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March 2009

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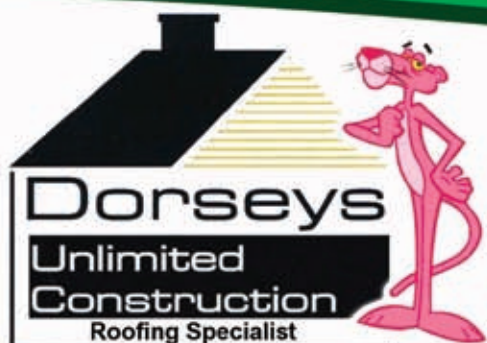


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General Manager, Rick Hensley  
Managing Editor, Becky Walker  
Editorial Coordinator, Sandra McIntosh  
Creative Director, Jami Navarro  
Art Director, Chris McCalla  
Office Manager, Lauren De Los Santos

Mansfield Editor, Alex Allred  
Contributing Writers, Faith Browning  
Nancy Fenton • Danielle Parker  
Jaime Ruark • Betty Tryon  
Photography, Ivey Photography • Natalie Busch  
Terri Ozymy  
Contributing Editors/Proofreaders, Pat Anthony  
Jaime Ruark • Beverly Shay

Advertising Representatives, Steve Randle  
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Allee Brand • Cherie Chapman • April Gann  
Marshall Hinsley • Arlene Honza • Jana Jennings  
Brandie Morgan • Pamela Parisi • Jennifer Wylie

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MAGAZINE

## Editor's Note

*Dear Friends,*

Each month of the year holds a different meaning. In January, we promise ourselves to get in shape. In February, we buy boxes of chocolate to bequeath our love to another and then horde all the candy (or maybe that is just me). But what of March?

Whether you are celebrating the new month because it signifies spring or the celebration of St. Patrick's Day, March is a month of expectations. If you have been toying with taking a dance class, learning to swim, joining a book club or getting involved in local politics, do not expect or accept anything less. Call the library, our new gorgeous natatorium or the Mansfield Activity Center. With the promise of spring comes new friends and new adventures. As for me ... I think I have one more box of old Valentine candy stashed away. As soon as I eat it, I am going to learn how to salsa.

Yours truly,  
*Alex Allred*  
MansfieldNOW Editor



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# More Than Expected

When Katherine Jackson, a chemistry teacher at Midlothian High School, chose Methodist Mansfield Medical Center for the birth of her new baby, Ryker Lee Jackson, she thought she knew what to expect.

As a longtime patient of Paul Daum, MD, an independently practicing obstetrician/gynecologist on the medical staff at Methodist Mansfield, Mrs. Jackson trusts him for his expertise and advice. "Dr. Daum is amazing. He is very knowledgeable and cares about his patients," she said. So when Dr. Daum recommended Methodist Mansfield, Mrs. Jackson agreed.

**"I was already familiar with Methodist Mansfield," Mrs. Jackson said. "My mother had a wonderful surgery experience there. I visited her at the hospital during her short recovery, and I witnessed the quality of care firsthand. The nurses and other technicians were very helpful and acted like they actually wanted you there."**

What Mrs. Jackson didn't expect was the level of maternity care offered by the hospital. "The experience was great! The personalized care, from my physician to the nursing staff, made my five-day stay at Methodist Mansfield very comfortable. They were eager to assist me, offered great information, and even provided a breast-feeding consultant," Mrs. Jackson said. "As a new mother not knowing what to expect, it was priceless."

"Most important, the compassionate and gentle way they cared for my baby, Ryker, was the highlight," she said.

The amenities at Methodist Mansfield were also much appreciated by Mrs. Jackson and her husband. "Everything was at our fingertips — the flat-screen TV, portable bassinet, refrigerator, fully stocked diaper drawer, the couch that folds out into a bed for my husband, and snack basket after delivery. I was surprised by how much we received." Mrs. Jackson adds, "The view outside our room was great, the bathroom was huge, the food was surprisingly good, and the service was truly amazing."

Ryker Lee and Mrs. Jackson are at home in Midlothian, healthy and happy. To learn all that you can expect by choosing Methodist Mansfield Medical Center, call 682-622-7000 to preregister your baby's delivery, or register for a childbirth class by calling 682-622-2169.



**— Katherine Jackson**  
*Teacher, wife and proud mother  
of Ryker Lee Jackson*

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# Ministry in Action

— By Danielle Parker

**“As a minister and a Christian, I spend time in personal devotion and seeking wisdom from God.”**

Founded in 1886, First Baptist Church Mansfield has a legacy of dedicated ministers and pastors who have been committed to serving God, their congregation and community wholeheartedly. On that list is Pastor Don Miller. Born in Oklahoma, Don came to the church as the minister of education in May of 1977 and has called Mansfield his home ever since. “I came straight to First Baptist after seminary, and I have been here from that day on. Many ministers will go to several different churches during their career,” he said, “but for some reason God has kept me here, where I will most likely retire.”

As the church’s executive pastor and pastor of education and activities for those 50 and over, Don’s job entails much more than only preaching. “I am responsible for human resources for all employees; I handle finances, working with a \$1.7 million dollar budget each year. From an education and activities standpoint, I lead Bible studies, encouraging outreach and growth,” Don said. “We are currently working on a \$7 million dollar addition and renovation project, and I’m responsible for that development.”



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With such a long list of responsibilities, Don admitted his job has become a big part of his life. "Everyone around me would call me a 'workaholic,'" he said. "I'm here at the church at 8:00 a.m. every day at the latest, so it makes for pretty long days." Nonetheless, Don said he clings to the Lord for strength to stay passionate for his work. "As a minister and a Christian, I spend time in personal devotion and seeking wisdom from God," he said. "I could never keep things in order if He [God] did not come first in my life."


Don's fervor for ministry stretches far beyond the four walls of First Baptist. Almost four years ago, he brought Habitat for Humanity to the Mansfield area. "Our church wanted to minister to the community in a way that was not already being done," Don said. "We had helped build homes in

**"I could never keep things in order if He [God] did not come first in my life."**

the Arlington and Fort Worth areas, and felt this was something we wanted to do in our city as well. In the spring of 2005, we began our first Habitat project. We dedicated the first home in July 2006."


When the church signed up for this effort, they were aware this was not a one-time deal; they intended it to be a long-term commitment. "When we began this, we knew we were not just building a house; we were starting a project of homes," Don said. "We are currently raising money for our fourth home." Through Habitat, Don said a newfound unity has been birthed within the congregation and spread through the city. "This has not only been a method of bringing the church together, but the community together, as well," Don commented. "We have about 8-10 churches involved, as well as a number of businesses that donate and civic organizations that volunteer. We never seem to have trouble finding

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volunteers to come out. Our intent was to create a community effort, and that's what it always turns out to be each time."

In order to keep the Habitat program up and running, the church must raise the funds for each home. To round up the resources, Don has had to break out of his comfort zone at times. "Habitat Forth Worth provides supervision and purchases the lots, but we have to come up with the money for the actual construction," he said. "I have never pitched myself as a salesman, so I have to push myself to get involved in that aspect. I attend various civic club meetings to promote the project and knock on doors of local businesses. Sometimes I get in the door, sometimes I don't."

However, all the hard work invested is well worth it, according to Don. To grant a home to someone for the first time is a feeling he finds indescribable.



"Every one of the new homeowners has been so thankful," Don said. "All three of our homes have been for single parents. It takes quite an effort for them to qualify, so it is such a blessing when they do actually see the finished product."

The joy brought to each family is what compels Don and other volunteers to continue building, raising funds and promoting the project. "The first house was probably the easiest to build because it was new and fresh. This next house may be the hardest project because of the economy," Don said. "House number four was easy to say, 'Oh well, they'll find someone else,' but we can't do that. There are still empty lots."

Don confessed that he must make a conscious decision each day not to fall into a slump, but to develop unique ideas and approaches. "I always look



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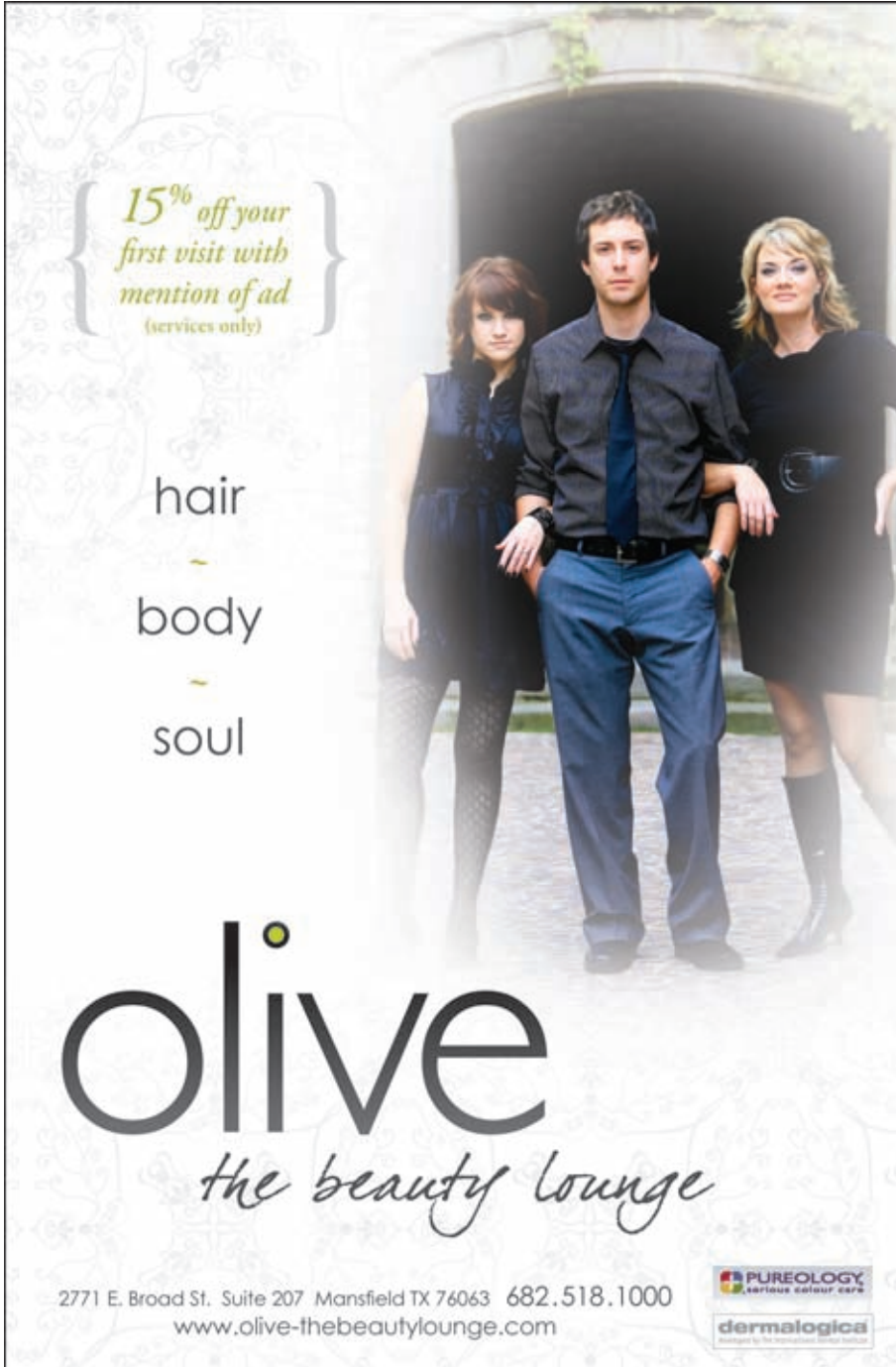
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for a new twist," he said. "It's easy to do things the same way. I have to ask myself, *Have you had 31 years of ministry or one year of ministry 31 times?*" With all that Don does, he finds he must make an effort to keep a meek outlook. "As a human, you want to pat yourself on the back," Don admitted, "but there are always people or situations to remind you that you are human and you are not perfect. I keep in mind everything I have either came from God or my parents. That point of



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view keeps me humble."

His favorite Bible verse, I Corinthians 15:58, helps him keep that perspective. It reads: "Stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

"I keep that verse close," Don said. "I will not do anything halfheartedly. If I say I am going to do something, I will do it. And I try to lead by example."

He is a husband, a father, a minister and a community leader. No matter what direction he is pulled, he is committed to living a life which honors God, while also loving his family and keeping the heritage of First Baptist Church Mansfield alive. "Anyone who has volunteered knows there are times you feel your efforts are not appreciated, and you want to throw up your hands and walk away," Don said. "If you are centered upon what God wants you to do, you know your rewards are not here on earth. In the pastoral ministry, if you do not have a strong foundation you can never make it." **—TODAY**





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**At Home With**

## **Terry and Jill Nonnemacher**

# The Life of Art

— By Alex Allred

Life is art. At least, that is how Jill Nonnemacher sees it. Even before she and her husband, Terry, made the move from New Jersey to Mansfield less than a year ago, the couple embraced the wonders life had to offer. Together they have collected art, traveled the world and ventured into small taverns and unknown villages looking to find hidden treasures and troves. While Terry, an avid music lover, plays the piano, Jill is known throughout the art world as a rising star. Her piece, *Best Friends*, was awarded in New York and is being featured in Fort Worth, Texas, on March 21 at the Whole Woman Festival. Most recently, she was accepted into the 2009 *Art Buzz Book* publication for her works in acrylic painting.

In many respects, they are both treasure hunters. After 35 years of employment with a company on the East Coast, Terry was looking forward to retirement; when a friend called,



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looking for his expertise in the trade show business, Terry agreed and headed to Texas. Ultimately, it was a move that would allow Jill to reassert herself into the art world.

Although she began her career as a textile designer, after earning her degree in art, Jill would eventually go back to school to earn her master's in psychology. "I liked the idea of art therapy," she said. Once she opened her own private practice, she was able to incorporate art into the group sessions, "as a means for people to express themselves." But as the practice took off, and Jill took on more clients, the paintbrush was laid to the side.

For 12 years while rearing two young boys, Jill successfully ran her own psychotherapy practice until two life-changing events occurred. She met her future husband and, "I picked up art again," she said, noting that the two could not be more compatible. Terry has become an art collector,



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broadening his knowledge beyond music and, as is evidenced throughout their home, fully supports Jill in her ventures.

Upon entering the four-bedroom, three-bath, ranch-style home, the mark of Jill's artistic flare is immediately apparent. Original artwork by JillyArt, and other talented artists the couple has discovered through various travels, adorns the walls. For both Jill and Terry, their home may possibly be their best treasure discovery to date. The

custom built home is extraordinary with unusually wide doorways, triple-crown oak wood molding and stained glass windows above all the interior doorways. Vaulted ceilings, which are complemented by the rich wood flooring, and a "see-through" fireplace built strategically between the kitchen and living area, are just some of the amenities Terry and Jill fell in love with. In fact, the home has three fireplaces, built-in bookshelves and a partially enclosed outdoor grill

with a retractable screen for the patio. "We literally just moved in," Jill said, "and did not have to do a thing."

As New Jersey natives, they have always enjoyed the water and even own a beach condo in Myrtle Beach, South Carolina. So, the idea of moving so far away from the water and living in landlocked Mansfield was a bit daunting. However, when Jill saw the oversized pond behind what would be their new home, she exclaimed, "Oh! I'm on the

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beach again!" Truly, the house is perfect for them.

Because of the angle of their home, Jill and Terry can enjoy the waterfront from their family room, Terry's music room, which holds an ivory-colored, baby grand piano, and from their majestic master bedroom with a door leading out to the backyard patio. Their home has a unique blend of solidarity and serenity offered by the outdoor landscaping and pond and completed with a fountain and Jill's vibrant

artwork, which is jubilant and busy.

When asked about the method and message of her artwork, Jill said, "I have two bodies of work. One is very social, the other is very serious." Quite unwittingly, this is how Jill also decorated her own home. The kitchen, with deep granite countertops on the island bar and wide cooking surfaces, is open and inviting. Sporadically, items such as kitchen stools and lazy Susans are painted with Jill's trademark smiling characters. In contrast, both

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the dining room and guest bedroom are more formal. The master bedroom is also tastefully decorated in warm, earth-tone colors with little clutter or fanfare. The home decor is a reserved, modern contemporary.



The living area and family room, however, are a testimony to their passion for life. Terry's collection of Beatles and John Lennon musical paraphernalia, oversized original artwork and colorful knickknacks all tell the stories of their travels, hobbies and talents. For anyone who is a lover of colors, art, passion and life, Jill's personal art studio is a feast for the eyes.

Life does imitate art. In her art studio, one of the first pieces to greet a visitor is a somber painting of a mother and child, heads bent in a consoling manner as mournful eyes fill the canvas





with a story of woe. It is a shocking departure from Jill's usual celebratory style of bright, vibrant colors and dancing figures. Surrounding this picture are dozens and dozens of canvases with dancing, smiling men and woman of all shapes, all sizes, all colors. Indeed, she does have two bodies of work.

No greater example of this can be found than the extreme combination of the couple's animals. In Terry's music room, next to the baby grand, beyond the scenic pond, lies a new puppy named Mozart. Do not let the name fool you for this Puggle (a beagle/pug mix) is as wild, as loving and as expressive as Jill's artwork. He is without inhibition as he greets each new day and every visitor with joy and playful nips, but tucked away in the master bedroom is Jill's 15-year-old Dalmatian, Maggie. Jill's old friend faces the last winter of her life, and Jill struggles with this reality. It is clear Jill finds her inspiration in joy and sorrow, exuberance and stillness — in every aspect of life. "I'm very affected by the people and things in my life," Jill explained. "Mostly, I just want people to react, to feel something."

For Terry and Jill Nonnemacher, their home is an expression of things important to them. The furnishings are not lavish, but are truly an expression of their lives. They are content; they are complex; they are adventuresome; they are reflective; they are grateful. They are living art. **NOW**

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**“I also play piano, act, draw, paint, write and sing; I’m kind of an all-around artist.”**

Art can be viewed as a way to tell a story or share a perspective. Painters portray feelings with their brush strokes and color palette. Musicians evoke emotions through the notes and dynamics of a song. Writers paint a picture using descriptive words. To be a talented storyteller through any medium is a gift. For the extremely accomplished 15-year-old Cara Hill, not just one but all these artistic mediums, are ways she shares her perspective. They allow her voice to be heard and remembered.

Cara’s creative juices have been flowing since she was little. “I’ve always loved to read. I read a lot. My sister makes fun of me,” she laughed. Not the average head-in-the-clouds teenager, Cara’s favorite genre is inspirational contemporary, because she prefers to read about real life. “Books are a distraction for me. They take me to another world. I love books that make me think deeper,” she enthused. “I also play piano, act, draw, paint, write and sing; I’m kind of an all-around artist.”

For Cara, every art form is connected, each inspiring the next. “Reading, music, art — they all support each other. A picture could inspire me to write, or a story could inspire me to play the piano and make a little melody. I’m just inspired by so much. I’ll listen to a song, and it helps me come up with ideas and put my words together,” she explained, adding that she is teaching herself to play piano and plans to move on to guitar so that she can be “a well-rounded musician.”

A freshman at Timberview High School, Cara can often be found in the library. She draws on her personal experiences

# Coloring Her World

— By Jaime Ruark



for her art, especially her writing, and finds that her classmates provide her with plenty of inspiration. "I like high school a lot because I can get more involved in what I like. There's more opportunity. Plus there's always a lot of high school drama going on," she smiled, explaining that because she likes to be surrounded by noise when she writes, school is the perfect place for her to work. "It sounds odd, but I have to have noise in my head or otherwise I get distracted," she said. "I like drowning things out."

The noise she often hears in her head while writing is music. "Whenever I hear a song, it puts a movie into my head. I can just kind of see it, like it's a music video," she revealed. One of her novels, entitled *Stop and Stare*, was inspired by a song with the same title by the band One Republic. The lyrics to the song planted a seed of a story in her mind, a seed which is quickly sprouting into a moving story, which deals with such weighty issues as cancer, death and the very human desire to be remembered. "Some of the emotions my character goes through and some of the ways she looks at life — it's me, some of my worst fears or how I think about things," she said, admitting she is having a tough time choosing a name for her heroine because she feels that a name can portray a personality. "There's definitely a piece of me in my stories."

Regarded by her teachers as an up-and-coming talent, Cara credits her seventh grade English teacher, Sarah Bisentine, as the person who helped her start turning her feelings into written words on a page. "She was kind of like a second mom to me. She was a big part of my life," she noted. "She encouraged me to keep going with my music and to get my thoughts down on paper."

Those thoughts have turned into three novels she is currently working on,

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an impressive task because Cara is also constantly churning out short stories — when she is not teaching herself how to play piano or singing or drawing. “My stories are vastly different from each other, so I can keep them separate in my mind,” she stated. “When I’m working on one, all the other stories go away and I focus.”

Cara is a forward-thinker, her clear brown eyes already turned toward her very promising future. “I’m not really sure right now what I want my major in college to be, but it will have something to do with the arts, whether



it be performance, music or literature,” she stated. With a maturity beyond her years, she added, “I want to make sure that I have something to lean on, a way to support myself financially.”

Cara hopes to paint a picture with her words, conveying emotion to her readers. “If my story is sad, I want to bring tears to their eyes. If it’s funny, I want them to laugh out loud,” she expressed. With her vivid and descriptive writing, she does just that. “I want to inspire people to be better, and I want to be remembered,” she added. “The world has real problems, and we need to face them, but not everything is all black and disappointing. There is color to this world.” **ARTS NOW**

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# The “J” in Diving

— By Alex Allred

Almost every day, Mansfield's natatorium hosts dozens and dozens of daredevils. Children as young as 6 years old perform tremendous acts of athleticism, as they propel themselves first into the air, then head on into water. In theory, they are diving, but it is so much more, and behind that theory is a great coach.

"It's about understanding the movement of the body," said Coach Jerry Smith, the head diving coach of the natatorium and Mansfield Independent School District. After 21 years of coaching, 18 years in Amarillo and the last three in Mansfield, Jerry is still in awe of the power, the precision, the dedication and steely nerves of a diver.

"It's incredible," he said of both the sport and its athletes. "You have to remain focused, spinning in the air, but still seeing where you are. Imagine doing all this while falling from a three-story building!"

From the platform dive, from such a great height, there is ample opportunity to contort the body or, as Jerry describes it, "get the smallness of tucking." But there is also enough time and gravity to make the fall into the water feel like crashing into a wall, if the moves are not executed properly. There is the fear of "getting tagged" or hitting the board and possibly being knocked out before falling into the water.

To execute a dive of national or Olympic caliber, countless hours of diving, crashing, slipping, falling, climbing, swimming and more diving are required. "I heard once that for one perfect dive it takes more than 1,138,000,000 dives. That is a lot of dives!" Jerry exclaimed.

Jerry would know. He was an all-around athlete, who dove competitively in high school and briefly in college. He played volleyball for both Texas Tech and West Texas A&M, but was recruited to coach at his high school in Amarillo by an old diving instructor after graduation. While Jerry likes to say that the school simply needed someone who understood diving, the diving program thrived under his supervision. He went on to train several silver medalists at the state and national level, and was named "Texas' Girls Coach of the Year" in 2006.



"The crazy thing is," Jerry laughed, "my mom talked me out of becoming a coach because she was a coach. So, for three-and-a-half years, I was an accounting major." He worked with an accounting firm during one tax season. "I hated it and went back to school for another three years." Even as he jokes about it, he knows he made the right decision and has never looked back. He began teaching third-, fourth- and fifth-grade physical education when the



opportunity to coach diving arose. Today, acting as a full-time dive coach, he still has the best of both worlds — coaching the high school athletes, as well as elementary-age students.

"You just have to know how to approach each diver according to their age," he said, noting that the high school athletes must also put in time lifting weights, performing the proper stretches and core activities to make an elite diver. With the average diver putting in 33 dives in a two-hour practice, "You must become an athlete before you become a diver. It's simple mathematics," Jerry said. "It's much harder to move body fat than muscle."

While his athletes agree that their coach has high expectations of them and can be very demanding, they love the results. "I'm looking forward to having

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a very competitive team on the national level," he said. "My team is growing. Right now, we've got 34 divers in the age-group program and 15 divers from the high schools." With two "great" assistant coaches and a state-of-the-art facility, Jerry is extremely optimistic about the future, and with a young athlete like Ryan Tipton, Jerry sees many national titles coming to Mansfield.

"Ryan is very talented. He came from a gymnastics background, but really likes the water." At the age of 14, Ryan has already won a national title on the 1-meter springboard and a silver for the 3-meter springboard. "I see great things for him. He's going to be a national champion," Jerry said. "He

**"I heard once that for one perfect dive it takes more than 1,138,000,000 dives."**

pushes himself hard, and I'm constantly reminding him of what his goals are and how he would like to repeat being a national champion. But, I have a lot of leaders on the team."

Long ago, Jerry began to see himself less as the head coach and more as a teammate. Together they train and travel and compete. For the level of commitment required, Jerry knows what his athletes give up and, in turn, gives everything he has back to his teams. "The one thing I have learned from them [divers] is that it doesn't matter where you start, but where your focus is. It is more your determination and desire than anything else. They've taught me if you really want something and are willing to go after it, you can be whatever you want to be. So, get out there and do it!" There is no "i" in team ... just Jerry. **NOW**

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# The Real Deal

— By Alex Allred

Elsa Jimenez came to the United States with her family when she was just 1 year old. Her husband, Jose Antonio Jimenez, did not arrive until he was 16 years old, but neither would become American citizens until they married. This committed partnership, which also bore two beautiful children, evolved into a business relationship as well.

For years, Elsa worked as a plant manager while Jose, a.k.a. Tony to his friends, started a business with his brother in stainless steel restaurant equipment production. While Elsa comes from a long line of family members who owned and operated restaurants, Tony can claim

an entrepreneurial spirit that runs in his family genes.

It was a logical step for the couple to buy a local business when it went up for sale almost five years ago. Beyond their family ties to entrepreneurialism, Tony and Elsa are proud of their Hispanic roots and leapt at the opportunity to purchase Carnitas Michoacan. While they are proud to be American citizens and have fully embraced the spirit of hard work, free enterprise and those rights given to each citizen, they felt the need to share their own cultural experiences and roots. This is their way of giving back to the community while they educate their own children as to the ways of their past.

"It is a Hispanic market," Elsa said, explaining the interesting blend of a mom-and-pop, deli-style restaurant, which has three

picnic tables lined beneath a television, and a "fixin's bar," blended with a bakery, meat market and grocery store. From the outside, large signs tout, "Tamales and Tacos" and "Panaderia Mexican Bakery," but it is the store's name — Carnitas Michoacan — that best describes who and what they are.

"Carnitas is a fried pork," Elsa said proudly, "and it's our specialty." Michoacan is a state in Mexico, which all translates to the promise of carnitos prepared Michoacan style. For many of their customers, this is indeed a treat as most Mexican food found in this area is more Tex-Mex. "It's a big difference," Elsa said. For example, Tex-Mex uses cheddar cheese, "but for us, we use fresh skim milk cheese. And," she added with a laugh. "We don't do chili!"

"When people come into our store, they can expect home-cooked food." Elsa, with a staff of eight, which includes a full-time butcher, encourages people to try new dishes and experience





true, authentic Mexican food.

The experience of Carnitas Michoacan goes beyond the fresh foods which are prepared daily. Festive *piñatas*, colorful blankets and an array of hats line the walls of the store, as well as novelty items from over the border. For those who love to cook, utensils designed for the sole purpose of making (or grinding) corn and flour tortillas and tamales are sold. Fresh ingredients, such as homemade tortillas or corn husks for tamales and packets of spices from *pimienta negra entera* (whole black pepper) to *quina* (chinchona bark) or even *tamarindo entero* (whole tamarind) can be found. For the true Mexican food lover, an entire rack is devoted to peppers that

**Elsa, with a staff of eight, which includes a full-time butcher, encourages people to try new dishes and experience true, authentic Mexican food.**

come with spicy ratings, including *muy picante* or very hot!

Whether you are originally from Mexico or Latin America or simply love the south-of-the-border taste, Carnitas Michoacan is the place to stop and shop for the most authentic foods. "We know that it is very hard to find authentic Hispanic food in many of the communities around here," Elsa said. "We like to say that ours is the real Mexican food."

You can find Carnitas Michoacan at 1016 E. Broad Street in Mansfield, Texas. Business hours are 6:00 a.m. to 10:00 p.m. daily, seven days a week. They are also open on all major holidays. **NOW**

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# From the Heart

— By Alex Allred

Amy Cunningham has always loved a good mystery. She enjoys unraveling questions, investigating and discovering the root to a problem. She never wanted to be a teacher, however. As she watched members of her family and college roommates struggle with the profession, she quickly discerned it was one filled with too many pressures, too many guidelines and too many hours. Instead, she found a career with the American Heart Association, acting as the regional director for eight counties surrounding the Ft. Worth area. Then fate intervened by way of a woman named Vicki Thomas.

"She was one of the people on my board," Amy explained. "She was a principal at a school where she had some students with heart conditions. She kept having me come out and talk to her school."

As Amy spoke to the children, Vicki noticed what "a great heart" Amy had for the children and asked if she might like to teach. "I just laughed," Amy smiled. "I told her that I didn't think teaching was for me, but as I kept returning to the campus, I realized that teaching was something I did want to do."

Educating people about heart conditions and learning how to head off heart disease was indeed interesting, but what of the mind? As Amy began working with small children, answering their questions and delving into their curious minds, old memories flared.

As a child, Amy was inquisitive and, in her quest to keep pace with her older brother, learned to read at a very early age. Rather than being praised, however, both she and her parents were scolded by a kindergarten teacher for her advanced pace. "I would read along with the teacher," Amy remembered, "and would be sent out into the hallway. Early



on, I did not like school.

"But kids today are so advanced," Amy continued. "Their brains are thinking so fast and with the rapid fire of video games, it's hard for them to slow down. Sometimes they can't." Enter Amy, the mystery solver. After accepting the offer to teach, Amy earned her teaching certification and became a reading specialist with a special interest in dyslexia.

"It's one of the biggest mysteries we have. The old way of teaching was simply to tell the kids to just 'sound it out,' but it doesn't work that way. I always say that my kids with dyslexia are like adults trapped in little bodies. They have the vocabulary and have an adult sense of humor, but they can struggle with the word 'cat.' They just have a higher order of thinking, so I have to try to get through the mystery of what makes them struggle, what gets them stuck."

After seven years with both the Granbury and Ft. Worth school districts, Amy and her husband, Christopher, made the move to Mansfield with their two small children. Again, Amy credits fate. "I met Mr. Mann at a job fair," she recalled of her first meeting with Mary Jo Sheppard Elementary's principal. "He is amazing. In fact, our entire campus and staff are amazing. The timing was perfect!"

The feeling is certainly mutual. In her first year with Mary



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Jo Sheppard Elementary, Amy was nominated by her peers and went on to be named Teacher of the Year with the Mansfield Independent School District. Among many of her innovative ideas, Amy applied for an educational grant that allowed kindergartners to enter a summer school reading program. Most recently, Amy has introduced another exciting new educational tool to the students of Mansfield: yoga.

"I'm an energy bunny," Amy laughed, "but when I started taking yoga, I realized how important breathing is." She also realized just how stressed the children around her are. "They just don't breathe. They get so excited, but they don't get excited in a happy way." For Amy, it was important that her students learn how to settle themselves down, how to focus and breathe.

"Especially for our third- and fourth-graders who get so stressed out over the TAKS tests. Now, when they come into my classroom, we don't sit at the table, but on the floor. We are teaching them how to sit straight, giving them better oxygen." Peace of Mind, a curriculum which offers yoga to students, will begin this spring, and Amy could not be more excited. "There is so much potential for everyone!"


The reward is worth all those pressures, all the guidelines, all those hours. One day, a teacher asked Amy to listen to a student read. He was a young boy Amy had been helping with the mystery of deciphering how to read. As she listened, Amy's heart swelled.

"He laughed after each word because he realized he could read. This was a boy who used to get in trouble, couldn't sit in his seat and tried all kinds of behaviors to get out of work. Now you can't keep a book out of his hands! As he sounded out each word, he would laugh." While Amy marvels daily at the progress of her students, they are nonplussed. There is no mystery; Amy has a heart of gold. **NOW**

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**Public Display:** Sat., March 14 10:00 AM to 4:00 PM and Sun., March 15 noon to 4:00 PM.

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Haley Williams, Julio Calderson and Nathan Nadarajah, top left, are seniors at MHS who worked several hours of community service. Pat Silmon, standing, a speech teacher at Erma Nast Elementary, top right, shared information with school receptionist Lupe Olvera. Cole and Elijah, bottom left, met at the park with their Nana and Grandma. Rob Atchley, Marilyn Paul, Walter Peyman and Hal Swartzendruber and a couple others, second row center, played a game of cards at the MAC. Michael Cocke, Travis Bowen and his dog, Buddy, second row right, played ball at Katherine Rose Park. Sheila Farley, bottom right, shared a picnic with her children.



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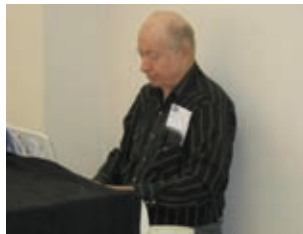
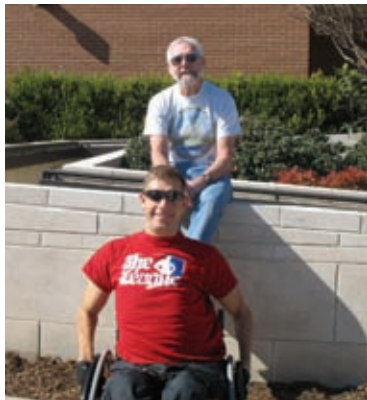
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Several children, top left, enjoyed Toddler Time at the Mansfield Public Library. Jennifer Risinger and Hunter, top right, spent a beautiful day together at Serenity Park. Ken Pickett, second row center, played the piano for the Senior Sing-a-Long. Joe, sitting on wall, and Jonathan Merchant, bottom left, visited the public library. Kathy and Charley DeVries, bottom right, had fun during the Sing-a-Long.



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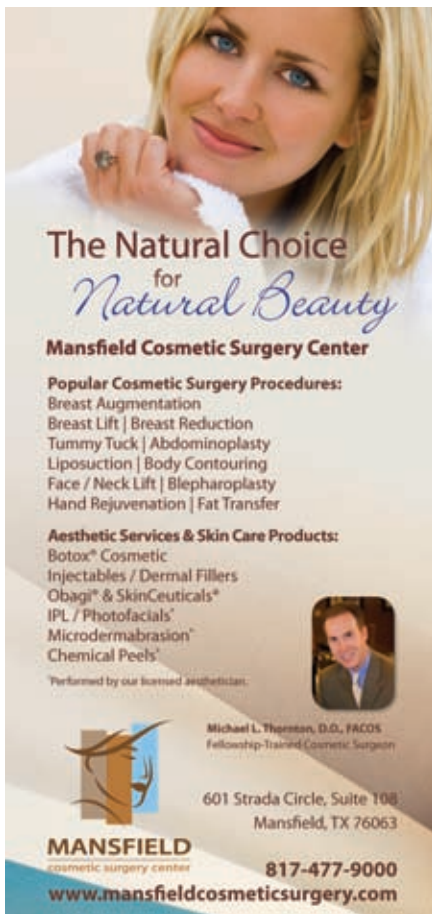


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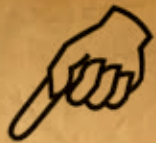
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- ✓ Top and front of range cleaned
- ✓ Dish pots or glass top surfaces wiped
- ✓ Sinks cleaned and chrome wiped
- ✓ Fronts of all appliances cleaned
- ✓ Range vacuumed and doors wiped
- ✓ Window sills, ledges, and blinds dusted
- ✓ Cobwebs removed
- ✓ Microwave wiped out
- ✓ Dishes and chair frames spot cleaned
- ✓ Grout sealing

#### Sleeping & Living Areas

- ✓ Flat areas hand wiped
- ✓ Doors and door frames spot cleaned
- ✓ Cobwebs removed
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- ✓ Window sills, ledges, & blinds dusted
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- ✓ Entry closet floor vacuumed
- ✓ All readily accessible floors vacuumed

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- ✓ Knickknacks individually cleaned
- ✓ Fronts of cabinets hand wiped
- ✓ Drains and window sills hand wiped
- ✓ Floors given extra attention
- ✓ Faucets, sinks, & chrome handbrushed

#### Kitchen & Eating Area Detail-Clean

- ✓ Inside of range hood cleaned
- ✓ Dish pots or glass top surfaces cleaned
- ✓ Doors and door frames hand wiped
- ✓ Appliances cleaned and dried
- ✓ Knickknack areas cleaned
- ✓ Fronts of cabinets hand wiped
- ✓ Drains and window sills hand wiped
- ✓ Floors given extra attention
- ✓ All kitchen furniture hand wiped

#### Sleeping & Living Areas Detail-Clean

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- ✓ Window sills & ledges hand wiped
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# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH MARY BETH ANDERSON

A Mansfield girl “through-and-through” is the only way to describe Mary Beth Anderson. Mansfield is where she met and married her high school sweetheart, where all three of their children graduated and where most of her grandchildren have attended school or graduated. She is currently in her 32nd year of serving as finance office manager at First Baptist Church in Mansfield. “I know beyond a shadow of a doubt that God placed me here,” she expressed. “I feel very blessed and privileged to serve the Lord and His people.”

Mary Beth enjoys spending time with her husband, David, traveling and watching sports. She loves to bake, read and spend time with family and friends. “We love fellowship with friends and playing dominoes or bridge,” she said. “I love people!”

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

### DIVINITY

This was my deceased mother-in-law, Nelma Anderson's, recipe. It is much easier with a stand mixer (not a hand mixer). Do not try it if it is raining or when the weather is very humid.

3 cups sugar  
1/2 cup white Karo Syrup  
1/2 cup water  
3 or 4 egg whites  
1 tsp. vanilla  
1 cup pecans, chopped

Cook sugar, syrup and water over low heat, stirring until sugar is dissolved, and mixture is at soft ball stage or 235 F on a candy thermometer. While this is cooking, beat egg whites at high speed until stiff. Continue beating and pour 1/3 syrup mixture slowly over egg whites. Let syrup continue cooking to hard ball stage or 265 F. Pour 1/3 more syrup mixture over egg white mixture, beating continuously. Cook remaining syrup until mixture in the mixer bowl is well beaten; add last of the syrup. Mix well again; add vanilla and

pecans. Drop by tsp. on waxed paper. Let cool; transfer to airtight containers.

### VANILLA REFRIGERATOR COOKIES

I always double this recipe.

1 1/2 cups flour  
1/2 tsp. soda  
1/2 tsp. salt  
1/2 cup shortening  
1/2 cup sugar  
1/2 cup brown sugar  
1 egg  
2-3 tsp. vanilla  
3/4 cup pecans, chopped

Mix flour, soda and salt together; set aside. Mix shortening, sugars, egg and vanilla until creamy. Add flour mixture gradually. Add nuts; mix well. Shape into log rolls about 1 1/2 inches in diameter. Wrap rolls in waxed paper or Saran Wrap; chill in refrigerator. Slice chilled dough; place on sprayed cookie sheet about 2 inches apart. Bake cookies in a preheated 375 F oven for 9 to 10 minutes or

until lightly browned. Cool before placing/stacking on platter.

### CRUNCHY PEANUT CLUSTERS

From a church friend, Kathy Mitchell

24 oz. almond bark, chopped  
1 12-oz. pkg. peanut butter chips  
2 small cans shoestring potatoes  
1 14-oz. jar salted peanuts

Microwave almond bark 2 minutes or until soft (microwaves vary). Add peanut butter chips; mix well until chips melt. Add shoestring potatoes and peanuts; mix again. Drop by teaspoonful on waxed paper. Cool; when set up, store in airtight container.

### SOUR CREAM POUND CAKE

2 sticks butter  
3 cups sugar  
6 eggs  
1/2 pint sour cream  
3 oz. cream cheese

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1/4 tsp. soda  
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3 cups flour  
1 tsp. vanilla

Cream butter and sugar. Add eggs, one or 2 at a time, beating after each addition. Add sour cream and softened cream cheese. Mix dry ingredients together; add to creamed mixture gradually, beating continuously. Add vanilla. Spray large Bundt or tube pan; pour in batter. Bake at 350 F for 1 1/2 hours or until inserted wooden pick comes out clean. Let cake stand in pan for 5 to 10 minutes, then turn out on cake plate. (This cake freezes well.)

## YEAST ROLLS

2 cups warm milk  
2 envelopes dry yeast (I use rapid rise.)  
1/2 cup vegetable oil  
8 Tbsp. sugar  
1/4 tsp. salt  
2 eggs  
5 cups flour (I use Gold Medal Better for Bread Flour.)  
4 Tbsp. butter, melted

Mix warm milk (not hot) and yeast together. Add vegetable oil, sugar, salt and slightly beaten eggs. Slowly add flour using a large wooden spoon. Cover with clean dishtowel; let rise in a warm place to double in size (about 1 1/2 hours). Turn onto lightly floured board and knead until smooth. With floured rolling pin, roll 1/3 dough at a time to 1/2- to 3/4-inch thickness. Pour melted butter on dough, fold over; cut rolls with floured biscuit cutter or glass. Place rolls on sprayed cookie sheets or cake pans (don't crowd); cover with dishtowel, and let rise again about 1 to 1 1/2 hours in warm place. Bake at 400 F for 15 to 20 minutes, or until lightly browned. Remove from oven, and brush with melted butter. **FOR CINNAMON ROLLS:** After first rise of dough, roll 1/3 of dough at a time on floured board as above. Cover with granulated sugar (sugar layer will be about 1/4 inch thick). Drizzle generously with melted butter, and shake on a solid coating of ground cinnamon. Roll into log, slice to 1-inch thickness and place on sprayed cookie sheets or cake pans approximately 1/2 inch apart. Cover with dishtowel and let rise about 1 to 1 1/2 hours in warm place. Bake at 400 F for 10 to 15 minutes (barely brown or they will be hard). Remove from oven and cool. If desired, frost with a glaze of powdered sugar mixed with a little milk. When cool, remove to serving platter.

## BUNDLES OF BEANS

2 16-oz. cans whole green beans, drained, patted dry with paper towels  
4 slices bacon, halved (I use peppered bacon.)  
1/2 cup brown sugar, packed  
1/4 tsp. garlic powder  
1/2 stick melted butter

Divide beans into 8 portions. Wrap each portion with a half slice of bacon; secure with a toothpick. Place bean bundles in a 13 x 9-inch baking dish. Mix remaining ingredients in a small bowl; pour over bean bundles. Bake at 350 F for 35 minutes.

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# Compassion Helps With Epilepsy

— By Betty Tryon, R.N.

Jennifer went from a bubbly sixth-grader to a frightened and silent little girl. She started to walk with her head down most of the time. Her friends seemed to be afraid to spend time with her. Why? She had her first seizure, days ago, in front of the entire classroom. She was eventually diagnosed with epilepsy. However, with time, medical management and education, Jennifer became popular as ever. A seizure disorder is not a social death sentence. This disorder can be managed.

Epilepsy affects millions of Americans with thousands being newly diagnosed every year. In epilepsy, the neurons (nerve cells) have bursts of abnormal electrical activity in the brain. When these nerve cells misfire, communication between them is temporarily disrupted resulting in a seizure. Epilepsy is not a disease. It is a neurological condition affecting the nervous system. You cannot catch it from anyone. It is not a mental illness. It does not indicate a person's intelligence level or ability to think and learn.

It may be frightening to watch someone have a seizure because it can cause uncontrolled jerking movements of the body. Sometimes, the person may lose consciousness. When someone goes into seizure activity, they need your help. It used to be a common practice to use a padded tongue blade

between the teeth. This is now discouraged because of the possibility of broken teeth or accidental choking. The most important thing to remember when someone has a seizure is to keep him or her safe. If they are sitting or standing, gently ease them to the floor to avoid a hard fall. Remove glasses, ties, backpacks — anything restrictive. Move furniture and other objects out of range so they are not injured when their limbs are thrashing uncontrollably. Stay with them until the seizure is over. Some of the indications that dictate calling 9-1-1 are — breathing difficulties (if breathing stops, begin CPR), if the person is pregnant or diabetic, if the seizure occurred while in water, repetitive seizures without a break in between or if the person is injured or unknown to you. Call also if the seizure is longer than five minutes. The old

adage that it is better to be safe than sorry applies here.

Because of the occasional social stigma attached to this disorder, it is important for others to know that people with epilepsy are regular people with the propensity to have a normal life, just like them. **NOW**

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



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## Are We Going to be DRY and DUSTY Again?

— By Nancy Fenton

I have not noticed any soaking rains in a long time. The one-fourth inch of ice we got in January does not really count. It was too little, too late for my yard. How about yours? If you have not started your watering schedule, get the rain gauges out and start watching them.

The United States government monitors all kinds of things including rainfall and drought conditions. The U.S. Drought Monitor Map shows 71 percent of Texas in some stage of drought, despite hurricanes Dolly, Gus and Ike soaking East Texas in 2008. More than 15 percent of the state was shown in extreme drought, in spite of the cooler temperatures. Remember the high fire risks and the broken trees of 2006 and 2007? This could be happening again.

The general rule of thumb for landscape watering is one inch per week on turf areas (use tuna cans or similar to measure), one-to-two minutes of three-quarter inch hose on full at the base of established shrubs only when they show signs of stress (wilt, color change, etc.) and slow soak on established trees every two to three weeks during hot, dry periods. Mulch will slow down water loss and lower soil temperature to prevent roasted roots this year! New plants will need more time and effort, plus more water, until they get established.

Protect your landscape and your earth by being aware that over 50 percent of water going to landscaping is wasted, so water wisely! Reduce, recycle and restore is the ongoing theme of the Ellis County Master Gardeners. Come and learn more at their yearly Lawn and Garden EXPO, Saturday, March 28th, from 9:00 a.m. - 5:00 p.m. at the Waxahachie Civic Center. For more information, please call the AgriLIFE Extension Service office at (972) 825-5175 or check the Web site at ECMG.com. **XXXX**

*Nancy Fenton is a Master Gardener in Ellis County.*



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# March 2009

## Community Calendar

### Monday – Friday

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

### Every Monday

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. Learn about business start-up, cash flow management, marketing and the development of advisors or board directors. (817) 473-0507

### First and Third Mondays

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

### Second and Fourth Mondays

The Kiwanis Club of Mansfield afternoon meeting: noon at Nelda's Mexican Restaurant, 2880 S. Cooper. (817) 453-5106. [www.kanmansfield.org](http://www.kanmansfield.org).

### First and Third Tuesdays

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

### Every Tuesday

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

### Every Thursday

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

Mansfield Public Library.

### Every Friday

Mansfield Kiwanis Club meeting: 6:45 a.m., Methodist Mansfield Medical Center, 2700 East Broad St. (817) 473-9886.

### Every Saturday

Thinking about getting a pet? Check out the city of Mansfield Animal Control. Saturday hours: 8:00 a.m.-4:00 p.m. Weekday hours: 8:00 a.m.-4:30 p.m. Volunteers always needed to walk, bathe, brush the animals and clean cages.

### March 7

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

### March 9 and 23

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

### March 11

Library Advisory Board meeting: 6:00 p.m., Mansfield Public Library Community room, 104 Wisteria St.

### March 12

Mansfield Child Care discussion: 7:00 p.m., Mansfield Library community meeting room, 104 S. Wisteria St. [www.mansfieldchildcare.com](http://www.mansfieldchildcare.com).

### March 17

Adult book club meeting: 6:30 p.m., Mansfield Public Library. This month's discussion: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer.

### March 28

Mansfield Fire Department offers free BLS Healthcare Providers classes for \$50. Contact Training Lieutenant Steve Gutierrez at (817) 804-5772.

Master Gardeners Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. Call (972) 814-0699 or e-mail [expo.ecmga@yahoo.com](mailto:expo.ecmga@yahoo.com) for details.

### March 31

Mansfield Fire Department is accepting applications for the 10-week Citizens Fire Academy. Classes are held every Tuesday evening from 6:00-9:00 p.m. in the Fire Training Room located at 3100 E. Broad St. The program is designed for citizens who live or work in the city of Mansfield. The course mission is to open the lines of communication between the Mansfield Fire Department and the community. Contact Battalion Chief Tim Gardner at (817) 804-5770.

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A photograph of a man and a young boy in a festive setting, likely a home decorated for Christmas. The man, wearing a tan sweater over a collared shirt, is holding a yellow and black ornament. The boy, wearing a blue polo shirt, is looking up at him and holding a clear ornament. The background is filled with Christmas lights and decorations.

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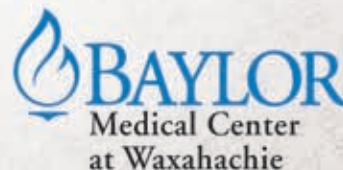
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