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April 2008

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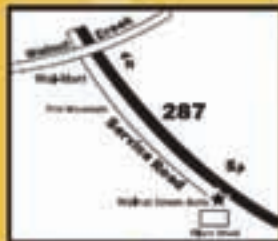
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Mansfield NOW

Editor's Note

*Welcome to spring,
Friends and Neighbors!*

The month of April is an exciting time, promising rebirth and celebration. While the exact derivation of the Latin term for April (*Aprilis*) is debated, the promise of bloom is inferred.

It is all the more perfect that the wonderful people who appear in this issue offer the promise of tremendous bloom individually, for our community and the world around us. Our own generous residents are literally changing the world through acts of kindness and empathy. They are changing stereotypes and rediscovering the awesome power of faith, hope and love.

So, as spring is upon us find a way to make a positive impact on our community.

Your friend,
Alex Allred
MansfieldNOW Editor

P.S. - If you are inspired by someone you know, let me hear about it. Send ideas to alexallred.nowmag@sbcglobal.net



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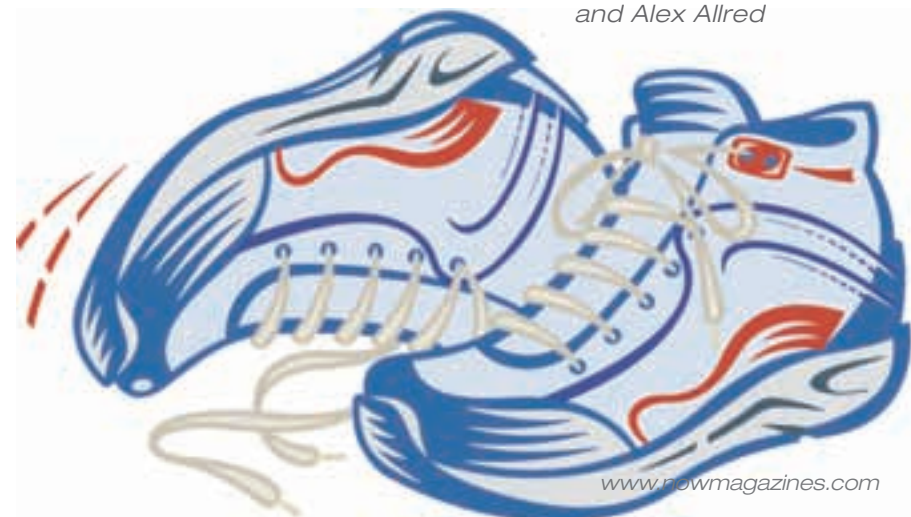
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In Her Shoes

— *By Sonia Brumbeloe
and Alex Allred*



*There was an old woman who lived
in a shoe. She had so many children
she did not know what to do.*



Today, that nursery rhyme could not be further from the real picture of the shoe lady of Mansfield. Pastor Bernita Tyler Scott is a strong, independent woman who, indeed, has so many children. But she knows exactly what she wants to do with them. She wants to properly fit each one with a new pair of shoes.

What began as an exercise to save a little boy from a bully turned into the educational experience of her lifetime. For Bernita, it became a mission that folded neatly into her ministry of giving. It was about, of all things, shoes.

It all began in 1989 when a young boy simply wanted to go back to school when the fall session began. But, because of his shoes, he felt too inferior. The other children taunted him and made fun of him. He was embarrassed to the point where he found it difficult to face another day. Feeling ashamed, it was easier for him not to attend school at all, until he shared this shame with his neighbor, Bernita.

"I took it upon myself to see that the boy had shoes to wear to school," Bernita said. "I wanted him to have new shoes like the other children on the first day of school. I no longer wanted him to feel ashamed.





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This story of Pastor Scott and the little boy of 18 years ago was the beginning of "Shoes For My Children." Today, Bernita heads up the ministry of handing out shoes, socks and shoelaces for countless children at two events held each year. In fact, she still gives shoes out in the Dallas area where it all began.



The importance of young people feeling significant and valued cannot be stressed enough. Particularly during adolescence, when so many children are insecure and self-critical, Bernita believes a new pair of shoes offers so much more than covering. A single pair of shoes translates into the feeling of being special and important.

Bernita understood this. Born to missionary parents in Oklahoma City, Oklahoma, Bernita's life has been devoted to giving. Her father, Bishop Wardell Dean and mother, Oscar May Crump Dean, a church overseer, gave their daughter a charitable background in the Full Gospel Church.

"When I was younger, we did travel a lot," Bernita said, recalling how her parents, "did a lot of sharecropping, picking cotton," while they spread the Word.

Truly, she was reared in a home which taught, "Charity begins at home." Her earliest memories, in fact, are that of giving. Also a child of modest means, Bernita once received a Chatty Cathy doll for Christmas, but when a neighborhood child pined for the doll, Bernita simply gave it away. "The little girl had never gotten anything for Christmas but oranges and

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apples and peanuts. She just loved that doll, so I gave it to her." For Bernita, giving comes naturally. Getting, however, is not always so simple.

When asked how she received her funding for her massive undertaking, she replied, "From generous individuals and corporations alike. The Women's Division of the Mansfield Chamber of Commerce has collected shoes for the

What began as an exercise to save a little boy from a bully turned into the educational experience of her lifetime.



drives. The Mansfield Rotary Club and the Texas Trust Credit Union have also been active contributors, and many, many more." It has been reported that she has gone to the Chamber of Commerce meetings to "pass the shoe." "The idea is to fill the shoe with money to buy more shoes," she added.

Last summer, Bernita and her handful of faithful volunteers met at Sell Automotive, located at 100 South Main Street, to hand out shoes to those in need. They were armed with a shoe sizer, in case those receiving shoes did not know their own shoe size. The soaring summer heat did nothing to deter those in need. Mother and fathers, with their children close at hand, waited patiently for their turn.



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Anjani Amin, M.D., is board certified by the American Board of Family Medicine, and a member of the Texas Medical Association, Tarrant County Medical Association, Texas Academy of Family Physicians and the American Academy of Family Physicians.

Dr. Amin received her undergraduate degree in Biology from the University of Texas at Austin and her medical degree from the American University of the Caribbean.

Dr. Amin takes great pride in being able to provide personal and comprehensive care to her patients while considering the context of their family and community. She sees patients of all ages and is currently accepting new patients at Family Health Center of Mansfield.

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"In order to receive special gifts," she said, "they have to meet at least one of the criteria of Medicare, Medicaid, Aid to Families with Dependent Children (A.F.D.C.), Section 8, those eligible for food stamps or proof they are classified as low income." While explaining the criteria in length, she was continually interrupted to answer questions and help out, as well as giving hugs and encouragement.

Often, she said, they qualify in more than one of these examples. Then, and only then, will they receive the much wanted and needed shoes. "These are not used shoes," she added, "but instead new, quality shoes the children can be proud of. These are shoes that will afford the children the self-esteem and pride that is so important with the beginning of a new school year. They will have new shoes just like their classmates do."

Truly, this lovely lady with a heart of gold does not live in a shoe. Nor does she have a fancy paneled office in corporate America. Instead, she works out of her modest home, and has two closed-in cargo trailers where she stores her precious treasures. Many children come to her home, only to knock on her door and say, "I want some of them new shoes."

"When I was little," Bernita recalled with a laugh, "I would turn over milk cartons and preach to other kids."

Decades later, the shoe lady of Mansfield, still has so much to offer children. Her love for others is very apparent when meeting her. Those around her yearn for the chance to speak to her, give her a hug and "glow" when she gives them encouragement and praise.

Fortunately, her hard work has not gone unnoticed. She was awarded the Texas State Senate Resolution, as well as the Jefferson Award, "given to me by Jacqueline Kennedy Onassis," to name but a few of her many awards.

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At Home With Robert and Gale Vittitow

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History *in the* Making

— By Sandra McIntosh

Robert and Gale Vittitow met one another on a blind date while living in Wichita Falls, Texas. "Mutual friends set us up," Robert remembered, with a smile. They met at a little bar and grill. As the evening progressed, they visited another bar where they decided a competitive game of pool would break the ice even further. "Gale scratched on the eight ball," Robert said, "and my standing rule was if you scratched on the eight ball, you had to kiss your opponent." Needless to say,



the attraction between Robert and Gale was mutual. After that initial kiss, they dated for a year before Robert popped the question. "His request was quite simple," Gale explained. "He asked me to marry him while we were watching TV." The couple exchanged vows on December 9, 1989, and the rest is still history in the making.

MansfieldNOW April 2008



Once married, the couple made homes in Amarillo and southwest Arlington, before eventually landing in Mansfield. Robert and Gale recently celebrated their first year in the new two-story, four-bedroom, four-and-one-half-bath, French-style abode they lovingly call home today. "We used to live just a couple of blocks from here,"



Robert said, referring to the first home they owned in Mansfield. "We'd walk Gussie, our Boston terrier, over to this newer section of the neighborhood." The couple watched the home being built on all those nightly walks and during that same time, they also began house-hunting. "We kept coming back to this house," Gale said. "We up-sized," Robert chimed in. "We went from 3,000 square feet to just a little over 5,000." The old home



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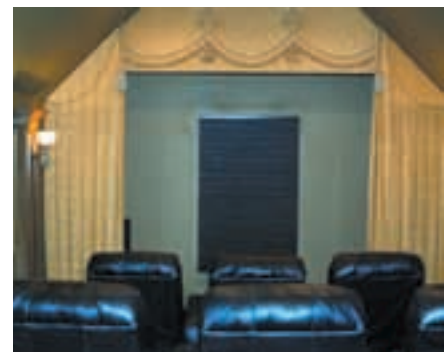
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sold in eight days, so moving forward came much sooner than either Robert or Gale could have imagined.

The home, built by Jerry Lucas, was everything Robert and Gale were looking for, and so much more. "Jerry and his wife didn't miss a single detail," Robert added. "The small details have made all the difference." Some of the small details Robert was referring to include: the grape accents hand-carved in the wood trim above the stove; the Old-World style cabinetry in the kitchen; light granite kitchen counters with dark flecking; the "green stone" fireplace in the den; the fireplace in the salon that looks as if it was constructed from thousands of crushed shell-like pieces; and the overall floor plan, which allows for ease and open comfort when it comes to entertaining.

"We held our first big party last Christmas," Robert said. "We had no fewer than 60 people here. I think we asked everyone we knew." The couple





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is looking forward to those long lazy days of summer just around the corner so they can invite friends and neighbors over to enjoy the pool and backyard area. As summer approaches, Gale is making the necessary landscaping preparations. "I love white flowers in the landscaping," she said. "The backyard is real shady, so the punches of white just seem to brighten it up."

When up-sizing, Robert and Gale quickly realized the furnishings in the

old home were too small for the new home, so new furniture is found throughout. "A few things made it over from the old house," Gale laughed. Having five grown children between the two of them made it easy to disburse the items they did not move to the new location. "They all wanted something," Gale said, as Robert just shook his head in agreement. Although most is new, the cell, an alcove-like area located high above the entry door,

is home to a lamp that belonged to Gale's grandparents and a chair that once belonged to Gale's Great Auntie Enid Justin, of the Justin boot family.

Lisa Landry, of Interiors by Decorating Den, did such a fantastic job with the Vittitows' old home, that she was invited back to decorate their new home, as well. "I don't really have a decorating bone in my body," Gale said. "So I gave her free rein to do whatever she wanted." For those visiting

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for the first time, it is easy to see why Gale trusted her with every detail, both large and small. The salon is home to two matching chaise lounges, where Gale reads the paper in the morning and finds hours of relaxation listening to music in the evening. The fireplace is flanked on both sides with floor-to-ceiling built-in bookcases, which house family photographs and a small piece of mosaic artwork purchased during a trip to the Vatican, in Rome, Italy. A

special framed piece of art by Gustav Klimt, named *The Kiss*, was purchased on another trip to London. It takes its rightful place on the north wall of the salon. One special detail Lisa featured throughout the home was the use of mirrors in each room. Another unique feature is the cork-upholstered chairs located at the head and foot of the formal dining room table.

The story about the presence in the powder room located directly under



the stairs is one Gale enjoys telling over and over. "I kept telling Robert that I felt a strange sense every time I went into the room," Gale said. "I told Lisa it seemed as if someone was lost." The framed painting of a lady's face is the focal point of the room's main wall, easily seen as you walk down the hallway. "We call her 'Lus,'" Gale said. "It's an acronym that stands for Lady Under Stairs." Gale told guests that when the lights are turned out, her face glows



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in the dark. As the light switch was flipped to the down position, Lus' face gave off an eerie, iridescent glow. Several crosses on the opposite wall bring a peaceful balance to the room.

The master suite could be called the home's haven, with its remote blinds,

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hidden TV, Jacuzzi tub and lounging area strategically placed in front of a large bank of windows that allow the couple to snuggle while taking in the great view of the backyard, as well as the natural beauty of Walnut Creek — the home's basic property line. The chandelier above the lounging area looks like it came out of the '60s, but it adds a soft ambiance to an



already romantic space.

The rooms located upstairs include Robert's home office, which Gale says resembles a tree house because of its fantastic view among the trees; the home theatre aptly named *Le Cinema de Bijou*, and two guest bedrooms with



matching bathrooms. When visiting for the first time, do not be surprised when you are greeted at the door by Gussie. She will hang around just long enough to get a sniff and a pat before she returns to her pallet on the fireplace hearth. Be sure to take notice of Pete, the couple's four-legged Bengal cat, with markings as unique and detailed as the Vittitow home itself. **NOW**

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ARTS NOW



Wacky Chicks with Missing Pieces

— By Jaime Ruark

The Green family has called many places home. When Janet Green moved to Texas with her husband, Mike, and their two children, Holly and Aaron, she was ready for a change. Having worked in the stressful semi-conductor business for 17 years, the move was welcomed. Just a little over a year later she went to work at Mansfield City Hall as the receptionist. What she was unprepared to change, however, was her close relationship with her sister, Linda. When her phone rang one day and her sister's voice on the other end of the line said, "I'm coming." Mansfield truly became home.

Linda Johnson left behind the gorgeous scenery of Colorado Springs, Colorado, to join Janet in 1998. "You



could see Pikes Peak from my window," she recalled. Linda also worked in the semi-conductor business. Her job was "so stressful, I needed to make a change," she said, explaining how her

current position working for the city of Mansfield in code enforcement was a newly created job. "I'd never done anything like it before. I was a little nervous, but now, it's been 10 years and I'm really happy there."

Janet was tickled to once again have her sister by her side. "We've always been close," Janet shared, her ever-present smile and contagious, easy laugh bubbling up as she admitted to being the eldest. "We graduated together, though. It wasn't because I was held back. Oh no! She just went to summer school for two summers so she could graduate early with me," Janet giggled, adding, "We're wacky chicks!"

ARTS NOW

The sisters' lifetime of shared stories seem filled with such laughter, teasing and good family fun. The two manage to find a way to smile even in tough times, finding the silver lining in any cloud. In fact, "decorating the difficult" may be a fitting way to describe their shared scrapbooking hobby.

"Genealogy was my first hobby," Linda said. "It all started when I was 13 or 14 years old. I was researching our family tree, and someone told me, 'No.'" Certain members of her family attempted to leave Linda with many

**The two
manage to
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smile even
in tough
times, finding
the silver
lining in
any cloud.**

missing pieces to her ancestral tree, but her stubborn nature would not take "no" for an answer. She began researching and digging, finally discovering a whole new side of her family. "I can now trace our genealogy back to Finland and our family tree goes back to the 1560s," she divulged. Linda's artistic nature came out as she designed a beautiful poster board to contain her ancestry, and a scrapbooker was born.



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Linda's scrapbooks chronicle her family's history and have peaked the interest of many. She has paved the way for others to begin unlocking the doors to their pasts, as well. "Linda is helping others find their families now. She's helping other people with those missing pieces," Janet said proudly.

Of course, her hobby could not be fully enjoyed unless her sister shared her passion. "She gave me a scrapbooking class for my birthday, so of course I had to go," Janet joked. Now the two sisters are running out of room for their books, tools and the myriad accessories that go along with their hobby. As Janet pointed out, "It can be an expensive hobby and it can take over your house. Linda has a whole room!" Linda's scrapbook room may, in fact, bring to mind the now-closed Recollections store. "I loved that place. I bought a piece of the store when they were going out of business. I called Janet the day I bought it and yelled, 'I got the wall!'" she said, sharing a laugh with Janet as the two talk about the wall that is now a part of her home, displaying her ribbons.

The women attend many groups, conventions and retreats, and these sassy scrappers really enjoy participating



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in Circle Journals. "We pick a theme, like 'Betcha Didn't Know,' and we each start a book that gets passed around every week to someone new. Everyone has a different style; some are simple and some are very elaborate. You don't get to see your book until it's done, and then you find out so much about each other. With 'Betcha Didn't Know,' we discovered one of the girls who is a second grade teacher is also a sharpshooter," Linda laughed.

These sisters artistically chronicle important chapters of their lives with their books, from birthdays and graduations to job accomplishments, to the passing of a family pet or loved one. Minor obstacles and major milestones are captured forever in the beautifully decorated pages. "We also love to make cards and albums. We make books people can use and donate them to good causes," Janet shared. For Valentine's Day, Linda created a princess book and Janet crafted a baby album to donate for the raffle to help cancer victim, Haley Hart, the 4-year-old daughter of the secretary at the fire department. "Those are the kind of things we love to do," Janet added. "Helping people keep their memories alive — we hope our books do that." **ARTS NOW**

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Extreme Boarder

— By Alex Allred

Hamid Rasul defies gravity. As he pushes a foot off against the concrete, he propels his body into the air. Once airborne, he somehow manages to keep the board beneath his feet. One can only hold his or her breath as Hamid launches into the air, vaulting off of a set of stairs or over a row of hedges.

He lands just as he prepared the initial jump. He crouches, creating a low

center of gravity and then, as he is about to make the leap, he flexes his muscles, pushing hard against the board. Throwing his arms into the air, the action allows him to go higher still. It allows him to go up and over curbs, boxes, down ramps and uneven surfaces.

But how? How does he manage such feats and still keep the board beneath his feet? It defies logic. Man and board should separate. Instead, Hamid lands evenly on the board. As easily as he went up, gravity takes hold and Hamid with his board fall back down to the hard concrete. Truly, it is an amazing act of athleticism but, for Hamid, "It's just fun. It's an outlet."



Sports NOW

The outlet for Hamid began when he was in the seventh grade. From the moment he stepped on the board, he was hooked. "It was at a neighbor's house," he said. "They had a quarter pipe [a ramp used in extreme sports, which resembles a quarter of the cross section of a pipe] in their backyard and within a week, I got better and started skating street spots, like ledges and stairs ..."



Spots, boards, quarter pipe, decks, heel flip, kick flip, grinding and ollieing are all skater-speak for places and stunts most people would never consider. Though the terminology has changed over the years, the athleticism and nerve required have not.

The first skateboard appeared in the 1950s on the California surf scene. Simply put, wheels were strapped onto miniature look-like surfboards. By the 1970s, skateboarding was as American as baseball and apple pie.

Many boarding aficionados claim it was the now-famous skateboard scene with Farrah Fawcett-Majors in the 1976 television series, *Charlie's Angels* that made great headway for the sport of extreme skateboarding. When Farrah or, rather, Farrah's stunt double, boarded across grass, hopped a curb and tic-tacked her way through a crowd, suddenly everyone wanted a skateboard. Until

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A photograph of a family (a man, a woman, and two children) in karate uniforms. To the right, a woman is shown in a kickboxing pose, kicking a red pad.



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Sports NOW

that time, skateboarding had been relatively simple, performing crazy eight patterns and tipping up the nose of the board while in motion. But by the late 1970s, boarding expert Alan "Ollie" Gelfand invented the move Hamid has been perfecting known as the "ollie."

To ollie, or ride airborne, the trick is to keep the board under the feet. To

"There is no better feeling when you land a trick."

the untrained eye, it appears as though the board is somehow stuck to the bottom of the boarder's shoes. Once again, gravity factors heavily in the sport of skateboarding. As Hamid and his board soar through the air, he slides his front foot forward creating a friction between his shoe and the board, which causes the nose of the board to tip up, thus allowing the board to stay with him. It is, Hamid says, a sport of sweet science and finding the "sweet spot."

"You're just trying to find the sweet spot," Hamid explained. Hamid insists that finding the "spot" is as challenging as the physical activity itself. It is irresistible to the true adventurer. Perhaps no better example exists than a story published on May 21, 1893 in *The New York Times*. After the traditional cobblestone streets in Lincoln Place, Brooklyn, were replaced by smooth asphalt, young boys reportedly appeared with wheeled carts to test their mettle.

"There is no better feeling when you land a trick," said Hamid, adding that because he now works full time, his time spent boarding is all the more precious. Because the sport is always evolving and new athletes are always creating new, exciting moves, there does not seem to be enough time or enough sweet spots to practice.



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Sports NOW

Beyond the sport itself, a skateboard culture has emerged. It is one with its own style of clothing, music, even a focus on individuality. Hamid is no exception. "My dream is to have my own clothing line," he said. Specifically, Hamid hopes to create a clothing line that embraces the skater/boarder




lifestyle. Already, he has earned a reputation among many boarders in the Mansfield/DFW area. As a talented graphic artist and cartoonist, Hamid began designing T-shirts in the 10th grade at Summit High School. Using his own brand or "tag," Hamid made easy money among friends. When a good friend, Jake, died in a one-car accident, Hamid designed a T-shirt in honor of his friend.

Hamid is an incredibly talented young man who, through art and sport, is able to express himself and the importance of skateboarding. Perhaps his best service is as a spokesperson for boarders everywhere. They are everyday kids looking for a way to fit in, express themselves and create their own identities.

Through boarding, Hamid channels what he likens to a natural high. "It is a sense of freedom." Skateboarding is, he believes, the inspiration behind his artwork. Ironically, it is he who inspires so many others. **NOW**

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Business NOW

True Calling, Great Colors

— By Alex Allred

When Mike Donathan bought a franchise and began his own business renovating and restoring bathtubs with Miracle Method, it was a big step away from his life as a nightclub and restaurant owner. But for those who know Mike, it was a move in the right direction.

Life before Miracle Method was very fast-paced with “more headaches” Mike said, than not. The hours were long, taking him well into the night and early morning hours almost every day. Initially, the role of nightclub owner had been fun for the personable and charismatic Mike. He enjoyed the social aspect of the business, meeting regulars and accommodating the needs of first timers. “But when I had my kid,” Mike said, “I really wanted to get out of working nights.”

When he heard a radio advertisement for Miracle Method, he decided to look into a new business and make his break from nightlife. “I’ve designed a couple of the nightclubs,” Mike explained, literally assembling entire bars by hand. So, it was a natural fit for him to move into another venture that allowed him to work with his hands. But why move from bars to bathtubs?

“Any excuse he has to get a new tool, he’ll take!” laughed his wife, Rachel. When Rachel first laid eyes on Mike, he was applying for a job at her father’s restaurant. “There was just something about him,” she recalled, adding that she made her father hire Mike as a waiter. From the moment she met him, Rachel knew that Mike was a man driven toward



success. So when Mike suggested bathroom renovation as a new vocation, Rachel supported him. “He’s always been one to build things, and he’s really good at this.”

In fact, it seems he has found his calling. “I’m particularly good with colors,” Mike said, almost surprised. When Mike visits the home of a new prospective client, he typically goes out to assess damaged or worn bathtubs. “When I get in the house, I can see other things that could really look good with our help.” Backsplashes, floorings, counter and vanity tops, all the things most men do not typically consider, are of interest to Mike.

“Although we specialize in bathtubs, I can picture a really nice stone surface,” Mike said. Through a special spray, a

Business NOW

process that takes less than a day and is a fraction of the cost of replacing other worn surfaces, Mike is able to bring an entire room to life. More importantly, cracked surfaces that once harbored bacteria or mildew, are cleaned and sealed, resolving major health issues.

What drives him is customer service. Whether tending bar or restoring an



antique pedestal sink, the customer has the final say, and Mike would not have it any other way.

"I take a lot of pride in my work," Mike said. "It really affects me personally if there is a problem."

"Probably 40 percent of our business is doing the clean up after people who bought one of those do-it-yourself kits," said Rachel. Or they are unqualified refinishers, who do not have the expertise or passion that Mike has. Whether he is acting as the clean-up crew or coming in on the first round, Mike truly enjoys helping customers save money and rediscover the beauty of an antique or home appliance. To ensure quality work, he attends workshops throughout the year, always learning about new technology in resurfacing. With Rachel acting as office manager, it has truly become a family affair, and Mike has already found success at spending more time with his daughter, Micah.

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Changing the Odds

— By Alex Allred

Jerry Heftler and his staff believe education is the key to saving lives.

Jerry Heftler had a friend who was working out at a local gym when a man next to him collapsed. According to the friend, no one knew how to do CPR (CardioPulmonary Resuscitation) and no one knew how to use the AED (Automated External Defibrillator), a portable machine, which uses shock to restore the victim's heart and the heart's normal rhythmic pattern. In the end, the man died and suddenly Jerry's friend found he could not sleep. Maybe the CPR would have saved the man. Perhaps the defibrillator could have revived him.

"My goal is to make people learn not to be afraid of trying," said Jerry, the CEO and founder of Integrated Medical Solutions, one of the largest American Heart Association affiliated training centers within the Dallas metro area. During CPR training a lot of numbers are used, and it can be intimidating. In the past, the rule was 15 compressions to every two breaths. For adults, the compressions were one

Education NOW

and one-half to two inches deep as opposed to the one-third to one-half inch compressions for a child, from infant to the age of eight. "But even if you panic and can't remember what to do, just do something," Jerry points out that a person in need of CPR is technically dead. "You can't make someone *more* dead, but you can help."

The rules have changed, however. "It's no longer about the breaths," Jerry

"If you can ring a doorbell, you can save a life. It's just the simple push of a button and that's it."

warned, "as it is about keeping the circulation going."

Now, it is 30 compressions to every two breaths. "But the time frame is the same: all within 18 to 23 seconds." To clarify, that means 30 compressions, along with two breaths all within or around 20 seconds.

"What we've learned is that it is more important to keep the organs alive. Fifteen compressions just wasn't doing the job."

The American Heart Association is also now instructing non-medical people to look for movement as opposed to searching for a pulse. Too much time can be lost "when they could be calling for help."

For Jerry, it is all about help. As an employee of the U.S. Department of Justice for over 22 years, he was required to take CPR classes. During one such class, he struck up a conversation with the instructor and became intrigued. As the story goes, Jerry found a second career after retirement and went on to become a pioneer in the medical community. While he may be reluctant

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to accept this role, there were only four defibrillator manufacturers in the nation in 2001. When Jerry stepped in with the hope of putting defibrillators in every corporation and school district he could think of, he learned the technology did not exist in Latin America. Suddenly he had a new



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mission. The state-of-the-art technology was so simple. "If you can ring a doorbell, you can save a life. It's just the simple push of a button and that's it."

The simple goal of "putting that technology all over the world" began in Matamoros, Mexico, but eventually generated such a demand that today there are over 15 defibrillator manufacturers around the country.

"They call him Jerry Grande down there," Gail Wilhelm laughed. As vice president of the company, she fits nicely into the fold; she is also Jerry's sister. When Gail and her husband, Keith, decided to make the move from Connecticut to be closer to Gail and Jerry's parents, "It was providence," Gail said. Within three months of settling in the Mansfield area, their parents died, leaving Jerry and Gail with an even stronger sense of communal and familial spirit. With Gail working as a cardiac sonographer and Keith



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teaching CPR, the siblings also brought Jerry's wife, Sharon, and daughter, Alison Landin, into the group. Together they have begun working as a third party administrator for federal prisons and continue to work with home-bound citizens or, as Gail says, the "underserved." "For me personally," she said, "this is the most rewarding."

But education, Jerry said, is the key.

"The way I see it, we are bound together as a community and rely on each other."

According to the American Heart Association, CPR saves only three to four percent of the people who are in need of revival. With the aid of a defibrillator, the odds of survival jump as high as 75 percent. "Right now, the safest place to live is Las Vegas, Nevada," Jerry said, noting that through local ordinances, every police car, ambulance and public facility has a defibrillator on hand. They hope that our community, too, will move in this direction.

"The way I see it," said Gail, "we are bound together as a community and rely on each other. I would like to think that if [a] person is in need of help, someone will be there and, at the very least, be willing to try."

Even an 8-year-old Boy Scout, for example, is not too young to learn. "We can teach them how to aggravate the heart by using their knuckles against the chest," Jerry said. With the working theory that any help is help, the Heftler and Wilhelm families have found their calling.

"There is a sense of community," Jerry said, "by giving back, we are doing well by doing good." **NOW**

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Around Town NOW



A ribbon cutting, top left, was held for Janice Kitchens of Arbonne International. Holiday Inn Express, second row left, also held a Chamber ribbon cutting ceremony. The Cahill family, bottom left, held a family reunion recently at Walnut Creek Park. Harley Joe of Harley Joe's Restoration, top right, posed beside his 1961 Corvette as Wes King stood alongside his 1929 Model A. The Chamber held a ribbon cutting, second row right, at Family Care of Texas, while a groundbreaking ceremony, bottom right, was held for the Vistas of Walnut Creek.

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Around Town NOW



Jay Novacek, retired Dallas Cowboy, top left, served as the guest speaker at the February Joint Networking Luncheon with the Women's Division. Colin Mahoney, AJ Litke, Josue Garcia, Andrew O'Keefe and Nate Manning, top right, took a break from their video production with the John Lennon Tour Bus at Ben Barber Tech School. Andrew, Robin and Nash, bottom right, spent a beautiful day at the park. Ribbon cuttings were held, second row left to bottom left: Distinct Edge, Joanie Fowler of Arbonne International and Mansfield Medical Center.



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Look Who's Cooking

— By Stephanie Brewer

IN THE KITCHEN WITH TIM KOTULA

Tim began his “cooking career” as a dishwasher. Advancing from dishwasher to chef, Tim continued his journey and training at both the Culinary Institute of America in New York and Napa Valley. Tim has extraordinary experiences in many states and a résumé, which includes the Abercrombie and Fitch Corporate Office in Ohio. Now a Chef at Walnut Creek Country Club, Tim is inspired by the change in seasons. “Fresh fish and seafood is probably my favorite,” he said, “but going into spring and summer I’m definitely getting excited about grilling.”

Tim loves art and believes cooking is just that. “The best praise I can ever get from a customer is a clean plate, but I tell people that want to get into the business there’s a real similarity between a chef’s coat and a straight jacket.” **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

BUBBLY CHERRY DESSERT

CHERRY FILLING:

- 1 cup sugar
- 1 1/2 Tbsp. cornstarch
- 6 cups frozen tart cherries
- 2 tsp. almond extract
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon

BISCUIT DOUGH:

- 6 Tbsp. diced butter or shortening
- 1 cup flour
- 2 Tbsp. sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup milk
- 1/2 tsp. vanilla

CHERRY FILLING: In a heavy pot, whisk together the sugar and cornstarch. Then add the rest of the ingredients and bring to a boil. Lower heat; cook for 2 - 3 minutes, until it begins to thicken. Remove from heat and pour into baking pan. **BISCUIT DOUGH:** In a

bowl, mix together the flour, sugar, baking powder and salt until well combined. Cut the butter (or) shortening into the flour mixture until it resembles coarse meal. Mix the milk and vanilla together; pour into the flour mixture. Stir until it forms soft biscuit dough. You may need to add a little more milk, a tablespoon at a time. Drop the biscuit dough over the top of the cherry mixture. Be sure not to cover entirely. Sprinkle a little extra sugar over the dough. Bake at 350 F for 45 - 50 minutes. The top should be golden brown and the fruit filling should be boiling between the biscuits. Let rest 10 - 15 minutes before serving.

CRAB CAKES

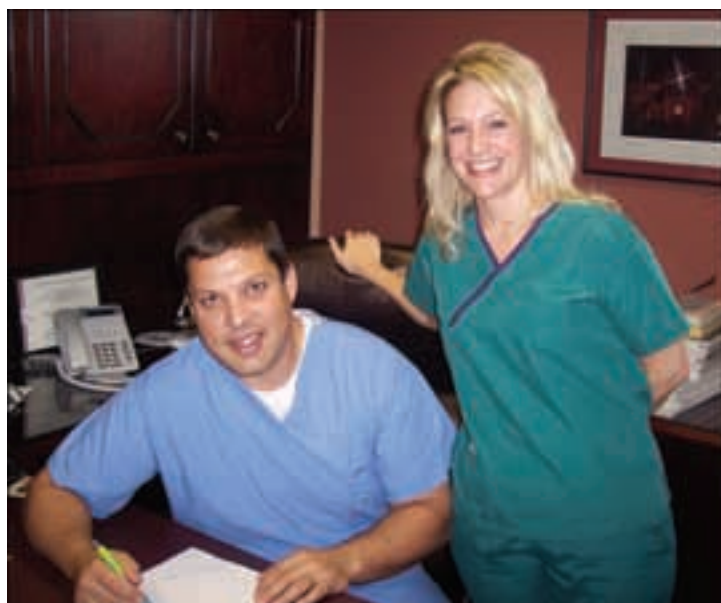
- 1 onion, diced small
- 2 celery ribs, diced
- 1 red bell pepper, diced small
- 2 jalapeños, seeded and minced
- 4 lbs. crab meat (4 cans)
- 2 eggs
- 1 cup mayonnaise
- 5 oz. bread crumbs

salt and pepper to taste

Sauté the onion, pepper, celery and jalapeño to soften (do not caramelize). Cool. Add the crab and sautéed vegetables to a bowl. Then fold in the eggs and mayonnaise. Gently fold in breadcrumbs and season with salt and pepper. After portioning out to 1 3/4-oz. patties, sauté 1 1/2 minutes on each side or until golden brown. Serve and enjoy!

POBLANO SOUP

- 1 large yellow onion, diced
- 3 celery ribs, diced
- 6 garlic cloves, minced
- 6 tomatillos, husked and cut in half
- 1 carrot, diced
- 2 jalapeños, chopped
- 2 Roma tomatoes, grilled
- 12 Poblano peppers, roasted, peeled and seeded
- 1/2 cup flour
- 2 qt. chicken stock
- 1 qt. heavy cream



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Who's Cooking NOW

1 bunch cilantro
salt and pepper to taste

Sauté the onion, celery, garlic, tomatillos, carrot and jalapeños until they start to caramelize. Add the tomatoes and poblanos. Cook 2 more minutes, stirring constantly. Add the flour, cook for another minute. Slowly add the chicken stock. Bring to a boil; continue cooking for 10 - 12 minutes or until all the vegetables are soft. Remove from heat; puree in blender. Be careful to not fill the blender too full and use a towel to cover the lid. Hot liquids can be dangerous in a blender. Use a hand held blender if you have it. While pureeing, add the cilantro and heavy cream. Season with salt and pepper. Yield: 1 1/2 gallons.

WHITE CHOCOLATE PUMPKIN CHEESECAKE

2 1/2 lbs. cream cheese
1/4 cup maple syrup
1/4 cup brandy
6 eggs
1/2 cup sugar
2 tsp. ginger
2 tsp. cinnamon
1 tsp. nutmeg
1 1/2 cup pumpkin puree
1 lb. white chocolate

Beat the cream cheese, syrup and brandy together. Slowly add the eggs, one at a time until incorporated. In another bowl, mix together the rest of the ingredients except for the white chocolate. Add the pumpkin mixture to the cream cheese; mix well. Over a double boiler, melt the white chocolate. Once melted, slowly add to the cheesecake mixture. Pour into a spring form pan that has been pressed with a graham cracker crust on the bottom. Bake at 350 F for 45 minutes. The cake should move as a whole. If the center is moving by itself it is not done. Be careful not to overcook it, because this will cause the cake to crack and dry out. Once done, turn off the oven and prop the door open for 15 - 20 minutes before removing from the oven. This will help prevent the cake from cracking as it cools.

CRÈME BRULÉE

1 qt. heavy cream
1 cup sugar
10 egg yolks
1 Tbsp. vanilla extract

Heat cream over medium heat. While cream is heating, mix the rest of the ingredients together in a bowl until incorporated. Once the cream is hot, but not boiling, slowly pour the cream into the egg mixture stirring constantly. Return the mixture to the pot; continue to stir the cream over medium heat until the mixture begins to thicken. Do not boil it. Pour the mixture into ramekins; place in a water bath. Bake at 325 F for 40 - 45 minutes. Remove from the water bath; chill in the refrigerator until set (about four hours). Right before serving, sprinkle sugar over the top and caramelize the sugar either with a blowtorch or under the broiler. Yields 12 ramekins.

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Tax Filing Tips

— By Brenda K. Stuart

Following these suggestions should help your tax return receive prompt, accurate (and not too much) attention:

- Always file on time even if you do not have the money to pay. At the very least, file for an extension using Form 4868. When requesting an extension, you must estimate the taxes due. You will pay interest on any tax not paid by April 15.

- Use last year's forms as a guide so you do not forget sources of income or deductions. Watch out, though, for changes in exemption and standard deduction amounts.

- Keep a copy of your tax return and other documents for your records.

- Get help if you have questions. See a tax attorney, CPA, IRS representative, visit a commercial tax preparation office, or contact an "enrolled agent."

- Get organized for next year. Set up folders for your records and receipts.



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■ Keep your records three years after the filing deadline. Generally, this time frame is consistent with the three-year statute of limitations for the IRS to audit a return. The statute of limitations may be longer in some situations, such as when you own a home or rental property, are an investor, or are involved in a business.

Additional tips if you file manually: Your return should be neat (e.g., readable, not smudged). Also, round money amounts to the nearest dollar — it makes calculations easier and reduces the chances for errors. Include a check if you owe money. The check should be made payable to the United States Treasury and include your Social Security number. Submit Form 1040-V with your payment. **NOW**

Brenda K. Stuart is a MetLife representative based in Mansfield.



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Autism Challenges

— By Betty Tryon

A mother shopping with her son had dressed him in an unusual T-shirt. It read "I'm not a bad boy; I have autism." There you have it — the incredible challenge parents face as they integrate their autistic child into society. The cause of autism, a developmental disorder in the brain, has not been fully determined. It could be either hereditary or environmental or both. Part of the social stigma stems from the fact that although the child looks normal, by common social standards he or she behaves inappropriately.

The most defining trait of autism is social dysfunction, and poor social interaction is descriptive of one form of the disorder. The child's behavior does not result from lack of parental or personal discipline. He lacks control over his behavior, exhibiting characteristics such as: avoiding bodily and eye contact and resisting human touch like cuddling or hugging.

The autistic child also behaves in an awkward manner socially due to problems with verbal and non-verbal communication. The child may speak phrases repeatedly or may never speak at all. Autistic children demonstrate difficulties in interpreting facial expressions or cues that

others may be sending about a social situation. They also lack empathy — the ability to understand another person's feelings. As a result, many autistic children can initially make friends, but the friendships typically do not last long.



Another manifestation in their social behavior is repetitive movements, which appear purposeless, such as body rocking and flapping of arms. They may engage in the self-destructive behavior of biting themselves. Compulsive and ritualistic behavior are also a part of the disorder, and children afflicted with autism may become highly agitated if routines or schedules are changed. Stability becomes an anchor to them in their unstable world.

All children affected with this disorder will display symptoms differently and with degrees varying from mild to extreme. Consequently, the disorder can be a huge challenge for a family, but the autistic child can improve with treatment and with age. Treatment focuses on educational and behavioral interventions tailored to the child's needs. Medications are directed toward treating psychological problems such as



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anxiety, depression, hyperactivity and obsessive-compulsive disorder.

Although there is no cure, there is hope that with intervention, the child can learn and gain a modest amount of independence. The earlier the intervention, the more positive the outcome. The amount of support needed to sustain people with autism as they grow into adults will be directly proportional to the severity of the disorder. The National Institute of Neurological Disorders and Stroke conducts research in order to better understand the nature of this disorder and to find and provide relief.

You can find more information about this subject at www.autism-society.org, the Autism Society of America. **ADDD**

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

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April 2008

Community Calendar

April Deadline

Historic Mansfield Arts Festival is still accepting applications for artists who hope to showcase their works. The Arts Festival is June 14. Contact Janet Glass at (817) 453-2529 or jglass@clayturtle.com.

Monday – Friday

The Young At Heart, for ages 55 plus, meet at the MAC between 9:00 a.m. and 2:00 p.m. Call (817) 453-5420, ext. 2227.

First and Third Mondays

The Planning and Zoning Development Commission meets at 6:30 p.m. in the Mansfield City Hall.

Every Tuesday

Small business counseling provided by SCORE (Service Corps of Retired Executives). 9:00 a.m. – 1:00 p.m. at

Mansfield Chamber offices, 114 North Main Street. Call (817) 473-0507.

Every Wednesday

Mansfield Public Library hosts On My Own Story Time for 3 to 5 year olds from 10:30 – 11:00 a.m. Call (817) 473-4391.

Every Thursday

Mansfield Public Library hosts Special Kids' Story Time from 10:00 - 10:30 a.m. Please register for this special-needs program in advance by contacting Annette at the library at (817) 473-4391.

Mansfield Public Library hosts Toddler Story Time for 2 year olds from 11:00 - 11:30 a.m.

Every Friday

Kiwanis Club of Mansfield meets at 6:45

a.m. at Methodist Mansfield Medical Center, 2700 East Broad Street (*new location*). Membership and other information can be obtained by calling (817) 473-9886.

April 2

Mansfield Zone Adjustment Board meets at 6:00 p.m. at City Hall.

April 3

Mansfield Child Care will discuss "SIDS, SBS and Infant Brain Development" at 7:00 p.m. in the Mansfield Library meeting room, located at 106 Wisteria Street. Visit their Web site at www.mansfieldchildcare.com.

April 9

The Library Advisory Board meets at 6:00 p.m. in the Mansfield Public Library

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From left to right: Martin Fielder, M.D., Robin Johnston, M.D., David Russell, M.D., John Jeffers, M.D., Baron Atkins, M.D., Keryn Dias, M.D., Ellen Parrill, M.D., Russell Dickey, M.D., Byron Kallam, M.D., John Paul Wood, Jr., M.D., Mary Finke, M.D.

Medical Clinic of North Texas, P.A. www.MCNT.com

April 2008

Community Calendar

community room at 104 Wisteria Street.

April 8 and 22

Texas Ladies Networking meets from 11:45 a.m. – 1:00 p.m. at Ryan's Grill in Waxahachie. Call (214) 587-1221.

Kiwanis Afternoon Club meets at Ryan's Grill on Hwy. 287 in Mansfield. Visitors welcome. (817) 453-0872.

Mansfield City Council meeting begins at 7:00 p.m. at Mansfield City Hall, 1200 East Broad Street.

April 12

Free screening of *The Business of Being Born* at 6:00 p.m. in the Mansfield Public Library community room. Explore birth in America with executive producer Ricki Lake and director Abby Epstein as

they discuss and question common American birth practices. All women who are pregnant or ever hope to be should see this film. This film contains some strong language and graphic birth scenes. Discussion after film by certified childbirth educator, Donna Ryan. Call (817) 453-1673.

Mansfield Library hosts Teen Book Club for ages 12 to 17 at 2:00 p.m. The library is also looking for teen volunteers. Call (817) 473-4391.

April 15

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

Mansfield Public Library's "As the Page Turns" adult book club meets at 6:30 p.m.

April 17

The Mansfield Park Facilities Development Corp. meets at 7:00 p.m. at Mansfield City Hall, 1200 East Broad Street.

ABWA (American Business Women's Association) meets monthly at the Waxahachie Civic Center at 5:45 p.m. Contact Stephanie Kinnison at (972) 938-0703 or Stephanie@customcaregivers.com.

April 19

Cheerleading sign-ups through the Pee-Wee Football Association from 10:00 a.m. to 2:00 p.m. at the MAC. Call Carissa at (817) 247-5948.

For more community events, visit our online calendar at www.nowmagazines.com.



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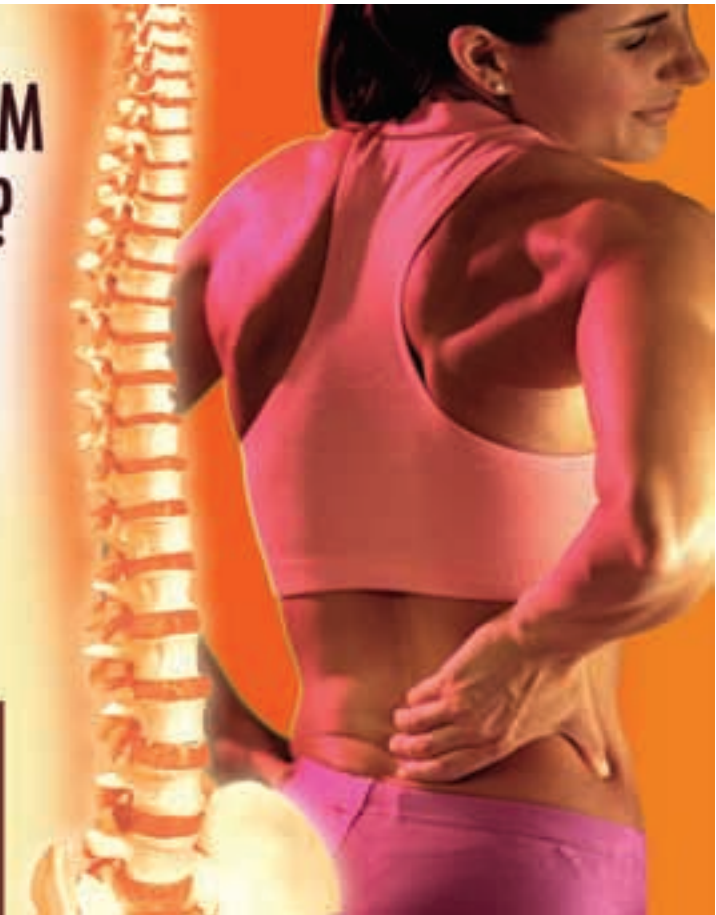


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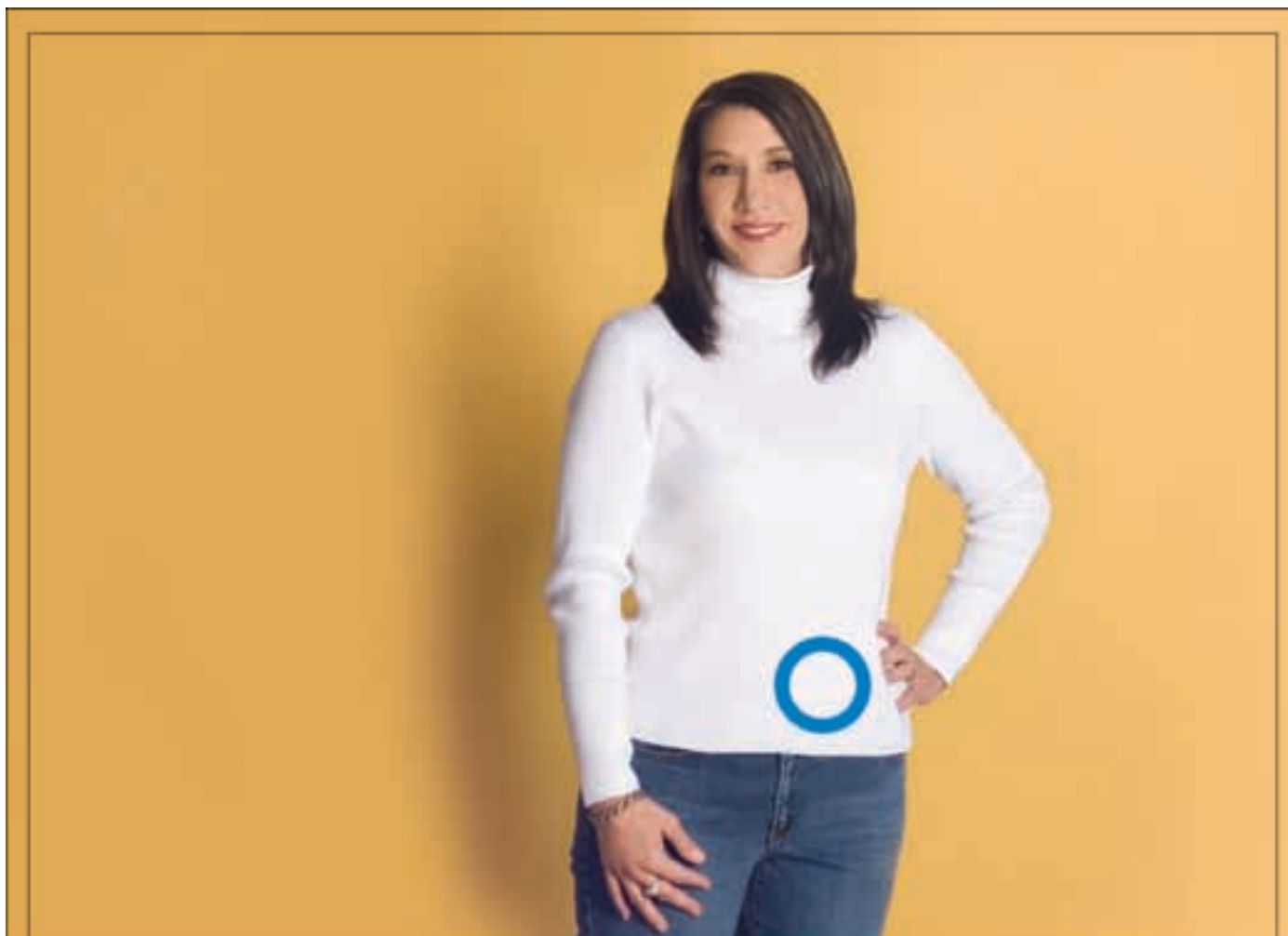
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