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On The Cover

Rebecca was just 10 when she was diagnosed with Maturity-onset Diabetes of the Young.

Photo by Shana Woods.

Editor's Note

Dear Friends,

The subtle energy of cooler days is falling upon us! And folks all over Mansfield are stepping out to make things happen. We introduce you to Rebecca Rangel, a teenager fighting diabetes who has organized a fundraising team, Becca's Believers, to "walk" at the American Diabetes Association STEP OUT EVENT on October 30. You'll also enjoy reading about Troy Dorsey, whose business strives to help youth stay safe and sound. Another educator about whom we write, Derrell Douglas, focuses on building positive relationships in his role as the new principal at Timberview High School. Our featured artist, Scott Welmaker, helped plan this month's Historic Mansfield Music Festival. We profile three teen athletes, who will each compete in the National Sporting Clays Championships at the end of this month. Kim Willnow, who cooks a lot of southwestern and Tex-Mex cuisine, shares a few unusual recipes to help you stay out of the rut. And finally, Kristene and Mannie Toledo welcome you into their home as they entertain friends during their favorite season: fall!

Happy October, Mansfield!

Melissa Rawlins

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Rebecca with her friends left to right: Joshua Wilkerson, Ashley McGlothlin, Rebecca Rangel, Marshan Brooks, Hallie Smith



Believing in a Cure — By Sydni Thomas

Teen sensation Nick Jonas (of the Jonas brothers) was diagnosed with diabetes in 2005 and has since been spreading awareness and writing songs about how his condition will not control his life. Mansfield High School student Rebecca Rangel knows all too well the effects of diabetes on the young. At 16, Rebecca leads a team, Becca's Believers, raising funds for the American Diabetes Association's Step Out event. She believes in a cure.

Rebecca was just 10 when she was diagnosed with maturity-onset diabetes of the young, also referred to as MODY. This form only affects about two percent of those diagnosed with diabetes and it is so rare that many doctors do not recognize it. Many times it gets diagnosed as Type 1 because of low insulin levels. The pancreas

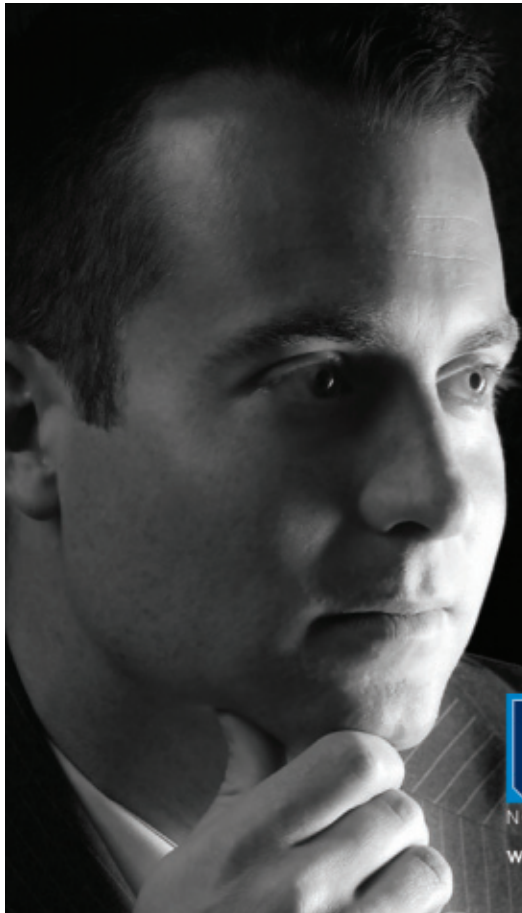
makes enough sugar, but does not distribute it. MODY is a genetic disorder, which has a 50-percent chance of being passed along if one parent has it. Typically it is diagnosed in those under the age of 25.

Diabetes is common in the Rangel family. "The diagnosis comes as diabetes," Rebecca's mother, Mary Margaret, explained. "Then you are classified as MODY, Type 1 or Type 2." Rebecca's father, Eloy, was diagnosed late in life during a routine checkup. Her uncle, Omar, was diagnosed with Type 1. Both of Eloy's parents were diagnosed when they were very young. Rebecca's 11-year-old sister, Vanessa, gets tested every year.

Rebecca's grandmother still lives with Type 2 diabetes, while the family continues to grieve over the loss of her grandfather, who passed in August as a result of his Type 2 diabetes. "I try to eat right and exercise to prolong that from happening to me," Rebecca stated.

Rebecca does not have to give herself insulin shots, but has to take a daily pill. In most cases of MODY, monitoring





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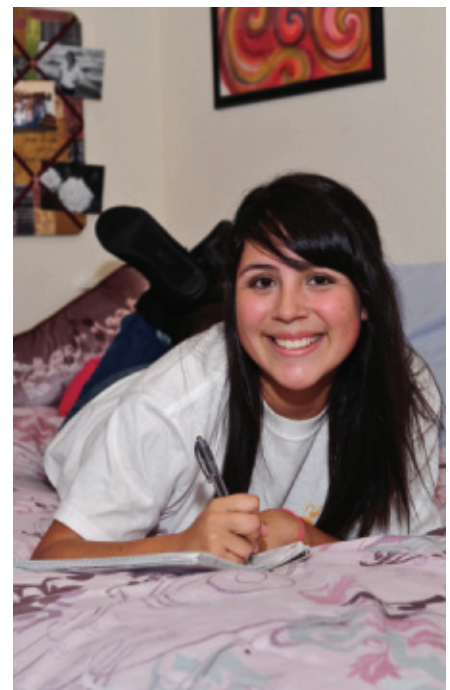
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"I had people sign up to walk with me last year that I didn't even know."

exercise and eating will control the situation. As with all types of diabetes, testing blood sugar levels is important. When her levels get too low, which does not happen very often, Rebecca just has to eat. She keeps Skittles candy in her car in case something happens while she drives. "At a conference I heard a guy speak about how he lives with his diabetes," Rebecca said. "One of the tips he gave us was to always keep something sweet in the car in case our levels got too low while driving. He would keep Skittles because they can't melt like chocolate and they are pure sugar. When I started driving that was the first thing I did."

The Rangel family lived in Corpus Christi when Rebecca was diagnosed. Not long after the family moved to Colorado. To learn more about diabetes Rebecca's mom, Mary Margaret, found the Barbara Davis Center for Childhood Diabetes, one of the few places in the area specializing in MODY. "We were really involved in the Barbara Davis Center," Rebecca said. "I was in fifth grade and had no idea what to do. It took me a while to get adjusted, but the people at the center helped me understand."

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for the diagnosed and their families. Summer camps are held for children with diabetes to help them learn how to do fun outdoor activities while learning to live with their condition. Rebecca attended these camps when she was younger and now she serves as a diabetes counselor-in-training. "I get to work with the young kids," Rebecca said. "We take them swimming, make sure they get a snack and then we are back at it again, always monitoring their levels and showing them how also."

Her father, Eloy, is in the Navy and they have to move around a lot. When Eloy was transferred from Colorado



to Texas there was not a place like the Barbara Davis Center. Instead, they became active in the American Diabetes Association (ADA). Last year, Rebecca decided to participate in the ADA's Step Out event. Participants gain support by building teams and getting donations. "I had to come up with a name for my team, and my aunt suggested Becca's Believers," said Rebecca, who created a Facebook page for Becca's Believers. "I had people sign up to walk with me last year that I didn't even know. It was such a great experience."

Becca's Believers raised over \$700 last year. With the help of her family and friends, Rebecca plans on exceeding \$1,000 this year. The walk will take place later this month and they are very close to the goal already. They had a fundraiser planned every month until the event. Earlier in the year they hosted a fundraiser at Johnny Carino's in Mansfield. Guests came from 5:00 in the afternoon until closing and a portion of each ticket was donated to Becca's Believers. "All of my choir friends came to the event," Rebecca said. "They serenaded the diners, and we all had a great time."

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Dr. Timothy Bowers **Dr. Kevin Smith**

Having diabetes makes a person different. Even though it is becoming more common in children, it is still a condition that many are uneducated about. Every day when Rebecca has to go to the nurse before lunch students get curious. Only her closest friends know about her diabetes. Those that she encounters who know about diabetes often have not heard about MODY. She has taught her friends all about it, and they know that when she says she needs food that it means *now*. "When my friend, Hallie, found out she introduced me to her best friend, Marshan," Rebecca said. "He has Type 1 diabetes. We go test our blood sugar every day together at lunch. He won't tell people he has diabetes. He says he has 'livabetes' because it isn't going to get him."

"I keep diabetes in the back of my mind."

Rebecca is a normal teenager, and nobody would know she had diabetes by looking at her. She enjoys athletic activities like jogging with her dad and swimming with her little sister. This year she will be one of the yearbook editors at Mansfield High School. She is passionate about writing, traveling and the '80s, even though she was born in the '90s. After high school she plans to go to college and study law.

Having diabetes and the fear of what effect it will have on her life in the future is not stopping Rebecca from living her life. Raising money and being active in the ADA has helped her take control of her life. "I keep diabetes in the back of my mind," Rebecca said. "I'm blessed that it isn't like Type 1 where I have to be constantly thinking about it. I don't have to worry as much. It's relevant, but I don't let it control me." **NOW**

Editor's Note: For more information, visit the American Diabetes Association Web site: www.diabetes.org or look for the Becca's Believers page on Facebook.

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— By Melissa Ravlins

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Sometimes when Mannie comes home from his work as director of Operations and Banquet and Convention Services at The Grand Hyatt DFW, he is welcomed by the melodious sounds of his daughters playing the piano that Kristene's grandparents bought for her dad and both her uncles in the '40s. "They left the tag that says they paid \$920 in the bench where the music is stored. Any little kids, as soon as they get here for parties or whatever, they just go straight to pounding on the piano," said Kristene, who worked side-by-side with Mannie to set off their entry-hall piano room with Austin-chalk stoned archways.

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dry stack rock in their master bedroom was a three-day feat of genius on Kristene's part. After noticing a construction crew tearing rock off the façade of a business under renovation, Kristene got permission to rescue the rock from the dump. "Mannie had to cut it and clean it all up. Then we moved the big bed and lined up every row on the floor before putting the rock up and cementing it. We had to do only three or four rows at a



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time, so each could dry,” Kristene said. She painted the other three walls with Bungalow Gold. Mixing and matching colors, textures and furniture that they like, the Toledos have achieved an eclectic, earthy, homey mix. Adorning the wall facing the Toledos’ bed are portraits of Sydney and Katarina, made by a very good friend of theirs. Outside their window is a sweet fountain, given to Kristene by another friend. As a thank you, Kristene made her a signature floral arrangement.

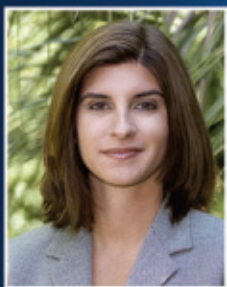
Throughout the Toledo home every decorative wall sconce, vase or floor setting containing dried flowers has been made by Kristene. “I don’t know if what I do for a living is a blessing or a curse. I always have the materials for decorating at my fingertips, and always change things,” said Kristene, who excuses her habitual do-it-yourself projects by telling herself that she has to practice before she can tell a customer she can do it. Mannie always helps with the various projects. “I don’t want to call it ‘a perfect home,’ but to know it’s a place where family and friends can be comfortable,” Mannie said.

The couple’s most recent project is their backyard grill, which they built using more of that recycled dry stack stone. “We grill all the time, even in cold weather,” said Mannie, whose daughters hold an umbrella over their dad while he grills on rainy evenings. Surrounded by three oak trees, which Mannie planted from acorns, the four pecan trees he has babied, the built-from-scratch pergola and the playhouse for the girls, Mannie enjoys the creek and remembers watching his grandfather build things on the farm.

“Our girls have a tendency to be as sentimental as Mannie and me,” said Kristene, who has punctuated the home with family heirlooms like the kitchen table, which was Grandma’s,

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Incorporating dry stack rock in their master bedroom was a three-day feat of genius on Kristene's part.



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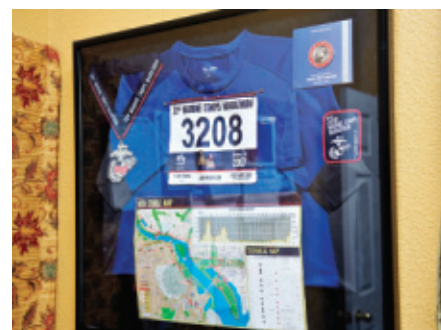
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and the family room table given to them by Kristene's parents, now covered with pictures of fun, family and friends. "Every year our girls surprise us with some sort of anniversary present," Kristene said. "Last year we came home and there were people sitting in our dining room, and neighbors grilling on our patio, and they were throwing us a surprise party! Those kinds of things are what make home *home*."

In the upstairs game room, where the girls, and sometimes the neighbors, do the *Just Dance* Wii game, memorable moments line the walls: a plaque commemorating Mannie's run in the 2007 Marine Corps Marathon. A poster the girls made with their handprints on the first day the family moved in! A picture of Mannie with former Dallas Cowboy running back Emmet Smith! Just off the game room, in her own cheerful and well-organized room, Katarina sleeps on an antique bedroom set. Downstairs in her office, Kristene displays her great-grandfather's old Underwood typewriter along with a piece of his company stationery. Pointing to a picture of her 102-year-old great-aunt Annie, who ran her own businesses until she retired, Kristene said, "I tell my kids, 'If you do

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not know where you came from, you're not going to know where you're going.' If I get frustrated, I think, *Okay, they had it hard, too!*"

Across the hall from her office, Kristene makes bouquets in a light-filled room containing hundreds of varieties of dried flowers. Kitty-corner from the workroom is Sydney's bedroom, where the 10-year-old displays her original drawings and masks on a white wall, her clay sculptures on her art shelf and her handmade, three-dimensional robot girl on the floor, near her guitar. Across the entryway in the rustic dining room, the family meets often with each other or with friends. They have seated 21 adults from their Sunday School class at the extra-long dining table, which Mannie brought home one day to the surprise of his family. Kristene and the girls had great fun refinishing the table while their home was under construction. When it came time to put their special rustic touch in the dining room, the couple spent three days painting and staining the walls after Manny slapped mud on, and Kristene troweled in the texture.

"Luckily, I have a husband who does not turn his nose up at my ideas. We work well together and know how to feed off each other well when we're working," said Kristene, who met Mannie after college while she was coordinating meetings at the Hyatt until she got the interior design business going. "After I had my first daughter I was able to stay at home and design and work out of the home. Sometimes it's still hairy, because you try to get a long day into a short window."

But they both agree they are living a blessing. "We can always talk about putting a price on something," Mannie said. "But it's priceless that Kristene can stay home and take care of the kids." **NOW**

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Fan Fest has become Mansfield's free-to-the-public, kick-off event for the 4th year in a row. All high schools are represented by their football teams and various band, drumline, drill team and cheerleader participation. From left: Carol Rowland and Dawn Barbour, proud moms of Timberview High football players, sell spirit wear and encouragement ads; Brenda and Gary Crabtree and their cutie pie neighbor take a break from their Mansfield High Booster Club leadership duties to smile for the camera; Lance Brownlee, Area Director of the Fellowship of Christian Athletes educates attendees about the impact they can make on area campuses.



Valerie Gill & Maria Garcia sell tickets to the first Freshman football game of the season at Mansfield High against Burleson.

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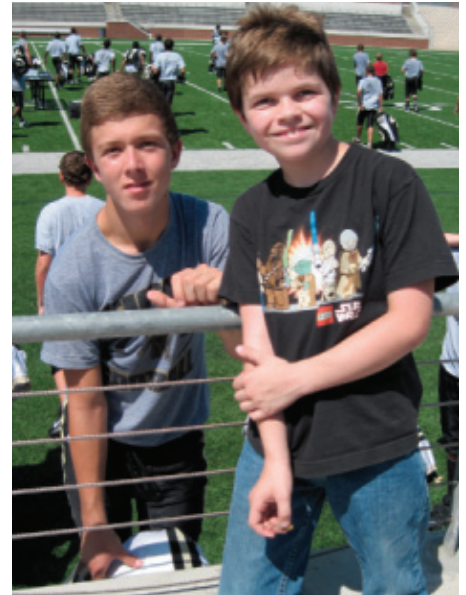
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Addisyn Mayo loves warm days during this change of seasons!



Ladies from the Auxiliary at Methodist Mansfield Medical Center have fun planning for their big Holly Days fundraiser. From left to right: Maria Segura, Cookie Wawrzyniak, Janice Womble, Gloria Carr, Betty Peppel, Dee Lemser.



Zach Weaver & Cameron Miller take time out for a picture while having fun at Vernon Newsom Stadium.



Pamela Rogers-Coleman, J'nyla Jackson and Deidra and Kaela Howell enjoy historic Mansfield.



Theresa Cohagen, special event supervisor for the City of Mansfield Parks and Recreation Department, makes a special visit to Shelly Conallis to drop off a raffle item for last month's Wine Crawl.



Landon, 5, Caleb, 4, Michael, 4, and Jaden, 5, always enjoy playing learning games at the library.



Shirley Laube, Bill Blalock and Carole Hammon fill bags with bread to give to people coming to the food pantry (held every Thursday) at Bisbee Baptist Church.



The Anti-band Rock Star

— By *Sydni Thomas*

come play. In the spring of 2009, they were playing on the outdoor stage. Fans would bring their lawn chairs and hang out after dinner, until closing. With the success of the jam night, Scott and Steve eventually moved the show inside during the cold weather months. They start the evening out with acoustical music, and



From left to right: Scott Welmaker and Steve Cosio.

By day, he is Mansfield's director of economic development, but by night, he is a rock 'n' roll musician. Scott Welmaker is one-half of the Scott and Steve duo that performs monthly at Steven's Garden and Grill.

When Scott took the job in Mansfield, the local paper did a write up on him. Shortly after, he received a call from Steve Cosio, a local business owner who was also a musician on the side. In his letter, Steve invited Scott to a jam night he hosted at his house along with other

local musicians. "Steve would fix fajitas, and we'd all sit around jamming together in his living

room," Scott said. "It got to be fun, and we started to hear some harmonies in the vocals, so Steve decided we should take it on the road."

A year-and-a-half ago, Steve approached John and Jan Cox at Steven's Garden and Grill and asked if they could



when the crowd shows up they start playing fan favorites. A couple of times during the evening they will rotate out and let crowd musicians take a turn. Some of their guest musicians include trombone players, drummers, vocalists and even a saw player. "When we play the

house is packed,” Scott said. “It’s a fun phenomenon because we are the anti-band. We are not flawless or refined, nor do we want to be.”

Scott and Steve do not rehearse. Since both have been in bands before, they have a long list of songs they already know. Members from the crowd will shout out a song, and they most likely know it. The sound of their music is not defined by one genre. They play to please the crowd and as long as they know a little bit of the song, they can make it

“We are not flawless or refined, nor do we want to be.”

through. One of their mottos is to always finish a song no matter what, even if they get lost. That is part of the duo’s charm. They sometimes make things up as they go along and write songs as they play. “I’ll remember things from 30 years ago,” Scott said. “Someone will yell out ‘Play ‘Dixie Chicken’!’ and surprisingly, I will remember it.”

Music has always been a part of Scott’s life, which is probably why he knows so many songs. In fourth grade, Scott got his first instrument, a baritone ukulele. The next year he upgraded to a guitar and formed his first band. Scott has been in several bands throughout his life. His first great success came in seventh grade with a band called The Social Depression. “We performed at a school dance and were a smashing hit,” Scott said. “We all wore matching uniforms and were instant rock stars.”

Bitten by the fame bug, Scott grew out his hair in high school and fit the part of a rocker. Growing up in Midland, Texas, Scott was a rock star. At one event, his band played as fans lined the streets when they drove in, waving lighters in the air. Scott attended a few different colleges and formed a band at each of them before he ended up at The University of Texas at Arlington. “The reality of rock ‘n’ roll as a career was making itself real apparent that it was limited,” Scott said. “My dad strongly encouraged me to keep music as

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a hobby and to focus on business. I never seriously thought I'd have a career in rock 'n' roll, but it's always in the back of your head. One hit song and you can't go to the grocery store without getting mobbed by rabid fans."

Still, Scott found a way to tie his music into his career. In 2000, Scott worked in Kingsport, Tennessee, an old industrial town that was on the decline. Through his music he was able to create live music venues for local talent, which revitalized the downtown area.



Steve Cosio enjoys one of his and Scott's jam sessions.

Now Scott serves on the planning committee for the Discover Historic Mansfield Music Festival held in the fall each year. Bringing music into historic downtown areas is a personal way for Scott to contribute to economic development. "Through our jam nights, we bring in people who would otherwise not hear of Mansfield," Scott said. "Playing is fun and having a band is great, but it serves a greater purpose in revitalizing the historic downtown area."

Steven's Garden and Grill is the only place to catch the duo — and do not expect a Scott and Steve tour anytime soon. "We could easily find a drummer and base player and go out gigging," Scott said. "But we love the excitement and anticipation that comes from playing once a month. It's a heck of a lot of fun, but work and family always comes first." **NOW**



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Giving It Their Best Shot

— By Melissa Rawlins



Success in shooting competitions comes as no surprise for three young men, who each got started in the sport through a 4-H club, grew up in families filled with hunters, went to Legacy High School, live within five miles of each other and spend all their free time shooting sporting clays together. Hard work combined with a great support system results in high scores every time they lift their shotguns to shoot the slender clay discs, whether down at Beaumont Ranch in Grandview, up at Fossil Pointe in Slidell, right here at Alpine Shooting Range on Shelby Road or even at Leakenheath in Great Britain.

England was the host country where this year's Junior Team USA Sporting Clays Team won the gold in July. Hunter Milligan, 15, Kyler Ford, 17, and J. Henderson, 19, were all invited to join

the team of eight individuals from all over the USA. The three friends enjoyed their visit to England and polished their technique during that tournament, going back over their shooting to learn from mistakes. "When we were in England, I had the worst score of the team on the first day," Kyler said. "When we went back to the hotel, I thought about what went wrong and realized I was tense. The next day I went back relaxed, and had a good time. When things go wrong, you just go back to the fundamentals."

Once the Sporting Clays Team won their gold, they headed off to the airport and all but J. returned to the United States. One of 1,200 people from 33 different countries traveling that week to Arezzo (in the Tuscany region of Italy), J. was captain of the French-inspired Federation Internationale de Tir Aux



Sportives de Chasse (FITASC) Team, representing the Junior Team USA. "FITASC is like shooting clays, but it simulates European bird shooting, a bigger sport in Europe," J. said. "It's the same principle: you want to go out and break more targets than the other guy, but there are a few more rules to follow, and it's harder to hit the targets." Everything went as it was supposed to for J. "You want to make sure everything counts," he said. "I have a mental routine I go through. I make sure that right before I call for the target, I go through the system. Whenever I run that system, I'm confident that bird's going to break."

Kyler and Hunter run similar routines. Hunter takes 10-15 seconds before he

"Back home, there is a little rivalry ... we really just want to shoot the best we can and we don't care who we beat."

pulls the trigger on his Baretta 391 Semi-Automatic. "Competing makes shooting more of a challenge, gives you something to set a goal," Hunter said. "I do the best that I can do, and I don't give up if I do badly. To get back up, you put it behind you, go forward."

The Team USA Sporting Clays Competition was the first time the friends had shot together on a team. "Back home, there is a little rivalry," Kyler said. "We'll talk some smack and all that, and really just want to shoot the best we can and we don't care who we beat." The boys all agree that winning is addictive! "When we go to all these shoots across the country, we meet our friends from other states. We all eat together one night and then the next day we're shooting against one another. That's what we like about the sport, all the people in it are great and only you can hit and break a target," Kyler explained.

The three sportsmen are preparing for the all-individual National Sporting



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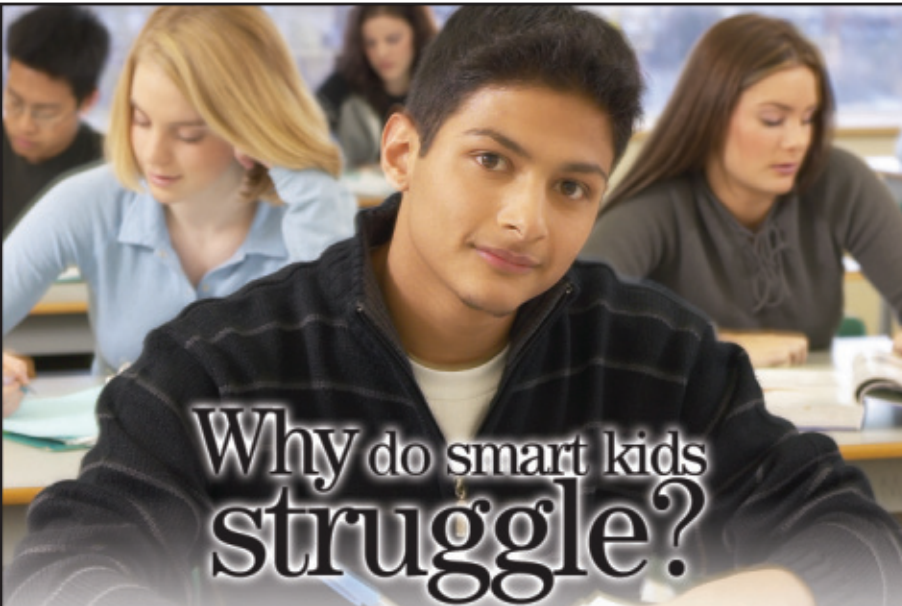


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Sports **NOW**

Clay Championship, which will take place at the end of October in San Antonio. Hunter, Kyler and J. will compete against themselves along with 1,500 other men and women. "Whoever is winning this tournament the first two days may not be winning the whole event," J. said. "The winner will be whoever can stay in it the most, mentally and physically, [for] over 300 targets over 4 days." The boys'

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families have motor homes, and they will all get a spot down there and cheer each other on, cooking out every night, making great fun out of the event.

Shooting is their life. J., a second-year student at Tarrant County College, intends to continue shooting as a lifestyle. "I could find a job in the shooting sports industry somewhere, but I'd rather go to school and come out with something to fall back on," J. said. His friend, Kyler, intends to coach up-and-coming competitive shooters even after he gets a degree. "There are a few guys who made their name by pulling a trigger and earn a living coaching, but that's rare. I want to go to college at Lindenwood, which is in Missouri," Kyler said. "They have a team and won the national collegiate six years in a row. I want to compete while I'm there, and then get a job. But I also want to coach on the side."

Hunter, perennially laid-back and resting in his status as a 15-year-old, smiled and said, "I still got a couple more years before I have to worry about all that." **NOW**



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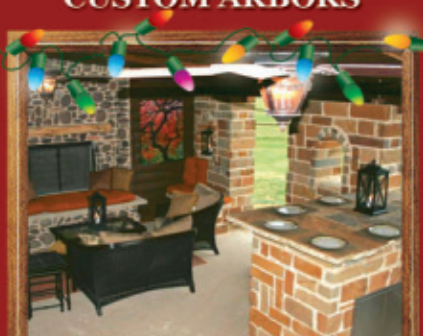
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From left: Troy Dorsey, who has won six world titles in kickboxing and two in boxing, plans on teaching American tae kwon do and kickboxing in downtown Mansfield for the rest of this life; Troy's school offers short- and long-term programs for students of all ages.

Total Fitness

Learning simple self-defense techniques develops discipline and confidence for Troy's students ages 5 to 87!

— By *Melissa Rawlins*

Sometimes the difference between life and death is just seconds. Troy Dorsey's Karate and Fitness Kickboxing prepares men, women and children to react quickly in real-life situations by training the body and the mind to work in unison. "One of the toughest things people do can be walking in their front door, because of the fear of the unknown. Don't worry, you're not gonna get hit when you come here," said Troy Dorsey, owner and one of six instructors at the clean, spacious studio in historic downtown Mansfield. "Everything we do in each class will help students of any age defend themselves better. So often people think martial arts has a kind of mystical awe about it. But it's not really at all like that."

Mansfield born and reared, Troy designed his classes in kickboxing and American karate (also known as American tae

kwon do) to teach students discipline. "We say a student creed at the beginning of the class, just some general reminders of what we should be thinking and what we should be doing and when to use what we learn," said Troy, whose focus is strengthening students' minds and bodies. Turns out customers also increase their confidence and self-esteem through karate. The belt system is designed so as a person is promoted they can see improvement quickly. "We have progress checks monthly. This month, the belts are awarded at the Blackbelt Extravaganza at the Mansfield Activity Center. If the student has been here the month, averaging twice a week, they will receive a stripe because of what they know."

Troy shares the wisdom he has learned over his years practicing martial arts in the '70s, '80s and '90s, and he is grateful

for this opportunity. "I started karate in historic downtown Mansfield in 1973. I've been able to travel and be a competitor. I've won six world titles in kickboxing, and two in boxing. My last fight was in 1998, and we opened this business in 1999," Troy said. "I owe this to the Lord's supernatural provision He's given me for 11 years. I know without Jesus Christ this business wouldn't exist. I thank Him because I don't deserve it!"

The joy of Troy's life is his family of females, who inspire him to continue helping others develop self-confidence. "I wouldn't have this business if it wasn't for my wife, Leslie. My daughter, Kendra, works here with me. Shelly is 16 and a cheerleader. There are three women [in my family]," Troy said. "There's a crazy statistic [which says] one in three will be violently attacked in their lifetime! We

"One of the toughest things people do can be walking in their front door, because of the fear of the unknown. Don't worry, you're not gonna get hit when you come here."

teach self-control — whenever a situation arises you have to be able to use self-control to avoid some type of penalty or pain or even death," Troy said.

Troy is proud of his teaching staff. Two women instructors, Candace Anders and Karen Cook, teach kickboxing. Including Troy, there are five karate instructors: Cody Dunn, Ben Roden, Cody Cook and Robert Sapp, who was one of Chuck Norris' black belts and this month celebrates his two-year anniversary at Troy Dorsey's Karate and Fitness Kickboxing. "We require parents to be here for the first two lessons," Troy said. "They can see in our classes the energy, the role-playing we do. Parents can see exactly what we'll teach the children: respect, self-control, discipline and also the dangers of drugs and alcohol. We drill them, over and over, until they can just walk away when we ask: 'Hey, you want to smoke a cigarette?' We confront them with those things, and they react with confidence, discipline and self-control." Now *that* is total fitness! **NOW**

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Relationships – Priority Number One

— By Adam Walker



Relationships are very important for Derrell Douglas, the new principal at Mansfield Timberview High School. With 18 years as an educator, 12 of those as a principal or assistant principal, Derrell has learned a thing or two and knows the value of people. “School,” Derrell explained, “is the people business. Relationships are important. When there is trust and caring in the teacher-student relationship, students will perform better and learn more. When students can see the relationships between what they are learning in their different classes and between yesterday’s lesson and today’s, they will understand more. When they see the relationship between what they are learning at school and the real world, they won’t have to ask, ‘What does what I’m learning have to do with my life?’”

Derrell started his career in education as a history teacher and coach at Nichols Junior High School in Arlington. One

year, while expecting his third child, he found himself at a Promise Keepers meeting in Washington, D.C. and came away convinced that God wanted him to leave coaching. So when he returned to his school, he went to his principal and asked to be released from his coaching duties. His principal informed him he would have to resign his contract. “I took a leap of faith. I thought I would just be a history teacher.” But his principal surprised him by asking him to apply for the job of assistant principal. He got the job, but that meant he had to go back to college for his master’s degree in education, which he finished that year. Three years later that principal retired, and Derrell was picked as the new principal of his school. “God had a plan and steered me in the right direction,” Derrell said.

Now after working at the middle school level for 18 years, Derrell is



looking for new challenges and new experiences as a high school principal. “I felt like I had experienced just about everything at that grade level, so I wanted something new. Timberview is the high school that my old school, James Coble Middle School, feeds into, so I already know many of the students and parents here.” But there is a second middle school, Danny Jones Middle School, which sends its students to Timberview as well. Derrell is excited about getting to know those students and parents, also. “All the teachers and staff members were new faces to me,” Derrell said. “I looked forward to showing them what to expect from me and learning what to expect from them.”

Derrell’s many years of experience stand him in good stead. “Most things that come up, I have experienced them before, so I don’t overreact. I remain calmer because I have been through some similar situation before,” he explained. “But every year new things do come up. I try not to get too worked up about those either.” He sees an important part of his job as “helping teachers understand areas of need in our school and getting them the training and resources they need to deal with the needs of our students.” Mounds of data about every aspect of education are available to today’s educators. “There

is so much more data available today,” Derrell explained. “As principal, I am responsible to help teachers and staff know how to use that data.”

The challenging part of being principal of a large school is the numbers. “We have about 2,500 students and 100 to 150 staff. It’s impossible to know what’s going on with that many people,” Derrell confessed. “There is only one principal. I care about what is going on in every classroom and at every event, but I can’t be everywhere. Sometimes there are three events on the same night; I try to show

“When there is trust and caring in the teacher-student relationship, students will perform better and learn more.”

up for at least part of all of them to let the students and parents know what they are doing matters to me. Part of being effective is finding the right number of people with whom I can consistently communicate, who are in regular contact with everyone else — to not let people get lost in the crowd. I can’t see every student or even every teacher every day, but I can keep in touch.”

Derrell likes to keep in touch with people long after they have left his classroom or school. “Facebook has allowed me to reconnect with former students and see the success in their lives years after school, hear about their careers and families. Their success is kind of why I do this.”

He also loves to see other people succeed. “I enjoy what I do because of the relationships. I enjoy watching students perform and succeed, both academically and in their sports and other activities like band. I enjoy watching teachers succeed and reach their goals whether they stay in the classroom or go on to become counselors or administrators.” Other people’s success is how he measures his own. “You hope you have given students some sort of tool that helped them succeed, that you didn’t get in the way of their success,” he stated. “Seeing them successful, independent and on their own, taking care of themselves, that’s the goal.” **NOW**



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In The Kitchen With Kim Willnow

— By Adam Walker

Kim Willnow is an insurance agent who enjoys competing in equestrian events such as dressage, show jumping and cross country. She also loves to be creative with food ingredients and her menu planning. She will set aside entire days to cook for special occasions. She and her husband like Southwestern cuisine since they enjoy spicy food. "One of my favorite herbs to use is cilantro," Kim said.

Her family celebrates holidays, birthdays, anniversaries and other special events with home-cooked meals. She often prepares meals using recipes she has inherited from her mother and grandmother. "My daughter is asking me to help her learn the basics, and that is on my agenda for the holiday season," Kim said. "I want to show her some of our family recipes." **NOW**



SOUTHWESTERN PORK TENDERLOIN WITH PICO DE GALLO

- 2 Tbsp. of honey
- 2 Tbsp. of olive oil
- 1 tsp. of oregano flakes
- 1/4 to 1/2 tsp. of cayenne pepper
- 1 3/4 to 2 lbs. pork tenderloin
- 2 ripe tomatoes, diced
- 1 small onion, diced
- 1 jalapeño pepper, seeded, membranes removed and diced

- 1/4 cup of diced cilantro
- 2 Tbsp. lime juice
- Salt and pepper, to taste
- Pico de gallo

1. Combine honey, olive oil, oregano and cayenne pepper in a bowl to form a paste. Rub into pork tenderloin; cover and marinate overnight or at least 8 hours.
2. Combine chopped tomatoes, onion, jalapeño pepper, cilantro, lime and salt and pepper to taste. Cover and refrigerate for at least 4 hours to allow flavors to blend.
3. Preheat your grill to medium heat; cook pork to at least medium or medium well 160-170 F. Remove; let rest for about 10 minutes.
4. Slice and serve with pico de gallo on warm tortillas.

CRANBERRY CHUTNEY AND BRIE CHEESE APPETIZER

- 1 8-oz. round of Brie cheese
- Cranberry chutney (recipe to follow)
- 3 slices of bacon, cooked and crumbled

1. Trim rind from the top of the Brie and place on a microwave safe dish.
2. Top generously with cranberry chutney; let it run down the sides of the Brie.
3. Microwave on high for 1 minute or until Brie softens and starts to melt.
4. Sprinkle with bacon and serve with assorted crackers.

CRANBERRY CHUTNEY

- 2 cups fresh cranberries
- 2 cups sugar
- 3 Tbsp. water
- 1 Granny Smith apple, peeled and diced
- 2 celery ribs, diced

- 1 Tbsp. orange zest
 - 1 cup fresh orange juice
 - 1 cup golden raisins
 - 1/2 tsp. ground ginger
 - 1/2 tsp ground cloves
1. Cook the first 3 ingredients in a saucepan over medium heat for 5 minutes.
 2. Add apple and remaining ingredients. Continue cooking and stirring frequently for 35 minutes.
 3. Let cool then refrigerate. Mixture will be thick after cooling.

STUFFED RED PEPPERS WITH CHEESY POLENTA AND GREEN CHILIES

- 3 medium red bell peppers
- 3/4 cup yellow cornmeal
- 2 cups water
- 1 tsp. salt
- 1/2 tsp. garlic salt
- 1/4 tsp. freshly ground pepper
- 1/2 cup heavy whipping cream
- 1 7-oz. can chopped green chilies, drained
- 2/3 cup shredded Monterey Jack cheese
- 1/2 cup Parmesan cheese

1. Preheat oven to 400 F.
2. Cut red bell peppers in half length wise and discard the seeds and membranes. Place bell pepper cups in a lightly greased 13 x 9-inch baking dish.
3. Whisk cornmeal and next four ingredients in a large saucepan over medium heat; bring to a boil. Cook, whisking constantly, 5-7 minutes, until polenta thickens and is creamy.
4. Stir in cream and next three ingredients, blending well.
5. Spoon mixture into pepper cups.
6. Bake at 400 F for 25-30 minutes or until peppers are tender.

SAUSAGE STUFFED ACORN SQUASH


- 3 acorn squash
- 2 cups water
- 1/2 lb. spicy Italian sausage, casings removed and sausage crumbled
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 can chicken broth
- 1/2 cup water

- 1 6-oz. box herb seasoned stuffing mix.
 - 1 egg beaten
 - 3 Tbsp. maple syrup
 - 2 Tbsp. grated Parmesan cheese
1. Heat oven to 400 F.
 2. Cut squash in half length wise and scoop out the seeds. Place in a jelly roll pan, cut sides down. Add 2 cups water and roast for 30-45 minutes or until squash is fork tender.
 3. Meanwhile cook crumbled sausage in a sauté pan until browned. Add onion and pepper; cook 10-15 min until vegetables are tender. Add chicken broth and water to sauté pan. Bring to a boil over high heat.
 4. Place stuffing in a large bowl. Add the sausage mixture to the bowl with the stuffing; stir until moistened. Add the beaten egg after mixture has cooled a bit.
 5. Remove squash from oven; invert squash. Brush the insides of the squash with the maple syrup. Fill with the stuffing mixture; mound it generously. Cover loosely with foil. Roast for 15 minutes. Remove foil and roast an additional 15 minutes. Remove from oven, top with cheese.

CLASSICAL COOKIES

- 3/4 cup butter or margarine
 - 1 cup graham cracker crumbs
 - 1 cup semi-sweet chocolate chips
 - 1 cup butterscotch chips
 - 1 cup chopped nuts
 - 1 cup shredded coconut
 - 1 can sweetened condensed milk
1. Preheat oven to 350 F.
 2. Melt butter or margarine and spread in a 13 x 9-inch baking pan. Spread graham cracker crumbs on top to form a crust on the bottom of the pan.
 3. Evenly layer: chocolate chips, butterscotch chips, chopped nuts and shredded coconut.
 4. Drizzle sweetened condensed milk on top.
 5. Bake 20-25 minutes until barely brown. Cool in pan on a wire rack. Cut into 2 x 1 1/2-inch squares.
 6. This is great served with hot fudge or caramel sauce and ice cream!

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Breast Cancer Awareness

— By Betty Tryon



The list no one wants to be on is endless. You cannot be rich enough or famous enough to escape it if you have it. Christina Applegate, Elizabeth Edwards, Amy Mickelson and Sandra Day O'Connor can attest to that. Their names are only a fraction of the numbers of people with breast cancer. Thankfully, many famous people have willingly shared their stories in order to bring more awareness to the subject. Here is a sobering fact for you — more than one in four cancers is breast cancer. Besides

skin cancer, it is the most common cancer in the United States. It is so common that even men can fall prey to this disease. Richard Roundtree the actor and former Massachusetts senator Edward W. Brooke can attest to this.

Because of the prevalence of breast cancer in our society, the media swamps us with information regarding it all year. Nevertheless, October is the official month of Breast Cancer Awareness. This month, there will be an increased effort in helping people become aware of what they can do to better their odds at preventing this disease or for early detection to increase their chances of survival.

Becoming aware is your first step; action is the second. Do your monthly breast self-exam. Information about how to do it properly is literally at your fingertips. Do not neglect getting your yearly mammogram. Plan to have it done in a location near you. Yes, it might be a hassle, and sometimes uncomfortable, but invasive cancer will cost you far more hassles and the uncomfortable part is off the chart. Become aware of what your community has to offer for free or minimal-fee testing. Investigate your family's health history and discover your risks. Educate yourself about the proper diet, lifestyle choices and medications that can increase your risks. Discuss your concerns with your health care provider to determine the best course of action for you. Be your own best advocate for your health care!

Get the word out! Communicate to family members and friends the importance of being aware, and encourage them to take the necessary steps for their health. If you can, donate to reputable organizations that seek to meet the needs of those diagnosed with this disease. There are many opportunities to make a difference. Organizations that further the research of this disease are critical, but they need your help to find a cure. Breast cancer can be a frightening diagnosis, but knowledge is power. Improve your odds of survival by arming yourself with all the proper tools to fight this disease. **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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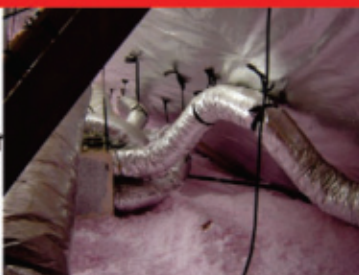
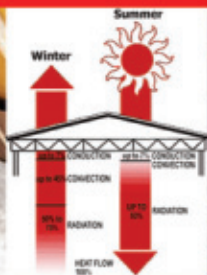
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Are You Taking Advantage of a Roth IRA?

— By *Tim Bordelon*

Simply put, contributing to a Roth Individual Retirement Account (IRA) may be a smart money move. The question then is ... are you taking full advantage? The benefit of contributing to the Roth IRA is the money you put into one of these accounts grows tax free and distributions may be made tax free.¹

If you haven't opened a Roth IRA, do it now. You have until your tax deadline (typically April 15) to set up an account and make contributions for the previous year. Annual contributions are limited; currently the maximum amount is \$5,000.² That means you can invest \$5,000 for 2010, giving you a solid start to your savings.

If you're just starting to invest, the Roth IRA should be one of your first options — even before you open a regular, taxable account or contribute to a workplace retirement savings plan. The only exception is if your employer offers a match on your 401(k) contributions. That's free money you don't want to pass up. You can invest in both a Roth IRA and a workplace retirement plan.

Not sure where to find money to fund your account? Consider investing your tax refund. The amount could be a great start for funding a Roth IRA.

There are specific income restrictions for contributing to a

Roth IRA. Contributions are limited and based on the taxpayer's filing status and Modified Adjusted Gross Income (MAGI). When the taxpayer's income exceeds the eligibility limits for contributing to a Roth IRA, an eligibility phase out period begins.

For 2010, the MAGI phase out range for contributing to a Roth IRA is:

- At least \$167,000 but less than \$177,000 for a married couple filing a joint return or a qualified widow(er).
- At least \$105,000 but less than \$120,000 for a single individual or head of household.
- Less than \$10,000 for a married individual filing a separate return.

Your exact contribution amount can be calculated using the worksheets found in Publication 590 on the IRS Web site at www.irs.gov. **NOW**



Sources:

1. Withdrawals are tax-free if you're over age 59 1/2 and at least five years have expired since you established a Roth IRA. Otherwise withdrawals of gain may be taxable (unless the withdrawal is "qualified") and may be subject to a 10-percent tax penalty.
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Second Monday

Metro Beekeepers meeting: 6:30-8:30 p.m., United Cooperative Services Building, 2601 South I-35 W., Burleson. Items of interest to both novice and expert beekeepers in Texas will be presented. This month, the guest speaker will be the woman chosen as The Texas Honey Queen. For details, contact Terry Botkin at (214) 837-7256, or visit www.metrobeekeepers.net.

Second and Fourth Mondays

Kiwanis Mansfield Afternoon Club meeting: 11:30 a.m.-1:30 p.m., Fat Daddy's on Debbie Lane. For more information, contact Cheryl Litke, secretary at (817) 453-5106.

Mansfield City Council meetings: 7:00-9:00 p.m., City Hall, 1200 East Broad St. Call Vicki Collins at (817) 276-4204.

First and Third Tuesdays

Senior Dance: 7:00-9:30 p.m., Mansfield Activity Center gymnasium, 106 S. Wisteria. A different live band plays every week. Snacks served. Call Suzanne Newman at (817) 453-5420.

Every Tuesday

The Rotary Club of Mansfield meeting: noon-2:00 p.m., Spring Creek BBQ, 1724 N. Hwy. 287. Contact Danny Wilson, president at (972) 595-1778.

First and Third Wednesdays

Mansfield Network Group meeting: 9:00-10:00 a.m., The Tuscan Executive Suites, 601 Strada Circle, Mansfield. Contact John Boguski at (817) 939-5884.

Every Thursday

The Mansfield Sunrise Rotary meeting: 7:00-9:00 a.m., First United Methodist Church, 777 N. Walnut Creek Dr. Contact Robert Putman, president at (817) 453-1616.

Second Thursdays

Four powerful workshops for everyone in the Mansfield Community: Employment 101, for learning to write job-winning résumés and prepare applications that make it to the top of the pile when everything nowadays is done on-line, 1:00-2:00 p.m.; Computer Class, for learning basic computer skills such as Word, Excel and navigating the Internet, 2:30-4:30 p.m.; Budgeting Classes, taught by Danny Wilson with Texas Trust, 6:00-7:00 p.m.; Legal Clinic, provided by the law firm of Landrith & Kulesz, 6:00-8:00 p.m. by appointment only. Hosted by The Wesley Mission Center, 777 North Walnut Creek Drive. To register, call the Wesley Mission Center at (817) 473-6650 or e-mail teresas@firstmethodistmansfield.org.

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Happening **NOW**

Every Friday

Kiwanis Club of Mansfield meeting: 6:45-8:00 a.m., Methodist Mansfield Medical Center. Contact Todd Simmons, past president at (817) 473-9645.

October 3

Worship Meeting celebrating the grand opening of New Day United Methodist Church: 11:00 a.m.-2:00 p.m., 1475 Heritage Pkwy., Suite 309, Mansfield. New Day UMC exists to remind us that with each new day, God wipes the slate clean. There is forgiveness and freedom, acceptance and love. God offers a forgiving love and a new life that is available to everyone. Contact Pastor Sheila at (817) 225-2277, or visit the church Web site, www.ndumc.com.

Blackbelt Extravaganza: 6:00-8:00 p.m., Mansfield Activity Center on Wisteria. All martial arts students will receive their promotions. This is an all-school event. Call Troy Dorsey's Karate and Fitness Kickboxing at (817) 477-5523 for more information.

October 4

Constable Burgess Golf Tournament: noon-9:00 p.m., Tierra Verde Golf Course, 7005 Golf Club Drive, Arlington. There will be a concert after the golf play ends. Proceeds benefit families of fallen law enforcement officers. For information, e-mail clint@texasconstable.com.

October 4-31

Pumpkin Patch: 3:00-7:00 p.m. weekdays and 9:00 a.m.-7:00 p.m. on weekends, First United Methodist Church, 777 North Walnut Creek Drive, Mansfield. Proceeds fund FUMC youth mission trips in the summer.

October 5

27th Annual National Night Out: 5:00-10:00 p.m., all across Mansfield. This is a unique crime/drug prevention event. For more information about how to participate in your neighborhood, whether by throwing a block party or hosting a picnic, contact the Mansfield Police Department's community resource officer, Brandi Howard, at (817) 276-4757.

October 15-16

Historic Mansfield Music Festival: 6:30 p.m.-midnight on Friday, October 15; 11:00 a.m.-midnight on Saturday, October 16. Hosted in Historic Mansfield at the corner of Main and Broad streets. Free admission and family friendly, the shows will go on rain or shine. Check www.historicmansfield.net for schedule of performances.

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Happening **NOW**

October 26

Board Meeting for Mansfield Independent School District: 7:00-9:00 p.m., 605 E. Broad Street, Mansfield. Call Julie Moye at (817) 299-6382 for more information.

October 27

Wake Up North Texas: 7:00 a.m.-9:00 a.m., Aristide Event & Conference Center, 601 Strada, Suite 109, Mansfield. A Mansfield Chamber of Commerce networking event that only costs \$2.00 per person, for businesspeople from all around the DFW Metroplex. Contact Tami at frontdesk@mansfieldchamber.org for more information.

October 15

Chip In For Kids Golf Tournament: 1:00 p.m. shotgun tee time, Tierra Verde Golf Course, Arlington. This golf tournament benefits Mansfield Early Childhood PTA, the Head Start Program, local schools and the children in Mansfield. Tickets are \$125 per player and include dinner for two after the play. Contact Abbey Lewis at (817) 456-6665.

October 26

Bob Noel Classic Tennis Tournament
Registration Deadline: 5:00 p.m. The 12th Annual Bob Noel Classic Tennis Tournament, to be held November 5-7 at the Walnut Creek Country Club, is sponsored by The Kiwanis Club of Mansfield and proceeds from all entries benefit the Feed the Kids program and the Alzheimer's Association. The Kiwanis Club of Mansfield will donate a \$1,000 scholarship to a 2011 graduating senior of Mansfield ISD. Registration fees are: Singles \$28, Doubles & Mixed Doubles \$52 per team. To register, please mail check, made out to The Kiwanis Club of Mansfield, to Walnut Creek Tennis, 1151 Country Club Drive, Mansfield, TX 76063. Contact Tournament Director Ernie Abraham at (817) 473-1311.

October 30

City of Mansfield Fall Festival: 5:00-10:00 p.m., Vernon Newsome Football Stadium at Highway 360 and Broad Street. Contact the Mansfield Police Department's community resource officer, Brandi Howard at (817) 276-4757.

October 31

ShineFest Fall Festival: 3:00-5:00 p.m., First United Methodist Church, 777 North Walnut Creek Drive, Mansfield.

For more community events, visit our online calendar at www.nowmagazines.com.

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