Department. “When I started 15 years ago, we’d go to elementary schools in uniform and tell



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were talking, you could see them [the children] talking to each other and not listening."

As soon as the children were asked if they wanted to see the fire truck, however, they would become very attentive. What the firefighters noticed was that the only thing the children really remembered from the school visits was the fire truck. All the valuable lessons, the very bits of information that could save their lives, were lost.

Send in the clowns!

Over time, firefighters Jo Don James, Robert Matthews and Roy McCleary joined the clown troop and quickly learned this is not an easy job. The makeup alone, that causes skin irritation and breakouts, takes an hour just to apply. The hours are long and the pressure, in some respects, is as demanding as firefighting. Many a clown has had to ask, "Why am I doing this?"

"We want our children to be safe," Davy said. The clowns, he said, became their big red fire truck. But there are certain clown rules that cannot be broken, including the number one rule: Never reveal who you are. For this reason, Mansfield NOW Magazine will not identify or connect the fire-fighters to their clown personas.

What most people do not realize is there is a clown hierarchy. Whitefaced clowns are the leader. Auguste clowns are the "middle men" and Tramps or Hobos are the clowns who are always made fun of.

Each clown (or firefighter) plays a specific role in order to carry the intended message to the children. In preparation for Fire Prevention Month,





the clowns meet regularly to create a new story line, write scripts, create props and music, and design their own costumes. They work months in advance, including scheduling times with each school.

"Every year, it gets harder to get in the schools with all the tests and everything," said Davy. But he believes it is worth the effort. Together, he and the other clowns do as many as six shows a day. Every, night they set up their stage props in a new school so that the following morning, "All we have to do is get dressed and do the shows that day," Davy said. That evening, they tear down the stage and go to the next school, starting all over again. The night work is necessary. It is a matter of convenience, "but we also don't want the kids to see us out of makeup," Philip said.

In fact, one of the things the firefighters enjoy doing is returning to a school after they have performed. "The kids will ask us where the clowns are," Davy said, "and then go on to tell us everything the clowns taught them. As far as they know, the clowns live at the station."

In great clown tradition, their mistakes are often their most teachable moments. "Sometimes," said Davy with a laugh, "the magic doesn't always work as planned. Mishaps with props, or when someone misses the cue, are the funniest." The kids love it and are on the edge of their seats. During one particular skit, one of the clowns tripped while running in his size 22 clown shoes and fell off the stage, causing the entire auditorium to erupt in laughter.

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The children absorb every word, every message, every idea the clowns offer. "Not many people can run in size 22 shoes," Davy laughed.

While Fire Marshal Ed Henderson is pleased that the message "is getting out," it is his hope that entire families benefit from the clown program. In fact, he noted that this has truly been a communal effort. "The clown program started with donations from local businesses and civic [groups]." The clown trailer, which includes their makeup tables and lights, has been an integral part of the program.

As for the clowns, each show provides many lessons about stranger danger, traffic light and gun safety, even swimming pool etiquette.

"It's fun to go back and ask the kids what they liked the most," Phillip said, "and they will say the funny thing that the clown did wrong ... but they always know what was wrong. For me, knowing that we're teaching them safety, that they get it, is the best. When a kid goes home and finds that maybe his brother is choking or his mother goes into diabetic shock, he'll know to call 9-1-1 and that someone is going to help him. That's why we do this."

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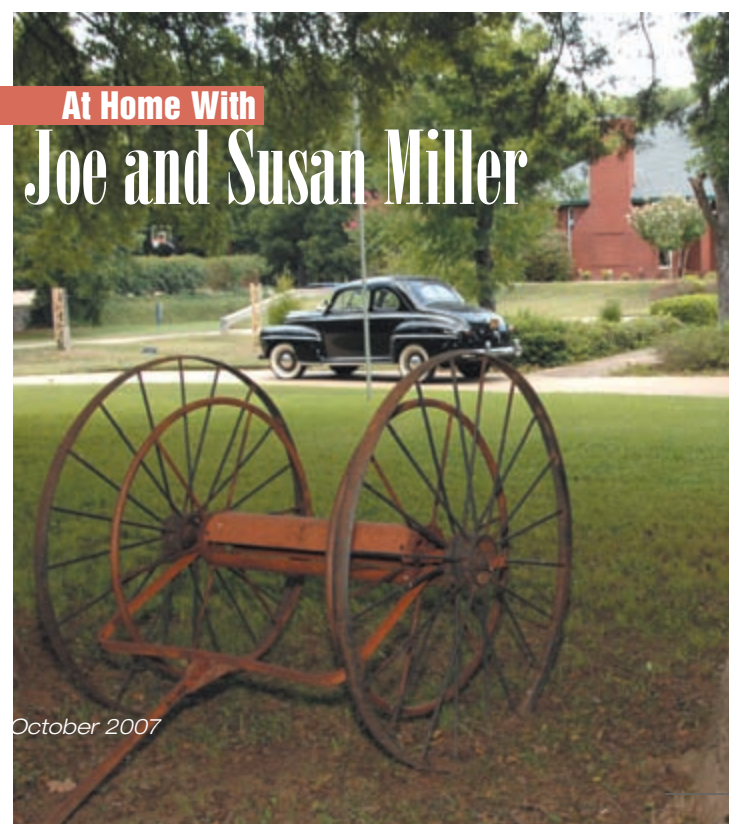
# Appreciation for Family Memories

— By Sandra McIntosh

Joe and Susan Miller consider themselves lucky. As they look back on 37 years of marriage, they are proud of what they have been able to accomplish, not only as a couple, but also as parents and grandparents.

As a declaration of his undying love and devotion to Susan, Joe designed and built the four-bedroom, three-and-one-half-bath house they call home today. Before moving to the “house that Joe built” in February of 1997, the Millers had been living in the Walnut Creek addition located across town. “The two homes are similar,” Joe said, referring to the way in which both homes are laid out. “When Joe drew up the design, he didn’t want any wasted space,” Susan added.

They took Joe’s design to an architect so floor plans could be drawn up. Upon their



## At Home With Joe and Susan Miller



return, Joe saw that the architect had changed everything within his design. "We found a second architect," Susan explained, "who drew up exactly what we wanted."

Paul Bartolucci was the homebuilder who constructed the two-story customized pier and beam home boasting of 4,700 square feet of living space. Throughout the building process, Joe stopped by the site several times each day to oversee the work. "He wanted to be sure everything was to our specifications," Susan said, also making reference to the special red clay wire-cut bricks. "He wanted to make sure we'd be satisfied."

Making your way up the circular driveway, it is easy to see the end result has brought much more than satisfaction. The home — cozy, comfortable and easy to admire — is filled with family memories. "We have very few things in our home that are not old," Susan said, referring to heirlooms and collectibles that date back several generations. Most of the wall decorations have very special meaning for Joe and Susan. "Many of the wall hangings were made by one of our children or Heather, our 20-year-old granddaughter," Susan explained in more detail. "I'm sure there will be more things added to our collection as our 3-1/2-year-old grandson, Luke, grows up."

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The stained glass windows flanking the front entrance, as well as those found in the master bedroom and in the playroom were custom made by Robert Journey, an artisan from Stratford, Texas. Joe and Susan met him on one of their many trips to First Monday Trade Days in Canton. Stained glass accent windows, handcrafted by Arlington Stain Glass, can also be found in the master suite's shower, as well as

in the upstairs bath. Susan wanted the stained glass windows to match the wallpaper in the two bathrooms, and needless to say, they match perfectly.

Other "must-haves" when building included oversized closets, a circulating hot water system that provides instant hot water everywhere, a customized steam feature in the master bath, an upstairs cedar closet, a floored attic for extra storage space and a stereo sound



system wired throughout the house with volume controls in each room. All hardwood floors are plank with a wax finish. "There's ceramic tile in the bathrooms and kitchen," Joe said. "We didn't want any carpet, and you'll notice we don't have curtains. We don't need them and we didn't want them."

Joe and Susan spent 30 years in the fire protection business prior to their retirement. A small office at the front of the home is evidence of the business the couple started in 1976. "The door was on our first real office," Joe said, "and one of our employees etched the company name in the glass." The

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Millers changed the name of their company two more times and those names are etched on the side glass panels. "The top depicts a fire and the sprinkler heads putting out the fire," Susan added. A second office, detached from the main house, is where the real work is done. Upon entering, you quickly sense that a great deal of thought was put into the room's overall planning. The walls and ceiling are beadboard and the floor is oak with a wax finish. Joe and Susan love wood, so the his-and-hers office could easily be considered their very own "wood heaven."

Collections are common in the Miller household. Joe's cane collection is located in the entryway. The glass cabinet makes viewing easy. Susan collects music boxes. Most of her collection is found in the formal dining area. "Joe bought my first music box as a gift for our 25th anniversary," she said, explaining that he listened to its



sound over the phone prior to making the purchase.

Antique collecting started the day the two married with Joe's gift to his new bride. "He gave me the dining room table as a wedding gift," Susan said. Joe spent a great deal of time stripping the red and black paint from the table, finishing it to the beautiful piece it is today. "We went to numerous garage sales in Dallas, Arlington and Fort Worth," Susan said. "There are several pieces in our home that came from those early days of shopping."

Antique collectibles can also be found outdoors in the automobiles, which Joe finds enjoyment in refurbishing. He has two 1955 Ford trucks, a 1947 and 1948 Ford Coupe, a 1940 Cadillac Limousine and his favorite, a 1957 red T-Bird which just happens to still be an active work in progress. "One of the '55 trucks is in its original state," Joe said, "while the other one is customized."

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It has everything on it that you wanted to do to your dad's truck as a kid, but were never allowed to."

One room in the home that is sure to be a conversation starter is the Texas room, done to honor Joe's rich Texas heritage. "He's a sixth-generation Texan," Susan said. "We all take pride in that."

The hand-painted mural depicts the Miller family settling in Wheeler, Texas in 1847. Joe's father and grandfather were born in that house. "Five children grew up in that small house," Susan added. "The school was built by the area ranchers so their children would have a school to attend." There seem to be numerous stories, which have been passed down from one generation to the next that may or may not be true. "They sure are fun to hear," Susan explained. "Doesn't the continued telling make them true? I think it does."



The Miller home is filled with family history, from the shadow boxes in the bedroom to the hats and purses in the girls' bedrooms. Unique finds include a bean box that serves as the center island in the kitchen, a possible wedding shawl of pounded silver woven into lace and the family photos lining the stairway. "We are teaching our children and grandchildren," Susan said, "to appreciate the memories of a close-knit family." **NOW**

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# Inspired to Create

— By Alex Allred

*Kristene Toledo shares her inspiration with her family.*

Recently, Kristene Toledo had surgery. All in all, she was feeling pretty good, but by day eight of her rest and recovery routine, she was getting restless. She missed her art. For her, getting her hands to work again, designing and creating her floral designs was the best form of therapy.

In high school and in college, she had the gift for gab, eventually earning her degree in communications at the University of Texas at Arlington. But it was also during college that she discovered her true artistic talent. When she got an opportunity to work showcases at the World Trade Center in Dallas, her talents were revealed.

"I fell in love with the design, the thought, the process that went into it [showcases]," Kristene said. "I was lucky to have been trained by the best while I was at the World Trade Center."

"My mother is very creative and my grandfather was a painter," she said, crediting her artistic genes. As much as she liked tapping into her creative side,

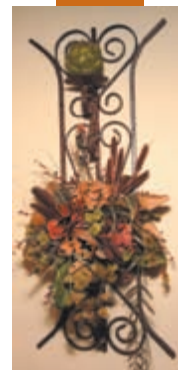
she needed more. She enjoyed seeing a project through from start to finish and needed the feel of finality.

It started with an "I-think-I-can" spirit at the World Trade Center to creating silk and fresh flower arrangements and establishing herself as an artist. "I'm not saving the world," she said, "but people do get excited about it. When you see how happy it makes people, you feel good."

Several things clicked for Kristene. Her floral designs allowed her to meet new people, as well as network. "I go to people and get to know them."

After Kristene and husband, Manny, married in 1994, they began a family with their two daughters. By managing her own schedule, Kristene really could "have it all." She was able to schedule her days around the babies. "By working at home, I get to work and be with my girls," Kristene said. "That was most important to me."

For Kristene, inspiration is the key to her success. From her family's artistic nature to the professionals





## ARTS NOW



### “I-think-I-can”

she met at the World Trading Center, Kristene was inspired. But the greatest inspiration came with the Toledo's move to Mansfield. They had been living in North Dallas, making the weekly commute to their church near Mansfield.

“We knew we wanted to move closer and liked the small town feel of Mansfield. I think God led me down this path,” she said. With that, she decided to name her floral designs Inspirations.

“My husband said, ‘Inspiration? Where’d you get that?’ but I was right. I just knew I liked the word when I saw it. Now, it’s everywhere you look.”

Kristene had literally gone through a list of descriptive words to define her art when the word hit. She had wanted to find just that right word that would personify her both professionally and personally. It was to be a statement and a promise.

“Kristene is so creative,” said friend and decorative professional, Kathy Murray, adding that Kristene works very hard to make sure everyone is happy. “But she’s also a natural talent.”

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But just as easily as the creative flow comes to her, Kristene is equally expressive with the people around her.

Today, Kristene is the living example of inspiration. She inspires the people around her to discover their artistic side. Friends and family will often ask her to help them decorate their home, offer ideas for decoration or create floral arrangements. As Kristene sees it, however, most of us are far more artistic than we realize. "You know," Kristene laughed, "people just don't give themselves enough credit. When I'm making something, I always try to include people and tell them, 'You know it; you just haven't finished it.' I tell them, 'Look at everything you've already done!'"

This kind of generosity, according to friends, is Kristene's true talent. "If I could," Kathy said, "I would want people to know just how generous she and her husband are. Her florals are beautiful, very eye-catching. But it is Kristene's heart that is truly inspiring. Both Kristene and Manny have donated time and energy to those in need in the Mansfield community. "They are very generous and giving people. They really do a lot, very quietly, for a lot of people."

"I just like to see the expression on people's faces when they realize they can do something," Kristene smiled with satisfaction. That is true whether they are a stranger, a friend or her own children.

"The other day my daughter was working next to me," Kristene recalled. "She was creating her own design and I thought it was really cute." But when the child held up her arrangement, Kristene was surprised. "It was really good!"

"I love that I can spend this time with my daughters, and I love that they can see what I do. But I really love that they are discovering their own hidden talents, and I get to be right there when they do." That's inspired! **ARTS NOW**



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**Sports**  
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# Go Ahead and

— By Alex Allred

The mere mention of the word belly dancing connotes images of exotic and seductive dances designed for the male audience. Historically, however, nothing could be further from the truth.

"It's hard to really pinpoint where it began," said dance instructor and belly dancer Janet Araujo, "but there is historical reference in Egyptian tombs in the 14th century B.C." Artwork, she said, depicts dancers who had similar poses and positions of the belly dancers we know today. Few people realize this type of dance was created

by women for women. The dance – and subsequent bonding that came with it – was considered sacred and not intended to be seen by men. Stories of harems dancing before the great sultan are just that. Janet concedes there may have been individuals who danced before a male audience, but true belly dancing was always intended for an exclusive female audience.

The dance "was meant to show

women how we can manipulate our bodies," Janet said. In preparation of childbirth, postpartum recovery and a celebration of women, the first belly dancers performed and created new moves for each other. They were, one could argue, some of the first known exercisers.

Just as it was with her ancestral belly dancers, Janet's own curiosity began as a result of her best friend, who was a professional belly dancer. Janet was



*Janet Araujo has a lot of laughs and a little jiggle in her traditional Egyptian costume.*



## Sports NOW

drawn to her dress, her confidence and the fluidity of her movements. She appeared very controlled and poised. So, at the age of 33, as a new mother, Janet ventured into the unknown. Even as Janet began to earn her certifications

**“This is a dance that was created by women for women, the intention was always one of celebration, liberation, joy and family.”**



in the fitness industry she was drawn to the sport of belly dancing.

“I became more confident and realized, ‘Hey, I can do this,’” Janet said. “It’s very empowering.”

“There are all different types of the dance,” said Janet, who today instructs professionally. In fact, there is American Tribal, Egyptian, Oriental and Turkish styles. Each style has its own costumes, jewelry, movements and meaning to the story of the dance. “I tend to do Egyptian because I like the lavish colors and beadings and makeup.” Again and again, Janet describes a

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## Sports NOW

kind of "freedom" that comes with this kind of dance.

Still, there is a stigma attached to the dance. Many women sign up with the idea of bringing romance back into their relationships, while many more stay away for fear of being ridiculed.

"Women have this sense that we need to be hard, really skinny and buff, that we should never let anything jiggle. But, historically, women were celebrated as soft and jiggly!" Our society has changed that, she said, adding how detrimental this has been for so many women. "You know, I do exercise and watch what I eat, but I

**"Belly dancing was meant to show women how we can manipulate our bodies."**

may not look like the models in the magazines. Between the air brushes and starvation diets, how could I?"

This is where the belly dancing comes in. Rather than fighting "what the Lord gave us," Janet wants women to celebrate it. "I tell them to jiggle! Go ahead and jiggle. Enjoy it."

Married to her husband, Adan, for 17 years and the mother of two young children, belly dancing serves as a social outlet, a stress reliever, exercise and an opportunity to appreciate herself as a mother/wife/friend.

Her classes are dimly lit, allowing her students to move and express themselves more freely. While she is dispelling the myths of belly dancing, she is also building confidence and endurance with her students.

"It's so much more than the belly," Janet said. "We work the hamstrings, gluts, quads and balance to keep steady. This strengthens the core. We also do





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It is so much more than a dance. "Of course, you do burn calories, but



you burn more calories because there is so much strength training involved," Janet said. "Women will report back being sore later and didn't know at the time because they are having so much fun!"

Just as it was designed thousands of years ago, there is a sisterhood among the women. Historically, their dance is, and has always been, about self-expression, confidence and control. Yet in 1893, when America held its first World's Fair in Chicago, event promoter Sol Bloom needed to name this new and unusual dance something that would catch the attention of both men and women. One of the exhibits, called the Streets of Cairo, had not been selling well. In a time when modesty and corsets were standard, people literally lined up to see a "belly dance."

Certainly by 19th century standards, the dancers from the Streets of Cairo were a sight to behold. "But this is not a sensual dance," Janet said. "The right performer should be able to perform a dance for the entire family." Because, she said, this is a dance that was created by women for women, the intention was always one of celebration, liberation, joy and family. **NOW**



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# The Curve Culture

— By Alex Allred



*Melissa Stroud and staff embrace the Curves culture with enthusiasm and friendships.*

You have seen the commercials. Curves is an innovative 30-minute fitness program based on hydraulic resistance rather than free or cable weights. You have heard the premise. Curves is an exercise program created exclusively for women. Now it is time to meet the woman behind Mansfield's own Curves franchise.

Melissa Stroud is not just an owner, she is a member. She is living testimony as to why and how Curves is the fastest-growing franchise in the fitness industry. Until she found Curves, she tried several gyms but never felt comfortable in that environment. Too much stress and too little personal time made it difficult to find the time for exercise, much less the motivation.

"Curves was perfect," Melissa said, "because you could do a total body workout and you're done! It was the first time I was able to stay with

an exercise program."

For her, Curves became representative of something much bigger than an exercise program. By continuing her membership, she was making friends and proving to herself that she could, in fact, stick with an exercise program. She was actually enjoying herself. So much so that she began talking to the former Mansfield Curves owner about buying into the franchise. In what she can describe only as following her instincts, Melissa filled out paperwork for the corporate office of Curves with the hope of one day owning a club of her own. Mostly, it was a dream.

But when she showed up one day in the spring of 2001 for a workout, she was stunned to find the local Curves franchise had been closed. For the first time in her life she had found a program in which she truly believed. She was not about to let a "closed" sign stop

her. With a few well-placed phone calls, she suddenly found herself presented with the opportunity of a lifetime.

When the corporate resale office asked if she wanted to "take over" the club, Melissa jumped. Her husband, David, agreed to the deal, "sight unseen," Melissa said. "I hung up with corporate and called David. I said, 'We need to do this.'"

Whatever trepidation he may have felt was squelched when, in the same month they took ownership, a tornado hit downtown Mansfield. While a great deal of structural damage was done to their new neighbors, Curves was unharmed. "I told David that it must be another sign." A good sign.

Today, Melissa's indomitable spirit has paid off. Under her guidance, the Mansfield Curves membership has soared from 25 to over 350 active members. The new club is lively and



## Business NOW

busy, with members who have adopted what Melissa called, "the Curves culture."

As women work out on the circuit, no topic is off limits.

"We talk politics, religion, current events and about our kids," said one member. "For women, it's nice to have a place where you can visit, workout, do something for yourself."



"That's just it," Melissa said. "As women, we take care of everyone but ourselves. Why do we do that?" For Melissa, the success of Curves has been twofold. She continues to take care of herself, but she is also teaching other women to do the same.

Melissa is known for her involvement in the community and with her members. While she works out alongside members, correcting their form and giving health advice, she also "plugs them in" to what is going on in the community.

But Melissa is quick to turn to give her staff full credit for the health and happiness of her clientele. As more members come through the door, the atmosphere is more celebratory than anything else. This is not just a 30-minute total body workout. This is a social outlet.

"I just love it here," smiled Melissa, joking that it is sometimes hard to get work done. "I wind up hanging out and talking to everyone." **NOW**

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## Education **NOW**

# Lifesaving Donations

— By Sandra McIntosh



*Susan Wells and Dan Emory give moral support to Todd Simmons as he gives a blood donation.*

Receiving blood in an emergency can mean the difference between life and death. “My life was saved because of the giving spirit of someone willing to donate blood,” said Susan Wells, Carter Blood Care donor center promotions consultant. “I was a recruiter before surgery, now I’m really a recruiter.”

Susan’s need for blood followed a scheduled brain surgery. What was initially thought to be four tumors was actually a dozen. When Susan woke up in ICU, she thought she was fine. Three days into her recovery things quickly changed. “I felt really bad; very weak,” Susan remembered. “I felt hopeless. I’d just about given up.”

The feelings of weakness and hopelessness were brought on by Susan’s need for a blood transfusion. Her body was crying out the only way it knew how. “It’s hard to describe what it felt like when the blood started flowing through my

body,” Susan explained. “It was giving me new life.”

What about people, like Dan Emory, who are driving home from work only to be hit head-on by a drunk driver? On that rainy night in 1982, Dan was not thinking about an accident that would require his broken body to undergo three surgeries in a 10-day period. He never could have imagined that during this time he would need six units of blood in order for his life to be saved. Through support from family and friends, Dan was able to survive this terrible event, but had it not been for those willing to roll up their sleeves and donate, the story might not have had such a favorable ending. “Remember, I was just driving home from work one night,” Dan said. “In a split second, my life was changed forever.”

Both Susan and Dan have happy endings to their stories because of donors like Todd Simmons, local resident, business



## Education **NOW**

owner and head of the Mansfield donor council. Todd has been faithfully donating blood since 1984. For him, it all started as a high school senior. "The mobile bus came to school and the entire basketball team made donations," he said. Todd tries to donate at least once a month and after doing the math, he said in 23 years he has donated 27 gallons, one pint at a time. "Todd is a



**"We don't have a shortage of blood. We have a shortage of blood donors."**

very special person," Susan said, referring to the fact that his blood type, O negative, is very rare. "He truly gives from the heart." Todd, humble spirit that he is, just laughed. "I give so I can catch up on my movie watching," he said. But in all seriousness, Todd gives "because it's the right thing to do."

Several myths surround the selfless act of donating blood. When asked to talk about these falsehoods, Susan was hard-pressed to choose what she considered to be the top three.

First Myth: Blood donors with rare blood types are the ones most needed. About 38 percent of the American population has type O positive blood and less than one percent has type AB negative. "All blood types are needed on a daily basis," Susan said, "but the greatest need will be for the most common blood type." It is also important to understand that in an emergency, anyone can receive type O red blood

An advertisement for Super Suppers. It features a yellow background with the title "What is Super Suppers?" in large, bold, yellow letters. Below the title, it says "Pre-assembled entrees, sides, and desserts" in black. To the left, there is a logo for "SUPER SUPPERS" with a fork and knife icon, and the phone number "817-453-0878". Below the logo, it says "www.supersuppersmansfield.com" and "1071 Country Club Dr. Ste. 104 • Mansfield". To the right, there are two plates of food: one with a roasted chicken and rice, and another with a meat and vegetable dish. Above the plates, it says "Just walk in and quickly purchase meals from our Grab-N-Go freezer".

An advertisement for StaRx Pharmacy. It features a photograph of a group of healthcare professionals (pharmacists, technicians, and nurses) sitting in a classroom setting. Below the photo, the text reads "Pharmacists, Pharmacy Technicians &amp; Nurses Become IV Certified". Underneath, there are three sections: "PHARMACY TECHNICIANS", "PHARMACISTS AND PHARMACIST INTERNS", and "NURSES", each with a list of program details. At the bottom, it says "IV recertification / refresher programs with 6 hours of CE (0.6CEU) also available". The StaRx Pharmacy logo is at the bottom left, and the phone number "Call 877-477-4999 for more information" is at the bottom right.



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## Education **NOW**

cells. Those individuals with type O blood are known as “universal donors” and their donations are in great demand at all donor centers nationwide. “The rarest blood type is the type we don’t have on the shelf when we need it,” Susan added. “We need all types at all times, that’s why donors are so important.”

Second Myth: A frequent blood donor is someone who donates once a year. “Although, each and every blood donation is valuable,” Susan explained, “blood donors who provide continuous donations allow blood centers to maintain a healthy community blood supply.” An estimated 63 percent of donors give only once a year. Could you imagine the significant increase in the nation’s blood supply if those same donors gave twice a year? “People in today’s society live fast-paced lives,” Dan said. “That may be why such a small percentage of Americans donate on a regular basis.”

Third Myth: The best time to donate is in times of crisis. “Donor centers see the biggest outpouring of donations during times of great disasters,” Susan said, referring to September 11. “It’s not the donor who responds to a crisis that saves the day; it’s the donor who came in days earlier, before the crisis, who provides the blood that is actually on hospital shelves to be used when an emergency situation arises. Routine blood donors are our safeguard and they are needed every single day.”

Why some give and others do not is a mystery. “We don’t have a shortage of blood,” Susan said. “We have a shortage of blood donors.” Susan is hopeful that dispelling just a few of the myths associated with giving blood may cause the increase in donors she is looking for at Carter Blood Care’s new donor site located in Mansfield at 920 U.S. Highway 287N, Suite 210. For more information on how you can become a lifesaving donor, please call (817) 539-0244. **NOW**

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## Around Town

### NOW



People of all ages, top left, lined up to audition for an upcoming Oscar Mayer Wiener jingle. John Goins, teacher of the SUCCESS program at Mary Lillard Intermediate School, top right, received the MISD Heartbeat Award from board trustees Dan Phillips and Beth Light. Three little contestants, bottom left, attended the Oscar Mayer Wiener Jingle Contest held at Wal-Mart. The Mansfield junior varsity volleyball team took time out from practice to pose for a photograph.



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## Around Town NOW

A golf tournament was held at the Walnut Creek Golf Course as a fundraiser for the Boys and Girls Club of Arlington. Sponsors, top right from left, were Roger Taylor, Roy Anderson, John Joe and Steve Wurm. First place winners of the Pecan Course during the fundraiser were, middle left from left, Byron Williams, Jerry Browne, Alfred Anderson and Jimmy Bennett. Coach Wade Smith of Brooks Wester Middle School, middle right, talked to the seventh grade "A" Wildcat football team. Mansfield varsity head coach Kirk Thor, bottom left, talked with his quarterback Donovan Roberts and running backs Chad Jackson and Stephan Taylor. Mansfield city hall employees were able to admire the art of contest winners, bottom right from left, Delia Jones, Lisa Sudbury and Janice Bennett.



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— By Melinda Hines

## IN THE KITCHEN WITH FIRE STATION NO. 1

### BAKED ZITI

- 1 box rigatoni noodles
- 1 lb. ground beef
- 1 lb. Italian sausage
- 2 green peppers
- 1 onion
- 1 small can black olives, sliced
- 3 large cans spaghetti sauce (flavor of choice)
- 1 16-oz. container Ricotta cheese
- 2 cups mixed Italian cheese

Boil rigatoni noodles until done. Brown beef and sausage; drain off grease. Dice green peppers and onions. Mix the diced onions, green peppers, olives and spaghetti

sauce with drained meat. Take a small amount of the spaghetti sauce and spread it over the bottom of a baking dish to keep the noodles from sticking. Make a layer of noodles on top of the spaghetti sauce. Warm the Ricotta cheese to make it spread easier; spread a layer of Ricotta over noodles. Layer beef and sauce mix over the Ricotta. Place a generous layer of shredded cheese over the meat sauce. Repeat the layers until you have two layers of each. Top with more shredded cheese; cover with foil and bake at 350 F for about 45 minutes. Remove foil and bake for an additional 10 minutes at 400 F until cheese is bubbly and brown.

- Firefighter Josh Planas

### CUBAN STYLE PORK ROAST

- 12 - 15 lb. pork bone-in picnic roast
- 1 20-oz. Coca Cola
- 3 heaping tsp. minced garlic

Place roast in a roasting pan with the skin side up. Pour the coke over the roast. Place the minced garlic on top like a paste. Cover and cook at 250 F for approximately 8 hours. Serves about 8 - 10.

- Firefighter and Paramedic Josh Planas

### OLD FIREFIGHTER JOHN'S CAJUN MIX

- 1 pkg. Eckridge smoked sausage



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## Who's Cooking **NOW**

1 bell pepper  
1/2 bunch green onions  
1/2 lb. shrimp  
1/4 clove garlic  
olive oil for frying  
1 13-oz. can Hunt's crushed tomatoes

Dice first five ingredients and sauté in small amount of olive oil until shrimp browns. Lower heat; add crushed tomatoes. Simmer and serve over rice.

- Engineer William Franks

### FLAMING YARD BIRD SPAGHETTI

1 8-oz. pkg. spaghetti  
1 2-lb. block Velveeta Cheese  
4 chicken breasts  
2 8-oz. cans Ro-Tel (your choice for heat)

Boil spaghetti until cooked through. While cooking, prepare sauce: Cut cheese into small blocks. Heat Ro-Tel over low heat in saucepan and add Velveeta chunks. Stir together until melted. Cut chicken into small pieces; add to cheese sauce. Pour over spaghetti.

- Firefighter and Paramedic Steve Howery

### 3-ALARM HOT SAUCE

1 13-oz. can whole peeled tomatoes  
1 bundle cilantro  
2 - 3 jalapeño peppers, tops removed  
1/4 - 1/2 yellow onion  
1 tsp. ground cumin powder  
1 tsp. garlic powder

In a blender, combine the tomatoes, top of the cilantro bushel (no stalks), jalapeño peppers and onion. Blend well and add cumin and garlic powders.

-Firefighter Davy Sanchez

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## Finance **NOW**

# Annuities 101:

## Some Basics About a Misunderstood Product: Part 1

**If you are tired of the rock and roll of the stock market, your IRA is maxed out, and safety and security have become your investment watchwords, then annuities may be the right financial product for you. An annuity is a contract between an individual and an insurance company that promises an income stream – now or in the future – for an investment of monies.**

### Some Basics:

There are two main categories of annuities – fixed and variable. With a fixed annuity, you will get an interest rate set by the insurance company. With a variable annuity, you can choose among different sub-accounts, which provide a variety of underlying investment options, including stock and bond funds. While they are different, both types of annuities have features that may not be available in traditional equity products.

There is flexibility in how the annuity is structured – either deferred or immediate. A deferred annuity begins payout at a future time, whereas an immediate annuity begins payout immediately or within one year of issuance. You can also annuitize a deferred annuity.

Deferred annuities have two phases

– accumulation and payout, sometimes referred to as distribution. The accumulation phase can be set up either with a lump sum or through a series of deposits over time. Moreover, annuities can be paid out in several ways: lump sum withdrawal, partial withdrawals as needed or as a regular income stream.

Furthermore, unlike other savings plans, there is no government-prescribed annual limit on contributions. This aspect may be especially helpful for people who do not have an employer-sponsored retirement plan, those who have maxed out their IRAs and workplace savings plans, and/or anyone getting a late start on retirement savings.

An important benefit of annuities relates to taxes. Currently, annuities allow the owner's money to grow tax-deferred until it is distributed. However, distributions taken prior to



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annuitization are generally considered to come from the gain in the contract first. If your contract is annuitized, a portion of each payment will be considered taxable and the remaining portion will be a non-taxable return of your investment in the contract. This is also called the "basis." Once the investment in the contract is depleted, all remaining payments will be fully taxable. If the contract is tax-qualified, generally, all payments will be fully taxable. Distributions prior to age 59 1/2 may be subject to an additional 10 percent federal tax penalty. For specific information about how annuities are structured and how they can fit into your investment portfolio, talk to a financial professional. **NOW**

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# Breast Cancer: Factoring Your Risk

In the U.S. alone, more than 250,000 people are diagnosed with breast cancer every year, but if detected at an early stage, the chances of survival are extremely high. According to Valerie Gorman, M.D., general surgeon on the medical staff at Baylor Medical Center at Waxahachie, every woman should be vigilant about her own breast health, especially if she is considered high risk.

"There are many different risk factors for breast cancer, most of which you cannot change, but being aware of your risk and not neglecting your annual breast screenings is essential for early detection and effective treatment," Dr. Gorman said.

According to the American Cancer Society, major risk factors for breast cancer include:

- **Age** — The risk of developing breast cancer increases as a woman ages.
- **Family History** — If you have two or more blood relatives who have

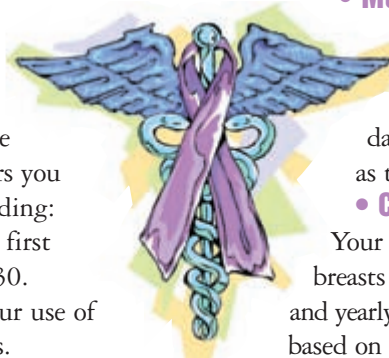
been diagnosed with breast or ovarian cancer — especially before age 50 — you could be at a higher risk.

- **Genetics** — Most genetic breast cancer is the result of a mutation of the BRCA1 and BRCA2 genes. Fortunately, there are genetic tests available that can detect this mutation.

- **Menstrual Cycle** — Women who began their menstrual period early in life (before age 12) or went through menopause late in life (after age 55) are at an increased risk.

However, Dr. Gorman said there are also risk factors you can control, including:

- Having your first child before age 30.
- Reducing your use of birth control pills.
- Avoiding hormone replacement therapy.



- Breastfeeding for one-and-a-half to two years.

- Limiting alcohol to less than one drink a day.

"There's no way to prevent breast cancer 100 percent, but you can further reduce your risk by maintaining a healthy weight, exercising and not smoking," Dr. Gorman added.

For early detection, Dr. Gorman recommends following these guidelines:

- **Monthly breast self-exams**

— Check your breasts every month after your menstrual cycle, or on a date you will remember, such as the first of every month.

- **Clinical breast exams** —

Your doctor should examine your breasts every three years up to age 40 and yearly after that, or as recommended based on your risk factors.

- **Mammograms** — A baseline mammogram is recommended



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between age 35 and 40 and yearly mammograms starting at age 40, or sooner if your risk is higher.

• **Breast ultrasound** — This test can help evaluate abnormalities that show up on mammograms.

**Reduce your risk by maintaining a healthy weight, exercising and not smoking.**

• **Breast MRI** — This scan can screen women who are newly diagnosed with cancer and those with a 20 percent to 25 percent lifetime risk of the disease. **NOW**

*\* Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System.*

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# Great Outdoors

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## Past, Present and Future

— By Nancy Fenton

Our gardens and landscaping are always affected by our past, present and future. The severe drought of last year is still to be seen in our big trees. Maybe you have noticed a good many leaves dropping early around your yard. After a bit of research, I realized that those big guys still have not had time to rebuild their feeder root systems. The plentiful rains this year have stressed the underdeveloped feeder system, hence the leaf drop. Some of our oaks have been mistakenly thought to need more

water. Actually, what is happening is they cannot take up the available water because of the reduced feeder system, and they are drowning. If you have soggy soil under your trees, check your drainage and get some of that water away from the tree for a while! We would hate to lose those 150-year-old trees!

Our present is upon us, and now is the time to make those last minute trimming decisions on your shrubs. Freezes will be upon us in November and the growth stimulated by trimming needs at least 6 to 8 weeks to harden off. If you are through trimming, think about planting some bulbs like tulips, daffodils or crocuses. They can go in the ground now to come up early in the spring. You can even plant them under the trees that lose their



leaves, knowing the bulbs will get the sun they need before the trees leaf out!

Our future is a yard that is as pretty as you are willing to make it! A balanced fertilizer can go on your irises and daylilies after Halloween and up to 4 inches of mulch can be added at any time on all those shrubs and flowerbeds. Lawn fertilizer can go on after the first freeze in November to be ready for that spring growth spurt. Planning for new beds is always a way to freshen and spruce up your landscape.

Know that Mother Nature is very flexible and forgiving. So, look at the past and present and get going for the future! **NOW**

*Nancy Fenton is a Master Gardener in Ellis County.*

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# October 2007

## Community Calendar

### First and Third Tuesdays

Training Academy for Dental Assistants' holds free informational sessions at 5:30 p.m. For details, call (972) 842-2999.

### Second and Fourth Mondays

Texas Ladies Networking meets from 11:45 a.m. - 1 p.m. at Fire Mountain Grill in Waxahachie. For information, call (214) 587-1221.

Kiwanis Afternoon Club meets at Fire Mountain Grill on Hwy. 287 in Mansfield. Visitors welcome. (817) 453-0872.

Mansfield City Council meeting, 7 p.m. at Mansfield City Hall, 1200 East Broad Street.

### Every Tuesday

Small business counseling provided by SCORE (Service Corps of Retired Executives), 9 a.m. - 1 p.m. at Mansfield Chamber offices, 114 North Main Street. To set an appointment, call (817) 473-0507.

Mansfield Public Library hosts Bouncing Babies Story Time for infants up to 2 year olds from 10:30 - 11 a.m. and 11:30 a.m. - noon.

### Every Wednesday

Mansfield Public Library hosts On My Own Story Time for 3 to 5 year olds from 10:30 - 11 a.m.

### Every Thursday

Mansfield Public Library hosts Special Kids' Story Time from 10 - 10:30 a.m. Please register for this special-needs program in advance by contacting Annette at the library at (817) 473-4391.

Mansfield Public Library hosts Toddler Story Time for 2 year olds from 11 - 11:30 a.m.

### Every Friday

Kiwanis Club of Mansfield meets at 7 a.m. at Fire Mountain Grill. Membership and other information can be obtained by calling (817) 473-9886.

### October 1

The Guns and Hoses Golf Tournament, 1:30 p.m. at 1151 Country Club Drive.

### October 2

"New Supervisor Boot Camp," 12:30 - 4:00 p.m. at the Chamber offices. Member cost: \$50. Nonmember cost: \$75.

### October 4

"Customer Service," 9 - 11 a.m. at the Chamber offices. Member cost: \$35. Nonmember cost: \$50.

Mansfield Home Child Care Association "Biting Alligators," 7 - 9 p.m. in the meeting room of Mansfield Public Library. Visit [www.mansfieldchildcare.com](http://www.mansfieldchildcare.com).

### October 8

Joy of Connecting, 7 p.m., 6612 Martha's Vineyard Drive. This monthly gathering provides women opportunities to grow their business while strengthening their community relationships. RSVP to Lezlee Liljenberg at (817) 794-5887. The cost is \$25 for dinner.

### October 9

"Developing Your 2008 Marketing Strategy," 1 - 3 p.m. at the Chamber offices. Member cost: \$35. Nonmember cost: \$50.

### October 11

"Getting the Most From Your Hand-held Devices," 9 - 11 a.m. at the Chamber offices. Member cost: \$35. Nonmember cost: \$50.

### October 13

5<sup>th</sup> Annual Pet Mania at Rose Park. Proceeds benefit Mansfield Animal Care & Control. Call (817) 477-2038 for information.

### October 16

"Business Etiquette," 12:30 - 4:30 p.m. at the Chamber offices. Member cost: \$50. Nonmember cost: \$75.

### October 18

"Internet: Technical Session," 9 - 11 a.m. at the Chamber offices. Member cost: \$35. Nonmember cost: \$50.

### October 22

Creative Quilters Guild of Ellis County, 7 p.m. at St. Paul Episcopal Church, Hwy. 287 at Ovilla Road, Waxahachie. Visit [CQGuild.org](http://CQGuild.org) for information.

### October 23

"Small Business Administration Financing," 1 - 3 p.m. at the Chamber offices. Member cost: \$35. Nonmember cost: \$50.

### October 25

"Succession Planning for Your Business," 9 - 11 a.m. at the Chamber offices. Member cost: \$35. Nonmember cost: \$50.

### October 26 and 27

Munster Mansion 6th Annual Charity Event, presented in conjunction with Century 21 Judge Fite Company, benefiting Easter Seals North Texas, 6 - 11 p.m. \$20 for adults and \$12 for children under 12. Call (972) 923-3116 or visit [www.munstermansion.com](http://www.munstermansion.com).

### October 30

"Customer Service During the Holiday Season," 1 - 5 p.m. at the Chamber offices.



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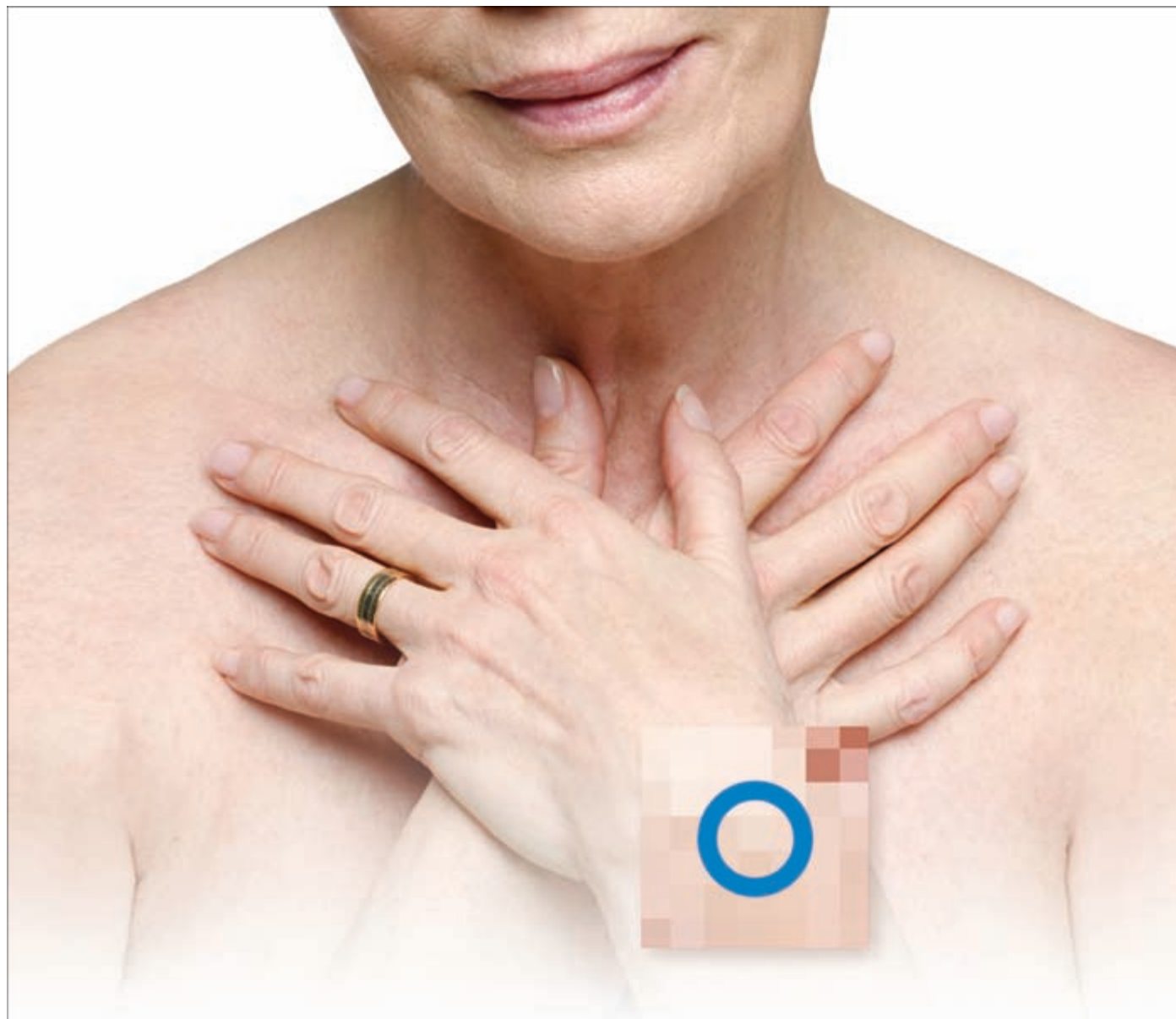
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