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MansfieldNOW

M A G A Z I N E

January 2010

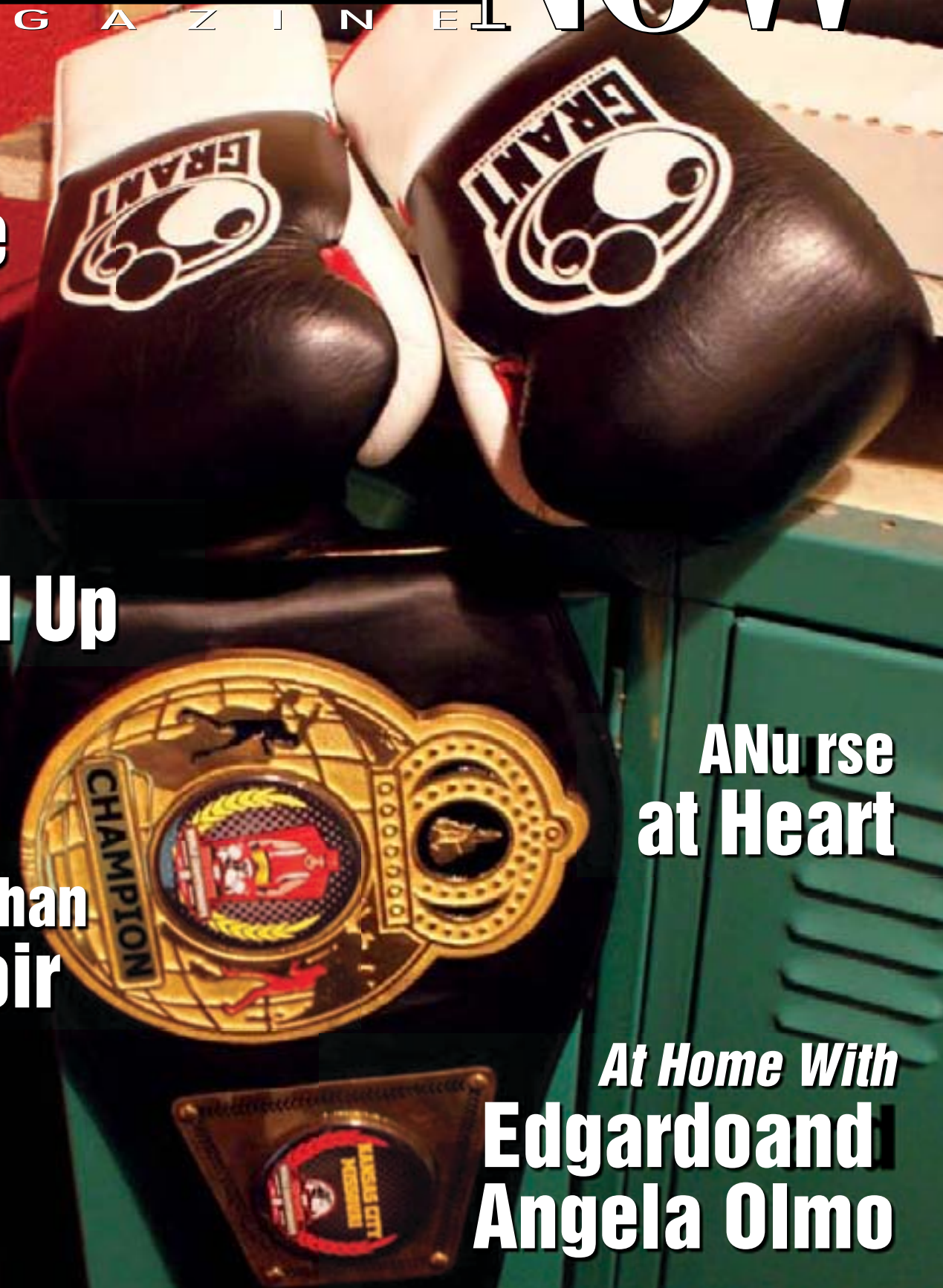
**A True
Eagle**

**Her
Stand Up**

**More Than
a Choir**

**ANurse
at Heart**

At Home With
**Edgardo and
Angela Olmo**





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MCB EVP Chuck Wilson
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MCB EVP Debbie Koennecke
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His heart's in the right place.

What began as an act of heartfelt kindness ended in heartwarming irony. Generosity is a regular part of Bernie Kennedy's life, but while on his way to donate food to an area school, Kennedy suddenly experienced something very irregular. Thanks to quick thinking and rapid medical response, he narrowly avoided a heart attack—something he helps others avoid on a daily basis.

As the director of cardiology services at Methodist Mansfield Medical Center, Bernie Kennedy knows a thing or two about the heart. So when he experienced a fluttering sensation in his chest he immediately went to Methodist Mansfield for help. Tests revealed that Kennedy's heart was beating 168 beats per minute (60–80 is normal), and he was in atrial fibrillation with rapid ventricular response.

"I knew I wasn't having a heart attack, but something was very wrong."

Without immediate medical attention, Kennedy's condition would have escalated to a heart attack or stroke. But with close observation and medication, his condition stabilized and he is now back to an active lifestyle.

"I'm so grateful to our cardiology staff and what they did for me," raves

Kennedy. In addition to Methodist's comprehensive diagnostic services, they now offer advanced intervention procedures such as bypass surgery, valve replacement, angioplasty, stenting, endovascular repair, and more. "Now we can offer an even more valuable service to the Mansfield area," Kennedy says.

Methodist Mansfield is now the only hospital in southeastern Tarrant County and south of I-20 to offer open-heart surgery. Kennedy

continues, "I can tell you as both a cardiology director and as a patient, it's a blessing to have access to high quality care right here at home." To get to the heart of what's new at Methodist Mansfield Medical Center, call them at 877-637-4297 or visit www.methodisthealthsystem.org.



—Bernie Kennedy
*Director of cardiology services at
Methodist Mansfield Medical Center*

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On The Cover

*The gloves and belt of World Champion
Vanessa Washington.*

Photo by Casey Reid.



Editor's Note

Dear Friends,

Every January, people around the globe make fresh resolutions to improve themselves or some aspect of their lives. I am no different. While I have thoroughly enjoyed profiling the lives of the amazing people in this community, I am leaving my post as editor for *MansfieldNOW* magazine. With the opportunity to publish a new book with a large publishing house, complicated only by the very busy lives of my children, something had to give.

Saying "goodbye" was more difficult than you can imagine, and I have agreed to continue writing freelance for the various NOW markets — a magazine company run by a group of people I truly adore. Don't be surprised when an occasional article written by Alex Allred appears, and don't hesitate to buy any book with my name on it!

As for *MansfieldNOW*'s new editor? I'll let her make her own introductions, but just know she is one of my NOW favorites with a fun, happy-go-lucky style that will win you over!

Thank you everyone!
Keep reading *MansfieldNOW*.
Alex Allred



Karen Schroeder



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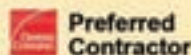
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A Nurse at Heart



As a nurse at Methodist Mansfield Medical Center, Marco Bartoloni finds communication skills and humor valuable tools.

— By Alex Allred

Caring for people is all Marco Bartoloni has ever known. Born in the city of Saigon, Vietnam, in 1965, during a time of great political and economic upheaval, Marco's father worked for peace.

"When he [my father] was younger," Marco explained, "he joined the United Nations under the Italian contingency." Dr. Bartoloni was a citizen of Italy and a practicing physician who volunteered to go to Africa "for a mission." The Congo (what is now known as Zaire) was still under the rule of Belgium during the 1950s, and it was there the doctor met a young Belgian woman. They dated for almost four years before returning to Belgium to marry and begin a family. But no sooner had the family planning begun when the doctor accepted another mission in Vietnam. He joined



the Italian Red Cross, a civilian-based mission, and worked in Saigon until "my dad decided it was just too dangerous," Marco said. "Buildings were being bombed in Saigon, and the Italian contingency decided to bring all the families back home."

The new location did not change his desire to help others, and Marco's father was known throughout the small town in Osimo, Italy, as a doctor who would treat all.

"My father was an example for me," Marco said.

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“He had a family practice that was like something you see in the old movies. He had a little bag and went to visit farmers. He also worked in a hospital and worked on rotation, but he traveled to see people.”

Marco was never far behind. “And we never went to the grocery store to buy eggs that I can remember. We always got eggs from the farmers. And milk. I remember boiling a lot of milk, directly from the cow! There were a lot of things like this that were obviously gifts, but Italy, of course, has a different system. They have socialized medicine, and the doctors were getting paid by the state.” Whatever the pay scale, Marco



Marco Bartoloni's father, Marco Bartoloni Sr., had a huge impact on his son, who followed in his footsteps as a medical professional.

remembers most vividly that the phone always rang, “and it was my job to get directions. You know, ‘Take a right where the cow is, a left where the barn stands.’ There was a lot of that, and I would go with him, either to play with the children or the chickens,” he laughed.

As he grew, he became fluent in Italian, French and English. “I picked up on Spanish along the way,” he said, “which is a lot easier for an Italian speaking person,” but he also began to learn Slanish, a Dutch language that heralds from his mother's homeland in northern Belgium.

Although Marco thrived in his homeland of Italy, “I always wanted to come to the United States,” he said. At the age of 18, when he moved to Belgium, with hopes of attending medical school, his interest in the U.S. only intensified. “Then one day I got a call from my mom's brother, who lived in Texas. He said that nursing was in big demand here, and he would provide for me if I wanted to go to school here. It took me a few seconds to think about it,

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and I said, 'Yes!'"

There was an almost instant demand for Marco after he graduated from The University of Texas at Arlington (UTA) with a bachelor's in nursing. It was 1995, and the need for bilingual nurses was high. But he had also befriended a fellow student in nursing school named Terri who quickly became a love interest. While Marco sorted out the details of getting a sponsor and Green Card (permanent resident status), he and Terri began dating. By 1996, Marco was working as an emergency room nurse in Fort Worth. The following year, he and Terri were married and began caring for her daughters, Sarah and Samantha.

"They are my step-daughters," Marco said, "but I don't like that word. I love them and have seen them as they've grown. They are my daughters."

Not only did he take the active role of fathering very seriously, but true to his own father's nature, Marco gives to his

"His dedication and compassion to serve and care for others makes a difference in so many people's lives."

community. Just as it was when he was a child, the phone is always ringing, and he is always answering.

He has supported the United Way and the American Heart Association, staying active in a variety of fundraising efforts. During Thanksgiving holidays, he feeds the hungry at Mission Arlington by providing food for those who cannot afford such meals, as well as supporting the Kidney Foundation with clothing for their fundraisers. But what he is best known for is the time, effort and care he puts into the families who come through the doors at Methodist Mansfield. While it was a surprise to the quiet and ever humble Marco, his friends and co-workers applauded when he was named the 2009 Employee of the Year from the DFW



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“I’ve been asked if I would ever go back to medical school and become a doctor, but I don’t think so. Physicians just don’t get to have as much contact with the patients as nurses do, and I really value that.”



Hospital Council.

"Marco is a role model for the hospital and is admired for his leadership and clinical expertise," said Laura Levine, president of Methodist Mansfield Medical Center. "His dedication and compassion to serve and care for others makes a difference in so many people's lives."

Even as Marco admits that many of the day-to-day tasks of a nurse can be repetitive, "no day is ever the same," he said. "Every person is different, and I just want to try to find a way to make them feel better and reach them." He remarked that listening and the ability to communicate are two things he is most appreciative of; and of course, his sense of humor.

"A few days ago, I went into a room and introduced myself like I always do. They kind of looked at me, and I could see they were trying to figure out the



accent. 'Where you from?' and I said, 'Grand Prairie!'" By design, it always gets a laugh. But it also opens up communication and, as it happened on this particular visit, "this person's family was from Sicily. Before I knew it, we were talking about food. 'Typical Italian,' he laughed, "but it was the diversion needed to take away [attention] from other problems.

"I've been asked if I would ever go back to medical school and become a doctor, but I don't think so," he said. "Physicians just don't get to have as much contact with the patients as nurses do, and I really value that. I don't want to lose that.

"If I could figure out how to practice medicine as my father once did, then maybe. I would love to have a real old-fashioned family practice and," he smiled, "it's always good to know where the cows are standing." Until then, "I'm just happy to have that human interaction." **NOW**

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Cultivating New Roots

**At Home With Edgardo
and Angela Olmo**

— By Jaime Ruark

For over two years, the two-story brick and stone Olmo residence has become a home away from home for a family with roots, which spread from Florida all the way to Puerto Rico. While the move may at first have been a tough one, the family soon found a community and church family that welcomed them with

open arms. They now consider Mansfield home, and a whole new set of Olmo family roots is taking hold.

Married for eight-and-a-half years, Edgardo and Angela were brought together by his sister, Belen. "We have the same exact birthdays," Angela said. "He's only about two-and-a-half hours older than I." After meeting, the couple began a long-distance relationship because Edgardo still lived in Puerto Rico, until they married after he popped the question on New Year's Day. "The neat thing about him being Puerto Rican is that when we travel there, he can show me all the non-tourist places," she noted.

Coming from Florida, Angela did not have the luxury of a long and careful house hunt, so being able to quickly find the perfect house for her family was important. Edgardo's work as an electrical engineer brought him to Texas six weeks before his family was able to follow, but Angela only had one week to



find a house. "We didn't know anybody here, so I called our church to find out if there was a Realtor in the area," she recalled. "I saw so many houses in that week that I finally just told Edgardo, 'You pick!'" Angela credits her church family with making the move easy. "It was really wonderful," she added, "because we had several people from the church help us move in."



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“I love the openness and the light.”



The house Edgardo picked offered 3,300 square feet, with five-bedrooms and three-and-a-half baths, as well as close proximity to the community pool and play area. “I love the openness and the light,” Angela noted, pointing out the floor-to-ceiling windows in the living area. “In Florida, there’s so much lush, green land, so it was a big change coming to Texas,” she laughed, “but we really love the area. I just love the school system. It’s amazing to me how many schools there are, because in Florida, you don’t have this many. Plus the teachers are great.” The community activities have also become a big part of the Olmo’s family time. “We love the MAC [Mansfield Activities Center]. There are so many free things to do there, so many



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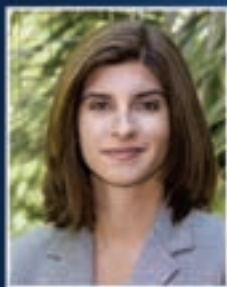
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neat family-centered activities, which is really important to us, especially now with the economy,” she expressed.

Moving can often be difficult, as it was for Angela’s daughter, who was experiencing the process for the first time. “For Lauren, the move was a little hard because she was leaving behind all her family and friends,” Angela shared. “Plus she was going into the sixth grade, which is already a difficult transition on its own.” Now in eighth grade, 13-year-old Lauren has made new friends and has some fun high school years to look forward to.

Angela has enjoyed being a (for the most part) stay-at-home mom, working to make her house comfortable and welcoming for the neighborhood children who frequent the home after school and on weekends. “There was one day it was raining, but there was no lightening, and we were playing in the mud puddles with our neighbors,” she smiled. Because of her love for

children, she also works part time as a substitute teacher and is currently working on bringing a program begun in Alabama by her sister, Annie McDaniel, to the Mansfield school system. “So far, I’ve gone into three different elementary schools here, and they’ve loved the programs,” Angela said. “I just want to make learning fun and memorable.”

Angela admits to loving change, so her home is a constant work-in-progress, as she rearranges furniture and picks out new color schemes. “Pretty much all we’ve done to the house since we moved in is paint,” she said, pointing out the fireplace, which took quite a bit of time and effort. Currently, she has complemented her traditional decor with warm earth tones. The living and dining rooms, kitchen and master bedroom all feature walls in varying tones of brown, from lighter, slightly orange shades to darker mochas.

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The kitchen offers a large, open space with endless dark wood cabinets, stainless steel appliances and a central island. "There is a lot of cabinet space, which sometimes I don't like as much as I should, because it means there's a lot to clean," Angela admitted sheepishly. She makes use of the spaciousness by displaying family photos, including a black and white one of Edgardo's grandmother.



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The home has a warm and welcoming feel, with small touches that show how easygoing and family-oriented the Olmos are. While they do not have many heirlooms or antiques, they do have one special piece, which comes with a sweet story. "I have this little tiny zebra my dad gave me when Edgardo and I got married. My husband is Puerto Rican and I have such white skin, when we put our fingers together, we say it looks like a zebra," she laughed.

Angela's flair for homemaking is obvious, with colorful rugs and pretty floral arrangements she has created accenting many of the rooms. "I like to

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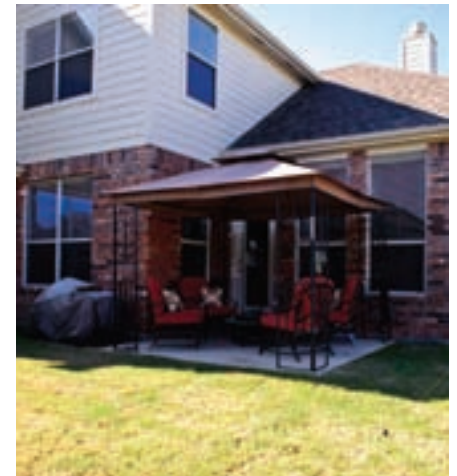
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be crafty,” she said of two dramatic, silk floral arrangements with long, draping feathers, which greet visitors in the front hallway. Quilts are another outlet for her creativity; a hobby passed down from her mother. One of her lovely quilts in shades of pink decorates Lauren’s bed. “My mother and I made that together,” she noted. A cross-stitch of a bride and groom hangs above the king-sized bed in the master bedroom, a celebration of her marriage made by her mother. “My dress didn’t look anything like that,” Angela laughed, “but I still think it’s so pretty. It’s special to me.”



“I encourage him and Lauren to get outside all the time. We’re an outdoors kind of family. We don’t just sit around and watch TV.”

While the women of the house have feminine touches in their rooms, 6-year-old Grant’s bedroom is all boy. His bed, made to look like a Hummer SUV, is decked out in camouflage, and shelves, made by Edgardo, hold stuffed animals next to sporting trophies. “He’s getting into soccer and tee ball. I encourage him and Lauren to get outside all the time. We’re an outdoors kind of family. We don’t just sit around and watch TV,” Angela shared.

Family is important to the Olmos. Starting over and putting down new roots may have been a difficult process, but it was most definitely worthwhile because they did it together. “We love it here,” Angela said. “It really is a great place to live.” **NOW**



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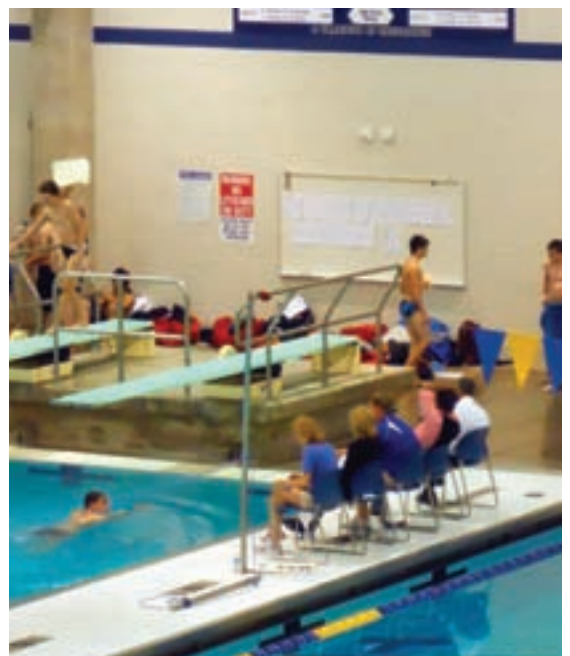
The Mansfield Chamber of Commerce welcomes Cowtown Door Hangers to the area with a ribbon cutting ceremony.



Patricia and Brian Meuse get ready to enter the freezing temperatures of the ICE display at Gaylord Texan Resort.



Peggy Looney (middle left) helps fellow area artists learn painting techniques at the Mansfield Activities Center.



Coaches look on as divers from MISD and other area schools compete in the high school boys' invitational meet.



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Mansfield residents get ready to attend a Dallas Cowboys game at the new stadium in Arlington.



Chamber members and supporters pose for a picture on the Chamber of Commerce's parade float.



The Mansfield Chamber of Commerce welcomes Special Occasions Chocolates to the area with a ribbon cutting ceremony.

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Left to right: Alvin Runels,
Michael Schuette, Matthew Schuette,
Elizabeth Lyke, Aaron Runnels



More Than *a* Choir

— By Kyle Irion



Michelle Blumsack believes music to be much greater than a collection of notes. To Michelle, music is the common thread that binds us as humans; it acts as an underground spring that feeds and connects. “Music is one of the only things, which allows us to be more than just machines,” she explained.

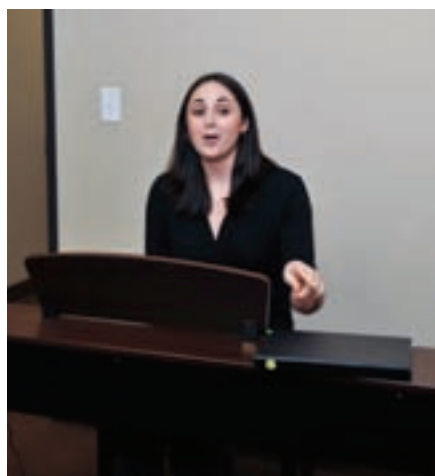
Michelle is behind the helm of Mansfield’s first ever citywide children’s choir. When asked what the drive was to create the children’s choir, Michelle responded, “We were thinking that there are children’s choirs in Arlington and Fort Worth, and for such a large area like Mansfield, there was really a void.”

Tryouts for the choir started in September with children with vocal ranges in the treble clef, grades three through eight. The treble clef is the set of notes usually sung by sopranos and altos. The tryout process is fairly basic; its main purpose is for instructors to determine that the student has the foundational skills necessary to grow and learn in the choir. A typical tryout begins with a music pretest used to gauge where the child is at in terms of their general knowledge of music and music theory. Then, the child’s vocal range is tested. After that, Michelle tests for tonal memory by playing a series of notes and then asking

the child to sing what she had just played. This tonal memory skill is important in a choir where you often have to learn large pieces of music in a short amount of time. Finally, the children are asked to sing "My Country, 'Tis of Thee."

Michelle came to Texas from St. Louis, Missouri, where she studied music at Washington University in St. Louis, a private school of just 6,000 students, and then music education at the University of Missouri—St. Louis. She started, as many college students do, with a major inexplicably different from the one with which she left. Michelle started school majoring in philosophy with aspirations of going to law school. While on that degree path, Michelle took a jazz piano class, and, as she described it, "fell in love with music again." She changed

**Children's voices
have a magical purity
about them, especially
when blended.**



her major to music. While directing an a cappella group, Michelle realized she also had a passion for teaching. She finished her bachelor's degree and, following two years of post-baccalaureate study, earned her teaching certification.

As she started looking for work, she found a great opportunity roughly 700 miles away in Mansfield, Texas. "I saw they were looking for a choir director and music teacher, and that is exactly

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what I wanted to do,” she said. “It seemed like a perfect opportunity to move from college to the work force. To start up a choir seemed like the coolest thing ever.” Michelle’s enthusiasm and zeal were palpable as she spoke about the children’s choir. “Children’s voices have a magical purity about them, especially when blended. I look forward to sharing their magic with Mansfield,” she said.

Michelle is excited about creating more than just a choir. She is excited about creating a venue for children to come together and experience something truly special, and to have that experience radiate and positively affect the surrounding area — to become a real part of the Mansfield community. “Choir teaches kids the power of being a part of a community,” she added. “I want to teach children through singing that the whole is greater than the sum of its parts.” Michelle believes this choir can become a real, integral part of the Mansfield community as a whole. “Singing in this choir is a great way for kids to make a difference in their community,” she remarked.

Michelle’s short-term goals include strong spring performances from her group. She currently has a recruitment goal of 30 singers. When asked for long-term goals, Michelle quickly said, “A million hits on YouTube.” Michelle would also like to see the creation of beginner, intermediate and advanced levels of the choir. The intermediate level would include young males who have a lower range.

In the end, Michelle wants music to be something more than a hobby for the children, because she herself believes music to be more than that. “Music is a big part of what makes us human. It’s one of the truest expressions of emotion that exists,” she said. “I’m a firm believer that involving kids in music makes them better people, because it teaches them to express their emotions and respect the emotions of others.” Michelle wants music to be more than just an amalgamation of notes for these children. She wants music to be a piece of art they themselves can hold to and experience as individuals and as a part of the human community. **NOW**

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Before opening her Huguley practice, Dr. Bajaj practiced rheumatology in Tucson, Arizona for four years. She is a member of the American College of Rheumatology. Dr. Bajaj completed her rheumatology fellowship and her internal medicine residency at the University of Alabama at Birmingham. She fulfilled her internship requirements at Hahnemann University, Monmouth Medical Center in New Jersey.

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HER STAND UP

— By Alex Allred

In many ways, the journey of Vanessa Washington sounds like the beginning of the typical underdog sports story. The Mansfield High School teenager had never played a sport, then suddenly decided to take up boxing. When sent to renowned boxing coach, Paul Reyes, she and her father, Carlton Washington, learned that the coach once swore he would never train female boxers. Yet, they still went, and despite himself, Paul watched her fight.

"I hate to say it," Paul said, "but whenever they [female boxers] would come my way, I would send them on to someone else. I didn't think girls should fight."

Initially, Vanessa's sudden need to fight came as a shock to everyone. "I thought, *Where's this coming from?*" Carlton said. "*Someone who has never played a sport wants to pick up boxing?*" But his youngest daughter was persistent.

"I just kept begging my dad," Vanessa smiled. "I knew I could do it." After watching a television show about female boxers, Vanessa was overwhelmed with the need to box. "I can't even explain it," she said. "I just knew I wanted to do it."

Persistence paid off, and Carlton took her to a sports store to have her fitted for gloves and hand wraps. "I wanted to see if she could even hit," he recalled, saying, "Okay, Vanessa, hit this!" But when his little girl landed a punch on the mitt he was holding, Carlton instantly knew three things. Vanessa could hit. She needed to hit, and something very special was happening.

Truly, something special *was* happening. Former professional boxer, Overton Brooks, called in a favor, asking his former coach to take a look at the teen sensation. "Overton said he didn't have time to train her but wanted someone who could look out



for her," Paul said. Despite his own reservations about female fighters, Paul agreed to watch her and saw a natural talent, "and I made an exception for her."

From the beginning, however, there were problems that might have seemed insurmountable to most fighters and coaches. Vanessa had little cardio conditioning and was only learning how to punch. At that point, she had no stand up game. Still, at the tender age of 15, she entered the ring for her very first fight. She lost the bout, but won over a number of supporters who saw an indomitable spirit who would not be shut down.

"I remember one day I came into the gym," Paul said, "and I saw her fighting a tough boy. He was opening up on Vanessa." He called over to another coach to suggest that perhaps Vanessa should not fight the young man. "I told him that boy was too strong for her, but the coach said, 'Yeah, but she opens up on

him, too.” Sure enough, as Paul looked on, he was pleased with what he saw. “She sure did,” he chuckled. Together, they had been working on her jabs and hooks, with a special emphasis on body shots. “Before, she wouldn’t do that, so we’d been working on throwing more to the body. She’s going to hurt someone with those body shots.”



“I can’t even explain it; I just knew I wanted to do it.”

In fact, she is already causing quite a bit of damage in the boxing world. After a number of local wins, including the 2009 Golden Gloves Championships in Fort Worth, Vanessa, her coach and father set off to the Ringside World Championships in Kansas City in August 2009. Before anyone could truly appreciate the significance of what was happening, the little-known teenager from Texas won two back-to-back bouts against two fellow Americans, leaving Vanessa Washington in the final bout against the reigning Irish National Champion, Siere Smith. That decisive victory earned 17-year-old Vanessa the title of 2009 World Champion.

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Gastroenterology


Adil M. Choudhary, M.D.

Award-winning gastroenterologist Adil M. Choudhary, M.D., has opened a practice at Huguley Memorial Medical Center. Board certified in both internal medicine and gastroenterology, Dr. Choudhary treats inpatients and outpatients for conditions of the liver and digestive tract.

Dr. Choudhary has extensive training in gastroenterological and biliary endoscopic procedures. He is one of only 277 Fellows of the American Society of Gastrointestinal Endoscopy, The American College of Gastroenterology and the American Medical Association, among other organizations, have honored Dr. Choudhary with many awards and recognitions.

Dr. Choudhary completed his residency in internal medicine at Bellevue Hospital Center and New York University Medical Center in Manhattan. He did a three-year fellowship in gastroenterology and hepatology at Yale University Gastroenterology Program in Bridgeport, Connecticut, and he received advanced training in therapeutic gastrointestinal endoscopy at Tulane University Medical Center in New Orleans.

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or take a well-deserved vacation from all the training; especially Vanessa, a self-described shopaholic. But this only fueled her fire and Carlton's belief that there is something much bigger at play here.

"Who just gets up one day, with no training and no sports background and becomes a boxer?" he asked,



incredulously. A World Champion, no less. "But everyone we have met, everyone who has been led to us — there is a reason for it, and we are blessed!" While Vanessa also has dreams of making the U.S. Olympic team as one of the first female boxers and hopes to one day turn pro, she also shares her father's belief that there is a reason for everything.

Paul is more focused on her stand up. "She still has a lot to learn, but she is very easy to coach. She listens and does what we tell her," he said, adding that these are the very qualities that make a good fighter, and a leader.

As Vanessa talks about her future, college, being a strong female role model, a loyal friend and someone people can lean on, she related much of her happiness to being a boxer. "I can't really explain it, but I know I'm supposed to be doing this." She really does have a good stand up game. **NOW**



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Reflux is a term used to describe the fluid that escapes from the stomach and enters the esophagus. It is often very acidic, since the fluid comes from the stomach, but also can contain bile and other digestive enzymes. This leads to the burning feeling you may get when reflux occurs. Reflux is known by many terms: Acid reflux, Heartburn Indigestion GERD, Erosive gastritis, Barrett's Dyspepsia.

Approximately 60 percent of Americans suffer from some form of reflux disease. Approximately 25 percent experience reflux weekly and some 7 percent suffer daily. Reflux disease accounts for 9 million doctor visits per year. Reflux disease accounts for \$10 Billion in health care costs per year.



The Art of Listening

After nearly 35 years in practice, Dr. Vella Chancellor makes it a point to listen to the needs of each patient. — *By Alex Allred*

One of Dr. Vella Chancellor's New Year's resolutions is "to be a better listener." This is an interesting statement coming from a doctor with the reputation for already being a great listener. As a practicing obstetrics and gynecological physician for almost 35 years, she has built her practice on both professional and personal ethics.

A "homegrown" girl from Oak Cliff, Dr. Chancellor graduated from Stephen F. Austin State University in just three years and was accepted into medical school after graduation. In truth, she had no interest in the medical field. Her brother, David, became a veterinarian (and runs his own practice in Ennis, Texas) but, "my mother always thought I would be a teacher," Dr. Chancellor said.

Still, she was willing to give it the old college try and to no one's surprise, she thrived in her schooling at UT Southwestern Medical Center in Dallas. She went on to do her residency at Parkland Hospital, also in Dallas, and quickly discovered the joy of obstetrics.

"I did my first C-section as a medical student," she smiled. "I was so focused on the baby, it wasn't until the closing that I realized how much I enjoyed it. The entire process, being able to intervene in a way to save a baby's life or help the mother," she said, "I knew that was what I wanted to do."

From that time, there was no looking back. Today, Dr. Chancellor is especially proud of her growing practice of what she calls "wonderful growing families,"



From left:

Dr. Chancellor's bright and welcoming waiting area; Dr. Vella Chancellor; a piece of art with special meaning.

Dr. Vella Chancellor

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made up of different generations who come to see her for varying needs. While her practice began at Methodist Charlton Medical Center, in Dallas, she moved to Mansfield in 2006, also opening a practice in Midlothian.

For those multigenerational families who see Dr. Chancellor, she is also an advisor and friend. "And I'm very happy because my patients have become partners in their health care. They are more involved." While she concedes there are far more bad choices to be made today, i.e. fast foods or sedentary lifestyles, "most patients want to participate in their health and not just sit back.

"My goal as a physician is to 'do no harm.' If I don't have to intervene, I won't. I am most happy when my patients are taking care of the life they have been given." But she also refuses to tell people what they want to hear. "It's why they come to me. If I can break down the misinformation and make people understand the importance of good health, we can all live a fuller life!" More than medication, Dr. Chancellor is apt to

"My goal as a physician is to 'do no harm.' If I don't have to intervene, I won't."

prescribe a good pair of walking shoes or enlist a patient into her well-woman checkup program. "Better health," she said, "does not have to be a mystery."

What is a mystery for many, however, is how the doctor runs her office. "Dr. Chancellor really wants us to stay on schedule," said Brenda Hogue, office manager. "She always tells us that the clock is running, and we have to respect our patient's time." Somehow, Dr. Chancellor manages to take time with each patient, listen to their needs and stay on schedule.

"Oh, but I have to remind myself a lot," Dr. Chancellor almost laughed. "I have to slow down. After almost 35 years in practice, I feel like I've heard it all before. There is a lot to be said for the art of listening, and I try to listen as though it is for the first time." **NOW**



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A True Eagle

— By Alex Allred



By definition, an Eagle Scout is a Boy Scout who has reached the highest level of attainment in the various tests of skill and endurance set by the Boy Scouts of America organization. In reality, however, that definition lends little insight into the kind of education, honor and commitment one both gives and receives with the title Eagle Scout.

Add the words humble and mentor to that list, and Adam Warren, a senior at Mansfield High School, is a true Eagle Scout.

“He’s been razzed about it before at school,” said his mother, Kay Warren, a detective with the Dallas Police Department, “but he just shrugs it off.” Too few people truly appreciate the strength and dedication it has taken to get him to earn this prestigious title. Instead,

for some, “there can be a negative stereotype of Boy Scouts which is too bad. There’s this idea that Boy Scouts are kind of geeky or something.”

Adam is a survivalist. Whether learning how to build a fire, tying knots or repelling a rocky cliff, Adam has learned to put his skills into action. This would include “realistic first aid,” where Scouts are made to look as though they have broken bones or lacerations so that Cub Scouts can learn to apply first aid in different scenarios.

Adam’s greatest interest, however, has been passing on information to the younger Scouts, who come behind him. In fact, it was during a true test of his survival skills that Adam recognized his own skills. While working for his survival badge, Adam and some other Scouts were required to build their own shelter. “There actually was a storm that came in,” said Kay, “and Adam’s shelter stayed intact and kept him warm when other shelters did not fare so well.”

Through the Boy Scouts, his commitment has gone beyond mentoring. Every Labor Day and for other national holidays, the Scouts put out American flags. “And we pick up litter, adopt a street, help with other projects for churches and organizations,” Adam said. Always an active and athletic boy, Boy Scouts taught him how to be physically active in a way that gives back to his community. From building pathways around Joe Pool Lake to building bookshelves and stairs for homeless shelters and schools, idle hands has never been an issue for Adam. And while Kay always made education the number one priority in her son’s life, Boy Scouts provided an education that went beyond standard academia.

“It altered my view of Mansfield,” Adam said of the Boy Scouts. “Not just from the perspective of the city, but the people, too.” By attending city council meetings and working alongside park and city employees, “I saw what people do and how they make things work for the city.”

So when it came time for Adam to find his project for Eagle Scout, he owned a new attitude. He could, he knew, do something exciting and ambitious. He could do something that was flashy. Or, he

could do something the city really needed.

"I built bat houses for our parks," he said. "The inspiration definitely came from my mom," but after proposing his project to the city, Adam, too, was inspired.

"One bat house will hold 100 bats, and each bat eats up to something like 1,000 small insects a day. It was intriguing because a lot of the cities in the metro area are using pesticides that can be harmful and expensive to kill mosquitoes. The bats provided a non-toxic, natural solution in Mansfield."

In total, Adam created three such houses for the Mansfield Parks and Recreation Departments; although he accomplished his goals and reached Eagle

"I want to help any way I can. Once an Eagle, always an Eagle."

Scout status, he hopes to create more bat houses for the city. In fact, he intends to do a lot more for his community, including his old troop. Even though Adam turned 18 in October, an age that automatically makes him ineligible to remain with his troop, he has continued to help mentor the younger Scouts.

"I want to help any way I can," he said, adding, "Once an Eagle, always an Eagle."

To his way of thinking, Eagle status is just the beginning of many great things to come. He looks forward to Venture Scouting, entering the Corps of Cadets at Texas A&M or possibly West Point, as he considers a career in Special Forces in the U.S. Army. Already, Adam recognizes he has been able to do and see things through his adventures with the Boy Scouts that many people would never be able to do.

"It's just been a great experience and something I know I will always learn from. To be an Eagle Scout proves an individual has leadership and survival skills, honesty and commitment. I'm really proud I'm an Eagle Scout, but I'm most proud that I stuck with it," he said. "It was really hard at one point, but worth it."

"This has been his greatest commitment of all," said Kay. "He will continue to help others on the trail." **NOW**



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Pain Management

Christopher Chun, M.D.



Christopher Chun, M.D., has an interventional pain management practice at Huguley Memorial Medical Center. He offers a multi-disciplinary approach to pain management, attacking it from all angles. He uses conservative treatment options to manage pain such as medication, physical therapy, and neuropsychology; but he also offers invasive non-surgical options to treat pain such as injections, radiofrequency ablation and spinal cord stimulation.

Dr. Chun graduated cum laude from Pacific Union College in Angwin, California with a Bachelor of Science degree in chemistry. He earned his Doctorate of Medicine at Loma Linda University School of Medicine, in Loma Linda, California, where he also completed his internship, residency in anesthesiology, and fellowship in pain management. Dr. Chun is a member of the American Society of Anesthesiologists and the International Anesthesia Research Association.

The office accepts new patients with Medicare and most insurance plans on a referral basis.

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In The Kitchen With Maggie Grayson

— By Faith Browning

Maggie Grayson has developed a healthy lifestyle for her husband, Todd, and their sons, Jackson and Tucker. “I cook out of necessity,” she stated. “I choose to cook healthy, organic, whole foods to nourish my family. I am more passionate about what I feed my family than I am for cooking.”

Owning her own fitness business allows Maggie to spend more time with

her sons. “I love working out with my mommy friends, going to playgroups and squeezing in dates with my husband whenever we can,” she said. “I do a lot of recipe sharing with other moms and health care professionals, and experimenting. I try to use as many organic ingredients as possible to help decrease the amount of chemicals in our food and decrease our impact on the environment.” **NOW**



PUMPKIN RAISIN MUFFINS

1/4 cup soft butter or margarine

1 cup sugar

1 cup fresh or canned pumpkin

2 eggs

1 cup raisins

3 1/2 cups flour

4 tsp. baking powder

1/2 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. salt

1 1/4 cups 2-percent milk

1. Preheat oven to 400 F.
2. Put muffin cups into muffin tins or grease tins.
3. Cream butter and sugar until fluffy. Beat in pumpkin and eggs.
4. Dredge raisins in 1/2 cup of flour. Sift remaining flour and spices together.
5. Pour milk into mixing bowl. Mix in dry

ingredients by hand until just mixed. Stir in raisins.

6. Spoon mix into paper cups in muffin tin. Bake for 20-25 minutes. *Serve pumpkin raisin muffins warm or cool.*

OVERNIGHT OATMEAL

2 Tbsp. oats

3 Tbsp. milk

3 Tbsp. water

Cinnamon to taste

Agave nectar to taste (Agave nectar is a great, low glycemic index alternative to honey.)

1 Tbsp. plain yogurt

1/3 cup raisins or other dried fruit, finely chopped

1 small apple

1. Combine all the ingredients, except apple, in bowl.
2. Cover and store in fridge overnight.

3. Before serving, grate apple and stir into oat mixture. *Serve cold in the summer or heat gently for a warming winter breakfast.*

CHICKEN TORTILLA SOUP

4 uncooked boneless, skinless chicken breast halves

2 15-oz. cans black beans, undrained

2 15-oz. cans low-sodium, Mexican stewed tomatoes

1 cup salsa

4 oz. can chopped green chilies, undrained

15 oz. can tomato sauce

Baked tortilla chips

2 cups shredded cheese of choice

1. Combine all ingredients except chips and cheese in large slow cooker. Cover; cook on low for 8 hours.
2. Just before serving, remove chicken, shred or slice; stir back into soup.

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3. Put a handful of chips in individual bowls; ladle soup over chips and top with cheese.

TURNIP FRIES

Turnips (as many as you like)
Olive oil (enough to coat turnips)
Sea salt, pepper and garlic to taste (add paprika or chili powder for a kick)

1. Peel and cut turnips into thin fries.
2. Toss in olive oil; place on a foil-lined cookie sheet.
3. Sprinkle with sea salt, pepper and garlic.
4. Bake at 420 F for 30 minutes, flipping once; then broil for approximately 10 minutes, flipping once. *Enjoy!*

POWER BALLS

16 oz. almond butter, peanut butter or cashew butter
10 oz. honey (or use agave nectar and reduce amount to 6 oz.)
1 1/2 cups old-fashioned, slow cook oats
Extras, such as: crispy rice, sesame seed, granola, cocoa powder, etc.

1. Mix nut butter and honey together in bowl.
2. Place oats in blender; grind until they assume powder-like texture.
3. Add oats to nut butter and honey mixture; mix well, adjusting consistency as desired.
4. Roll batter into small balls and roll in your choice of extras, if desired. *Will last in the refrigerator for a week or in freezer for a few months.*

COUNTRY-STYLE APPLES

4-5 cups apples, peeled and sliced
2 Tbsp. flour
1/4 cup sugar
1/3 cup raisins
1/4 tsp. ground cinnamon
2/3 cup dry oatmeal, rolled or quick
1 cup water
2 Tbsp. butter, melted
1/4 cup brown sugar

1. Coat apples in flour and white sugar.
2. Stir in raisins, cinnamon and oatmeal.
3. Pour water into slow cooker; add apple mixture.
4. Pour melted butter over apples; sprinkle with brown sugar.
5. Cover and cook on low for 5-6 hours. *Can be served on top of oatmeal for breakfast, in crepes or over ice cream as dessert.*



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Obstetrics & Gynecology

Jason W. Neef, M.D.

Jason W. Neef, M.D., has an obstetrics and gynecology practice at Huguley Memorial Medical Center. A board-eligible obstetrician and gynecologist, he cares for women at all stages of life, including pregnancies and well-woman check-ups. He offers several treatment options for both medical and surgical problems including multiple minimally invasive procedures.

Dr. Neef completed his obstetrics and gynecology residency at University of Texas Southwestern Medical Center at Dallas, where he received the 2006 Academic Excellence award. He earned his medical degree from the University of Texas Health Science Center at Houston Medical School. He holds a Bachelor of Business Administration degree in finance from Texas Christian University in Fort Worth.

Dr. Neef holds memberships in the American College of Obstetricians and Gynecologists and the Texas Medical Association. He accepts most insurance plans, including Medicare and Medicaid.

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Mother Knows Best

— By Betty Tryon, R.N.

The fear is palpable as swine flu sweeps across our nation. To employ an oft used phrase — take a deep breath. Information has, and always will be, the cure to lower fear. Swine flu, or the H1N1 virus, is an influenza virus that came to the attention of Americans early in 2009. It spreads in much the same way as the seasonal influenza virus, which is by droplets in the air from emissions (sneezes, coughs) of infected individuals and by touching a contaminated object and then touching your nose or mouth. A common scenario for this would be if an infected individual has droplets of the virus on their hands, fails to wash or disinfect their hands and opens a door or picks up an object thereby contaminating it. Since the virus can live up to many hours outside the body, an uninfected person can handle that object, fail to wash or disinfect *their* hands, pick up something to eat and unwittingly pass the virus into their body.

One of the reasons the swine flu inspires such fear is the potentially devastating effect on children. Children are always at high risk for the flu. Underlying health conditions and/or respiratory problems can cause serious complications with a child who has the flu. That is why vaccination is so important for them.

Some of the symptoms of the flu are cough, sore throat, fever, body aches, chills, vomiting and diarrhea. Antiviral medications are the best treatment for the flu. Addressing the discomfort of individual symptoms is the only other option available for treatment of the influenza. High fevers can quickly dehydrate the body so keeping yourself hydrated at this time is very important. Remember, your body is fighting a battle. Proper rest is required to allow your immune system to function at its peak.



The control of swine flu can best be summarized as — listen to your mother. Wash your hands frequently. Keep your hands out of your mouth, nose and eyes. Cover your mouth when you sneeze and then clean your hands. If you use a tissue when you sneeze or cough, throw it away. Use alcohol-based hand wipes if soap and water is not available. Use hand sanitizers. Stay home and rest when you are sick, not just for your health, but also for the health of others. A good rule of thumb is to stay home until you have been fever free for at least 24 hours. A little common sense will lower the incidence of swine flu and the fear. **NOW**

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



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Clayton H. Culp, DPM, has a foot and ankle surgery practice in Burleson. A podiatrist, Dr. Culp has extensive training in all aspects of foot and ankle care, including diagnosis and treatment of bunions, hammer toe, flat foot, foot and ankle pain, neuroma, arthritis, ingrown toenails, infections, and foot and ankle fractures.

Dr. Culp graduated from Texas Christian University with a Bachelor of Science degree in biology. He earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He completed his three-year residency in foot and ankle surgery at Kaiser North Bay Consortium in Vallejo, California, where he served as chief resident his final year. A member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons, Dr. Culp has presented his research at professional conferences.

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Inside Gardening

When plants are brought inside the house, they need a bit more attention when the heat is on because they have a tendency to dry out quickly.

— *By Nancy Fenton*

With the cold weather, it is a good time to review all those plants you have brought into your nice, warm house such as ivies, poinsettias or Christmas cacti. All will add oxygen to your recycled inside air and can go outside again in March. I also bring in my Chinese Evergreens to provide some color and oxygen for the colder months, but I have to wait to put them back outside until the leaves on my pecan trees come out so they will have shade and avoid burning their tender leaves.

If you received azaleas for Christmas, enjoy them in the house and then throw them away unless you are willing to change out the soil in a flowerbed for them. They love very acid soils and just “turn up their toes” at our alkaline soils.

When plants are brought inside the house, they need a bit more attention when the heat is on because they have a tendency to dry out quickly. A good technique to determine if they need water is the weight test. If they are light when lifted, water them. If they are heavy, wait a day or two. After soaking my plants in the kitchen sink, I let mine drain in the second sink before sticking them back in their container or foil to avoid water in the bottom that might cause root rot. A good soak for 15 to 30 minutes when dry (usually once a week) will help keep them in fine form throughout the winter months. **NOW**

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Lookout Below!

— By *Becky Walker*

Lighthouses hold an almost irresistible draw for many people. There is something romantic about the idea of someone spending their life warning others of danger and helping guide them to safety. Often located on islands accessible only by ferry boat, it is the isolated and mysterious nature of lighthouses, which intrigues some. History buffs find the role of lighthouses in naval expeditions and battles fascinating; adventurers find a thrill in climbing the steep stairs and photographers enjoy the scenic views from their observation decks.

While lighthouses are wildly popular in our culture because of what they symbolize — safe passage through stormy seas — the cost of constructing and maintaining them along with the development of modern navigational equipment made them less and less essential. One by one, they have been decommissioned and those that are still operational are now automated.

Only five historic lighthouses still exist in Texas; of those five,

only one is open to climbing. The Old Point Isabel Lighthouse, located in Port Isabel, Texas, is an easy nine-and-a-half hour drive from the Metroplex, and offers a step back in time for those who visit.

Constructed in 1852 and decommissioned in 1905, the 57-foot white brick tower is situated just across the Queen Isabella Causeway from South Padre Island and was once vitally important to the trade industry in the region. Larger ships



would dock at Port Isabel and transfer their cargo to smaller vessels, which could navigate the shallow waters of the Rio Grande River to interior settlements. During the Civil War, the lighthouse was valued as a lookout tower from which to watch the movements of enemy forces. The lighthouse was occupied by both the North and the South at various times during the

Civil War, and the Confederates even attempted to blow it up to keep it from falling into “Yankee” hands.

Today, the tower sits on a small rise in the middle of Texas’ smallest state park, Port Isabel Lighthouse State Historical Park. Though not as tall as some lighthouses, the climb is quite steep and two short ladders must be navigated to reach the top observation deck. But the view is well worth the effort. The tower overlooks Laguna Madre, South Padre Island and, on a clear day, the Gulf of Mexico is visible on the far side of South Padre.

The lighthouse is surrounded by shops, restaurants and antique stores boasting maritime treasures. Two additional

museums, the Port Isabel Historic Museum and the Treasures of the Gulf Museum provide information about the rich history of the area, including the role General Zachary Taylor, who would go on to become the 12th president of the United States, played in the region.

Point Isabel Lighthouse, located on Queen Isabella Blvd./ Highway 100 in Port Isabel, Texas, is open to the public daily (weather permitting). Tickets to tour the lighthouse or combination tickets for entrance into all three museums may be obtained at the Lighthouse Keepers Cottage, which houses the Port Isabel Chamber of Commerce. Senior and student discounts are available. For more information, call (956) 943-7602 or visit www.portisabelmuseums.com. **NOW**



Happening **NOW**

All Month

Thinking about getting a pet?
Check out the Mansfield Animal Control. New hours: Weekdays: 8:00 a.m.-4:30 p.m. No longer open on Saturdays.

Monday – Friday

Young At Heart meeting (for residents ages 55 plus): 9:00 a.m.-2:00 p.m., Mansfield Activities Center. (817) 453-5420, ext. 2227.

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.

Small business counseling provided by SCORE (Service Corps of Retired Executives): 9:00 a.m.-1:00 p.m., Mansfield Chamber offices, 114 N. Main St. (817) 473-0507.

First and Third Monday

Planning and Zoning Development Commission meeting: 6:30 p.m., Mansfield City Hall.

Second and Fourth Mondays

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

First and Third Tuesday

Training Academy for Dental Assistants' free informational session: 5:30 p.m. (972) 842-2999.

Third Tuesday

Senior Citizens Advisory Council meeting: 10:00 a.m., Mansfield Activities Center. Participant meetings are held immediately following from 11:15-11:30 a.m.

Mansfield Economic Development Commission meeting: 6:00 p.m., Mansfield City Hall.



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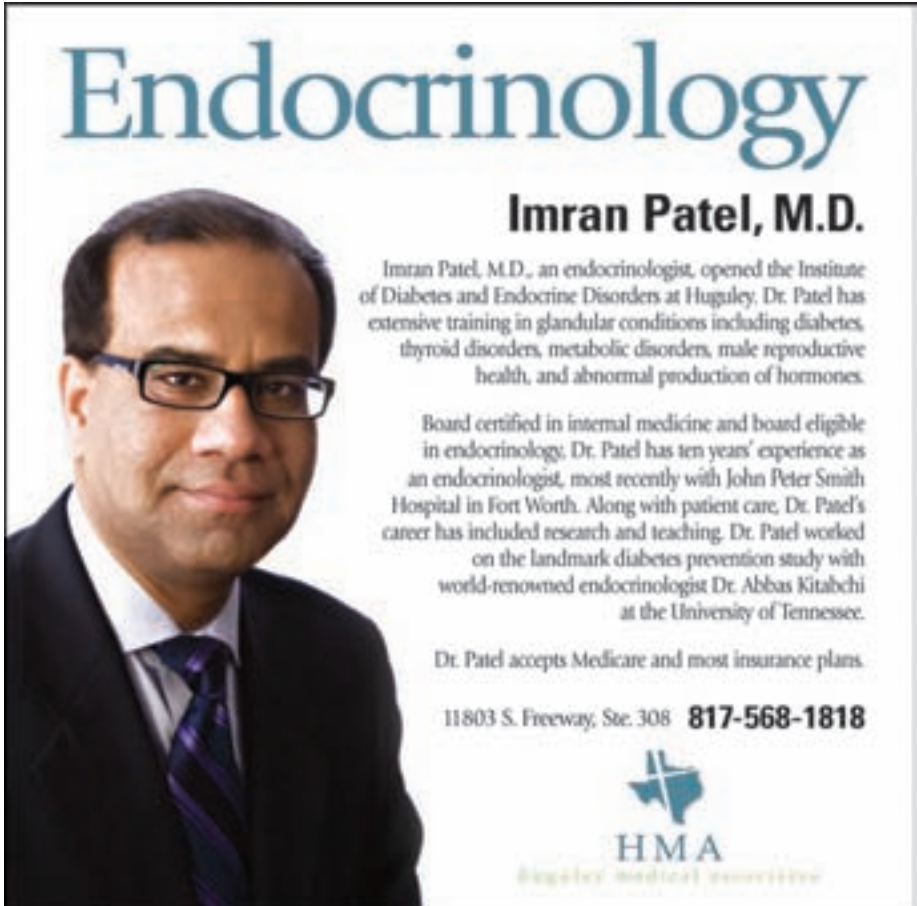
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Board certified in internal medicine and board eligible in endocrinology, Dr. Patel has ten years' experience as an endocrinologist, most recently with John Peter Smith Hospital in Fort Worth. Along with patient care, Dr. Patel's career has included research and teaching. Dr. Patel worked on the landmark diabetes prevention study with world-renowned endocrinologist Dr. Abbas Kitabchi at the University of Tennessee.

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Happening **NOW** —

Park Facilities Development Corp.
 meeting: 7:00 p.m., Mansfield City
 Hall, 1200 E. Broad St.

Every Wednesday

My Own Story Time for ages 3-6
 years: 10:30-11:00 a.m., Mansfield
 Public Library.

First Thursday

ABWA Empowering Women Express
 Network monthly meeting: 5:45
 p.m., Midlothian Conference Center, 1
 Community Circle, Midlothian. RSVP
 to Daphne Brewer at (972) 723-6551.

Every Friday

Mansfield Kiwanis Club: 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.

January 1, 2

Library closed. Happy New Year.

January 4

Mansfield ISD students return to school.

January 5

Ambassadors' monthly meeting:
 8:45-9:45 a.m., Mansfield Chamber of
 Commerce, 114 N. Main St.

Rotary Club meeting: noon, Spring
 Creek Bar-B-Q, 1724 Hwy. 287 N.

January 11

Story Time for Tots (infants to
 3-year-olds): 10:30-11:00 a.m.,
 Mansfield Public Library.

January 18

Martin Luther King Jr. Day.

January 19

As the Page Turns adult book club:
 6:30 p.m., Mansfield Public Library.
 January's book: *I, Mona Lisa* by Jeanne
 Kalogridis.

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