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On The Cover

Marty Fredrick is ready to put Mansfield on the theatrical map.

Photo by Shana Woods.

Editor's Note


Hello All!

What a month for me to begin my duties as your community editor, and what big shoes I have to fill! Thankfully, we will still be seeing Alex's ever-present smile here and there, both in our magazine and around town. And speaking of smiling faces, if you happen to catch me with a camera in hand, smile pretty and look for your photo in our Around Town section.

There are some exciting things in store for our town this year, including the 2010 season of the Mansfield Community Theatre. Get your tickets for *Meet Me in St. Louis* before they are gone!

For all you lovers, here is a quote by Antoine de Saint-Exupery to express a Valentine's Day sentiment: "Love does not consist in gazing at each other, but in looking outward together in the same direction." Join me as, together, we look to the future and a bright new year for Mansfield.

Your new friend,
Jaime Ruark
MansfieldNOW Editor




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A Dream Becomes Reality

— By Jaime Ruark

For years, hidden among the teachers, lawyers, accountants, barbers and bankers of our town, there has been a thriving group of individuals. These locals have had two things in common: a talent for performance art and a lack of forum in which to display that talent. As the number of hometown artists grew, the desire to make Mansfield a place to showcase their skills grew as well. Finally, in May 2009, those dreams became reality, thanks to Scott Ferrell, Martha “Marty” Fredrick and many other motivated thespians, when the Mansfield Community Theatre (MCT) was formed.

That following August, the MCT, with 45 volunteer actors, singers and dancers, 36 orchestra members and 50 designers, technicians, stage hands and other



personnel presented a full-scale Broadway production of *The Sound of Music*. More than 1,300 theatergoers took in the exciting first production during its three-day run. Now, a quick eight months after its inception, the MCT is preparing for its first full season, ready to make a name for itself with quality productions, beautiful props and costumes, and an impressive cast. As co-chairperson of the theatre,

Marty Fredrick cannot speak highly enough about the local talent. With more than 35 years of theatrical experience, the lady knows of what she speaks. “There are some really respected musicians in this area, some really talented actors. The talent here is impressive,” she said.

Marty has experienced many final practices, sound checks and opening nights throughout her career as both a speech and drama teacher and as an amateur and professional director. The road to this latest of curtain calls has been a long and winding one. Following her husband, Virgle, and his career with Burlington Northern, Marty moved from Springfield, Missouri, to Galesburg, Illinois. “The historic Orpheum Theatre, which was on the old Chicago vaudeville circuit, is in Galesburg. It’s a gorgeous, big theater, a beautiful historical site,” said the soft-spoken lady, who has left quite a creative wake behind in every town she has visited. “They asked me to direct a community production of *Mame*, and then after that, two friends and I decided to start Galesburg Community



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When Virgle was transferred to Texas, Marty continued to return to Galesburg for three years to direct shows, as well as producing and directing *Oklahoma!* in Branson, Missouri, which starred Rudy Gatlin. She also spent some time traveling



with professional touring shows. "It's really hard to do a touring show. It was so much work for me, but my daughters [Sarah and Emily] went with me and they remember that as a really fun time in their lives," Marty smiled. "Those years really gave me a lot of experience. I worked with a lot of accomplished professionals."

When Marty was not touring, she found a local need for her talents, as well. "For years, I served as the drama ministries director at Walnut Ridge [Baptist Church], and then also for about five or six years, I served as director for First United Methodist, where Scott is," she said of her MCT co-chair. "We'd put on shows at church, and the parents would come up to me and ask me to

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teach their kids.” Because, as they say in the biz, “acting is reacting,” Marty would tell those parents they needed to get a group together. “You need to be able to have someone or something to react to in order to teach drama, so I opened up the Performing Arts Studio on Cooper Street,” Marty said. “Along with Christie Garrett, who has the Dance Academy in Mansfield, and Kathy Myers, who is now on the MCT board also, we offered dance, voice, piano, guitar and all aspects of drama.”

From there, Marty joined forces with Scott Ferrell to begin a performing arts program at the Methodist church called the Arts Institute of Mansfield (AIM). “We have excellent teachers there,” noted Marty, who has a bachelor’s from Drury University and was a former English, drama and speech teacher in the Missouri public school system. “I’ve always



“You need to be able to have someone or something to react to in order to teach drama, so I opened up the Performing Arts Studio on Cooper Street.”

insisted that our teachers be degreed and have performing and teaching experience. Having been a teacher, it’s really important to me to be able to give the kids a complete educational experience.”

When it came time to produce *The Sound of Music*, Marty called in her favorite trusted reinforcements. “Virgle and I have produced shows other places, so I talked to him and said, ‘Why don’t we just produce this show and back it?’” Marty

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recalled. Virgle was up for the adventure.

"I've always known that if I want to spend any time with my wife, I have to be involved in the theater," he laughed.

Despite plans to produce only the one show, things started clicking into place. Marty began receiving support from locals such as Dee Davey and Randall Canedy, and the seed that had been planted for the inception of the MCT began to grow. As Marty said, "It just started mushrooming so fast! Everyone wanted to help, and we had so much support, that while we were producing *The Sound of Music*, the Community Theatre was born."

Together, Scott and Marty have more than 60 years of theatrical experience,

"Our goal is to make great family entertainment and see the arts grow."

a fact which has begun to attract many talented artists and performers. Volunteers for the myriad tasks behind the scenes also quickly began to emerge. With so much local talent, it seems almost impossible for the theater to not be a hit, and with Marty at the helm, new talent is sure to be found and cultivated. As a teacher and director, Marty not only stresses a complete artistic educational process; she also focuses on keeping that environment an encouraging and positive one. "That is something that is not often found in theater, unfortunately. A lot of times, the directors are yelling and loud," she admitted. "Not at our theater. Even with adults, the only way I direct is by encouraging and having a positive attitude. I believe that leaders set the tone, and we want this to be a place for everyone, a theater for the whole family?"

With this month's show, *Meet Me in St. Louis*, and future plays and musicals, such as *My Fair Lady*, in the works, the MCT is ready to showcase some impressive talent. "It's really an exciting time. Our goal is to make great family entertainment and see the arts grow. I can't wait for the future — we already have so much potential," Marty expressed. "We're going to put this town on the theatrical map!" **NOW**



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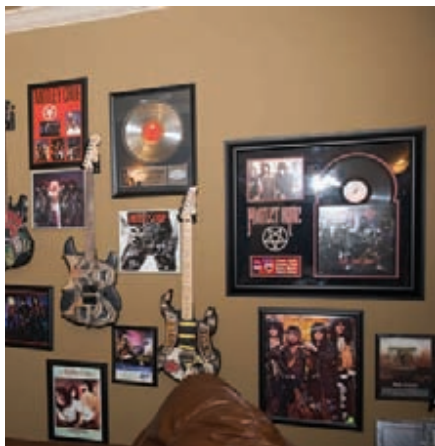


At Home With Dudley and Krystal Hamilton

— By Alex Allred

The home is majestic with breathtaking woodwork and molding, vaulted ceilings and cast-iron designs that perfectly offset multiple French doors and sweeping bay windows. All of it is set prettily on 30 acres, neatly tucked in the horse country of Mansfield. Yet the home is “very much lived in,” said Dudley Hamilton.

As the father of six children, a successful business owner and entrepreneur, an avid hunter and fisherman, there is always an adventure in



the Hamilton home. Along with five girls and one boy, ranging in ages between 4 months and 18 years, the Hamilton homestead serves as the central meeting point for all of Dudley's six siblings and their families. In fact, with the combined families of Dudley and his wife, Krystal, family gatherings can add up to more than 50 people at a time. With the



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constant comings and goings, perhaps the true treasure is all the still portraits of the Hamilton children throughout the house.

Krystal, a talented photographer, has been able to capture the true spirit of each child; their photos are proudly displayed throughout the 5,000-square-foot home. Along the wall leading up the beautifully crafted wood and cast-iron stairs, covered with a cheetah print carpet, and



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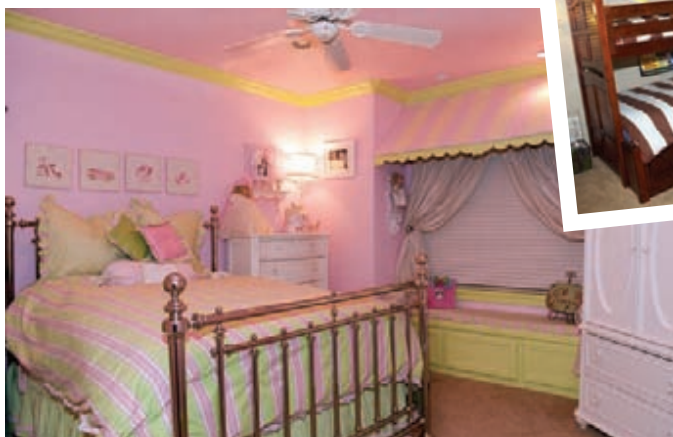
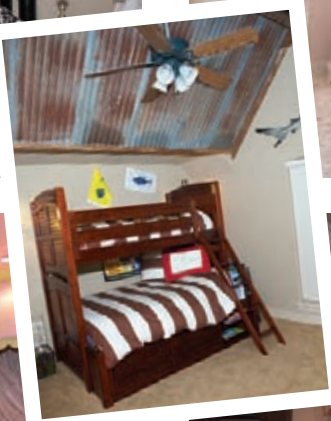
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down the hall of the upstairs, home to four bedrooms and the children's "living room," portraits depict the range in ages and adventures. Favorite travel locations like Cozumel provide ample opportunities for great stories and photos of activities such as horseback riding, speedboating, hunting and fishing. But perhaps one of the family's greatest passions is music and movies. Also tucked away in the upstairs corridor is the family theater room, which hosts collectible guitars signed by such artists as Sammy Hagar, Bon Jovi and Gene Simmons, along with the heavy metal groups Dokken, Def Leppard, Ratt and Metallica.

Truly, Dudley and Krystal are living the American dream. After years of working in the printing industry, Dudley branched out on his own to create Hamilton Press. Even as a child, Dudley had an entrepreneurial spirit. When he was just 13 years old, he won a trip to Europe after selling the most *Fort Worth*

Star-Telegram newspapers. For Dudley and Krystal, who both describe their own upbringing as humble, or in the case of Krystal, "poor," their new home is an affirmation that they have succeeded, but, "we are really about family," Krystal said.

For Krystal, just moving into a larger home became a challenge for her artistic abilities. Krystal was the one who found the cast-iron chandelier that hangs in the formal dining area. Dozens of hand dipped candles replace the light bulbs, illuminating the Tuscan-style room.

In the massive foyer of the home, the vaulted ceilings are nearly 50 feet tall, "with a molding that I think is just stunning," Krystal said, adding that the molding was one of the greatest selling points to the home when they moved in just two years ago. A chic metro clock is mounted on the wall just before the formal living room. Though both Dudley and Krystal are



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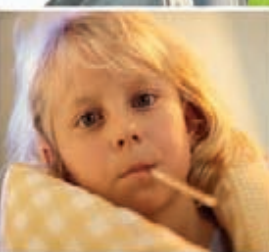






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hesitant to call anything “formal” in their home, the dark woods, leather and fabric give a rich yet warm feel to the room. Each piece has been carefully selected by Krystal, including the baby’s room.

“I had a lot of fun in here,” Krystal smiled, showing off the bright pink and white room. A white hand-woven rag carpet and white, antique-looking furniture matches perfectly with the wardrobe that has its own interior



chandelier. Using the same designer that actress/singer Jennifer Lopez used to decorate her own children’s room, Krystal put her own signature touches on fabrics and pictures that decorate the room.

In the kitchen, an old screen door is used to cover the pantry and a genuine farmhouse sink with a second copper sink for washing vegetables and fruits is set in the island. Copper and cast-iron fixtures are used as pot and utensil holders while a stainless steel stove, though very modern, also has a farmhouse appeal to it.

From the kitchen, an antique door is used as a decorative mirror in the hall leading to both a second staircase and the garage, now redesigned to serve as Dudley’s office. They joke that with such ample space, Dudley must now mount his trophies there. With two black bucks and an impressive, full-bodied Axis deer, along with his genuine cowhide chair, it is the dream office for a hunter.

Krystal’s office, however, could not be more different, and she would not have it any other way. “It’s my little cubby,” she said of the closet-sized office between the kitchen and formal dining area. Filled with both work from the family business and her photography projects, it is a place, “I like to hide in when I can,” she teased, noting how the door slides shut so she can disappear.

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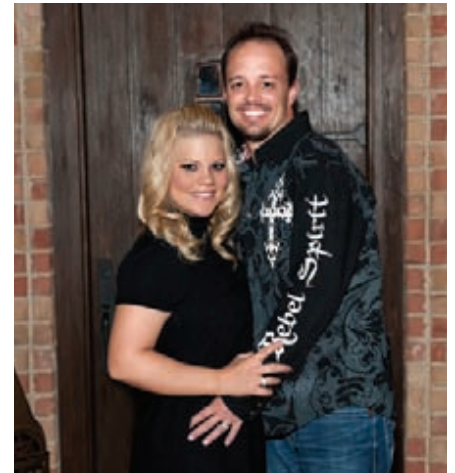
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grounds, a variety of four-wheelers, a stock pond with its own dock, an exotic pool complete with waterfalls and a cave, a basketball court and six children, Krystal cannot stay hidden for long. "We always have kids over here," she said, adding, "And we love it."

Family, beyond their cars and collectibles, beyond the grandiose furniture and excellent craftsmanship of the home's design, is the single most important thing to the Hamiltons. The focal point of each room is the children. When Krystal's mother was diagnosed with a brain aneurism, there was never a question that she would live anywhere



else but with her daughter. "My sister and I have been taking care of her all our lives," Krystal said proudly. To give her mother, Sharon Lee, her own privacy, Dudley and Krystal had a two bedroom apartment built over the massive garage out back, giving Sharon her own entrance way and view of the picturesque acreage behind the homes.

"To me, family is everything," Krystal said. While Dudley and Krystal joke about their first meeting, in which Krystal approached Dudley, she could never have known how perfect he was for her. "All I've ever wanted is a big family. Those connections are irreplaceable."

For many people, the sudden influx of so many in-laws, nieces, nephews and cousins could be overwhelming, but the Hamiltons take it in stride. It is who they are. It is apropos, then, that Krystal's cell phone has the ring tone from the song, "We are family." Truly, their house is a home, and for the Hamiltons, it is all about family. **NOW**

Gastroenterology

Adil M. Choudhary, M.D.

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

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

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

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Meeting notes obtained from the Food and Drug Administration reveal "... if an individual has had five consecutive flu shots in a 10 year period, his or her chances of getting Alzheimer's disease is ten times higher than if they had zero, one or two shots." The cause being attributed to mercury and aluminum present in vaccines.

Source: United States Food and Drug Administration. (2006, September, 7). Joint Meeting of Dental Products Panel and Peripheral and Central Nervous System Drugs Advisory Committee. [www.document] URL.

<http://www.fda.gov/OHRMS/DOCKETS/AC/06/transcripts/2006-421812-01.pdf>

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The Mansfield Chamber of Commerce welcomes Ray's Pharmacy to the area with a ribbon cutting ceremony.



Caelan Campagna gives her best "cheese" smile for the camera, while her brother Grayson tries for a fish face.



Stetson Vargas, Jayden Grubbs, Olivia Leedy, Edwin Villegas, Italia Panzica, Radez Dolezal and Ethan Riddle are all smiles for the camera.



Tedvin Wright and Donald Gonzales gear up for spring tune-ups.



The Mansfield Chamber of Commerce welcomes VR Business Brokers to the area with a ribbon cutting ceremony.



After running the Jiggle Butt 5k Run, Jessica Meuse poses with Fire Chief Barry Bondurant.

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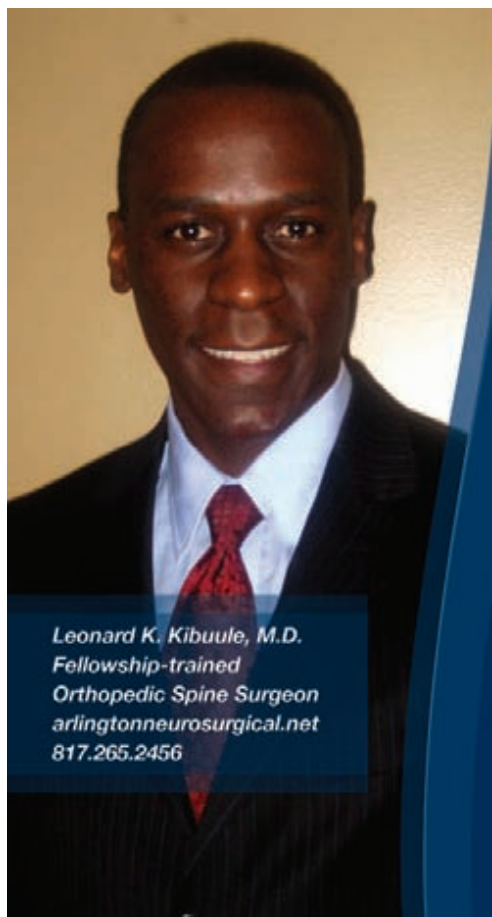
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A Labor of *Loaf & Love*

— By Katrina D. McNair

Earlene Moore fondly recounts a tale about one of her shopping trips. Upon seeing cases and cases of canning jars and pounds of flour in her basket, an elderly shopper, shocked at the amount of items in her cart, wanted to know exactly what she was preparing to can. “Bread in a jar” was probably not the answer the older woman was expecting, but it was exactly what Earlene was preparing to do.

Before she made bread in a jar, one of her signature and most unique baked goods, Earlene found inspiration, ideas and

“I take most recipes and just change them around — I add some of this and some of that.”

intact for Sunday dinners. “My mother made almost everything from scratch,” she said. “We had homemade cakes and cobblers or whatever, and I guess it was after watching her and having the house smelling so good, I started baking all types of cakes.”

After she grew up and went off to college, Earlene put her baking on the back burner. Following the birth of her first son

a love for baking in her own mother’s kitchen in her native North Carolina. The youngest of three girls, Earlene remembers her home being filled with the scent of cobblers, cakes and pies — including the ones her mother hid from her and her sisters, so they would remain



and after she quit her government job, she was bitten by the baking bug yet again. Cakes and pies made it into her rotations, but the gift of a bread machine from her husband excited her to begin working and concocting her bread recipes. Later, a book from her sister introduced Earlene to the art of bread in a jar. “My sister sent me a cookbook about five or six years ago and in it there was a recipe for banana nut bread in a jar. When I finally got the cookbook, I was thrilled.”

Although she was initially concerned about making the bread in such a fashion, the bread turned out beautifully, and Earlene was off and running. “I did what the cookbook said, measuring everything accurately; I was very particular, because I didn’t want to break the jar or have anything run over,” she said laughing. “I kept watching it in the oven and saw how it was cooking, and I said, ‘Oh, this is really cool’ and then I used my own recipes after that.”

To make bread in a jar, Earlene places a very exact amount of ingredients into each wide-mouth canning jar. Much like a glassblower keeping a close eye on a flame, Earlene cooks them at very low, but constant temperature. The result is a moist, soft

and flavorful batch of bread, encased in a unique canning jar. But, Earlene's personal touch extends further than her baking. To make each bread in a jar even more unique, Earlene uses custom fabric swatches to seal each jar. The fabric choices, along with the bread choices, can reflect the season, the occasion or the recipient. Earlene's fall batches included intoxicating and "warm" flavors of her bread in a jar, like banana nut bread, topped off with a fabric swatch with rich gold, green and red foliage, invoking a cool autumn day. As Valentine's Day quickly approaches, her red velvet cake (she can also bake cakes,

To make each bread in a jar even more unique, Earlene uses custom fabric swatches to seal each jar.



pies and cobblers in the jars), topped off with swatches of fabric with bright crimson hearts and chubby-cheeked cherub decorations, will surely be just as popular. The fabric swatches ensure the jars not only contain good treats, but can also serve as centerpieces or the ultimate, edible conversation starters.

Earlene is quite particular when creating her swatches. New fabric swatches are chosen each year, so no two seasonal years are represented by the same style. Batting is put between the canning jar lid and the swatch of material to give the

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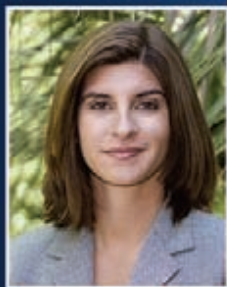
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top a softer look and feel. "Picking the swatches to match the flavor of what's found in the jar is important," she said, "and I have so much fun going from one fabric store to another to find just the right fabric."

Earlene knows her take on baking bread is a way for her to express her creativity and talent for baked goods. "I take most recipes and just change them around — I add some of this and some of that," she laughed, speaking like a true



The fabric choices, along with the bread choices, can reflect the season, the occasion or the recipient.

cook, reluctant to reveal all of her artistic baking secrets. "I want it to be the best. I don't want to make something and feel like it's average. So, I want people to have that 'wow' taste. People tell me, 'Well, you know, everybody can't do this,' and I guess I can see that. I try to pick out the best [ingredients] for what goes in my food. It should look good, taste good and be moist — that's kind of what my spiel is." Earlene is also able to make items of a healthy vein, including sugar-free items and healthier breads where she uses wheat bases and vegetables, as in her zucchini bread.

Through the mixing, pouring and baking, Earlene's own reasons for doing what she does are very simple. "It fulfills a joy for me," she said. "I love to give, and it's just something inside. I know I'm comforting them with these comforting foods. They're happy, and it just makes me feel good when I hear their responses. I just love it and I love to bake." **NOW**

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All for a T-Shirt

— By Jaime Ruark



Katie Noss is a woman determined to never let life's problems slow her down. She is passionate about staying healthy and prefers to run her way through the world. For her fellow runners, who know the toll a life of running takes on the body, Katie is quick to point out with her ready sense of humor, "I don't have ugly feet! Not yet, anyway!"

Katie's husband, Drew, spent most of his life in Mansfield, while Katie, born in Midland, Texas, came to the area to attend college at Dallas Baptist University (DBU), where she ran cross country, in 2002. "My parents are runners, and I grew up watching them. My parents have a picture of me at age 4, and I'd just run my first mile," she said, explaining with a smile the family tradition passed down from her mom and dad, Cyndi and Berry Simpson, who have run many half and full marathons,

including the Boston and New York races. "They're my inspiration."

Katie ran competitively against her peers for the first time in junior high school. Before that, she had run in local road races against people older than she, so she was excited to run with her schoolmates. "It was definitely different. I had to learn to race differently," she remembered. "In West Texas, they didn't have cross country for junior high, so I ran track. I was used to racing three-plus miles, and I had to learn how to run races where speed was more involved rather than endurance."



When Katie began running cross country in high school, her racing world opened back up to two-mile trails. "It was really fun because I didn't have to run around in circles anymore," she laughed. Despite her obviously amazing track record, Katie is humble and almost reluctant to talk about her many race wins. "After I placed third in my first race, the coaches saw my potential; I went on to win district as a freshman. I was honored to run on the varsity team as a freshman. It was really beneficial for me to run with older, faster girls, because they helped me be that much better," she added.

After graduating in 2001, Katie spent a year as a foreign exchange student in Denmark. Unfortunately, she tore the meniscus in her left knee while there, so when she returned to the states, she had some rehabilitation ahead of her. She attended New Mexico Junior College for a semester, trying to get back into running shape. "I realized my knee wasn't going to get any better, so I had surgery and transferred to Midland Community College where my parents were, so I could rehab and be at home," she said.

The following fall semester, Katie

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Endocrinology

Imran Patel, M.D.

Imran Patel, M.D., an endocrinologist, opened the Institute of Diabetes and Endocrine Disorders at Huguley. 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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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 Hahneman University, Monmouth Medical Center in New Jersey.

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made her way to DBU, but it took a year of pushing herself after her surgery to get back to her own high standards. "DBU is basically on this huge hill, and I had rehabbed in Midland, which is flat, so my knee would still hurt. I had to retrain myself, but I ended up having a good starting season there and I really enjoyed it," she said. "I had really good teammates there and a really great coach." When forced, Katie will admit that she was either the consistent winner or a top five finisher throughout her collegiate career.

Katie's record fastest time for a mile is five minutes; she runs 5Ks at 5.40 minutes and 10Ks at 6 minutes per mile. Those impressive times have earned her quite a few prized items of clothing. "Drew's a baseball player and when they win, they get trophies, but we runners get T-shirts," she laughed. "I had to explain to him that these shirts are coveted — that he can't wear his trophy around, but I get to wear my T-shirt!" Katie has saved all her trophy shirts and plans on having them quilted together as a keepsake. "I've got about 42, so it's gonna be a really big quilt," she joked.

Katie now trains with her running partner, Jake Phillips, whom she credits with giving her the extra support and drive she needs. The longer the race, the better Katie runs; she has competed in a few local half marathons and was planning on running the White Rock marathon this past December until she received some big news. "I had just started my training when I found out I was pregnant," she said. She has had to slow herself down, trading walking for running, but she looks forward to the days ahead when she can run through the neighborhoods with a baby stroller. "It'd be neat to have a girl; then I can tell her she's already been running before she was even born," she smiled.

Running for Katie is a passion, one that helps her feel at home in the world. "I like to go running in new places, see parts of a town I wouldn't otherwise get to see," she said. "Plus, there are days you're hurting and you really have to persevere. I think that gives me strength and maybe a different perspective on things." **NOW**



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From left:

Coach Dawn Dawyot and Regional Director Hilary Brannon; Andrew Foster gets ready to kick a goal; Coach Dawn and her class play one of their many learning games; the SoccerTots ball.

Future Stars

The coaches at Soccer Tots will have your little ones kicking their way to a brighter future.

— By Jaime Ruark

Watching a child learn skills that will one day help them in life is a wonderful thing. Perhaps even better is being able to stand side-by-side with your child and personally help them learn. Gary Crandall, president and CEO of the Dallas area sporting organization, SoccerTots, may argue that even more wonderful still is being able to help countless local parents and their children learn those skills in a caring, safe and fun environment.

SoccerTots, founded by Kent Gold, is a physical development program for children between the ages of 18 months and 10 years, with an emphasis on helping children develop a love for both physical activity and the game of soccer. "SoccerTots is a national program started in Spokane, Washington," Regional Director Hilary Brannon said. "Gary started SoccerTots in Dallas a little

over five years ago, and from there he and his son, Mike, who is one of the other directors, started building it up in other local facilities." For Mansfield soccer fans, weekly indoor classes are held at the APEX Indoor Sports Center, located on 1741 Commerce Dr. "Without the APEX, we wouldn't be here. They've really provided a perfect place for us," Gary noted. "I love kids and I love soccer. This is the perfect way to bring those two things together."

Thanks to the APEX's state-of-the-art Prestige Turf indoor field, SoccerTots offers weekday morning, 50-minute, coached classes, which are professionally designed for youngsters. "Our classes are perfect for stay-at-home-moms, who have young children and nothing to do with them during the day," Hilary said.

Those who register for a class are able to pick the time they want, and each class is small, with only four to eight tots at a time to ensure personal attention. The class environment is non-competitive, designed to develop motor skills and help children be physically active. But more importantly, the classes foster a sense of self-confidence. Of course, above all, these tots are there to have fun. "The kids have such a good time here," Hilary smiled. "They don't even know that we're not only teaching them soccer, but social skills, like following directions, listening, taking turns and sharing — basic life skills they're going to need when they get older and join an actual sport team or even just school and life in general."

"I love kids and I love soccer. This is the perfect way to bring those two things together."

SoccerTots classes are taught by trained coaches, with curriculum designed for each age group, so parents can be assured their little athletes are getting the best possible instruction. Each class is set up according to age. The youngest class, called the Teddies, incorporates props, songs and games, with an emphasis on simple motor skills, to keep toddlers engaged. The next level, called the Koalas, helps 3-year-olds develop balance, movement and motor skills. "Our younger classes are all designed to be parent-participation classes, which means the kids are learning by imitating their parents. It helps them bond," Hilary said. Bonding also happens with their coach, especially with fun games such as "Messy Monkey, Clean Monkey" and "Zap the Gorilla." From there, classes such as Cubs, Pandas, Grizzlies and Polar Bears begin to incorporate more difficult and involved skills. The final Polar Bear class, for 6-and 7-year-olds, is designed to help children get ready for organized sports.

The future stars of Mansfield ISD sporting events are being trained right here, right now, at SoccerTots. Come for a no-obligation trial class and see what all the fun is about. **NOW**



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Christopher Chun, M.D.



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

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

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Joan Hart poses with Evan Sullivan, a Martha Reid student and Special Olympics athlete.

A Fitting Life

— By Jaime Ruark



Joan Hart has lived in Mansfield her entire life. Having gone through the school system as a student, she has an even greater appreciation for local teachers and is proud to serve as lead counselor at Martha Reid Elementary School. “I went to Alice Ponder Elementary School, had my sixth grade year where the [administration] building is now, attended Mansfield Middle, which is the Special Services building now, and then I went to Mansfield High, now Brooks Wester Middle School, and I graduated in Willie Pig [Auditorium] in ’83,” Joan detailed. While she has seen many changes take place over the years, the important role of a good educator remains unchanged.

Before Joan became a counselor, she was a teacher. She earned her bachelor’s degree in education with a minor in psychology in 1987 from Texas Christian University and her master’s degree in general education in 1990; then worked at a private school for a while. She eventually ended up back in Mansfield in 1991 at Tarver-Rendon Elementary. “I taught first and second grade there for nine years. I really loved it,” she said with a laugh. In 1995, Joan decided to get her counseling certification from Texas Woman’s University. “I’ve always loved working with children. It just took me a few years to find out what I wanted to be, but it finally just all kind of laid out for me. My life just fits,” she added.

Many teachers played an important role in helping Joan find her way to a career in counseling. “One of the most influential teachers for me was Mrs. Reid, the namesake of this school. She was the principal at Rendon and she’s the one who hired me, but she was also my third grade teacher,” Joan explained. “Pretty much my whole family is in education, so they played a big role also. It’s just kind of our lot in life.”

Joan has worked at Martha Reid since it opened in 2004. Time has flown by, and she has a hard time believing the children she started with at the kindergarten level are now sixth-graders. “That’s the first time as a counselor I’ve seen that happen. I’ve known these little guys since kindergarten, and when I think about where they’ve come from and where they are now, behaviorally, academically — it’s amazing,” she said proudly.

Anyone who has ever been a first-year educator can attest to the grandiose ideas and plans which sometimes fall short of the goal. “I went into counseling with this big picture, ready to change the world, but it doesn’t happen just like that,” she shared. “It’s really more about one student at a time. If you touch one or two students, I feel like you’re being successful. You can help a student make some major changes in their lives, and sometimes those are changes you don’t even see ’til years later.”

As a counselor, Joan believes she helps students to bridge the gap between what

they are doing and the possibilities they can achieve. Children often struggle academically because of problems outside the classroom, such as economic difficulties, deaths in the family, divorce or having a military parent overseas. "I see students who have emotional issues, and they bring it into the classroom," she said, explaining she works to keep the adults in the system — from the teachers to the parents — working together as a unified front. In this way, no problems go unrecognized, and no child slips through the cracks. "If we can educate a child and give them the knowledge to recognize what they are feeling and why, we can then help them to react in a positive way. There's no magic formula for dealing with a child, but if we work together as a team and give them love and support,

"I went into counseling with this big picture, ready to change the world, but it doesn't happen just like that."

changes can be made. I feel like it's so important to be visible, to let the students know we're here."

Family keeps Joan's enthusiasm for work and life alive, especially her son, Ben, as well as her volunteer work with Mansfield Independent School District (MISD) Special Olympics (SO). A picture on the wall of her office proudly shows off her SO swim team, for which she is head coach. "We really have an awesome program, and it's my passion. Ben swims on the team. He has special needs, so life has been challenging, but he is a great boy, and I wouldn't change my life with him for anything," Joan expressed.

Joan is quick to point out the other teachers in her school are making a daily impact as well, often taking on the role of counselor in the classrooms themselves. "Mansfield really has a great educational system. I feel like Martha Reid is just a fabulous school, from the students to the parents, the staff, the administration — we're one big family," she said. "Our students come first. That's just the way it is. That's what we're all here for." **NOW**



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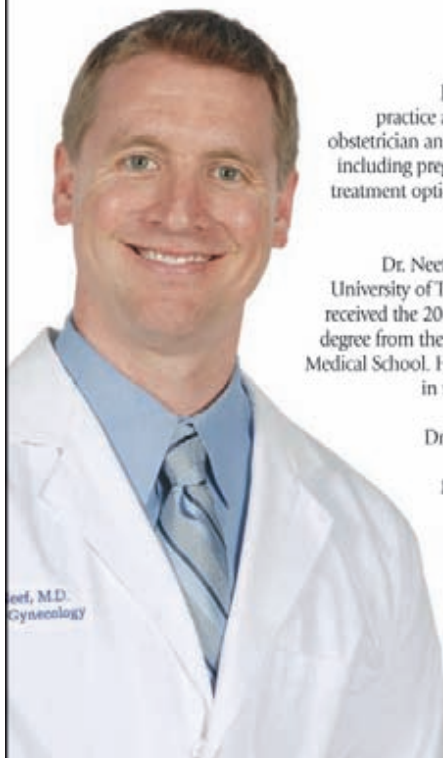
Jason W. Neef, M.D.

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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In The Kitchen With Starlette Gerik

— By Faith Browning

Starlette Gerik grew up learning how to express love through cooking. Some of her earliest memories include sitting on her grandmother's kitchen counter and watching her cook. "I learned a lot from her at a very early age. I was baking cakes, brownies and cookies by second grade," she recalled. "She showed her love by cooking for all of those around her and still does so today. She is 89 and just got

back from her first cruise!"

One of Starlette's favorite things to do is bake for her husband, Calvin, and their children: Kristoffer, Kaitlyn and Kourtney. "Whenever my kids are home from college or my youngest has friends over, we're always baking something," she said. "My girls are always helping, so I hope they will carry on the traditions." **NOW**



MURR'S YUMMY DISH DINNER

2 1/2 lbs. lean ground beef
1 tsp. salt
1 tsp. pepper
1 can cream of mushroom soup
1 can cream of chicken soup
1 can evaporated milk
1 can sliced ripe olives, drained
1 can water chestnuts (optional)
1 lb. spaghetti, cooked
1 pint sour cream
1 1/2 lbs. grated cheddar cheese

1. Sauté ground meat; season with salt and pepper.
2. Add the soups, milk, olives and water chestnuts.
3. In a large mixing bowl, add meat mixture and cooked spaghetti. Mix well; add sour cream and 1 lb. of the cheese.
4. Pour into greased 13 x 9-inch pan. Top with 1/2 lb. cheese. Bake in 350 F oven until bubbly and cheese is melted, but not browned. Yummy the next day, too!

SAUSAGE EGG BREAD

2 loaves frozen bread dough
1 lb. breakfast sausage
8 large eggs, beaten
1/2 tsp. salt
Dash of garlic powder (optional)
1/2 lbs. shredded cheese (We prefer Colby Jack, but cheddar or pepper jack are also good.)

1. Thaw frozen bread dough.
2. Crumble and cook sausage; cool slightly.
3. Add eggs to sausage along with salt and garlic powder. Cook on medium heat until eggs are done. Add cheese and mix.
4. Spray two cookie sheets with Pam. Spread each dough loaf on a separate cookie sheet. Place half of the cooked egg mixture down the middle of the dough, leaving 1 inch on each end. Wrap each side over each other and pinch together (use a little water to help the dough stick to itself). Place seam side down on pan.
5. Bake at 350 F for approximately 20-25 minutes or until golden brown.

6. Slice and serve. Refrigerate leftovers. Slice, spray with "spray butter" and brown each side for an even better second-morning treat.

PUFF PANCAKE

4 Tbsp. margarine or butter
1/2 cup sugar
8 eggs
1 cup milk
1 tsp. vanilla
1 cup flour
1/2 tsp. salt
Powdered sugar, to taste

1. Preheat oven to 425 F. In the oven, melt the butter/margarine in a 13 x 9-inch pan.
2. Beat the sugar, eggs, milk, vanilla, flour and salt together until it is a smooth batter (will be thin). Pour into hot pan.
3. Bake for 20 to 25 minutes. It will be tall and browned on the edges when done. Sprinkle with powdered sugar to taste.
4. Also great with fresh fruit on top.

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Variations: Add chocolate chips to the pan once you have poured the mixture (one of my kids' favorites). Add strawberry or peach jam in small dollops to batter. Add fresh berries to batter (1 to 1 1/2 cups).

HOT FUDGE SYRUP

(A family favorite, but we all make it differently.)

1 cup sugar

1/3 to 1/2 cup cocoa powder (depends on how dark a chocolate sauce you like)

Dash of salt

1/2 cup milk

2 Tbsp. white Karo syrup

4 Tbsp. margarine.

1. Whisk together sugar, cocoa powder and salt. Add milk, syrup and margarine; mix well.
2. Bring to boiling at medium heat. Cook 10 minutes at a low boil — medium low heat.
3. Let cool and enjoy over ice cream or use as dip for fruit and marshmallows.

MERINGUE COOKIES

4 egg whites

1 1/3 cups sugar

Dash salt

2 tsp. vanilla

1 to 2 drops food coloring (optional)

Mini chocolate chips, raisins, pecans (all optional)

1. Preheat oven to 350 F.
2. Beat egg whites until very stiff. Gradually add sugar to egg whites while mixing. Add salt and vanilla. Add optional ingredients by hand.
3. Drop by teaspoon on cookie sheet. Place in oven, close door and then turn oven down to 200 F. Leave in oven 30 minutes or until the cookie will come off the pan easily. Cool and enjoy!

PUDDING COOKIES

1 chocolate cake mix (can use any flavor you want)

1 4-oz. package instant chocolate pudding mix (match to cake mix or use vanilla)

1 cup sour cream

2 tsp. vanilla

2 eggs

1. Heat oven to 350 F.
2. Mix all ingredients in large bowl until well moistened (makes a very thick batter).
3. Drop by teaspoonfuls 2 inches apart on to greased cookie sheet.
4. Bake 9-12 minutes.

BLONDE BROWNIES

1 stick margarine

2 cups brown sugar

2 eggs

1 1/2 cups flour

2 tsp. baking powder

1 tsp. salt

2 tsp. vanilla

1. Melt margarine and brown sugar over medium heat. Remove from heat and add eggs; mix well. Add flour, baking powder, salt; mix well. Add vanilla.
2. Pour into greased 13 x 9-inch baking pan.
3. Bake at 350 F for 25 minutes.
4. Let cool.

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A Woman's Heart

— By Betty Tryon, R.N.

Of all the things women worry about with or without merit, it seems another item should definitely be on the plate. The number one cause of death for women in America is not breast cancer; it is heart disease. This may surprise many because breast cancer is so prevalent in the media and receives a lot of attention. Surprising or not, the incredible statistic is that heart disease causes 45 percent of the deaths in women. Women and heart disease, to the public, is an anomaly.

Women produce the hormone estrogen and prior to menopause, it plays a beneficial role in providing some protection in women against heart disease. One function of estrogen is to help maintain the levels of good cholesterol — HDL, high-density lipoprotein. HDL contributes to good cardiovascular health. Recent studies show that after menopause, even with hormone replacement therapy, that benefit is lost. We now know women cannot count on the benefits of estrogen after menopause for protection from heart disease, whether the hormone is natural or synthetically made. Because of this information, women and their health care providers need to be more aware of possible complications to their well-being.

Many women die from heart attacks because it can be a challenge to diagnose. The symptoms women experience when having a heart attack are not necessarily the same ones that appear in men. The familiar complaint of crushing and debilitating pain in the chest that may radiate to other areas is not always present in women. When women present with symptoms of upper back pain, abdominal pain, shortness of breath, dizziness, sweating, fatigue and/or nausea and vomiting, their discomfort may be attributed to gastrointestinal problems,

anxiety, muscle injury or some other ailment. Precious time needed for proper diagnosis may be wasted, for example, if a woman thinks she is experiencing indigestion and treats her symptoms with antacids.

Awareness of risk factors and working to eliminate or minimize areas of concern is very important. As mentioned, menopausal women are at increased risk because of the decreased estrogen hormone. The risk for a heart attack increases substantially when combined with obesity, high blood pressure and diabetes. Women can improve their odds by following a healthy diet and maintaining a healthy weight by watching their intake of salt and fats. Exercising under your doctor's supervision will bring great benefits. Avoid alcohol and cigarettes. Becoming menopausal brings a list of challenges to a woman's life. Hot flashes are only a tiny part of it. A consultation with your health care provider before problems emerge can lessen a lot of worry later. **NOW**

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



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Time to Cut Back

— By Nancy Fenton

How many times have you told yourself, “It’s time to cut back”? Be it food, computer/game time or whatever, everything has its season. This is the season to prune, prune, prune. The roses, grasses, liriopse (monkey grass), shrubs and even trees will all benefit from a few clips here and there. Most roses need a good chopping to stimulate new growth. The exceptions to the rule, of course, are the climbing roses. If you cut them now, you cut off the old wood that brings the new blooms. Wait to trim the climbers until after they bloom and then cut them way back.

It is a bit easier to know when to cut grasses. If they are brown, cut them to the ground. Lantana also likes to start over again. While it may look bare for a short time, you will be rewarded with lush, green growth as spring approaches. I usually use a weed eater to trim border grasses like mondo and liriopse down to one inch or so. As with pruning, it will stimulate

Choose a tree professional to do the areas you cannot reach from the ground.

growth and blooms for the coming season. Because this new growth is tender and very susceptible to the late hard freezes, it does not hurt to wait until the end of February to do major chopping.

Trimming is important to maintaining a healthy tree. All the little growth needs to come out of the tree, as well

as the limbs that hang down. My rule of thumb is that “suckers” smaller than my thumb need to be removed, as well as limbs that cross and rub. Choose a tree professional to do the areas you cannot reach from the ground. The key words are *licensed arborist*. I use an arborist who will grind the limbs and leaves into mulch for me. This is a great way to return the natural elements to the soil, and it does not involve a trip to the store or recycle station!

Cut back now for lush growth as the weather warms up. **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.

The office accepts Medicare and most insurance plans.

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Happening **NOW**

All Month

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

Through February 18

Register for Expanding Your Horizons career day program to be held on February 27 at Cedar Valley College. For girls in grades 6, 7 and 8. For more information, call (972) 709-1957 or visit their Web site at www.EYH.AAUW-SWDC.org.

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.

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

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

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. By appointment only. (817) 473-0507.

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

First and Third Tuesday

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

Third Tuesday

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

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

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

Every Wednesday

Children's story time for ages 3-6 years: 10:30-11:00 a.m., Mansfield Public Library.

First Wednesday

Zoning Board of Adjustment meeting: 6:00 p.m., Mansfield City Hall.

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.

February 2

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



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February 8

PTA's 112th Founder's Day Celebration: 7:00 p.m., MISD Great room. Honoring local Texas PTA Life Members. RSVP by February 3 to Pamela Goh at (682) 518-6042 or pamgoh.cwp@gmail.com.

Women's Division Board of Directors meeting: noon, Mansfield Chamber of Commerce.

February 15

Presidents' Day. MISD School Holiday.

February 15-19

Mansfield Girl's Softball League drafts. Spring coach and player clinic: February 27. First practice: February 28. For more information, visit their Web site at www.mgsa.com.

February 16

As the Page Turns adult book club: 6:30 p.m., Mansfield Public Library. February's book: *Jane and the Unpleasantness at Scargrave Manor* by Stephanie Barron.

February 24

MISD Drill Team mandatory parent meeting: 7:00 p.m., Willie Pig Auditorium, 1520 N. Walnut Cr. Dr.



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Coastal Getaway

— By *Becky Walker*

There is just something about the smell of salt in the air and the sound of waves crashing against the shore. The beauty of the ocean is like none other, and for landlocked North Texans, the Gulf Coast is a favorite vacation destination. This is true any time of year, but the frigid temperatures we experienced during January might really make a trip south sound like a great idea for many. Corpus Christi is definitely one destination to consider when thinking about a coastal getaway.

Corpus Christi offers fun of all varieties. Completed in 1941, the seawall was constructed to offer the city protection from hurricanes, but it also provided the city with one of its most striking and beautiful attractions. The seawall is 1.75 miles long and graced by multiple *Miradores Del Mar* — gazebos that overlook Corpus Christi Bay. The wall itself is made like stairs leading into the bay. Joggers, cyclists and inline skaters all find the wall an excellent place to get in a good workout. For Tejano music lovers, the Selena memorial, located along the seawall, pays tribute to the hometown girl whose life ended far too soon.

The Port of Corpus Christi is the fifth deepest in the United States, and the marina, known as the T-Heads, is a bustling place, with restaurants, private yachts, sailboats and rentals available. Sailboat races take place here on a regular basis. It is also home to the *Niña*, part of a replica fleet constructed in Spain and sailed to the United States in

commemoration of the 500th anniversary of Christopher Columbus' voyage to the New World.

On the east side of downtown is Harbor Bridge, the second tallest bridge in Texas. Spanning 620 feet, it opened to traffic in 1959. Crossing the ship channel via the bridge, you will find the U.S.S. Lexington, a World War II-era aircraft carrier, which has been retired to the bay. The ship is now a museum, which

displays the many models of aircraft flown from its flight deck during its many decades of service. Pretend you are a flying ace as you pose for a photo in front of a Blue Angels fighter jet, F-14A Tomcat or climb into a flight simulator. Walk the narrow corridors and learn about the young men who fought for our freedom.

Standing on the flight deck, you can look out over the bay or back toward the shore, where you will see the Texas

State Aquarium, which features a variety of presentations and exhibits, including dive shows and animal feedings. Several restaurants offering fresh seafood are also nearby. If the beach is more to your liking, North Padre Island, the world's longest barrier island, is located just south of Corpus Christi.

Corpus Christi is located six hours south of the Metroplex. If you are thinking about a spring break trip, you will want to book your hotel reservations early! **NOW**



A view from the seawall.



A replica of Christopher Columbus' *Niña*.



An F-14A Tomcat aboard the U.S.S. Lexington.



Anchored in Corpus Christi Bay, the U.S.S. Lexington is now a museum.



Many *Miradores Del Mar* that overlook the bay, add to the charm of the seawall.



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