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October 2009

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“Under
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**Game
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Editor's Note

Dear Friends,

I will give you a peek into the world of magazine editing. Months prior to each edition, I meet with other editors and the managing editor to discuss who to profile in the different features — art, education, sports, etc. Sometimes things go smoothly, but more often than not, stories have to be rearranged, and I have to somehow tie things together.

This month, a cancer survivor, a former NFL player, a hockey league in Mansfield, a businessman from Korea and spelling champ from Nigeria all seemingly so different, share common interests and dreams. But our proverbial cherry on top is our juggler. I interviewed Mr. Spontelli with the idea of reporting his skill. Instead, I was soon sitting with his wife for a family game night, which became the theme for this month's issue. Play with those you love; don't be afraid to take chances and live life to the fullest!

Your friend,
Alex Allred
MansfieldNOW Editor



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A Life to Live

— By Alex Allred

In honor of National Breast Cancer Awareness Month, thousands participate in a variety of campaigns to raise awareness and save lives. But for Lisa Smith, professionally dedicated to educating women and committed to heading off the disease, the lesson hit too close to home.

As director of radiology at the Methodist Mansfield Medical Center, she is all too aware of the devastation cancer can cause. Still, she had no real reason for insisting upon a mammography. At just 36 years of age, she was not scheduled to have a mammography for another four years according to the American Cancer Society. “My oncologists asked me that, too,” Lisa said. “The truth is, I don’t know. Something told me that I needed to have it.”

As the story goes, Lisa was driving in her car on her way to work when she experienced what she can only describe as a mild panic attack. She was a new mother to then 18-month-old Madison and had become suddenly overwhelmed with the feeling of losing something precious. “I started going to all my doctors. I just felt weird. Something wasn’t right.”

Sure enough, something was not right. During a routine mammogram, it was determined that Lisa had a “cluster of calcifications.” Her oncologist told her had she waited just one more year, he would not have been able to save her. “Someone was looking out for me,” Lisa smiled.

Even still, this would not make her journey any easier. Initially, the diagnosis was a lumpectomy in the left breast. “In younger women, this can be very aggressive so, I told



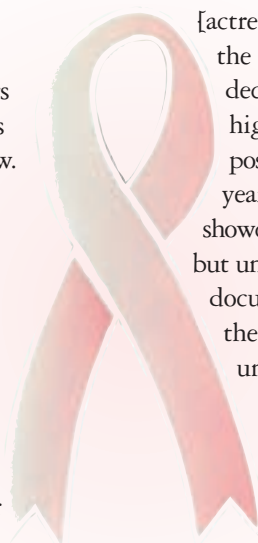
him [doctor] to take both breasts.” This is called a bilateral mastectomy.

“What is interesting is this had just happened to [actress] Christina Applegate,” Lisa recalled. In fact, the story of Hollywood’s A-list actress’ bold decision to have a double mastectomy was highlighted in *People* magazine. She became a poster child for survivors everywhere. But this past year, icon Farrah Fawcett went even further, showcasing the ravages of chemotherapy, as she bravely, but unsuccessfully battled anal cancer. In the television documentary, appropriately titled, *Farrah’s Story*, the intent was to show why cancer must fully be understood, before it can be stopped.

This is Lisa’s story. She has done the Susan G. Komen 3-day walk. She has done the fundraising and continues to educate women about the importance of getting routine mammograms.

But like Farrah, she also wants people to understand the toll cancer can have on a person, an entire family and community.

“For me, I knew I had to have both my breasts removed. I just knew.” Emotionally, Lisa had prepared herself. What she was not prepared for was the hair loss. “It’s funny how things



affect people. For me, it was more about my hair. You can put bras on or get inserts and with clothes on, you look normal. But my hair! I cried a lot about that.

"I went out to eat with my family," Lisa said, "and when I moved my head to talk to someone, a huge clump of hair fell out on my plate. In public!" After just the second of four rounds of chemotherapy, "I said, 'Okay, so the hair is going to start falling out. I'm done



with real hair.' And I shaved my head."

Denial, she says, is a huge problem for cancer patients. From the level of discomfort to the high rate of divorce among couples going through cancer to the relatively simplistic advice to buy a wig, it is hard to accept all the hazards of cancer. "They will tell you to go ahead and purchase your wig. They talk to you about making sure you get a nice wig. I just got a quick wig." But a cheap wig and a freshly bald scalp made for an itchy revelation. "I wasn't listening to the advice I was getting. Why wasn't I listening to these people?"

"I was sick a lot. So, I would go into the infusion center and they would hook me up to a little miniature pump and I'd get this red stuff." It was the combination of Doxorubicin and Fluorouracil, powerful chemotherapy dosages that can only be administered in one milliliter dosage per hour. After her first round of chemo, Lisa was

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offered a compound that would help take the edge off her discomfort, but because it came as a suppository, "I said, 'Oh, I'm not taking that!'"

As with many things, Lisa learned the hard way. But there were other things she knew from her profession. "That was one of the reasons I had both breasts removed. I only wanted to go through this one time." As it turned out, her right breast was precancerous.

Lisa received the devastating news on December 17, 1997. By February the following year, she had begun treatment and, mercifully, it was over four months later. But the journey is never over. This sweet-spirited, highly motivated and engaging woman is a



seasoned warrior. Even as the first clean bill of health surfaced, Lisa was suddenly a divorcee, working full-time while serving as a role model to her daughter. She was and is a survivor.

"For women with breast cancer, it is hard," she said. "But also there comes that moment when a woman must realize they have just one life to live. This is it!"

Lisa attended support groups, spoke out about the disease and became an even bigger advocate for preventative measures against cancer, such as early mammograms and physical fitness. "I go back [for tests] once a year," she reported, "but in the beginning, I was going back every three months. The hope is that the radiation, chemo and surgery get it all and you go into remission, but you don't know if it works." Family, friends and a positive attitude are equally important, she says, in the healing process.



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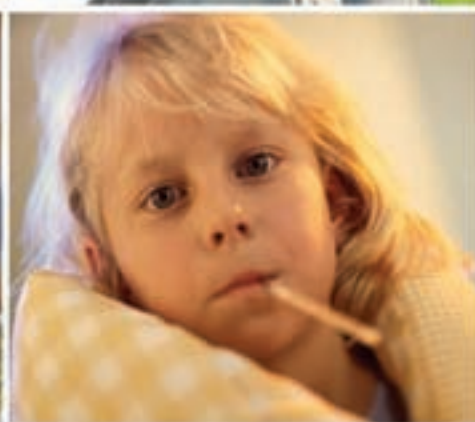
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"Now, mammography is my passion! We have the best technology here in Mansfield, and I want to show people that. It saved my life!" Although Lisa concedes that cancer is an extremely personal and devastating issue, it is a



This sweet-spirited, highly motivated and engaging woman is a seasoned warrior.

story that is always worth telling if it can save a life. "I'm the one who went through it all, so maybe somebody else doesn't have to."

With her daughter, Madison, now 12, a cheerleader at Danny Jones Middle School, Lisa is committed to working out daily and delivering meals for Meals on Wheels in her spare time. It is a schedule that, once upon a time, she might have complained was too hectic and giving to others. But today, "this is my life to live and to give!" **★NOW★**



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At Home With Skip and Roni Butler

— By Jaime Ruark

The Butler's beautiful custom-built home, located within a newly developed, gated community, is found along the fourth hole fairway and green of Walnut Creek Country Club's golf course. The Butlers moved into their spacious abode, built by Skip and his company, Skip Butler Builders, Inc., last November. After 34 years in the business, Roni feels great confidence and pride in her husband. "What can I say? It's nice to live in a Butler home," Skip's number one fan said with a smile.

Skip started his business when he was a kicker for the NFL (National Football League) Houston Oilers. A fourth round



draft choice in 1970, Skip played for the Oilers for six years, spending a total of eight years in the league. "That was back in the day when players didn't make the kind of money they make today. You had to work in the offseason," he smiled. "You can total up my signing bonus and all eight years I played ball and it's less money than a rookie signs for now." To supplement his income, Skip began the business that today has earned him quite a reputation among homeowners. "[The NFL] is so different today than it was back then. It was still good money, but obviously there's no comparison to what they make today, which I think was good. We didn't have a lot of the temptations they have now," he added.

Skip always wanted to play ball; his second interest was architecture, so "it's kind of ironic, I guess, that I ended up as a home builder," he said. The Butlers have, of course, lived in many of Skip's custom homes, first in Arlington and then later in Mansfield where their children, Brooke and Blaine, graduated from high school. Their current home is ideal for the couple who have recently become avid golfers. "Our social life really revolves around sports and the country club. We're both jocks," Roni smiled, explaining she used to play basketball at Arlington State College (what is now the University of Texas at Arlington), where Skip played football





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and was inducted into the Hall of Honor. The couple met on the tennis courts, where they spent much of their time until recently, when golf began to take over as their favored hobby, especially for Roni. "Before we got hooked on golf, we were fortunate to go to the national championships in tennis, in the Men's, Women's, Senior Men's, Senior Women's and Mixed Doubles Divisions. Now we have this obsession

called golf," Roni said, as Skip interjected with a pointed look at his wife, "One of us is more obsessed than the other!" The separate golf cart port in the garage is an obvious testament to the Butlers' love of the game.

Skip's plan for the new subdivision, was to downsize, but the homes being built, including theirs, are large and gorgeous. "We didn't end up downsizing either, so I really can't talk," he laughed

of his 3,200-square-foot, three-bedroom, three-and-a-half bath home. "Well, we did downsize by about 100 feet." After 25 years of marriage, the couple knows exactly what they want and need from a house, including a spacious upstairs office with two built-in desks, a full bath and its own separate entryway and doorbell for Skip, who does most of his work from home. "I've also got a huge air-conditioned storage area that wraps

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around my office, where I keep my copy machine and a refrigerator, and it keeps everything out of sight," he pointed out, an obviously important fact as Roni nodded.

"He is the most unorganized organized person I have ever known!" Roni added. "It looks like a mess to me, but he always knows exactly where everything is. I'm just amazed sometimes, but as much as I tease him about keeping things neat, I love having his office here because it means he's home more."

The couple enjoys entertaining and have already had a number of get-togethers with their neighbors.

They also love having their children and grandchildren, Brayden and Brynnley, over for holidays and visits, so an open and inviting kitchen, dining and living area was a must-have. The island in the kitchen is an unusual shape, allowing for a buffet to be set out or a meal to be enjoyed by up to eight people. "I really love things from Mexico, like the light fixture in the dining area," Roni shared. "I just love it because it looks like something you would see at a Mexican hacienda." Small, brightly colored, Spanish-themed sculptures dot the cabinets here and there, adding interest to the contrasting

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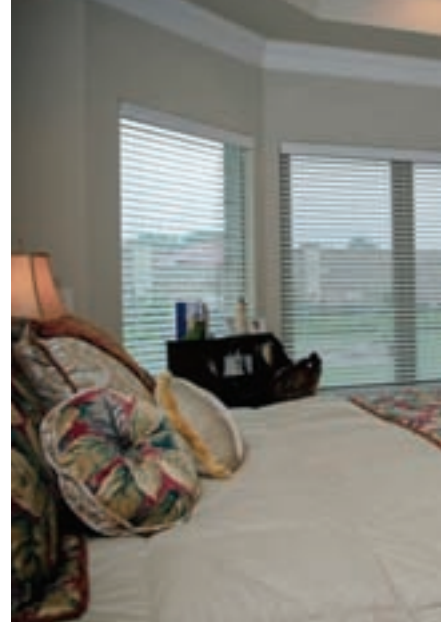
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granite countertops. Most of the appliances have their own specially designed hideaway cabinets to keep the space clutter-free. "I like low maintenance, things and I like everything to be stored away," she added.

The Butler home has many unique features. From the specially mixed, one-of-a-kind paint on the textured walls, crown molding and tile backsplash in the kitchen to the niches in the wall near the entryway and master bedroom, the design is in the details. "We put in the hobby room upstairs for Roni. She loves Christmas, so it's really become



her wrapping room, since she starts wrapping presents in September," Skip said, pointing out the endless compartments and cubby holes above the desk. "When they

were building the house, they wrote on the wall, 'sub-Post Office for Mansfield,' as a joke." The room is also the coloring room for the grandkids and their grandmother, who declared, "They can do no wrong here!"

Storage was another important necessity for the Butlers, and the house has an endless supply of closets, shelving and even a walk-out attic, with boxes piled in neat, well-organized stacks,

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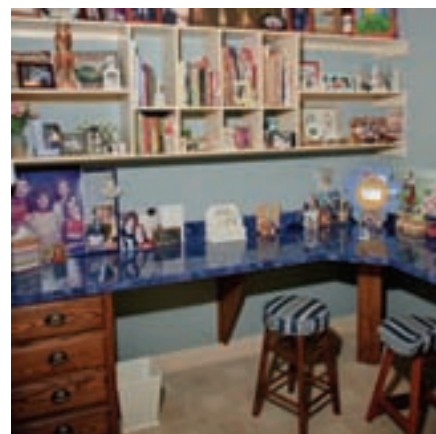
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another testament to Roni's tidy nature. In fact, the master bedroom's closet is another running joke between the couple. "Notice how everything is perfectly hung and color-coordinated," noted Skip, who loves to jokingly compare Roni to Jack Nicholson's character from the movie *As Good As It*



Gets. "She's got everything she needs in here, even a TV and phone. I tease sometimes and say if she had a water source, we'd never get her out of here."

The Butlers' passions — sports, family and church — are integrated throughout their home. Skip, active in the church and a Christian throughout his sporting career, now takes time to speak at Fellowship for Christian Athletes (FCA) events. As grandparents, they are excited to watch their grandchildren grow up in faith and athleticism. Roni said with a proud smile, "Skip loves to get out there in the backyard and throw the football with Brayden." **NOW**

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Pink Kisses owner Lorrie, left, is happy to help a Mansfield resident get a headstart on her holiday shopping by suggesting possible gifts.



Brooke & D'Lancey grab a bite at Texas Road house after shopping all day.

Around Town

As summer comes to an end, the residents of Mansfield are enjoying pleasant days outside and spending time with good friends, while the Mansfield Chamber of Commerce welcomes new businesses to the growing area.



Fridley, the therapy dog, visits Marilyn Johnson and Beverly Lee at the community center.



Allstate Insurance— Travis Kincaid —celebrated its grand opening with a ribbon cutting.



A ribbon cutting was held recently for The Music Place & Arts Conservatory, Inc.



Mansfield's newest gymnast takes instruction at the Mansfield Activity Center.



The Mansfield Chamber welcomed WR Roofing with a ribbon cutting and grand opening celebration.



Kevin is serving them up at Mr. B's Sports Grill.



A young lady waits patiently for her mom at A J Pazzini's Hair Salon and Spa.



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Jacob, Nicholas and Molly Norvak head outdoors after a long day of school to enjoy the cooler weather.



The Legacy Cross Country team smiles for the camera after a hard day of preparing for their first race of the season.



Coach Cinda Baer of Timberview High School takes a moment to pose with the Dynamic Duo.



The Mansfield Chamber of Commerce welcomes new member Mansfield Academy of Pet Styling with a ribbon cutting.



The employees of Back 2 Wellness return to the office after enjoying a well-deserved lunch.

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Game On!

— By Alex Allred

Ken Spontelli is able to juggle many things. Since moving to Mansfield in 2007, this entrepreneur, professional gamer, new husband and grandfather knows no boundaries. Truly, he lives life to the fullest and always has an eye on the ball.

For Ken, these seemingly simple life rules are philosophies to which all jugglers adhere. As a juggler for more than 30 years, keeping an eye on the ball is what makes him so good at what he does, but it is also what made him so successful in life — both professionally and personally.

Ken discovered his passion for juggling in high school; he insists, it is an art form that is more about patience and persistence than natural abilities. “Anyone can do this,” he smiles, moving balls, pins, even fruit effortlessly from hand to hand.

The consummate entertainer, he is eternally optimistic, promising, “Take the ball and toss it from your right hand to your left, making it arch right above your eyes.” That done several times, Ken switches the rhythm, moving the ball from left to right, then adds a second ball, making two balls crisscross each other in a perfect arc. Ken continues to promise that it is, in fact, as easy as it looks.

By the time he adds a third and final ball, his audience is almost willing to believe that they, too, could move the objects so easily and flawlessly. Then, he says, “Here, you try.”

As a teacher, now offering classes at the Mansfield Activities Center, he truly loves to share his talent. Juggling, however, is only a fraction of his love of games and the art of play. While living in Ohio, Ken ran a public game group, teaching strangers, neighbors and soon-to-be friends unusual and complicated games, “that are beyond Monopoly,” he said.

It is how he met his wife, Gail. She had become a regular at the gaming events, but then one day she suddenly moved back to Texas to be near her son, daughter-in-law and their children. However, the ultimate



gamer already had his eye on this prize and was not willing to lose so easily.

"I packed up and moved to Texas," he laughed. The man who advises people to "follow your bliss," did just that, going into business with his new bride.

Together, Gail and Ken attend annual gaming conventions and play over 1,000 board games a year with the



With the true juggler, it is almost impossible to determine how the act begins. As Ken juggles colored balls, making them appear to float around his head, only he knows with which ball he began.

goal of teaching others and bringing families and friends closer together.

"As a teacher, I can't tell you how important games are for children," Gail said. A former school teacher for more than 12 years and a principal for a private school in Missouri, Gail sees board games as an excellent educational tool. "Playing games teaches so much. They learn rules, how to hold cards and even rolling the dice means learning how to count. "Today, both Gail and Ken happily play games with their own grandchildren, teaching them the meaning of counter clockwise and the even more important lesson of how to win and how to lose.

"These are really important things," Gail insisted. As her grandchildren learn to read, they are able to play more advanced games, "so now they



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are highly motivated to read!"

Their most recent ventures have been full of creativity. They hosted a pirate hunt for a family in El Paso, a scavenger hunt for friends and created a murder mystery based in England in the 1920s in which participants came in character. "That one was really fun!" Gail laughed.

"Playing games teaches so much. They learn rules, how to hold cards and even rolling the dice means learning how to count."

As Ken and Gail watched entire multigenerational families laugh, share and bond together over the games they had designed for the event, the couple decided to go into a new business together. "We started Snappy Party really because we just enjoy people," Ken said.

With the true juggler, it is almost impossible to determine how the act begins. As Ken juggles colored balls, making them appear to float around his head, only he knows with which ball he began. With Ken and Gail, it is difficult to tell what came first: their enjoyment of people or the scores of people who enjoy spending time with them. For this couple, life is a game. They also own the game of Life. In fact, they own too many games to count. They have German and Scandinavian games, games from Africa and Asia, games that literally fill an entire room, from floor to ceiling. What is even more remarkable is that they know all the rules; they remember how each is played and are eager to show anyone willing to play.

"When you're in it, you're fully engaged," Ken said regarding both board games and juggling. More importantly, through both "you learn to laugh. What's better than that?" If your life could use some laughter, consider getting your game on. **NOW**

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“What? Mansfield *has* ice hockey?” Tim McCloskey, Mansfield Ice Hockey Association (MHA) board president, hears that question often. When people think “youth hockey” they are likely to think of Minnesota or Canada rather than Texas, where football is king. MHA’s varsity and junior varsity teams for grades eight-12, and its developmental program, may be Mansfield’s best-kept secret.

Perhaps so few people are aware of the program because ice hockey teams do not operate through the schools. As in many Southern states, the sport is not UIL-sanctioned in Texas. Hockey’s specialized venue is just not accessible to many Southern school districts.

After all, freezing a rink during a Texas summer is no easy feat. MHA teams have been using Duncanville’s Dr Pepper StarCenter. There, Tim explained, an ammonia-based cooling system chills the floor under its two regulation-size rinks. This in turn freezes a layer of water. In hot weather,

the floor must be kept at 16 degrees Fahrenheit to maintain the ice at 22 to 24 degrees. The air and the metal bleachers feel little warmer. “The parents are used to it. They just bring blankets,” Tim smiled. Cold-natured fans can also watch from a warmer second-floor viewpoint.

Tim used to play ice hockey himself. He grew up in St. Louis, Missouri, where hockey was quite popular. His brothers played, and he began playing in high school. After graduation, he entered the military, putting an end to his pursuit of the sport. He later spent some years in southern California. Ice rinks were scarce there, but at least he

— By Janice C. Johnson

had a chance to play some roller hockey. He and his family moved to Mansfield in 2003. When his son, Kelly, took up hockey, Tim supported him by joining

the association. Kelly, now a Mansfield High School senior, is playing his last season with MHA.

The Association is currently in its 12th season. At first, team parents volunteered as coaches. In recent years, though, former team players — including a few who played at the semipro “Juniors”

level — have returned to coach. That increased expertise shows up in winning seasons: the 2008-09 varsity team made first-round playoffs, while the JV went





to conference semifinals.

In June, MHA held tryouts to fill the current-season roster. Any Mansfield school district resident entering grades eight-12 could participate. Local coaches evaluated players as they performed drills and then played half-court scrimmages. Before each hour or so of skating, a Zamboni driver polished the ice. Tim described the two-step process: the machine shaved off the "snow" created by skate blades. Then it "hot mopped" the surface, which almost immediately re-froze, smooth as glass. Coaches skated the goal nets into position. Tim said, "Most people are surprised to learn how large that goal is. The net is 6 feet wide and 4 feet high. It looks much smaller at a distance or on television."

To the uninitiated, even drills can seem intimidating: fast, loud and aggressive. However, Tim pointed out the three-part barricade around the rink that protects fans from flying pucks and skaters. Opaque fiberglass forms the lower "boards." The "glass," a clear wall, rises several feet above the boards. Netting stretches above the entire curved end of the glass, all the way to the ceiling beams. This may sound like overkill, but Tim said that an occasional

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puck escaped the rink and injured a spectator before the nets were used. The three-inch rubber puck may travel 60-70 miles per hour in a youth game; the record (NHL) shot was clocked at 104 miles per hour. "The puck has to be just as cold as the ice," Tim added, "or it will get 'slushy' and slow." No problem; coaches simply line up the pucks on the rink's frigid metal rim. Tim stood calmly explaining this as rock-hard pucks slammed into the "glass" just inches from his face.

With no school funding, team expenses are mostly met by parent fees. MHA also solicits corporate sponsors and does fundraising events to help offset costs, and those costs are considerable. The single biggest expense is rink rental, which costs the team \$360 per hour. For a September-April schedule of 52 practices, 24 games and three tournaments, rink fees average about \$3,000 per family. That does not include the uniform and equipment, such as skates, sticks and pads. A non-goalie ("skater") may need to budget nearly as much for equipment as for fees. The specialized equipment for goalies, piece for piece, costs more than skaters' and may total \$4,000 to \$5,000. It is easy to see why everyone in MHA appreciates the support they receive from sponsors and the community.

Is the game hard to learn? "No," Tim said, "hockey rules are just about like soccer, only it's played on ice." He and the board are enthusiastic about the community-based program, which brings together all middle and high schools, as well as homeschooled students. Want to try out? MHA invites MISD residents, boys and girls, to visit www.mansfieldhockey.org to see whether any roster positions are still available. It also encourages the community to watch for and support team fundraisers, especially now that Mansfield hockey is on the radar. **NOW**



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Keeping Tradition

— By Alex Allred

When martial artist Grand Master Min Hur arrived in the United States more than two decades ago, he was limited in both money and a basic knowledge of the English language, but true to his discipline as an athlete, he was determined to succeed. He earned his first black belt in 1972, “but I continued to study,” he said. Although he began teaching full time, he concedes that a true martial artist never stops learning.

His story is testimony to the great American dream. While still living in Korea, he began teaching martial arts to members of the U.S. armed forces. He liked both the soldiers and the challenge of teaching people new to martial arts so much that, through an uncle based in the United States, he made the biggest move of his life. Although, it would not be

the most impressive.

Min Hur taught and trained all over the United States, setting up *dojangs* (martial art studios) in New York until a friend contacted him. “My friend was living here in the big city [Dallas], and I liked the countryside,” he said of his final move to Texas.

During that time, Min Hur was quietly building a reputation within the martial arts world, winning multiple international championships and earning the coveted 8th degree black belt. He opened schools in Irving, Weatherford, Fort Worth, North Richland Hills and Mansfield, offering the traditional philosophy of tae kwon do.

Min Hur will not combine classes. By not mixing different ranks (or belts) in a class students are able to be involved in the class at all times. “There is no sitting down in this class!”



Master Van Berrios,
Grand Master Hur, Master Sun



Van Berrios can verify this. “Grand Master Hur is the reason why I have continued my training,” he said. “Not only does he do a great job training people, but he also trains your mind,

giving you purpose and focus." Now a 3rd degree black belt, Mr. Berrios is an assistant to Grand Master Hur and head instructor, Master Sun, a 5th degree black belt and business partner in the Min Hur schools.

Together, they are focused on both the tradition and benefits of true



martial arts. "Martial arts today have really gotten away from tradition," Mr. Berrios said. "And it has taken a toll. But Grand Master Hur keeps it pure." Respect and honor are as important as endurance and power. Within the Min Hur schools, there are rules and regulations, which must be both memorized and adhered to. "We focus on positive attitude, a never-give-up attitude," said Master Sun. "It is also important that children learn to take responsibility, to learn how to grow in society." For school-age children, grades are regularly checked. With the motto, "Building skills for life," the instructors insist parents become more involved, even giving chores at home, so children can learn and appreciate the value of giving back. Fitness, leadership, integrity, strength and a positive attitude are true life skills.

Indeed, Grand Master Min Hur has dedicated his life to the traditional martial arts and a philosophy upon which this nation was founded. Honor, he insists, is not something to be bought or obtained. It is to be earned.

For more information about Min Hur's Tae Kwon Do, call (817) 453-2002. They are located at 2851 Matlock Road, #606, in the Walmart Mall. **NOW**

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H-E-A-R-T

— By Alex Allred

The word *laodicean* holds three different meanings. For the 2009 Scripps National Spelling Bee champion, Kavya Shivashanker, it can be a native or inhabitant of Laodicea or, it can mean to be indifferent or lukewarm especially in matters of religion. But for Timberview High School freshman, Liz Adetiba, it holds a special meaning. That seemingly simple word symbolizes hard work, good work ethics, belief and desire. It is a word that will both haunt and inspire Liz as she strives for personal goals. It is a word she believes was meant to be hers.

"I could have won [the Scripps Spelling Bee]," Liz said. "When I heard that word, I couldn't believe it! I knew that word. I had come across it so many times in history and reading the Bible. I knew that word."

But alas, it was not meant to be. A change in the National Spelling Bee regulations left Liz unprepared and out of the competition by the second round due to technical problems. In 2006, at just 11 years of age, Liz earned her first trip to Washington, D.C., as the champion speller from Wichita Falls, Texas, but when she returned this year, representing the Fort Worth region, the rules had changed. As Liz sat with her family, watching each round, her frustrations mounted as she knew the origin and spelling of each word.

"But the day I was eliminated, I just went back to my room and cried," Liz confessed. "It was really hard because I worked so hard for it." Admittedly, she was not nearly so dedicated on her first trip to the nation's capital. "I didn't take it seriously enough. I wasn't prepared, but this time I realized what an honor it was," making the change in rules and her early elimination all the more



painful. But today, she uses this loss — and the word *laodicean* — as her guide. "Any time I think about giving up, I think about that to motivate me."

Born in Nigeria, Liz traveled to the United States with her mother when she was just 2 years of age. But even then, the value of education was greatly impressed upon the little girl and she was reading easily by the age of 4.

"It is part of my cultural background," said Liz's mother, Bola. "In Nigeria, education is your meal ticket. We do not have social services, there is no social security." Education is and has always been Plan A. "In my country, there is no Plan B." So, while Bola has returned to school to earn her master's at the University of Texas at Arlington (UTA) as a nurse practitioner and serves as a wonderful role model to her three children, Liz has already found her Plan A.

"I want to go to Baylor University," she smiled. Specifically, Liz hopes to become a cardio vascular surgeon, and while others might mistakenly call it her Plan B, Liz has

another motivator for her academics: track.

"When I was in high school," Bola recalled, "I used to run, but my uncle discouraged me. He said that education was more important." But as Bola watched a classmate compete in the Olympics, a girl with whom she was quite competitive, Bola realized there are different aspects to education that can

make a person a success in life. With decorative plaques in her home that say "Dream" and "Believe," Bola is encouraging Liz to take full advantage of all her gifts and is allowing Liz to follow her own passion.

"I love track!" she smiled. With a mega-watt smile and the exuberance of a young, strong athlete impossible to miss, Liz is optimistic about her future on the fast track. In fact, Liz hopes to shine on Timberview's state champion girls' track team, running the 100-meter and 200-meter dash, the triple jump and as the first leg on the girls' 4x400 team. But no amount of record-breaking runs or jumps will equal the importance of grades in the Adetiba household, a hard, fast rule of which Liz is all too aware. For Bola, Plan A requires getting A's.

"I have told her," Bola said, "earning good grades is a step to achieving your goals."

"I've learned that if I really want something, I have to give 100 percent. Just like the spelling bee," Liz said. "At first, that really upset me, but now it just motivates me more and it's going to push me for track."

As Liz enters her freshman year, she plans to attend Ben Barber Career and Technology Academy to earn more advanced credits in Health Science while she takes on a full load at Timberview and prepares for the track season of her life. Already, she is off to a tremendous start, qualifying for state this summer with her running club, the Mansfield Express, earning gold in the 100-meter dash. But as she talks about the lessons learned from her spelling bee experience, her desire to become a surgeon and her interest in human anatomy, there is no missing the irony of her statement, "I just think the heart is the greatest thing." Indeed. National Spelling Bee champion Kavya Shivashanker may own the word *laodicean*, but Liz Adetiba owns the heart. **NOW**



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Rik Greene enjoys cooking for family and friends from whom he acquires many of his recipes. “Every time there is an event that is a cooking opportunity, my wife, Deborah, and I scrounge through our cookbook library to find something special,” he explained. “Most of the things I cook are comfort foods.”

During travels to the Philippines to visit a close friend who is a missionary, Rik shared his style of cuisine. “I made chicken quesadillas, Texas chili and guacamole. Come to find out, in the Philippines, avocados are considered fruit and are eaten with sugar or other sweet fruit. They didn’t know what to do with mashed avocados with onions, tomatoes and garlic salt,” he recalled. “Overall it was a great success. I can truthfully say that my culinary skills have been appreciated around the world.” **NOW**

IN THE KITCHEN WITH RIK GREENE

MOM'S MANICOTTI

STUFFING:

- 3/4 lb. lean ground beef
- 3/4 lb. lean ground pork
- 4 Tbsp. dried parsley
- 2 cloves garlic, smashed and chopped
- 1 3-oz. can grated Parmesan cheese (reserve 1/2 for topping)
- 1 tsp. salt
- 1/2 tsp. pepper (black or white)
- 2 large eggs, beaten

SAUCE:

- 3 Tbsp. olive oil
- 1 medium onion, finely chopped
- 2 tsp. dried parsley
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 6-oz. can tomato paste
- 1 8-oz. can tomato sauce
- 2 1/2 cups hot water

- 1 6-oz. pkg. manicotti noodles (large pipe noodles)
- 3/4 cup cheddar cheese or mozzarella cheese

Prepare stuffing by browning the meats, parsley and garlic in heavy skillet. Drain off excess fat and cool. Add half of the Parmesan cheese, salt, pepper and eggs; mix thoroughly. In a 2-quart saucepan, prepare sauce by heating oil; add onion and parsley. Sauté until onions are caramelized (brown). Add salt, pepper, tomato paste and tomato sauce. Reduce heat; simmer 5 minutes. Add water slowly, stirring. Cover and simmer 30 minutes. Place manicotti noodles in 3 quarts of boiling water; return to boil. Cook 10 minutes, stirring gently occasionally. Be careful not to break noodles. Drain noodles and rinse with cold water to stop the cooking and set aside. Firmly stuff the manicotti with meat mixture being careful

not to break noodles. An iced tea spoon is helpful with stuffing. Place half of the sauce in a 3-quart rectangular baking dish. Arrange stuffed manicotti in the dish; cover with remaining sauce. Top with remaining Parmesan and cheddar or mozzarella cheese. Cover with foil and refrigerate if not to be cooked immediately. Bake uncovered 45 minutes at 350 F. Serves 4-6. Serve with garlic bread and oven roasted garlic potatoes.

MEAT STRUDEL

- 4 Tbsp. shortening
- 1 1/2 cups onion, finely chopped
- 5 cups boiled ground beef or pork
- 1 tsp. salt
- 2 tsp. dried parsley
- 2 eggs, beaten
- 2 Tbsp. Hungarian paprika
- 4 Tbsp. butter (not margarine)

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Who's Cooking **NOW**

4 Tbsp. flour
2 cups beef stock (fresh or canned)
1 pkg. strudel pastry

Sauté onions in shortening until soft. Add the meat and cook for 4 or 5 minutes. Transfer meat mixture to a large bowl. Add salt, parsley, egg and paprika; stir to mix. In a saucepan, melt butter and stir in flour to make a roux. Add beef stock; simmer over low heat about 5 minutes. Stir sauce into meat mixture and refrigerate while preparing strudel pastry. Follow package instructions for making strudel, substituting meat filling for fruit.

ITALIAN STEW – YUM YUM

2 lbs. beef stew meat or cubed pork roast
2 cloves garlic, coarsely chopped
1 lg. onion, chopped
1 1/2 tsp. fennel, crushed
2 tsp. salt
1 tsp. pepper
1 28-oz. can diced tomatoes
1 14-oz. can diced roasted tomatoes with garlic
1 14-oz. can tomato sauce
1 28-oz. can Italian style green beans

Brown the meat in heavy, deep pot. Add garlic, onion, fennel, salt and pepper; sauté until onions soften. Add remaining ingredients and simmer 2 hours or until meat is tender. Serves 4-6. Serve with crusty bread and a good red table wine.

GREAT BISCUITS

2 cups all-purpose flour
3 Tbsp. baking powder
1 tsp. salt
1/2 tsp. pepper (optional)
1/4 cup shortening
1 cup less 2 Tbsp. milk (whole milk is best)

Preheat oven to 450 F. Sift together flour, baking powder, salt and pepper. Cut in shortening to make coarse crumbs. Add milk and stir with a fork. Knead in bowl only slightly. Do not over knead (this is the trick). Pinch off dough the size a golf-ball; roll into rough ball. Roll ball in flour; shape into a neat ball in your floured hands. Place on lightly greased cookie sheet and let stand 30 minutes. Bake until just browning on top. Remove from oven and brush with melted butter.

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Fighting for Air

— By Betty Tryon, R.N.

Is there anything worse than not being able to breathe? To be able to take a deep, cleansing breath is one of the blessings of life that we rarely think about — until we can no longer do it. Sufferers of Chronic Obstructive Pulmonary Disease (COPD) know the feeling. They live with it every day. COPD is a group of diseases of the lungs that make breathing difficult.

As the fourth-leading cause of death in the United States, it is also the main cause of death and illness worldwide. Two of the main conditions in this group are emphysema and chronic bronchitis. The lungs contain airways called bronchi and bronchioles. The bronchioles open into tiny air sacs called alveoli. With a normal lung, you take a breath and the air sacs fill up. Upon exhalation, the air sacs deflate. The natural elasticity present in the bronchioles and alveoli helps to force air out of the lung. With emphysema, that elasticity is damaged and alveoli will lose their shape. Less air can get

in so you always feel short of breath. In chronic bronchitis, the walls of the bronchial tubes are constantly inflamed and filled with thick mucus. Breathing becomes difficult. Unfortunately, most people who have COPD have both of these conditions.

The symptoms with these diseases are obvious: difficulty in breathing, shortness of breath, a persistent cough that is worse in the morning, having a cough that produces sputum (mucus). For the most part, the main cause of COPD is long-term smoking. COPD takes a long time to develop over many years. With chronic bronchitis, when you develop a cough from smoking, if you stop smoking early enough, the cough may go away. Although smoking is the major culprit, long-term exposure to other pollutants or irritants in the air including secondhand smoke, contribute to the development of COPD.

Treatment focuses on slowing the progression and management of this group of diseases since there is no known cure. If you are smoking, please stop. Supportive care is available. Oxygen therapy may be necessary. Exercise as much as you can. It increases your capacity to breathe. The treatment plan will vary according to how much damage has been done.

The bad news is that damage to your lungs from COPD is irreversible. The good news is that it does not have to get so bad that you are disabled. There is help and hope out there for you. Bad habits, an unhealthy personal environment and/or uncontrolled health problems all have a solution. Reduce your risks and save your life. **NOW**

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



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Plan Now for More Time Next Summer

— By Nancy Fenton

October is finally here and with it cooler weather, we hope. It is a great time to reevaluate your yard and garden. If you find each year bringing more and more yard challenges, maybe it is time to think about moving toward a low-maintenance landscape.

Such a project begins with reducing the size of your grass areas. Start with areas that are tough to maintain anyway, such as areas under heavy shade trees, pet runs and high-traffic areas. Go for easy-care beds with native perennials and lots of mulch. Wood ferns are great under trees, as are inland sea oats, and they do not require extra water after the first year.

Mass planting of bulbs that will naturalize like jonquils and daffodils, will give you a lot of color early in the spring before the trees leaf out. Daylilies will start blooming later in the summer, continue to bloom through the fall and come back stronger year after year. Irises are hardy, easy and tough, just right for low-maintenance beds. Turk's caps and lantanas are two hardy natives that grow almost in spite of our efforts and provide lots of color during the hot days of summer.

Plan to mulch heavily and sit back with nice cold lemonade to enjoy your renovated landscape. You will have less mowing, trimming and edging plus more time to enjoy if you plan now and get started while it is cool. Plants and flowers planted now will have a head start next spring and bloom while you watch.

Do not forget about the Master Gardeners' Great Iris Giveaway, Saturday, October 3 to be held at the Farmers Market in Waxahachie. **NOW**

Nancy Fenton is a Master Gardener.



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October 2009

Community Calendar

All Month

Thinking about getting a pet? Check out the Mansfield Animal Control. Weekdays: 8:00 a.m.-4:30 p.m. Saturdays: 8:00 a.m.-4:00 p.m.

Every Monday

Basic line dancing for seniors: 10:30-11:30 a.m., Mansfield Activities Center.

Bingo: 11:30 a.m.-noon, Mansfield Activities Center.

Every Tuesday

Bouncing Babies Story Time for infants to 24 months: 10:30-11:00 a.m., Mansfield Public Library.

Second Tuesday

City Council meeting: 7:00 p.m., Mansfield City Hall, 1200 Broad St.

Third Tuesday

Adult book club: Mansfield Public Library. October's choice TBA through the library Web site.

Every Wednesday

My Own Story Time for ages 3-5 years: 10:30-11:00 a.m., Mansfield Public Library.

Every Thursday

Mansfield Activities Center's "SmartScape" gardening classes. For more information, contact Howard Redfeam at (817) 276-4240.

Every Friday

Kiwanis Club meeting: 6:45 a.m., Methodist Mansfield Medical Center, 2700 E. Broad St. (817) 473-9886.

Mansfield Public Chess Club: 4:00-6:00

p.m., Mansfield Public Library.

October 3

4th Annual Cleanup and Cookout: 9:00 a.m., Serenity Park. For more information, contact Howard Redfeam at (817) 276-4240.

Night on the Town: 7:00 p.m. See *Guinness Book of World Records* holder rattlesnake wrangler, Jackie Bibby, followed by the movie *Open Season*. (817) 453-5420.

October 10

Mansfield Fire Department free CPR classes: 8:00 a.m., Station 3, 3100 E. Broad St. Register in advance; class size limited to 20 people. Contact Training Lieutenant Steve Gutierrez at (817) 804-5772.



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Community Calendar Continued

October 16-17

Historic Mansfield Music Festival: corner of E. Broad St. and Main St. Friday: 7:00-11:30 p.m. Saturday: 11:00 a.m.-11:30 p.m. Featuring 12 bands (two Friday, 10 Saturday) with headliner Delbert McClinton, craft beer, wine tasting, food provided by area restaurants, car show (Saturday only), kids area (Saturday only) and classic movies in the Farr Best Theater. Free admission. (817) 453-7789.

October 17

Household Hazardous Waste collection: 9:00 a.m., City Hall. Space is limited. For more information, contact Howard Redfearn at (817) 276-4240. You will need to show proof of residency before dropping off.

Night on the Town pet costume contest: 7:00 p.m. followed by movie in the park at 8:00 p.m. Featured film: *Beethoven's Big Break*.

October 23-25

Midlothian Arts Council Painted Art Show will present art from local artists at the Midlothian Conference Center. For entry and event information, contact (972) 723-7919 or www.midlothiancenter.com.

October 24

Night on the Town costume contest, face painting and Halloween activities: 7:00 p.m., followed by movie in the park at 8:00 p.m. Featured film: *Spiderman 3*.

October 30

Halloween party: 9:00 a.m.-noon, MAC Senior Center.

Photo by Diana Raines Photography | www.dianaraines.com

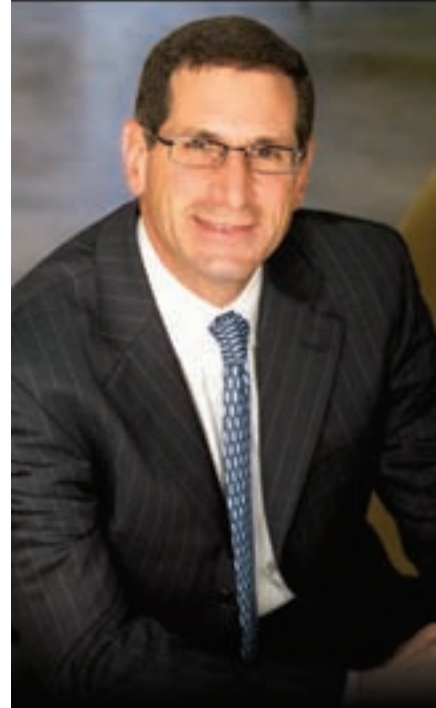


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