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December 2009

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BUSINESS**

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Danny Ray  
MCB EVP Harrel Adkison

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MCB EVP Debbie Koenecke  
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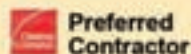
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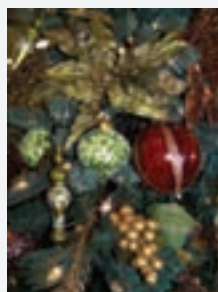
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*The season is looking bright at Flower Trends.*

*Photo by Steve Randle.*





## Editor's Note

*Dear Friends,*

It is that time of year again. All you want is to slip anonymously into a store to do some holiday shopping and that dedicated, weather-be-darned volunteer stands ringing a bell. Recently, I discovered five facts about those red Salvation Army kettles from their publicist, Pat Patey.

The money raised goes directly to our own community for:

- After-school programs for children, including a creative arts program, introducing lower-income children to the possibilities of music!
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Even if you only have pennies, give to a great cause. As Pat said, "Change goes in so that change comes out."

Make it a Happy Holiday for a child or family in need.

Your friend,

Alex Allred

*MansfieldNOW* Editor



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# Life-changing

# Work

— By Adam Kohut



**“Probably from time to time, I’ll stand at a kettle myself with a coronet playing Christmas music.”**

In many ways, Captain Andrew “Andy” Miller and Jeff Barrington were born into The Salvation Army organization. Their parents were officers in the organization, causing Andrew — whose title of “Captain” is The Salvation Army’s equivalent of “pastor” — and Jeff to be involved since childhood. Now, they are full-time employees of The Salvation Army, and also involved with one of the organization’s most iconic events: the Red Kettle campaign.

Jeff, a Mansfield resident, serves as the assistant kettle coordinator; his job is to help organize the entire Red Kettle event. Andrew, who currently resides in Arlington, is responsible for The Salvation Army’s work in Arlington and Mansfield. “A huge part of that work is our Red Kettle campaign,” Andrew said. “It funds around a third of our overall budget, and that helps us sustain The Salvation Army’s ministry throughout the year.”

Planning a Red Kettle drive is a year-long process. “We start planning for Christmas on December 26,” Andrew said, “so it’s all year long. Even before then we have groups set up, who have set their dates for the next three years; volunteer groups who have planned that far ahead.” The Salvation Army will consider setting up a red kettle in front of any store





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or business, so long as it has enough foot traffic to provide the organization with a suitable amount of potential donors. "In a way, stores choose us," Andrew said. Placed alongside every red kettle is a bell-ringer, a Salvation Army volunteer who literally rings a bell to call attention to the setup. Sign-up is available at The Salvation Army's Arlington Community Center.

For most of the year, Jeff serves as The Salvation Army's music minister, which calls for him to provide music



lessons and develop a community creative arts program for the Arlington area. Around the Christmas season, his job title switches to assistant kettle coordinator, a job which involves him in every aspect of the event. "Probably from time to time, I'll stand at a kettle myself with a coronet playing Christmas music," he said.

Growing up in The Salvation Army, Jeff was exposed to the Red Kettle drive at a young age. "When I started playing my instrument at a kettle, I was probably 10 or 11," he said. "And I'm sure I was out before that from time to time. I have an older brother who also works for The Salvation Army, and he was a kettle coordinator in Fairfax, Virginia. Actually, one Christmas, Captain Miller, myself and another friend of ours went and spent the Christmas season there; we stood 10 hours a day with icicles hanging from our trumpets. It was a little contest to see who could have the bigger kettles. Captain Miller usually won, but not always. So, The Salvation



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Army's very much a huge part of my life, and as Captain Miller said, the kettles are probably our biggest ongoing fundraiser throughout the year."

The Red Kettle campaign began in 1891, when Captain Joseph McFee, a Salvation Army officer from San Francisco, California, decided to attempt to provide a Christmas dinner to the city's poor. He placed a large kettle into which people could drop a donation of their choosing, at the Oakland Ferry landing in the Market Place area of San Francisco. Thus, The Salvation Army's Red Kettle drive was born. Since its conception, the drive has reached an

---

**"I think wherever people are they can identify with that and know their money is going to help efforts in their community."**

---

iconic status in American culture. The Salvation Army is a household name, and the red kettle is, in many ways, the organization's symbol. "The Red Kettle effort is probably one of the more visible things throughout society in America," Jeff explained. "I think wherever people are they can identify with that and know their money is going to help efforts in their community. I think that's kind of what's unique about it — when someone puts money in a kettle in the Arlington area or Mansfield, that same money is going directly to help The Salvation Army's effort in the exact area where it was given."

"It's all local," Andrew added. "And one of the great things, too, is that the Red Kettle is able to connect parents with teaching their kids to give. We'll find people who say, 'I do this because my parents did it.' Sometimes that then produces a knowledge in them about giving. What's always





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shocking for people who often ring the bell is that the people who give are the people who you would least expect to give sometimes. [This is] likely because a lot of people on that side have been helped by us, and they know firsthand that the money donated goes directly to people in need. Eighty-three cents of every dollar goes directly to people in need."

The Arlington Salvation Army's main ministry — and one of its main expenses — is Family Life Shelter, which houses 15 families at a time. It is the only exclusive family shelter in Tarrant County, according to Andrew. "We're able to keep the family unit together," he said. "We don't separate husbands from wives, or boy children from girls. That's one thing we are able to do [with funds donated to the Red Kettle program] that's distinct."

Additionally, The Salvation Army runs an after-school program; a creative arts program, which offers free music, dance, drama and instrument lessons; a fitness zone, a program meant to combat childhood obesity; and a Christ-centered, addiction-recovery program. Money from the Red Kettle drive allows these programs to run day-in and day-out.

Although their jobs are full-time positions, Andrew's and Jeff's interest in The Salvation Army is much more than professional. They both consider it to be a calling. Helping people is a personal matter to them, and the fact that they get paid to do so is merely an added bonus. "If you want to be a part of doing something that's truly working to change the world and bring the world where it should be — into a relationship with Jesus Christ, free from the problems of society — and help enable people to move past some of the things that can bring them down, and you want to participate in something that's special, there's no better place to do it than The Salvation Army," Andrew said. "There's no more active place to be involved with God's redemptive work than The Salvation Army." **XXX**

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# *Infinitely Together*



## *At Home With Clint and Wendy Burgess*

— By Alex Allred

On August 8, 2008 at precisely 8:08 p.m., Constable Clint Burgess and Wendy Cook married, blending their two families. They like to joke that when she brought her two small dogs into Clint's house, already home to his large retired K9 German shepherd and young bloodhound, fur did fly, but not for long.

They were betrothed under the symbol 8. "We were married on 8/8/08 at 8:08," Wendy beamed. "It is the symbol for infinity and good luck." For many, that number is also a symbol for inclusion and the promise that all things are possible. So, when the two say they believe they were destined to meet, it is a heartfelt sentiment.

"We met when Clint was running for office," Wendy said, recalling the day he arrived at her business. "He wanted to put a sign out front." From there, the two continued to bump into each other. Both active with the Chamber of Commerce and in the community, they quickly discovered they not only shared the same friends, they shared common interests and a friendship soon developed.

The years of friendship produced not only infinite devotion to each other but also a level of comfort, which usually comes after years of marriage. For example, there were never any debates about home decor or style when their union was bridged. "I trusted him completely," Wendy said of Clint's style. Both Clint and Wendy favor a Texas/patriotic motif. In fact, well before Wendy met Clint, she had begun a rather impressive collection of White House and State of Texas issued Christmas ornaments, dating back to 1984.

Even among the holiday lights, garland and ornaments



showcasing their two-story, 3,100-square-foot home, their celebration of the red, white and blue is apparent. Throughout the house are Texas landscape pictures, artfully matted and framed to match the suede curtains that adorn the majestic 16-foot-tall window frames in the formal living area Clint refers to as "Austin."

Following the Texas theme, many of the rooms are representative of the Lone Star state. The formal sitting area, the first room to the right upon entrance into the Burgess' home, is decorated in a Victorian style with deep-seated, overstuffed furniture. The rich fabrics and dark wood, "always remind me of my Grandmother's house in Crockett, Texas," Clint said. Adjacent to this is the formal dining area with its Tuscan decor, including floor-to-ceiling wallpaper that "has that kind of Hill Country feel to it." But the kitchen is tastefully decorated



in simple red, white and blue plaques and pictures with periodic stars around the room. Of each room, both Wendy and Clint were mindful of never overstating their devotion to state and country. "You never want too much of anything," Clint said.

In truth, it is this subtlety, which allows the true beauty of the home to stand out — the staircase. In the open foray is the staircase with natural woods and cast iron design that truly opens the home to visitors.

Just like the downstairs, the upstairs is decorated with few knickknacks

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collectibles. Instead, there is Clint's office area, a full-service movie theater and two additional bedrooms, one being occupied by perhaps the most valuable possession in the home, Wendy's 13-year-old daughter, Brittany. No Texas theme in this room, though there are plenty of stars as the captain of her cheerleading squad has decorated her room with neon greens, pinks and purples to offset the black furniture.

While the couple jokes how they blended their dogs after marriage, the matter of Brittany was not to be taken lightly. From how they dated to how her room is decorated, both Wendy and Clint wanted their daughter to be happy in her new home. While they have shared three Christmases together, this is their first as a wedded family, which is

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particularly fun for Clint.

Quite unintentionally, the Burgess' home has become the "fun house" during the holidays. Each year, Clint's outdoor light display has become increasingly elaborate — so much so that neighbors began talking about his elaborate Christmas display. "My neighbor said that it's been a blessing," Clint laughed. "His kids just sit and watch the lights for hours." As the Burgess' home sits neatly in a wooded cul-de-sac, things brightened

considerably as Clint added a more complicated light system to the front yard that "changes with colors and music."

"The whole neighborhood comes out," Clint said, proudly adding that many of his neighbors are equally enthusiastic about celebrating the season. This is just one of many reasons he loves Mansfield so much. Hometown pride and tradition are extremely important to Clint, both long-standing characteristics of a constable.

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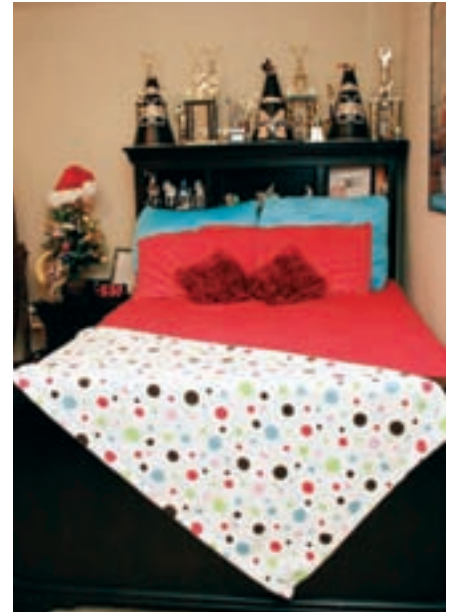
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Of his important position as constable, he explained, “it is the oldest law enforcement in existence.” In fact, early records show the first constables were the “counts of the king’s stable in France in the fifth century,” but it was the Texas constables, commissioned by Stephen



F. Austin, in the late 1800s, who held the real power. “They became known as special rangers,” Clint said, “because they knew the same ranges and terrain as the Indians.”

A graduate of Mansfield High School, Clint certainly knows his terrain, but this did not stop him from traveling abroad. After graduation, he joined the U.S. Air Force, serving three tours in Saudi Arabia and two



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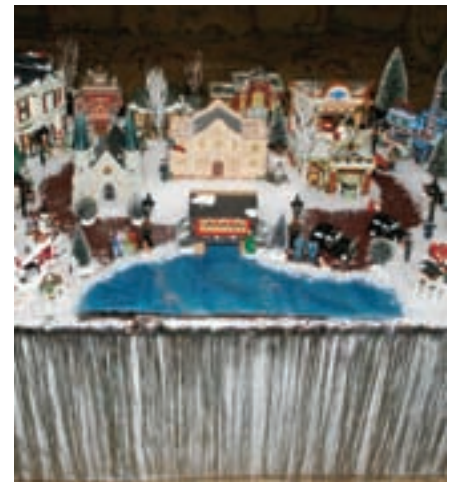
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in Turkey to maintain surveillance of Iraq after Desert Storm. Among the many medals and distinctions bestowed upon him, he was elected as constable for Tarrant County Precinct 7 in 2004, one of the youngest elected constables in the State of Texas. Meantime, Wendy founded her own business, Auto Doctor, in the unlikely industry of auto repair. A pioneer in her own right, Wendy built it from ground up, even creating its logo and marketing campaign. Today, she



is the chairperson of the Chamber of Commerce. With such successes, both are committed to giving back to their community, raising awareness for cancer, Shriners Hospital, injured veterans and even more local events, such as Clean Up Mansfield.

Still, there are some indulgences they keep for themselves. Specifically, two.

"I found that hubcap," Clint said, pointing to an old Corvette hubcap hung in his garage, "when I was about 10 years old, and said that one day I was going to own a Corvette." Indeed, he has always been a man of his word. But he also had a surprise.

"I always wanted one, too," Wendy admitted. "I was trying to be the traditional mom, but I really am a sports car kind of a gal." So, Clint presented his bride with her very own Corvette in preparation of 8/8/08 and a new life together. While the number is universally believed to promise luck, Wendy said it also represents their love that is ever-growing. "It's infinite." **XXX**



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The Morin family spends quality time together at Katherine Rose Memorial Park.



High school students strike a quick pose while working at the Mansfield Community Theater.



The Mansfield Chamber of Commerce holds a ribbon cutting to welcome Aflac — Tony Moody.





MacKenzie Love takes advantage of a sunny day with a ride at Hardy Allmond Park.



MansfieldNow editor Alex Allred passes the community editor reins to Jaime Ruark.



Students practice their soccer skills at Donna Shepard Intermediate School.



The Mansfield Chamber of Commerce holds a grand opening and ribbon cutting to welcome Lakeview Construction.



Jennifer Records attempts to beat the crowds by getting out and doing some early Christmas shopping.



The Mansfield Chamber of Commerce holds a grand opening and ribbon cutting to welcome Climate Experts.





Sonic employees Kelly and Mariana take a break from their busy jobs to smile for the camera.



The stylists and staff of AJ Passini's Hair Salon and Spa dress up for their customers on Halloween.



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# Sculpting in the Barn

— By Adam Kohut

If you manage to navigate the horse droppings along Teri Relyea Berbel's side yard — she sometimes lets the four animals out of their pasture to “mow” — you will come across her barn, which houses no animals, animal feed nor farm equipment. Instead, Teri's barn is home to her studio, where she sculpts and paints — a hobby she hopes will someday turn into a career.

For her sculptures, Teri uses found objects. This mostly means things she comes across on her grandfather's farms: scrap metal and old farm equipment. Rusty plow blades litter a table in the back of the barn. The remains of a fence have been welded into a life-size skeleton of the front half of a horse — a project which consumed eight hours a day for more than two weeks, according to Teri, an art major, who has been sculpting and painting since college. The sculpture towers over nearly everything in the studio. Unused fence pieces lay in a pile on the floor. What appear to be merely bags of wine bottles on the floor is actually a glorious project to Teri. The artist is able to visualize the materials as beautiful chandeliers once she is done cutting them. “It's



my idea of recycling,” Teri said, “making something out of it. A lot of times, the ideas come from nature.”

Teri is the ultimate artist: able to see things others cannot. Inspiration will strike later, after she has all her materials in hand. “I'm more intuitive, the way I work,” Teri said. “I just start picking stuff up and piecing it together. If I don't like it, I take it apart and start again.”

For the past few months she has been experimenting with her art. This comes from an interest in home decor and home accessories, which she hopes will help turn her art into a full-time job. “In the local market, people don't really care as much for modern pieces,” she said. “They like something a little more realistic.” With home decor, people can purchase a piece of art for a relatively inexpensive price and still feel as though they are getting something out of it.

Teri's pet project, still in the early planning stages, is a sculpture of an enormous guardian angel. The original is one of two similar statues that flank the entrance to the Valle de los Caídos, or Valley of the Fallen, near Madrid, Spain. The monument stands to honor those killed in the Spanish Civil War. The idea for the sculpture relates to a





friend she is writing to in Afghanistan, who serves in the U.S. Army. "I sent the picture to him and I told him, when I'm thinking of protection for them, this is what I think of," Teri said. "And he had been carrying that exact picture of himself in front of that angel for the past two years. I thought creating the angel for a permanent monument would be a small



expression of gratitude to honor those serving, as compared to the enormous sacrifice they're making. These angels feel like strong, peaceful protection."

In her paintings, Teri uses acrylics and sculpting medium, as well as faux finishing samples. She has plenty of material. "I spent the last year thinking I was going to go into business with a friend who is starting a faux finishing business, so I took classes, and I've got racks of faux finishing," Teri said. "As it ended up, she's going to take that more on her own, but I'm finding it interesting to add the faux finishing techniques in paintings now."

An unfinished painting, depicting two horses confronting each other sits propped on an easel. Words, "paw" and "thrash" among them, are written



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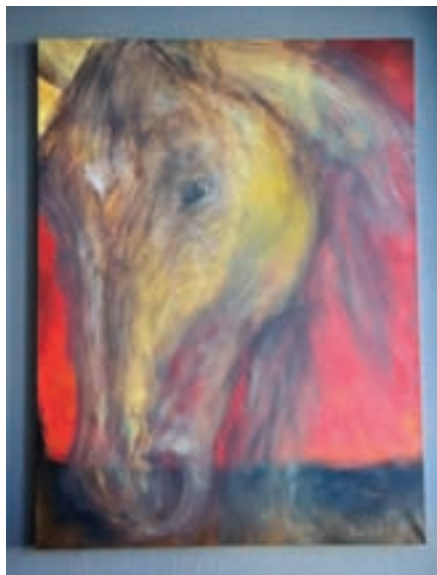


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in swirling letters below the large animals' heads. Sometimes words, in addition to images, come to her as she paints.

While Teri sees art in all aspects of life, horses are a recurring theme in her work. Early in life, she was afraid of them, but now, Teri describes them



as the center of her life. "They're very healing," she said. "I was starting to have trouble in my marriage, and they got me through the divorce. And now, it's finding the peace they bring. I think it's because it's such a big feeling. They just keep showing up." Indeed, they possess that inner beauty Teri is able to tap into.

The quality of Teri's work does not keep her from making art full-time. She is a mother of two, but her children — a daughter, age 15, and a son, age 12 — encourage her to stick with it, attend shows and sell her pieces. Right now, however, Teri is working on creating a large enough body of sculptures and paintings — all with a common theme — to allow her to consistently show her work. Until then, Teri will be in her barn-studio, sculpting, painting and creating art out of things she finds on the ground. **NOW**



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# Foot & Ankle Surgery

## Clayton H. Culp, D.P.M.



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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Left to right: Amy Nutt, Kelly Minnix, Wendy Poarch

# Peas in a Pod

— By Alex Allred

Peas in a Pod is not just a name; it is also the philosophy for the all women's soccer team in Mansfield. Dispelling the myth that women cannot gather without conflict or that motherhood softens a person, these athletes play with intensity, tenacity and a great deal of admiration for one another. As a collective whole, their stories are similar: most played recreational soccer as girls, played

competitively through high school and college, but left the sport to join the work force and/or begin a family.

Today, the members of Peas in a Pod do not play with any grand hope of making the pros, but for the sheer joy of the sport and the camaraderie of their teammates, meeting once a week at the APEX indoor soccer complex in Mansfield for game time.

"I look at playing soccer a little differently than some people," said Amy Nutt, one of the Peas in a Pod founders, coaches and players. "Some people are all serious and only in it to win. But I look at it as getting exercise and hanging out with the girls."

For Amy, soccer is a job, a hobby, a passion and an outlet. She works two days a week at the APEX center, but also serves as an assistant coach for her son's recreational youth team and is team mom for her daughter's college soccer team at Howard Payne University, in Brownwood,

Texas. For years, she has been team photographer, manager, referee and coach. "I just enjoy being around the sport," she laughed. "If I could, I would watch it 24 hours a day." But she cannot. In addition to the day-to-day responsibility of her job and caring for her family, she also cares for her mother and mother-in-law, who





both live with Amy and her husband.

"The mothers come with me," Amy smiled. "They love getting out and interacting with the team. You know, everyone says your family should come first, soccer second, but I'll never trade on soccer. We never sacrifice family for soccer ... we just rearrange the family events."

"It's what keeps you young and happy," said Kelly Minnix. Known

**While other women  
would worry that such an  
aggressive sport might be  
too much, the Peas in a Pod  
see it as therapy.**

for her "hip check" and strong kicks, Kelly insists that soccer is mostly about friendships and "me" time.

"You need to do something for yourself." A dental assistant, mother of two and wife, "I value the time I can do something for myself."

Once a competitive roper on the rodeo circuit, Kelly craves the female camaraderie of her teammates. "We're all really good friends," she said, noting how the teammates often do things together outside of soccer.

But it is soccer that makes these women so happy. Each has a full, active life, "but there is just something about soccer," said Wendy Poarch. Also an employee at APEX, Wendy owns her own business, serves as office manager for the Midlothian Soccer Association and cares for her family. Still, it is soccer that rejuvenates her.

"Wendy never gets tired, which amazes me," Amy laughed.

"Physically, soccer does keep me in shape," Wendy agreed. "You can tell when I haven't played. It builds up in me. You hold all those toxins in your body when you don't sweat." Admittedly very competitive, the real

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draw is the team. "As a whole, we all mesh together really well. We have never had any conflicts."

Each woman, each player, brings something unique to the team. Of course, athletic skills are desirable, but all concur that they have reached a point where winning is not nearly as important as having a good time or learning from one another.

"You learn to read people. You learn from mistakes," Amy said. "Like last night, I made a bad pass to Wendy, and she really couldn't do anything with it. She didn't get mad at me. She tried, I tried. That's the kind of thing you can carry back to everyday life."

There is also a certain amount of good-hearted trash talking that goes on between the players as well. While other women would worry that such an aggressive sport might be too much, the Peas in a Pod see it as therapy.

"These women are my friends," Amy said.

"So many people hate their lives, they are so unhappy," Kelly said. "People always ask me how I manage to play soccer with everything else I have going, but I can't imagine not playing!" After 13 years of playing each season, the Peas never tire of their sport, "because it's more social."

So much so that newcomers are always invited to try. "Come on a Monday night," Wendy advised. "Sit around and talk to people. We're always sitting around and talking after the games. It's a good time to get in on those conversations and make some friends."

"But at the end of the game," Kelly said, "is what's the most important — when you can ask, 'Did you have fun?' It doesn't matter if you win every game. You want good exercise, fun and to know that no one got hurt. That said, all in all, you know it's a good day." **NOW**

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# Rheumatology

**Sonia Bajaj, M.D.**



Sonia Bajaj, M.D., a board-certified rheumatologist, practices at her office located on the Huguley Memorial Medical Center campus. Having a rheumatologist located at Huguley provides more convenient and better service to Huguley patients. Dr. Bajaj provides diagnosis and treatment of disorders that affect joints, tendons, ligaments, connective tissue and bones. Common rheumatologic conditions include arthritis, lupus, vasculitis, osteoporosis and gout.

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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# The Perfect Party Dress

— By Jaime Ruark



Visions of sugar plums may be dancing in some Mansfield residents' heads, but visions of dresses, shoes and accessories are dancing in others. 'Tis the season for Christmas parties and New Year's Eve soirees, and Classy Concepts has its doors open to outfit all partygoers in gorgeous gowns and top-notch tuxedos.

Sue Scheele, owner of Classy Concepts Design, opened her first store in Round Rock, Texas, in 2006. When she and her husband, Zach, moved to Mansfield, Sue excitedly brought her original concept with her, tailoring it to meet the needs of Mansfield partygoers. "I have always loved to sew and create things," said Sue, who graduated from Oklahoma State University with a degree in apparel and interior design. "I originally intended the business to be window coverings, but I kept getting bridal referrals. All of a sudden, I had this bridal department."

Ever creative, Sue came up with original ideas to make the niche market her own. Classy Concepts customers can buy or rent any of the apparel and accessories. Sue does all alterations — even on rented clothing — herself, in house, to assure a perfect fit. "We can always make it work," she asserted.

Sue has established a concept

unique to her store. "Our store policy is not to rent a dress that has been chosen by someone to any other girl until after her wear date. Say a customer has picked out her



wedding dress for her ceremony in January. We tag that dress, which means it doesn't leave our store for another bride until after her event." Customers are given a feeling of ownership, diminishing the "borrowed" stigma, which may hold some back from renting.

Renting also eliminates other time-consuming hassles. "You don't have to worry about getting your tux wrinkled or getting dirt on your prom dress," she explained. "When it's time for bridal portraits, we have it freshly steamed and ready for you to pick up, and the same thing for the wedding day. We take care of all the details so you don't have to, because it's your day." And for those "always a bridesmaid, never a bride" girls, Classy Concepts means never having to cram another never-to-be-worn-again dress into the back of your closet.

"When customers come in, they're always pleasantly surprised," Sue smiled. "They always say, 'I can't believe how far my money has gone!' We have girls who come in and rent \$2,000 gowns for \$200. It's wonderful to help our clientele save money and they're very appreciative,



## Business NOW

especially since we carry the best lines and have so much to choose from.” She offers designer brands like Maggie Sottero, DaVinci, Alfred Angelo, Raylia and more. Those who purchase their apparel are given the same special treatment as those who rent.



Classy Concepts is a treat, from the modern, loft-style decor to the endless supply of tuxedos, prom dresses, flower girl, mother of the bride and bridesmaid dresses, and of course the bridal gowns — and everything in between. Hours are Monday through Thursday from 10:00 a.m. – 7:00 p.m. and Friday and Saturday from 10:00 a.m. – 6:00 p.m. Call Sue at (817) 473-2100. **NOW**

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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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# All Business

— By Alex Allred

During this season of miracles and wishes, Shawnay McCain is a wonderful role model to us all. In many ways, she is a miracle. Born with intra-ventricular hemorrhage (IVH), which is a type of bleeding from fragile blood vessels in the brain, “it created cerebral palsy and epilepsy with her,” said her mother, Charlene McCain.

In fact, Charlene said the medical personnel who have treated Shawnay continue to be amazed with her progress. “She is a miracle. The fact that she is walking and talking and breathing as she is has amazed everyone. She has gone through so many surgeries and constant therapy.”

Not only were the surgeries numerous, they were innovative and invasive surgeries that redirected the nerves and tendons in her arms and legs “so that when her brain triggers the wrong instructions, her body does the right thing. On some of those surgeries, they had never done that on a child so young.”

As she grew, she rose above everyone’s expectations. Everyone, that is, except her teacher, Sherry Stewart. Almost instantly, Sherry recognized that fighter’s spirit of which Charlene is so proud. “She is an amazing young lady capable of doing anything,” said Sherry.

Today, Shawnay attends Legacy High School, but is also enrolled at Ben Barber Career Tech Academy for special classes. As a vocational adjustment coordinator in Mansfield, Sherry introduces those students with special needs to job programs, teaching them how get and keep a job, how to perform tasks and strive for promotions.

“Shawnay is a great advocate for those who need a voice,” Sherry said. “She is so determined and shows people what these kids are capable of.”

In fact, Shawnay has been a voice for those with a disability her entire life. From the early surgeries, in which she helped the medical community, to her entrance into elementary school, she has been an advocate.

“But sometimes Shawnay has processing issues,” Charlene laughed. “She might mean to say, ‘Would you come over here?’ but winds up saying, ‘Come over here!’ She comes off as more demanding, but it seems to work for her.”

Whatever her processing skills, she is a natural born leader.



Shawnay and her teacher  
Sherry Stewart

In elementary school, she was always a teacher’s aide, and by middle school, Shawnay earned the nickname, ‘Momma,’ for the way she cared for fellow students. But it was when Charlene took in a special needs child that Shawnay understood the true need for teaching those with disabilities a sense of independence.

When Charlene learned of a wheelchair-bound child with severe disabilities who had been abandoned, “we took him in. It was supposed to be temporary, but he stayed with us for five years.” It was Shawnay who taught the boy how to do things like turn on and off his television set and sign, “yes,” when he wanted something.

When Shawnay learned that children who attend daycare can no longer do so after the age of 14, she applied her job training skills from Ben Barber to write a business plan. “Yeah, it was a page, front and back,” Shawnay said of her plan. “And I drew a picture of the building, too. The bottom floor is for the wheelchairs, and the second floor is for the kids who can walk. Everyone would sign in their names at a computer, so we would know they’re here, and it would show a smiley face when they come.” Shawnay explained her dream to have a job employment center for young people like her who need help, but also to have a daycare center for those



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who still need assistance while their parents are at work. Her idea blossomed after she realized one of her friends is very good at vacuuming. It is a skill, Shawnay determined, that could be put to great work.

"We would teach them how to do paper work, vacuum and file stuff," Shawnay said, adding that a playground and basketball court would also be nice for play time.

"It was amazing," Charlene chuckled. "One day she just sat down and developed a business plan where kids can work in a business, give care to other kids and learn how to work." Together, mother and daughter researched grants with small business loans and spoke to community leaders in Mansfield. "The feedback has been fairly positive," Charlene said. "But to be honest, no one really knows how to progress with this."

If anyone can make this happen, however, odds are that it will be Shawnay. With such strong mentors and role models as Charlene and Sherry, Shawnay is ready to forge ahead.

"This is why I became a special



education teacher," said Sherry. "I love being able to help guide the students and be there when they realize what is out there, to see what is possible and know they can support themselves."

"That is my dream," Shawnay said. "That's what I want to do when I grow up. I want to help them get jobs. I want to make this happen and have all my friends be there with me." **NOW**



# Endocrinology

## Imran Patel, M.D.



Imran Patel, M.D., an endocrinologist, opened the Institute of Diabetes and Endocrine Disorders at Hugelley. Dr. Patel has extensive training in glandular conditions including diabetes, thyroid disorders, metabolic disorders, male reproductive health, and abnormal production of hormones.

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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# In The Kitchen With Julie Elston

— By Faith Browning

Julie Elston was not interested in cooking until after marriage. “I was determined to make my home as pleasant as my mother did when I was growing up. She cooked two hot meals a day (most days) until I was out of high school,” she recalled. “I was a stay-at-home mom for 16 years, and I would plan a two-week menu. That way there was no guessing about what to cook.”

Although Julie does not cook as

much as she used to, she is still in demand. “My kids are older and more involved in things, but now they complain if I’ve gone more than a couple of nights without cooking for them,” she said. “I think I’ve passed down a love for home cooking to them, too.” **NOW**

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

## GRANNIE'S PIZZA CANAPÉS

- 1 lb. ground chuck
- 1 lb. hot sausage
- 1/2 tsp. oregano
- 1/2 tsp. Worcestershire sauce
- 1/2 tsp. Italian seasoning
- Dash black pepper
- Dash garlic powder
- 1 lb. Velveeta

### Rye bread squares

1. Preheat oven to 375 F.
2. Cook all ingredients together, except Velveeta and bread, stirring often.
3. Drain; remove from heat and stir in Velveeta until melted.
4. Spread on bread squares.
5. Bake in oven until hot.

## HOPPIN' JOHN

- 1/2 cup onion, chopped
- 1/2 cup chopped celery
- 1 garlic clove, chopped
- 2 Tbsp. olive oil

- 1 32-oz. can purple hull peas, undrained
- 1 lb. dinner sausage, thinly sliced
- 1 cup uncooked rice
- 1/4 tsp. crushed red pepper
- 32 oz. chicken broth

1. In large pot, cook onion, celery and garlic in olive oil for 8-10 minutes.
2. Add remaining ingredients; heat to a boil.
3. Reduce heat and cover. Simmer 30 minutes, stirring occasionally.
4. Serve with sweet corn bread.

## TURKEY SCALOPPINE

- 1/4 cup plus 1 Tbsp. butter
- 1 lg. turkey breast, cut into strips
- 2 shallots, finely chopped
- 1/4 cup lemon juice
- 1 cup chicken broth
- 2 cloves garlic, chopped
- 3 tsp. Dijon mustard
- 1 cup heavy cream
- 1 tsp. oregano

### 1 tsp. parsley

1. Melt 1/4 cup butter; brown turkey in butter for approximately 3-4 minutes on each side.
2. Remove from pan.
3. Add to pan 1 Tbsp. butter, shallots, lemon, broth and garlic.
4. Cook down for 10-15 minutes.
5. Add mustard and cream; boil down until thick.
6. Return turkey to pan and reheat for about 2 minutes.
7. Sprinkle fresh herbs on top and serve with lemon rice.

## ORANGE-CRANBERRY SAUCE

- 1 11-oz. can mandarin orange segments
- 1 12-oz. pkg. fresh cranberries
- 3/4 cup sugar
- 1 Tbsp. minced gingerroot (can use 1 tsp. ground ginger)

### 1/2 cup pecans, chopped

1. Drain oranges, reserving 1/4 cup syrup.
2. In microwave-safe dish, combine cranberries, sugar, ginger and reserved syrup; cover.
3. Microwave on high for 7-10 minutes, until

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# Who's Cooking **NOW**

cranberries pop. Stir twice during cooking.  
4. Stir in oranges and pecans.  
5. Chill for at least an hour. Serve with turkey.

## WASSAIL

1 gallon apple cider  
1 cup lemon juice  
2 cups orange juice, no pulp  
2 cups pineapple juice  
1/2 cup sugar  
Whole cloves  
Cinnamon sticks

1. Combine all ingredients in a slow cooker.  
2. Heat and serve.

## INEZ' COFFEE CAN BREAD

4 cups flour  
1 pkg. dry yeast  
1/2 cup water  
1/2 cup milk  
1/2 cup butter  
1/4 cup sugar  
1 tsp. salt  
1/2 cup ground (or chopped) nuts  
1/2 cup raisins or dates  
2 eggs, slightly beaten  
2 1-lb. coffee cans (You can also use loaf pans.)

1. Preheat oven to 375 F.  
2. Mix 2 cups flour with yeast.  
3. Stir water, milk, butter, sugar and salt over low heat until butter melts; cool for 5 minutes.  
4. Add liquid mixture to flour/yeast mixture; add remaining ingredients. Dough will be stiff.  
5. Knead on floured board until smooth and elastic.  
6. Oil coffee cans; divide dough and place half in each can.  
7. Cover with plastic tops. Let rise until 1 inch from top of cans.  
8. Remove tops and bake about 35 minutes or until knife comes out clean.

## NIGHT BEFORE FRENCH TOAST

4 Tbsp. butter  
2/3 cup brown sugar  
1 loaf French bread, cut into 3/4-inch slices  
4 eggs, beaten  
2 cups milk  
1/2 tsp. cinnamon

1. The night before serving, melt butter and brown sugar in small pan, stirring constantly.  
2. Pour mixture into a 9 x 13-inch baking dish.  
3. Lay bread slices on top of mixture.  
4. Combine beaten eggs with milk and cinnamon. Pour over the bread.  
5. Cover with plastic wrap and refrigerate overnight.  
6. In the morning, preheat oven to 350 F and uncover the baking dish.  
7. Bake for 30 minutes.  
8. Serve with syrup, honey and chopped blueberries mixed with 2 Tbsp. orange juice.

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# Sleep Stops Here

— By Betty Tryon, R.N.



It is getting harder to find a good night's sleep. Approximately 40 million Americans wake every morning feeling exhausted, or they drag themselves through the night to face another day without sleep. There are many different sleep disorders with some of the most common ones being insomnia, narcolepsy and sleep apnea. Sleep apnea is a disorder that affects roughly half of all Americans in their struggle to wake refreshed and rested.

Sleep apnea, defined as cessation of breath, may occur hundreds of times during the night; you simply stop breathing for a few seconds, start breathing again, stop again and so on. You may be completely unaware this is happening, and only be conscious of the side effects during the day — a constant feeling of tiredness and drowsiness. You may have morning headaches and feel irritable or waken with a dry throat. If you do not realize that a problem exists, your bedmate surely will. Sleep apnea is punctuated with snores, snorts and even choking sounds during the night. Not everyone who snores has sleep apnea nor does everyone who snores need to rush out to see his or her physician. A visit to the doctor may be in order if your bed partner notices loud snoring with long pauses (about five to 10 seconds) of not breathing.

These episodic periods of not breathing can be very stressful

on your cardiovascular system. Consider the physiology when you stop breathing. Your oxygen level falls to a precarious level. Hence, your organs are not getting the oxygen they need to function properly. Your body tries to compensate by having your heart work harder or pump faster to provide the body's cells with the proper amount of oxygen. This will increase your blood pressure. With this scenario recurring many times an hour over the course of the night, you increase your susceptibility to hypertension, a stroke or cardiac arrest.

When you visit your doctor, he or she will evaluate your medical history along with information you give regarding your sleeping habits and how that is affecting your daily life. An examination of your nasal and oral tissues for abnormalities will also be done. If a sleep disorder is diagnosed, treatment will be aimed at restoring normal sleep activity. This may be as simple as implementing some lifestyle changes such as avoiding alcohol, losing weight and learning to sleep on your side. Sleep apnea can be serious. An effective treatment plan from your health care professional will help to improve your sleep and banish those exhausted mornings. **TRYON**

*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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# Gardener Gifts

## *Under the Tree*

— By Nancy Fenton

It is that time of year again, and I have been going through the catalogs and newspaper clippings that I have saved all year in order to compile a Christmas wish list. There are some new things on the market and lots of old standbys, such as medium-sized tarps to pick up all those pesky leaves and weeds that come out of the flower beds. Good gloves are always nice. Both Amaryllis and Paper White bulbs are fun gifts, and after several months of indoor enjoyment, they can go into the yard come spring. The indoor/outdoor weather station allows you to check the temperature outside without leaving the house.

I am going to ask for several Slinkies (metal ones) this year. I have it on good authority that a metal Slinky attached to the bottom of a bird feeder surrounding the pole will deter squirrels and raccoons.

New this year is a butterfly habitat, complete with a coupon for cocoons to be ordered when your gardener wants to watch them hatch. Planting bags are another new find. These are bags with handles that hold between 16 and 45 quarts of soil that can be planted and then moved around. They sound perfect for porches, balconies, and small patios or yards.

A rain barrel is also a great gift, and you can go a step farther and install it on your gardener's downspout or under a valley in their roof. Rain barrels can be purchased online or from catalogs, but they are a lot more expensive than those made in the rainwater harvesting classes currently being held around the area. Half-day workshops run between \$30 and \$50 and participants come out with a 55-gallon rain barrel ready to attach to their downspout at home. Catalogs charge \$150 and up plus shipping. Check with the following people for a workshop in your area: Waxahachie: John Smith, Waxahachie Parks Department, (972) 937-7730 ext. 181; Cedar Hill: Josh McLerran, (972) 291-5126 ext. 2818; Midlothian: Kathleen Hamilton, (972) 775-7123.

Have a great holiday and enjoy the cooler weather. **NOW**

*Nancy Fenton is a Master Gardener.*





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# Exploring Inner Space

— By Becky Walker



If you or your children are *Lord of the Rings* fans, or just simply love spelunking around in caves, you just might be interested in taking a day trip to Inner Space Cavern in Georgetown, Texas, for an afternoon exploring the deep places of the earth. Discovered by the Texas Highway Department in 1963 during the construction of Interstate 35, it is one of the best-preserved caves in Texas.

The fun begins after a short cable car ride into the mouth of the cave. The cave is warm, 72 degrees year-round, so sweaters and jackets are not needed. Shoes with good traction are a must, however, due to the uneven and sometimes slippery terrain. As the tour guide leads you deeper into the

cavern, the sound of dripping water can be heard, especially if there has been a recent rainfall.

Your imagination can easily run free as you pass amazing rock formations and duck your head when the ceiling gets lower. If you really let your imagination run wild, thoughts of *Moria* could rise to the surface as you step from the passageway into a massive chamber called the Outer Cathedral. You might half expect a dwarf or an orc to jump out of a crevice.

In the Outer Cathedral, a round hole in the roof of the cave is visible. This is the hole through which the first explorer was lowered into the cave by the Texas Highway Department while he stood on a drill

bit. Lucky for him, they did not set him down in the giant pile of bat guano that is only a few feet away! Also in this chamber is a natural work of art — the “Flowing Stone of Time,” which can be seen with water flowing down its side.

Other places to note along the journey are “Soda Straw Balcony,” “Lake of the Moon” and a formation that resembles an ice cream sundae. An abandoned archaeology dig is found in one chamber, far below the tour path. Many amazing fossils have been discovered inside the cave, including those of mammoths, saber-toothed cats, an armadillo the size of a Volkswagen, ground sloths and other species. An inactive fault





line runs through the cave and is visible at one location.

Once a depth of 69 feet below the surface is reached, the tour guide will ask you to sit down on the ledges near a small pool of water. At that point, they really do it — they turn out the lights so you can experience total darkness. No light penetrates this far below the surface, and you can touch your hand to your nose and still not see it. An occasional drip falls into the pool nearby, and the thought that the pool would make the perfect home for the creature Gollum might send shivers down your spine. The lights are soon back on, however, and images of Gollum and orcs fade into the shadows as the tour guide begins leading you

back to the surface where souvenirs and concessions may be purchased at the Visitor's Center.

Inner Space Caverns, located approximately 27 miles north of Austin, just off I-35 at exit 259, is a fun and educational destination for you and your children. Three different tour packages are available. The Adventure Tour is an all-walking tour of three-fourths of a mile, which leaves every 20-30 minutes. The Explorer's Tour is an all-walking tour of 1.2 miles. Please call for availability. The Wild Cave Tour is a three- to four-hour spelunking tour. This tour is by reservation only. For more information, call (512) 931-CAVE or visit [www.myinnerspacecaverns.com](http://www.myinnerspacecaverns.com). **ADULT**

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### 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.

### Every Tuesday

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

### First and Third Tuesday

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

### Third Tuesday

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





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## What's 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 3-5 years: 10:30-11:00 a.m., Mansfield Public Library.

### Every Thursday

Toddler Story Time for 2-year-olds: 11:00-11:30 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.

### December 4-6

Hometown Holidays. Friday: Christmas tree lighting, bands, laser and fireworks show: 6:30 p.m. Saturday: Breakfast with Santa: 7:00-11:00 a.m., followed by parade at 2:00 p.m. Sunday: Tour of Homes: 2:00-7:00 p.m. For more information, call Andrew Binz at (817) 804-5797.

### December 5

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





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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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## What's Happening **NOW**

Eddie Irving and the Class Swing Band: 7:00-9:00 p.m., Farr Best Theater. Christmas program. For more information, contact Eddie at (817) 688-0507 or (817) 473-0244.

Library closed.

### **December 15**

Senior Holiday Lights and Supper: Mansfield Activities Center. Time TBA.

### **December 24-26**

Library closed. Mansfield Activities Center closed — no Senior programs.

### **December 31**

Senior New Year's Eve party: 9:00 a.m.-noon, Mansfield Activities Center.



† Being "born again" is just a beginning. †

*As Christians we're instructed to mature as believers and we grow by studying the word of God. The Lord faithfully provides help for believers by directing them to a pastor/teacher for edification through sound Bible teaching.*

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[Ibfoster@rocketmail.com](mailto:Ibfoster@rocketmail.com)

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† We are a non-denominational New Testament Church dedicated to the teachings of the Word of God from the original languages.  
† We value a literal interpretation of the scriptures.  
† We believe in a pre-tribulation pre-millennial return of Christ Jesus.



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## “Recognize me?”

“The biggest change is how I look at the world,” says Fercina Fudge, who had gastric bypass surgery at Baylor. “I walk into a room now, and I don’t have to look around to see if I’m the fattest person there,” she says. After struggling with weight most of her life, Fercina says, “I knew I had to make a change....it was affecting my blood pressure, my joints. There were so many things I couldn’t do.” Now, Fercina says, “not being recognized is a fabulous thing.”

For a physician referral or for more information about weight loss services at Baylor Waxahachie, call **1.800.4BAYLOR** or visit us online at [BaylorHealth.com](http://BaylorHealth.com).

1405 West Jefferson, Waxahachie, Texas 75165

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