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M A G A Z I N E

DECEMBER 2014

SPECIAL SECTION:  
2014 Holiday  
Shopping  
Guide

## Feast of the Seven Fish

At Home With Jerry and  
Dr. Rosalind Kopsoy

## Jubilate Sounds

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little voices to  
make a big impact

The Original Cell Phone  
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Approaching  
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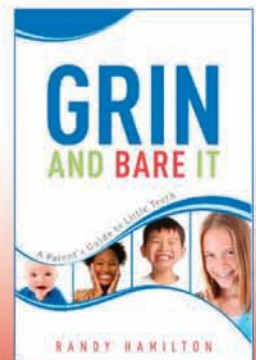
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## ON THE COVER



*Lovely decorations make the Kopsovich home warm and festive this season.*

*Photo by Amanda Rooney.*

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## Editor's Note

*Happy Holidays, Mansfield!*

I can hardly believe it, but 2014 is quickly coming to a close. I hope that you are spending time with your families, reflecting on the season and sipping delicious hot cups of cocoa. For *MansfieldNOW*, this season marks an exciting new transition, as this issue will be my last as editor. I'm grateful for such a wonderful time with you all, getting to know you better and telling your stories.

You are certainly in good hands, however, with the new editor, Sara Edgell. Sara has worked as a freelance writer for NOW Magazines over the last few years. She's a superb writer and a delightful person. Make sure you introduce yourself to her and don't be shy to send new story leads!

Keep making our community a special gem, Mansfield!

*Mikaela*

Mikaela Mathews  
*MansfieldNOW* Editor  
 mikaela.mathews@nowmagazines.com

P.S. The publisher and staff at NOW Magazines wish you and your family a very merry Christmas and a happy holiday season.

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# Jubilate Sounds

— By Mikaela Mathews





**"All we want are kids who love to sing and perform. We want to give them an avenue to express themselves."**



*Even though Gail Baker is a retired teacher, she is far from finished teaching. Most Tuesday nights, you'll find her surrounded by 30 or more children, faces lit, eyes reading music, mouths singing loudly. With the help of Tiffany Williamson, the musical duo put together the Jubilate Choir, a children's choir open for third- through sixth-grade students. "I love watching how good the kids feel about what they're doing. They light up. And, when they're performing, they are the ones who get to shine," Gail explained.*

The Jubilate Choir's name originated from a Latin word meaning, joyful and happy. The hope was to give the choir a professional sounding name, but one that would resonate with the groups' vision: introducing children to the joy of music. Gail and Tiffany believe it's important for the choir to remain free, and no auditions are required. "All we want are kids who love to sing and perform. We want to give them an avenue to express themselves," Gail said.

On average, 30 children attend the once-a-week practices and perform. "We have children from all over, not just Mansfield," Gail shared. "That's one of our goals: to have a community choir." In the first year, Jubilate Choir had children from 14 different schools. "We can have more of a loose structure in the choir," Gail described. "You can let them experience music differently than in a school setting."

Each week, students play fun games to get to know their fellow choir members, then settle in to learn about music. "We're very cross-curriculum. For example, music has math. There are fractions they have to know," Tiffany explained. "There's science. They learn about sound and wavelengths. And, there's also a lot of history with the composers, what the song is about and what was happening during that time period."



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Gail and Tiffany started the choir with encouragement from First United Methodist Church. The church was looking to add a children's choir for their Christmas Spectacular performance held at the Mansfield ISD Center for the Performing Arts. Although the church prompted the choir, Jubilate Choir is not affiliated with the church. They perform both secular and sacred music. Last year, the children put on a *Grinch*-themed performance for the Christmas Spectacular. They donned peculiar clothing and funny hairstyles as characters from Whoville and sang songs from the movie.

The choir also visited St. John Lutheran Church for their Advent service. The children were able to sing eight songs for the congregation. For First United Methodist, the Jubilate choir sang at their remembrance service. "The church holds a service to remember loved ones who have passed away," Gail shared. "Singing at that service was very meaningful for the kids."

Besides Christmas, the choir also sang for Pickle Parade goers. "We made up a song for the kids that was all about pickles," Tiffany laughed. The children dressed up in St. Patrick's Day green, as well.

Although the choir focuses on performing, they are also interested





Gail Baker and Tiffany Williamson teach the children a new song.

in developing the children. "We don't want them to just be performers. We're an outreach, too," Gail shared. "We encourage the kids, after they perform, to mingle with the audience." After the group performed for the Watercrest retirement community, Gail and Tiffany noticed both the children and the residents were benefited. When the children went for a second time to perform, a resident even baked cookies for the children. "The residents couldn't wait for the kids to come back!" Gail smiled.

In addition, Gail and Tiffany strive to teach positive life lessons to their students. "We'll start each practice with a short devotion based on character traits," she said. "I want to give them something to think about that will, hopefully, better their lives."

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Giving back is also an important concept for the children in the Jubilate Choir to learn. Every year, the group plans a concert with proceeds benefiting local nonprofit organizations. Last year, the group helped Feed the Kids for the Summer. "We challenge the kids to do a chore or somehow earn \$10 to give," Gail shared. "We want to make the kids and their parents aware of the different ways they can give to others." Last year, they were able to raise nearly \$400 to help out their fellow students.

Music has long been a joy for Gail. "My mother taught me how to play the piano and instilled a love for music in me," she shared. Ever since she was in junior high school, Gail knew she wanted to teach children and music. At North Texas State University (now called University of North Texas), she earned her music education degree and never looked back. She taught music for 14 years at Willie Brown Elementary. She struggled when it came time to retire. "I wasn't ready to lose that connection with my students," she said. And thus, the Jubilate Choir was born. The choir has allowed her the freedom of retirement, while also still investing in children's lives through music.

Tiffany's story is similar to Gail's in her deep appreciation for music. Having a musical family, Tiffany regularly sang and danced while growing up. She even sang her first solo when she was 9. Just like Gail, she also recognized her future calling at a young age. "When I was in third grade, I knew I wanted to be a teacher while I was tutoring another student," she shared. But she wasn't sure what type of a teacher until much later in life. Initially, she planned on teaching math, but her trajectory changed after a particularly tough calculus class. "My





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high school music director inspired me to teach music. I wanted to be like her," she shared. "I wanted to turn on that passion for music in kids." After completing her degree at Sam Houston State University, Tiffany returned to her hometown of Mansfield to teach music at Roberta Tipps Elementary School.

Gail and Tiffany have known each other for years. Both members of First United Methodist Church, Gail has served as a mentor for Tiffany. "She helped guide me through being a first-year teacher," Tiffany shared. And, Gail describes Tiffany as the daughter she never had. Together, they share their love for music and children through the Jubilate Choir. With its success and subsequent growth, the team has brought on another volunteer, Lyndsey Lipscomb, to help teach the children.

Music is special to Jubilate Choir because of the positive influence it can have on children's lives. "Some students don't do well academically or as athletes," Tiffany explained. "But, fine arts is a place for them to express themselves. They can be good at something. Music makes sense to them, it's where they shine." **NOW**

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# THE ORIGINAL CELL PHONE

— By Mikaela Mathews



*Over the last several years, technology has advanced rapidly. Cell phones, fancy watches and speedy Internet have marked the past few generations. But, before the flashy marketing campaigns and mass adoption of new technology was the humble radio. A box of wires, reliant on sound waves, connected the world. “I was sending text messages in the 1980s before cell phones were even invented,” laughed David Kettrick, president of the Mansfield-Johnson Amateur Radio Service. “At any time, we could connect with people all the way across the world.” Although cell phones and laptops have replaced many aspects of radio, it still serves a vital function in our community and nation as a reliable means of communication, especially during emergencies.*

The Mansfield-Johnson Amateur Radio Service (MJARS) exists “to promote the growth of and support the Amateur Radio Service and provide communications support during times of disaster, civil emergency or any other time that it serves the public interest,” states their website. Locally, many amateur radio operators watch the skies for severe weather or provide assistance during large city events for security or medical help. Since both David and Bill Adams, former president, have dedicated their careers to public service and have a passion for radio, emergency preparedness is right up their alley.

Although at different times, both David and Bill’s interest in radio piqued with Sputnik 1. “I grew up when Sputnik 1 was launched,” Bill shared. “I





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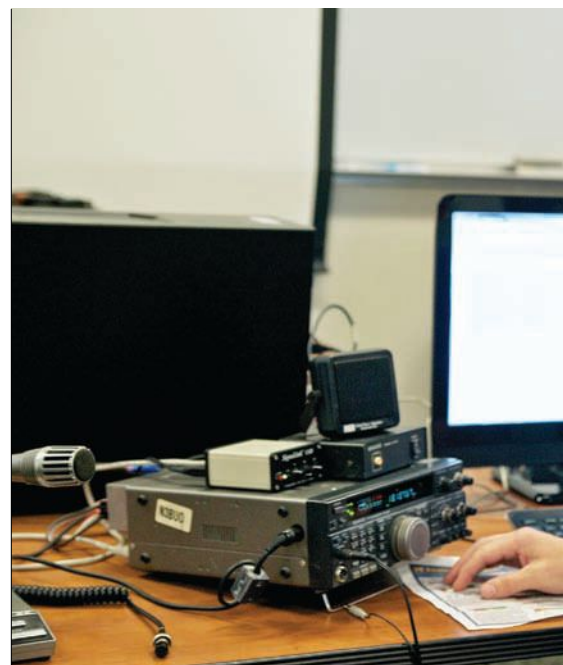
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also had a World War II radioman as Scoutmaster when I was a Boy Scout. We would play games using Morse code, so I grew to love it.” Radio pulses from Sputnik 1 could be detected around the world, and Bill listened to them over the radio. He wanted to join in on this new technology. So, after delivering newspapers for \$5 a week for a few weeks, he had enough to purchase a small kit, his first radio station. He also had to earn a license to operate his radio station, which meant learning Morse code and communicating with it at five words a minute. But it was after college that he began actively pursuing his passion. “I moved around quite a lot and was active in a lot of amateur clubs around the country,” he shared. “When I moved to Mansfield, I had trouble finding a local club. I made a few connections, learned of a local club and started helping out.”

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David remembers learning about Sputnik 1 in middle school. "We had to do a project on satellites and how they actually worked. That got me interested in radio," he shared. David also grew up in rural east Texas, where homes were spread apart. If an emergency occurred, he would need to run to his neighbor's house or quickly drive into town. "Amateur radio brought a world of communications to me that I had not experienced before and allowed me to communicate with other people and in emergency situations," he said. David earned his novice technician license and has been contributing to society through radio communications ever since.

An important aspect of radio communication is watching severe weather. Although technology has advanced to allow fairly accurate readings on radar about dangerous weather,



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meteorologists still rely on observers in the field to confirm tornadoes, flooding and other concerns. Licensed amateur radio operators often act as these agents. "Before the National Weather Service can issue a warning to save lives, they like to confirm the severe weather is happening," David explained. "They want the ground truth. So, in my teens, I started doing that."

Operators are trained to know how to read the clouds and how to accurately report. For David, the hobby grew into a passion. While he lived in Jacksonville, Texas, he watched and reported several tornadoes. Since moving to Mansfield, David has continued to watch the many storm systems, which start in Johnson County and move north into Mansfield, and reports potentially threatening weather back to Fort Worth, the National Weather Service's headquarters.

When severe weather isn't present and a large city event is happening, David and Bill can be found helping with security and medical needs. "Last year, we helped with a cystic fibrosis bike race," Bill explained. "There were a group of riders who got lost. They didn't have their cell phones and without us, it would have taken them forever to get back."

MJARS has grown under David's initiative. Because there was little information on the club when he moved to Mansfield, he made contact with other amateur radio operators and helped spread the word. The club still meets at Mansfield Fire Station 3, thanks to the generosity of the city. With the help of Bill and David, the group has steadily grown throughout the years to include



young and old. "This can get to be an old man hobby," Bill laughed. "And we don't want it to be." Because amateur radio operation can be a valuable skill, despite the advent of cell phones, MJARS has worked with Ben Barber Career Technology Academy's solar car team to teach them how to get their radio licenses. The solar car team uses ham radio to communicate with each other, because it's the most reliable form of communication possible. MJARS also held a Jamboree on the Air event this year for the Boy Scouts. The kids can communicate with other kids in countries around the world through the radio.

Every June, the club also hosts a field day to allow the public to learn about and participate in radio communication. A national competition also takes place on field day, where club members make several points of contact with other radio operators throughout the world.



Because emergency preparedness through radio communication is near and dear to both Bill and David, the club will be helping out with Junior Civilian Emergency Response Teams (CERT). These teams are made up of civilians who are trained to help during an emergency. MJARS is helping to establish a junior team of students at Ben Barber. A critical part of that response is in reliable communication. "Tornadoes don't discriminate," David shared. "One could hit a cell tower causing the main form of communications to go down. CERT teams can set up radio tents to help get in touch with people quickly." **NOW**

*Editor's Note: If you would like more information on amateur radio in Mansfield or to learn how to become an amateur radio operator, please visit [www.wa5jrs.com](http://www.wa5jrs.com).*

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# AT HOME WITH JERRY AND DR. ROSALIND Kopsovich

Feast of the Seven Fish is a commemoration of the midnight birth of baby Jesus. The menu of seven different seafood dishes symbolizes the seven gifts of the Holy Spirit. Rosalind and her brother grew up with this tradition and food, and it's just one of many holiday traditions that she and her husband, Jerry, honor today.

Holiday decorating at the Kopsovich

## ∞ Feast ∞ of the Seven Fish

— By Carolyn Wills

*As a little girl, Dr. Rosalind Kopsovich truly believed angels would arrive as a follow-up to her family's Christmas Eve dinner known as the Feast of the Seven Fish. Italian-American tradition allowed that the angels would eat baked chestnuts placed at the table and then stay to clean the table. "I believed this because there were no dishes or chestnuts left on the table when I awoke on Christmas morning," she smiled.*





home begins with a task that, for some, would be overwhelming, but for Jerry and Rosalind, it is a labor of love. Generally, they start in October, and by the time she and Jerry finish, every inch inside and out of their stately 4,500-square-foot, two-story home is a reflection of both the joy and the miracle of Christmas.

Jerry handles the outside, stringing colored lights, hanging wreaths, arranging Christmas trees on the front steps and positioning the occasional reindeer behind perfectly trimmed bushes. "I prefer the old-style colored lights," he said. "They just seem more Christmassy."

Meanwhile, Rosalind begins a process of decorating each and every room of their magnificent four-bedroom home, including bathrooms, laundry and computer rooms. Every room has a





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theme, a tree and a manger scene.

To start with, the spacious foyer is filled with a snowy, table-top Christmas village buzzing with activity. The foyer is then flanked on one side by a winding garland-draped staircase and on the other by a formal living room thoroughly dedicated to holiday angels.

"The living room is one of my favorites," Rosalind said. "It's like a little doll house where everything is perfect." Added to the living room's magic are chimes from a grandfather clock, a bowl of heirloom Christmas balls dating from the late 1800s, the elegant double-sided, marble-faced fireplace and a gloriously decorated angel Christmas tree.

The back side of the fireplace opens to a large family room with hardwood floors and comfortable furnishings. "The



family room is all about Santa," she explained. Santa, in every conceivable version, appears on shelves of the massive entertainment center, on end tables and atop the fireplace mantel. Even the bar features little Santas, some of which once belonged to Rosalind's grandmother.

Santa also makes his way into the kitchen, appearing quite comfortable on granite counters and against a tumbled-marble backsplash. In addition to being a stunning kitchen, state-of-the art appliances and custom buff-colored cabinetry affirm



it is also a cook's kitchen. "In preparation for the Christmas Eve feast, Rosalind cooks for three days," Jerry said. In addition to seafood dishes, the Christmas Eve menu includes meatless sauces, homemade pasta plus anchovy and anise breads. Limoncello and wine top the beverage list, and choices of desserts include Italian *pizzelles* (wafer cookies) and *struffoli* (honey balls). "We will have as many as 60 guests for dinner that night."

Next to the kitchen is a formal dining room with white beadboard wainscoting and walls painted



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in a dramatic dark green. Displayed in a glass-fronted chest are samples of china that once belonged to Rosalind's mother and grandmother. "I have poinsettia dishes for the holidays," she said. As part of the decorating process, she removes and packs items and dishes that are to be replaced for the holidays. Boxes are organized by rooms so, as Christmas decorations are unpacked, she replaces them with the items to be stored. "It's fun to open the boxes each year and rediscover so many items," she said.

Snowmen are the theme for the master bedroom. "There are even snowmen on our bath towels," she smiled. Oh, and the utility room is dedicated to Christmas antiques, the small computer room to children's toys and the enclosed garden patio to candy canes.

The second floor opens to a large game room with a pool table. Deemed the around-the-world Christmas room, it is populated with holiday treasures and a few Santas collected on Jerry and Rosalind's travels to places like Italy, England, Hungary, Poland, Mexico and Canada.

Today, the couple's daughter, Mary Beth, lives and works in Fort Worth. "But her bedroom hasn't changed much," Rosalind said. "When she was young, she liked to collect hippos. In fact, we still have a display case filled with left-behind hippos," she smiled. The Christmas theme for Mary Beth's room is hippos, including a hippo tree, and according to Rosalind, it is surprisingly easy to find holiday hippos.

To Rosalind, it is essential that a manger scene is included in every room. "Mary Beth was born on December 30.

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As a child, it became a tradition for her to put baby Jesus in his cradle in the manger and then sing happy birthday before opening Christmas gifts,” she smiled.

Another of the upstairs bedrooms is furnished with Rosalind’s childhood furniture, including a four-poster bed. “We call it my mother’s room,” she said. It is decorated with a quilt highlighting her mother’s embroidery work and a traditional Christmas tree with vintage ornaments.

Jerry and Rosalind bought their beautiful rose-colored brick home shortly after it was built in 1996. As an educational consultant, Rosalind was familiar with the Mansfield ISD. “It’s a great school district, and Mansfield is a wonderful community,” she said. “We wanted Mary Beth to attend school here. As soon as we saw the house, we knew it was home.”

Jerry and Rosalind were married on Saint Patrick’s Day 35 years ago. “We met at a Ford Motor plant in Ohio where we were both working,” she said. “I had lost my car in the Ford parking lot, and Jerry offered to help find it. I told him it was a Dodge, and he quickly found it.”

Clearly, they enjoy their time together and the holiday season. “I love Christmas,” Rosalind said. “It’s a time for family, friends and, of course, the celebration of the birth of Jesus.



Tradition is important, and its survival requires remembering and practicing.” To that end, she has written a cookbook including her family recipes and the meaning of the Feast of the Seven Fish. Maybe she knows now that the angel sent to eat baked chestnuts and clean up the table is none other than herself, but to all who eat at her feast, Rosalind most surely appears as an angel. **NOW**



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# History in the Ma

— By Sara Edgell

*Andrew Marsh has been in the business for 10 years now, and over the course of that decade, he has learned many things. Perhaps that's what makes him such a great teacher. Or, his unique take on teaching is what makes him so effective in the classroom. Albert Einstein once said, "It is the supreme art of the teacher to awaken joy in creative expression and knowledge," which is something that Andrew understands and uses to his advantage.*

Armed with a bachelor's degree in history and kinesiology, Andrew began teaching history and coaching a variety of sports back in 2005. In December of that same year, he married Colleen, whom he met through mutual friends. They got to know each other as they worked side-by-side in a children's ministry. Their shared love for serving young people, education and God was an immediate unifying element drawing the two together. They now have two young children, 3-year-old Jack and 1-year-old Callie, and an 8-year-old fur baby named Boscoe.

In 2006, Andrew and his family relocated to Mansfield ISD where he accepted a position at Danny Jones



# king

Middle School and found his work home. Currently, Andrew is in his ninth year with MISD, where he now teaches seventh-grade Texas history and eighth-grade American history. Additionally, he coaches football, basketball and track throughout the school year.

Outside of teaching and coaching, Andrew enjoys barbecuing in his backyard, playing Madden and watching

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WORD IT WOULD BE  
ELECTRIC.”**

reruns of *Lost* or *The Office*. He is also a Chicago Bears fan and loves to show his team spirit by cheering the team on every fall. “I was a huge fan of Mike Singletary, at a young age. I later found out my aunt was his tutor in college, and she told me he was the nicest guy,” Andrew recalled. “From then on, I stuck with the Chicago Bears.”

Andrew spends much of his time outside of school faithfully involved with his church. As an active member of Walnut Ridge Baptist Church, Andrew serves as a deacon and works with the summer youth program, which targets

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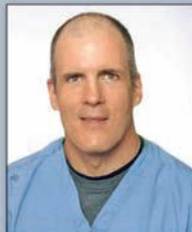


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kids at risk. He is also a member of the orchestra, where he plays the trumpet.

Because Andrew has such a passion for music, he makes sure to incorporate it in all areas of his life, especially in the classroom. To keep challenging and dull subject matter interesting, he uses songs — in the form of parodies from the past, as well as the hits of today. This helps students learn and retain the necessary content to be successful. "Some of my songs are about treaties," he said. "Because they are the most boring things, I try to put the most fun spin on it that I can." Using his grandfather's old acoustic guitar and fresh rap beats, his students sing and rap about key historical figures and concepts. He also applies adaptive theater to teach the Civil War and Mexican-American War. The students dress up and reenact these infamous moments in history, which makes the learning literally come alive.

One of his most important lessons in the classroom pertains to the Bill of Rights. "I think it's really important for them to know it forward and backward," Andrew proclaimed, and rightly so as it concerns human rights and virtues. These happen to be two very important topics Andrew reinforces in his classroom, aside from all of the rich historical facts and data. His hope is to instill in students both manners and a sacrificial character. "I really try to promote volunteerism in my class, a willingness to go beyond what you're called to do normally in order to help others out," he said.

*Wishing you & yours*

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To further connect with students and keep things interesting, he wears a Christmas sweater every Wednesday of every week, no matter the season or the temperature. "It's pretty brutal when it's 100 degrees outside, but the kids love it, and it gives them something to look forward to every Wednesday," he stated. "They probably look forward to it as much as anything besides my Commencement Fridays when I wear a graduation gown." It's simply another way that Andrew is able to bring his

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personality into the mix. Considering his approach, this is paramount.

In the end, this all boils down to humility and humor. For him, finding joy in tedious tasks is what life, and teaching, are all about. In the classroom, he forms relationships and bonds with his students, but when it comes to coaching, those relationships are extended and strengthened in a different way. He gets to see his students in a different setting.



Often, families become involved, and the bonds are even further extended. "I don't ever use my title or mention my degrees," Andrew admitted. "When I sign emails, I sign with something like, Boys Sign Out Coach or Assistant Water Coach. I try to humble myself so I don't take myself too seriously." In turn, that makes him more relatable.

Andrew's philosophy on teaching is as inventive as his instruction, focusing on student engagement in innovative and forward-thinking ways. By focusing first on reaching the students, his secondary concern, teaching the content, comes more easily. His use of authentic and original strategies in his instruction is also helpful. "If I could describe my classroom environment in one word it would be electric," he admitted. "Every child deserves a chance, and I try to offer that with high energy, like a performance."

Undoubtedly, Andrew is on the right track, and in 2013, his efforts



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were recognized when he was awarded MISD Secondary Teacher of the Year. This meant both his peers and the administration saw, felt and appreciated the electricity he had created. "It was



awesome and such an honor," he recalled. Later this month, he will complete his master's degree in educational leadership and looks forward to perhaps one day becoming a principal. He currently spends his extra time as an educational consultant with his colleague, John Soheli, giving motivational speeches and advice to educators and students.

With his many years of experience and his passion to make a lasting impact, Andrew looks forward to school each day, because he is a lifelong learner. He knows that in order to be good at what he does, he has to be willing to be himself in the classroom and on the playing field, to step outside of the box and the book. In his speeches to teachers, he often mentions using your past to shape their future. "Everything you've lived through has helped shape who you are. It has happened for a reason," he pointed out. Above all else, Andrew hopes to make a lasting positive impact in the lives of his students. **NOW**



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# Let the **FUN** **BEGIN**

— By Sandra Strong

*Are you finding it difficult to get in the holiday spirit? Fret no more. Getting in the spirit will be much easier as you work on crafts that will brighten your home with seasonal merriment, as well as bring smiles to the faces of family and friends, young and old alike.*

## **Milk Jug Snowmen**

Mark the beginning of the holiday season by creating a night light that decorates a room with visual warmth while helping children learn basic shapes.

**Difficulty Level: Easy**

- 1 gallon jug
- 1 1/2-gallon jug
- Scissors
- 2 sheets black foam, felt or construction paper (your choice)
- 1 sheet orange foam, felt or construction paper (your choice)
- 5 sheets tissue paper (divided use)
- 2 strands 20-count indoor/outdoor white lights with white cording



Cool melt hot glue

3 black pipe cleaners (or color of your choice)

2 large black pompoms (or color of your choice)

1 medium-size Santa hat (design and color of your choice)

- ① Rinse jugs out thoroughly. Set aside, allowing them to dry completely inside and out.
- ② Cut 4 ovals from black material to serve as eyes. Cut 5 circles from black material to serve as the mouth for the gallon snowman. Cut five small squares from black material to serve as the mouth for the half-gallon snowman.
- ③ Cut 2 skinny triangles from orange material to serve as the noses for both snowmen.
- ④ Cut 3 small slits in each jug under the handle toward the bottom of the jug to



Step 4

create a hinged opening large enough to insert the tissue paper and lights. Carefully stuff the tissue paper (3 sheets for gallon and 2 sheets for half-gallon) and lights through these holes, making sure to mingle the lights with the tissue paper. Push the opening closed. Be sure the cord portion of the lights remains outside the jug openings.

⑤ Glue eyes, mouths and noses on jugs. Bend noses accordion-style to give them a 3-D effect. Braid and bend pipe cleaners in an arc. Glue to the sides of the half-gallon jug. Glue pompoms over the ends of the pipe cleaners to complete the ear muffs. Pull Santa hat over the top of the gallon jug. Dot with glue to hold the hat in place. (You can also use a cap your child has outgrown.)

⑥ Plug in and enjoy what you and your little ones have created.

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## Frosty the Snow Pot

Create a Frosty that doesn't melt as he warms your home and the hearts of all those who visit during the holiday season.

**Difficulty Level: Easy to Medium**  
*Three variations pictured.*

- 1 large clay pot
- 1 medium clay pot
- Small paintbrush
- White acrylic paint
- Black acrylic paint
- Scissors
- 1 piece orange felt
- Needle
- Orange embroidery floss
- 1 cotton ball
- Cheek color (rouge)
- Kleenex
- Cool melt hot glue
- 2 large black buttons
- 7 small black buttons
- Holiday ribbon
- 1 sprig from holly berry artificial flower pick

- ① Paint large pot white. Paint small pot black. Allow to dry completely.
- ② Cut two carrot shapes from orange felt. Hand-stitch the two pieces together to make nose. Stuff nose with cotton ball to give the carrot a 3-D appearance.
- ③ For rosy cheeks, smudge cheek color on the cheek areas using a Kleenex or your index finger.
- ④ Glue large buttons in place for eyes. Glue small buttons in place for smile. Glue nose in place, allowing it to stick out.
- ⑤ Tie holiday ribbon around the base of





the small pot. Glue holly berry sprig to the ribbon to complete Frosty's holiday top hat.

⑥ Glue around the inside edge of the small pot. Stack the smaller pot on top of the larger pot. Allow glue to dry completely before moving.

⑦ You can also "top Frosty off" with ear muffs made from pompoms and pipe cleaners or a stocking cap of your choice. Eyes and mouths can be painted on or cut from black foam. Let your imagination be your guide.

## Santa's Swag

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Difficulty Level: Medium to Hard

- 4 Santa hats
- Needle
- White embroidery floss
- 1/2 yd. white felt
- Spring or cafe curtain rod
- 1/2 yd. green felt
- Green embroidery floss
- 10 green sequins
- 25 gold or silver beads
- 15 red sequins



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- ① To create the swag, hand stitch the Santa hats together along the white trim only, one hat at a time until you have the desired width. Hand stitch the tops closed to complete the front of the swag.
- ② To create the rod pocket, cut the



Step 2

white felt in a strip the same width, from left to right, as the sewn hats. Make sure to cut it long enough, from top to bottom, to accommodate the rod being used. (If the rod is 1-inch, be sure to cut the rod pocket at least 1 1/2-inches in length.) Hand stitch rod pocket to the backside of hat curtain making sure not to sew all the way through to the front side.

- ③ Cut green felt in the shape of holly leaves, cutting 10 to duplicate the example shown.



Step 3

- ④ Attach each leaf by sewing one green sequin and one bead to the swag. Sew in place red sequins and remaining beads in clumps of 3 to represent holly berries.
- ⑤ You can complete the holiday swag by decorating the white portion with embellishments of your choice. This swag was personalized using embroidery floss, sequins and felt, but feel free to let your holiday imagination take over. **NOW**





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### Hours:

Monday-Thursday: 8:00 a.m.-5:00 p.m.  
Friday: 8:00 a.m.-noon

### Arlington Location

601 Omega Dr., Ste. 203  
Arlington, TX 76014  
(817) 466-7060

### Hours:

Wednesday: 9:00 a.m.-5:00 p.m.  
Every other Thursday: 9:00 a.m.-noon



### From left:

Dr. Laws and his team stand in front of the ADHD Wall of Fame, which helps patients know they can still accomplish their dreams.

# Approaching Disorders Differently

*Dr. Laws and his team act as a resource for adults and children with ADD.*

— By Mikaela Mathews

Patients are in good hands with Dr. Blayne Laws at the Family Care Clinic. Having been diagnosed with ADD himself while in medical school, Dr. Laws knows how best to treat his patients, not only physically but also emotionally. “I want our patients to feel heard and normal again,” he shared.

Patients diagnosed with ADD or ADHD don’t have a malfunctioning brain. They simply have a different brain than most others do. His wife, Heather Laws, who is office manager for the Family Care Clinic, put it this way: “Dr. Laws explains that patients with ADD have a Ferrari brain. They go much faster than others do and have a hard time picking up details and paying attention.”

Family Care Clinic treats both adults and children. Their clientele is split almost in half between the two age groups.

Many people come in with signs of ADD and wish to be tested. Common signs of ADD are inattention and hyperactivity. Frequently, children, who are not hyperactive, are overlooked. “Children who daydream regularly, who take longer to do their homework or forget about tests may also have ADD,” Dr. Laws shared.

Those who would like to be tested can come into the office for a consultation. Dr. Laws and the nurses will run a test to measure attention spans. If a patient is diagnosed with ADD, Dr. Laws will prescribe medication. “There are many misunderstandings about over-diagnosing or under-diagnosing a patient,” he shared. “People are often afraid that children will become like zombies on medication, but that’s not what we do.” Dr. Laws works with his patients to find the right type and amount of medication



to allow his patients to live active and productive lives.

Many success stories have come from his work. In this past year, a handful of his adult patients were diagnosed with ADD. Within a few months of their diagnosis, they were given promotions at work because of their increased productivity. Students have also seen remarkable improvement in their classes. "I love seeing relationships being strengthened after a student is diagnosed with ADD," Heather shared. "Parents may think a student is being lazy, but he really just can't study anymore. Dr. Laws explains that to their parents and helps the student do better in school."

Family Care Clinic also ensures patients never feel out of place or

**"I love seeing relationships being strengthened after a student is diagnosed with ADD."**

misunderstood because of their diagnosis. The lobby is filled with photos of famous singers, athletes and actors who also have ADD. "We want our patients to know they aren't dumb for having ADD. All of these celebrities have it, too, and they have been able to accomplish their dreams and be successful," Heather explained.

The clinic in Ennis also treats common health issues, as well, including wellness exams, sports physicals, high cholesterol and more. The Arlington location focuses primarily on ADD and ADHD. Two nurses help in both clinics, and the friendly staff welcomes their patients with open arms. The family-owned clinic also believes in giving back to their community. In Ennis, the clinic is helping a veteran rebuild his home.

Above all else, Dr. Laws believes in putting his patients and their well-being first. "We educate our patients on how their brains work," Dr. Laws shared. "We're not a place to come fill up your pills and leave. We are a resource for our patients." **NOW**

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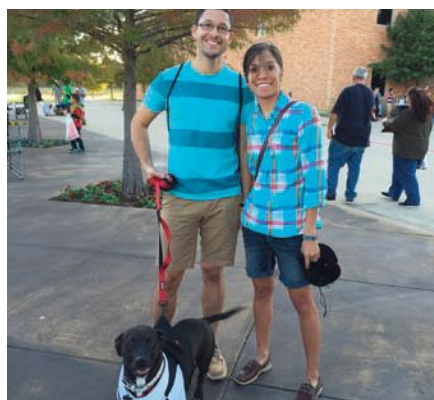
*The Electrical Team cuts their ribbon as a new business.*



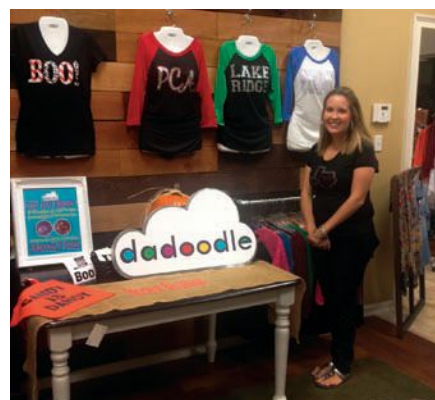
*Runners get ready to race at the Saving Soles 1 Mile-5K Run.*



*These Mansfield city workers are ready for the day.*



*Derek and Amanda Rodriguez smile with their dog Pudge, dressed up as Al Capone.*



*Vanessa Sonderegger of Dadoodle shows off her new goods at Vintage Vibe.*



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# Year-end Charitable Giving

As the holiday season approaches, with the end of one year and the start of another, we pause to give thanks for our blessings and the people in our lives. It is also a time when charitable giving often comes to mind. Charitable giving can be enhanced using income tax deductions, and so it can be much more effective when it is included as part of year-end tax planning.

**Example(s):** Assume you are considering making a charitable gift equal to the sum of \$1,000 plus the income taxes you save with the charitable deduction. With a 28-percent tax rate, you might be able to give \$1,389 to charity ( $\$1,389 \times 28\% = \$389$  taxes saved). On the other hand, with a 35-percent tax rate, you might be able to give \$1,538 to charity ( $\$1,538 \times 35\% = \$538$  taxes saved).

## • A word of caution

Be sure to deal with recognized charities, and be wary of charities with similar sounding names. It is common for scam artists to impersonate charities using bogus websites, and through contact involving emails, telephone, social media and in-person solicitations. Check out the charity on the IRS website, [www.irs.gov](http://www.irs.gov), using the Exempt Organizations Select Check search tool. And don't give or send cash. Contribute by check or credit card.

## • Tax deduction for charitable gifts

If you itemize deductions on your income tax return, you can generally deduct your gifts to qualified charities. However, the amount of your deduction may be limited to certain percentages of your adjusted gross income (AGI). For example, your deduction for gifts of cash to public charities is generally limited to 50 percent of your AGI for the year, and other gifts to charity may be limited to 30 percent or 20 percent of your AGI. Disallowed charitable deductions may generally be carried over and deducted over the next five years, subject to the income percentage limits in those years. And be sure to retain proper substantiation of your deduction for a charitable contribution.

## • Year-end tax planning

When considering making charitable gifts at the end of a year, it is generally useful to include them as part of your year-end tax planning. In general, taxpayers have a certain amount of control over the timing of income and expenses. You generally want to time your recognition of income so that it will be taxed at a lower rate, and time your deductible expenses so they can be claimed in years when you are in a higher tax bracket. For example, if you expect that you will be in a higher tax bracket next year, it may make sense to wait and make the charitable contribution in January, so you can take the deduction in the next year when the deduction produces a greater tax benefit. Or you might push the charitable contribution, along with other deductions, into a year when your itemized deductions would be greater than the standard deduction. And, if the income percentage limits above are a concern in one year, you might move income into that year or move deductions out of that year, so that a larger charitable deduction is available for that year. A financial or tax professional can help you evaluate how to make charitable gifts in a way that is beneficial to you. **NOW**

*This information was developed by Broadridge, an independent third party. It is general in nature, is not a complete statement of all information necessary for making an investment decision, and is not a recommendation or solicitation to buy or sell any security. Investments and strategies mentioned may not be suitable for all investors. Past performance may not be indicative of future results. Raymond James & Associates, Inc. member New York Stock Exchange/SIPC does not provide advice on tax, legal or mortgage issues. These matters should be discussed with an appropriate professional. Prepared by Broadridge Investor Communication Solutions, Inc. Copyright 2014.*

Donald Pope is a Raymond James Financial Advisor in Duncannon.

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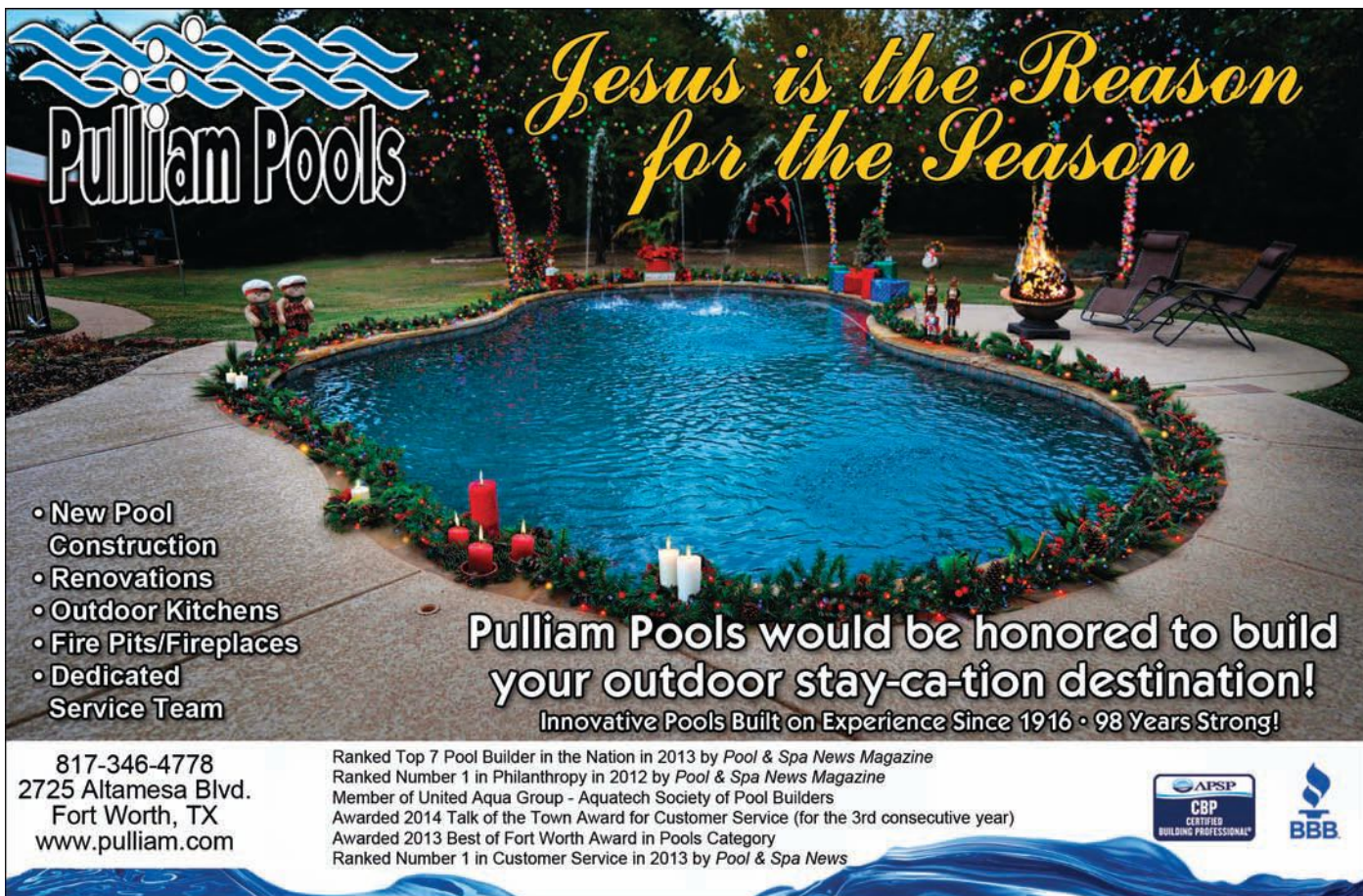
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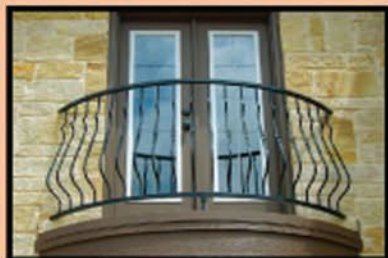
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### December 5

Hometown Holidays: 5:00-9:00 p.m., City Hall, 1200 E. Broad St. Free. Do you wanna build a snowman? Bring the family out to enjoy snow hill, food, entertainment and activities for all ages. Visit with Santa and Mrs. Claus as well as Dallas Zoo penguins followed by the tree lighting and fireworks show. For more information, contact the Mansfield Activities Center at (817) 453-5420 or visit [www.mansfieldtexas.gov/event/hometown-holidays](http://www.mansfieldtexas.gov/event/hometown-holidays).

Third Annual Santa's Sleigh Charity Concert: 6:00-10:00 p.m., Big D BBQ, 226 N. Walnut Creek Dr. Free. Come enjoy the musical talents of the Mansfield Music Mentors at the charity concert benefitting the Texas Baptist Home for Children. Accepting unwrapped toys at event. For more information, contact Kay Ray or Susanne Engelbert at (682) 518-1913.

### December 6

Kiwanis Falalala 5K: 9:00 a.m., Katherine Rose Park, 303 N. Walnut Creek Dr. \$30 to participate. For more information, visit [www.falalala5k.com](http://www.falalala5k.com).

Hometown Holidays Parade: 2:30 p.m.,

historic downtown Mansfield. Free. Featuring over 50 entries including floats, bands and marching units. For more details, contact the Mansfield Activities Center at (817) 453-5420.

### December 7

Mansfield Women's Club — Holiday Home Tour: 1:00-6:00 p.m. \$25 in advance or \$30 at the door. Five beautiful homes in the community will be featured on this year's tour. For more event details and locations, visit [www.mansfieldwomensclub.com](http://www.mansfieldwomensclub.com).

Big Brassy Christmas with The Dallas Symphony: 7:00 p.m., Mansfield ISD Center for the Performing Arts, 1100 W. Debbie Ln. \$25 reserved seats; \$20 for groups of six or more. Enjoy a night filled with classic Christmas music performed by The Dallas Symphony brass and percussion sections featuring Mansfield students from all five high schools. For more information, visit [www.center.mansfield.org](http://www.center.mansfield.org).

### December 10

Toys for Tots Drive: 5:00-10:30 p.m., Mansfield ISD Center for the Performing Arts, 1100 W. Debbie Ln. Bring a new, unwrapped toy to donate and enjoy festive family fun including activities, entertainment

and food! For more information, visit [www.center.mansfield.org](http://www.center.mansfield.org).

### December 14

NOEL Christmas Cantata: 6:00 p.m., First Methodist Mansfield, 777 N. Walnut Creek Dr. Free. Join in the church's annual Christmas program telling the story of Jesus' birth through dramatic narration, songs and special effects that will delight all ages. Enjoy performances by multiple choirs, soloists and dancers. For more information, call (817) 477-2287 or visit [www.fmcm.org/](http://www.fmcm.org/).

### December 20

The 5th Annual *Nutcracker*: 2:00 and 6:00 p.m., \$15 per ticket, group discounts and reserved seating available. Mansfield ISD Center for the Performing Arts, 1100 W. Debbie Ln. Join the Art Ballet Academy on a magical trip to the land of sugar plum fairies and enchanted toys featuring dazzling costumes, a giant growing Christmas tree and falling snow. For more information, visit [www.center.mansfield.org](http://www.center.mansfield.org).

*Submissions are welcome and published as space allows. Send your current event details to [sara.edgell@nowmagazines.com](mailto:sara.edgell@nowmagazines.com).*

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## In the Kitchen With Cora Berry

— By *Mikaela Mathews*

As a busy mom of four children, Cora knows the importance and joy of cooking. “Cooking is a creative outlet for me,” she shared. Cora owned her own catering business for several years and has been cooking since she was 10 years old. It was her job when she was younger to make the weeknight meals. “I learned at an early age to make inexpensive meals that could stretch for days,” she added.

Making international food is also a fun challenge for her. Having hosted several foreign exchange students from Japan, Belgium, Spain and other places, she enjoys pulling together new creations in the kitchen. Ultimately, though, she cooks for her family. “I make certain recipes every year at the same time, especially for the holidays,” she shared. “My family looks forward to them and they get upset if I try to change it up on them!” **NOW**

### Spanish Tortilla (Egg and Potato Dish)

- 1 lb. potatoes, washed and cut into 1/2 inch slices**
- 1/4 cup olive oil**
- 1 onion, thinly sliced**
- 4 cloves garlic, thinly sliced**
- 2 Tbsp. fresh flat leaf parsley, finely chopped**
- 6 eggs**
- 1 tsp. each salt and black pepper**

**1.** Place potato slices in a large pan, cover with cold water and bring to a boil over high heat. Boil for 5 minutes; drain and set aside.  
**2.** Heat the oil in a deep-sided, nonstick frying pan over medium heat. Add the onion and garlic and cook for 5 minutes, or until the onion softens. Add potatoes and parsley to the pan; stir to combine. Cook over medium heat for 5 minutes, gently pressing down into pan.

- 3.** Whisk eggs with salt and pepper; pour evenly over potatoes. Cover and cook for about 20 minutes, on low-to-medium heat until the eggs are just set. Slide onto a serving plate or serve directly from the pan.

### Pumpkin Chocolate Chip Cookies

- 1 cup butter, room temperature**
- 3/4 cup canned pumpkin**
- 1 cup light brown sugar**
- 1/2 cup sugar**
- 1 egg**
- 1 tsp. vanilla**
- 1 tsp. baking soda**
- 1 tsp. pumpkin pie spice**
- 1 tsp. salt**
- 2 1/2 cups flour**
- 2 cups chocolate chips**

**1.** Preheat oven to 350 F. Line baking sheet with parchment paper or silicone baking mat.

- 2.** In bowl of standing mixer, beat the butter and pumpkin together until well-combined, 2-3 minutes. Add sugars; beat another minute. Add egg, vanilla, baking soda, pumpkin pie spice and salt; beat until smooth. Turn mixer to low and add flour. Mix until well-combined. Add in chocolate chips.  
**3.** Drop by large rounded spoonfuls onto baking sheet; bake for 9-11 minutes (until centers are set and edges are golden). Allow to cool for 3-4 minutes on baking sheet, then transfer to wire rack to continue to cool. Store airtight for up to 3 days.

### Greek Chicken With Pasta

- 3 1/2 lbs. chicken leg quarters or thighs**
- 2 Tbsp. Cavender's Greek Seasoning**
- 1 Tbsp. butter**
- 3/4 lb. mushrooms, sliced**
- 2 cloves garlic, minced**
- 2 Tbsp. olive oil**
- 1/3 cup dry vermouth or chicken broth**
- 1 28-oz. can diced tomatoes, Italian style**
- 2 Tbsp. tomato paste**
- 1 6-oz. can black olives, halved**

- 1.** Preheat oven to 350 F.  
**2.** Rinse chicken pieces and pat dry. Season with Greek seasonings and let sit 15 minutes.  
**3.** Melt butter in a large frying pan over medium-high heat. Add mushrooms and sauté until their liquid is released and then evaporated. Add garlic and cook, stirring 1 minute, remove from pan and set aside.  
**4.** Reduce heat to medium and add olive oil. Add chicken pieces and brown. Remove chicken from pan. Add vermouth or chicken broth and deglaze pan over medium-high heat, scraping up all bits from bottom of pan.  
**5.** Stir in tomatoes and their juice, tomato paste and the cooked mushrooms with garlic. Cook over medium until the sauce begins to thicken, approximately 10 minutes.  
**6.** Place chicken in a 9x13-inch glass baking dish. Scatter the olives over the chicken and pour sauce on top. Cover with foil; bake for 1 hour.  
**7.** Remove foil. Sauce should be somewhat thick, not runny. If necessary, place back in oven uncovered for 5-7 minutes to thicken sauce. Serve chicken and sauce over pasta, rice or potatoes.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



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