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Managing Editor, Becky Walker
Mansfield Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Writers, Alex Allred . Angel Biasatti
Tim Bordelon . Sydni Thomas
Carolyn Wills
Editors/Proofreaders, Bevery Shay
Pat Anthony . Teresa Maddison
Angel Morris . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Allee Brand . Cherie Chapman
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Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Odle
Photographers, Opaque Visuals
Shana Woods

ADVERTISING

Advertising Representatives,
Teresa Banks . Lori O'Connell . Steve Randle
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On The Cover



The saxophone trio, 3/4
Quartet, adds grace to
Mansfield community
functions.

Photo by Opaque Visuals.

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Editor's Note

Howdy, Mansfield!

Ever felt like you were in a rut, going nowhere, stuck mentally, emotionally or even financially? Getting out of that rut is easy and free. Speaking from experience, the prescription is to volunteer. A year ago, I began donating my time, energy, smile and prayers to special needs people who ride horses for therapeutic benefits. My heart blossomed as I listened to their laughter. I have just met a Mansfield woman, named Jan Harmon, whose life has similarly expanded simply because she volunteers at two different hospitals. She has touched so many lives through giving wisdom and time in her special, enthusiastic manner. As a result, she has just been awarded Family Advisor Volunteer of the Year at Cook Children's! I encourage each of you to follow in Jan's footsteps. When you get out there and find a way to help, you will find that you, too, are helped!

Have a lovely April, Mansfield!

Melissa

Melissa Rawlins
MansfieldNOW Editor
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Holy Thursday Service

April 21, 6:00 p.m., Sanctuary
Drama and Communion

Good Friday Service

April 22, 7:00 p.m., Sanctuary

Easter Weekend Services

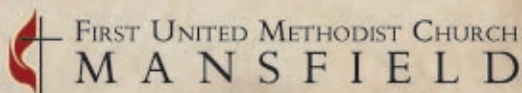
Saturday, April 23, 6:00 p.m., Sanctuary

Sunday, April 24

7:00 a.m. at Town Park

8:15, 9:30, 11:00 a.m. and 5:00 p.m., Sanctuary

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To Pee or Not to Pee? 6 p.m., Tuesday, May 10

Dr. Keith Xavier and Dr. Tracy Cannon-Smith focus on bladder health, including incontinence approaches such as pelvic floor reconstruction and slings.

Your Breasts, Your Life 6 p.m., Tuesday, May 17

Dr. Timothy Freer, Dr. Kory Jones and Dr. Richard Jones review the latest in breast health, screening, treatment and reconstructive surgery.

Everything to Gain 6 p.m., Thursday, May 19

Dr. David Dyslin and Dr. Augustus Lyons describe the two weight-loss surgery options available at USMD Arlington and answer your questions.

An Ounce of Prevention 6 p.m., Tuesday, May 24

Dr. Russell Dickey and Dr. Ronald Kline discuss the importance of yearly checkups for early detection/prevention of reproductive and lower GI problems as well as vascular disease.

An UNBEATABLE DEAL

— By Sydni Thomas



The average price for a family of four to spend the evening at the movies is \$35, which does not include popcorn and sweet treats from the concession stand. A trip to the Dallas Symphony Orchestra can easily cost over \$100 for a family.

In an economy where such luxuries are far and few between, more families are looking to find local and affordable cultural experiences. A family of four going to a concert performed by the Mansfield Wind Symphony will end up spending absolutely nothing while gaining an evening of cultural experience to rival even the top dollar performances in big the city.

“We are three of the four members of the Mansfield Wind Symphony’s saxophone section, and that is where we got the name 3/4 Quartet.”





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The Mansfield Wind Symphony (MWS) was formed in 2003 by a group of musicians who saw a need for a program to expand the cultural experience in the community. Dana Rivard, along with other local musicians, set out to develop a program that was not an average community band. All the musicians are accomplished and capable of performing a difficult repertoire of music.

Dana chose the city of Mansfield as the sole location of his musical endeavors because of the potential talent he saw in the city. The Mansfield Wind Symphony draws talented musicians from all across North Texas, not just locals, because of their reputation as a solid group. "There are a lot of talented musicians in this



area," Dana said. "I was playing in another group at the time Bill Myers, basically the founder of this group, had the idea to start this program. A bunch of us musicians got together, saw the need and decided to do something about it."

In August of 2010, Dana took over as president of the MWS when Bill stepped down. Bill, as the first president of the group, served for seven years. Although he stepped down, Bill is still an integral member of the MWS, is a charter officer and plays in the euphonium section of the group. Officers serve two-year terms and are eligible for re-election. Elections were held recently and Dana continues on as the MWS president.

One of his roles as president is to help arrange small ensembles whenever a request comes through the wind symphony. Groups are arranged to fit the specific need of an event by pulling individual members of the symphony to form a smaller ensemble. The MWS does not actively search for performances outside of the Mansfield city limits because their purpose is to perform within and for their community. As the MWS

received more requests, the saxophone trio called the 3/4 Quartet was formed. Each member of the group has over 20 years of experience. The group consists of Dana, composer William Owens, and Marcia Spear, a professor at Tarrant County College. They have performed at Christmas gatherings, fundraisers, silent auctions, parties and book signings. "We are three of the four members of the Mansfield Wind Symphony's saxophone section, and that is where we got the name," Dana said. "If we need to add another, we can, but that would mess up our name."

Like Marcia, many of the members of the MWS hold jobs unrelated to music. The 40- to 60-piece group is made up of mortgage brokers, lawyers, teachers, composers, band directors and many other professionals. For most, this is a hobby they have spent decades honing. Each member donates their time and skills for the advancement of the community. "Nobody in the wind symphony gets paid to be here," Dana said. "They all do it for their love of performing and as a community outreach."

Rehearsal begins five to six weeks before a scheduled performance depending on the difficulty of the music. The group meets at Jobe Middle School to rehearse once a week for a few hours. Renee Goodwin, former band director at Mansfield's Legacy High School, took over as the conductor in August. She played French horn in the MWS and was an associate director before longtime director, John Julian, passed the baton in 2010. John has since rejoined the group as a trumpet player. William Owens serves as the MWS librarian and composer-in-residence. Renee and William choose the pieces of music for each performance.

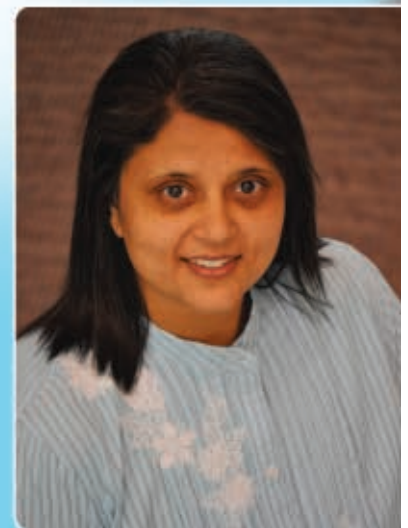
The MWS hosts at least four concerts each year. Each concert is presented with a fresh style to keep the community coming back. At their recent March performance, the MWS played selections of popular show tunes. Other times they will focus on traditional marches, classic wind symphony literature, hymns and operas. Made up of highly skilled performers, the wind symphony is able to perform a wide range of pieces, giving each audience member a taste of what they like while introducing them to new things. Performances are kept between one and

Anjani Amin, M.D.

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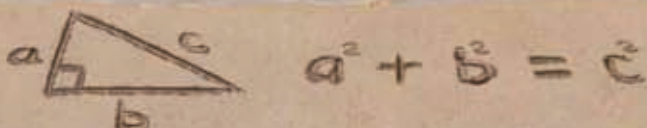
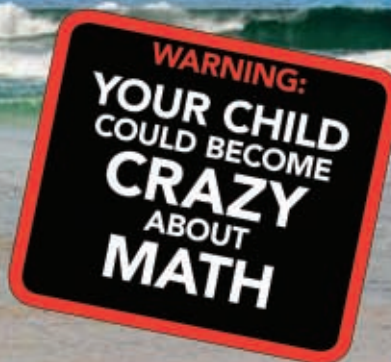
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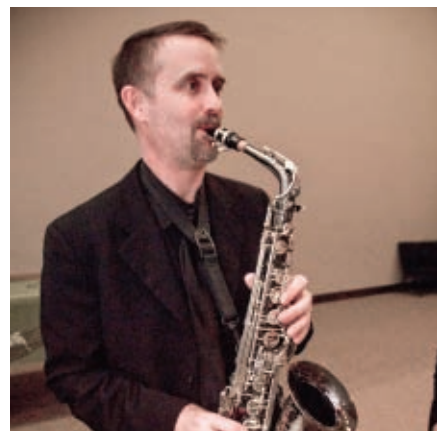
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two hours so that audience members stay engaged without feeling like they have spent the entire evening at the concert.

Almost all of the concerts are held at St. John Lutheran Church in Mansfield. Occasionally, they will perform at outside venues, such as the Pecan and Hometown festivals. It is unlikely they will change venues in the foreseeable future, unless asked to be regular performers at the future arts center in Mansfield. "St. John has been very generous to us," Dana said. "They are very welcoming of everybody and hospitable. It's a comfortable environment no matter what your religious background is. They do not push religion or an agenda on anyone who attends the concerts."

After close to a decade of operating, the Mansfield Wind Symphony is rewriting



their bylaws. Founding members have seen the group grow significantly in reputation and number since their inaugural concert in the Rose Garden at Katherine Rose Park. The group has adopted new philosophies over the years, and a more recent addition is offering free admission to all concerts. They tried this for the first time at their 2010 Christmas concert, and the turnout was better than expected. The MWS operates as a nonprofit organization. They hope by offering free admission more families will take part in this cultural experience. Their next concert is scheduled for June 5, where they will be performing more technically challenging pieces. "We don't like to hear people say, 'Hey, Mansfield has a wind symphony?'" Dana said. "Our purpose is to offer a cultural experience members of our community do not get every day. Everything we do is family-friendly and for all ages." **NOW**



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Greg and Susan Buckles welcomed their new son into the world on August 3, 1985, and for the next 25 years they loved, guided and encouraged him. Today, Brad Buckles is a graduate of The University of Texas at Arlington, enjoying life as a young business professional. As daunting as new parenthood was for Greg and Susan that summer, something else was arriving in their lives at the very same time, which would also require 25 years of loving guidance and encouragement.

Greg received his master's degree from Dallas Theological Seminary in May 1985 and was ordained the weekend after graduation. By that summer, Pastor Buckles had agreed to a future neither he nor Susan had seen coming. "I began sending out résumés when a staff member from our home church of seven years, the Pantego Bible Church, asked to talk with me about my plans," he explained. "I shared with him how I had enrolled in seminary intending to go into missions, but was now also considering the pastorate." After



Living His Dream

— By Carolyn Wills

completing an application, interviewing and enjoying a weekend away, the Buckles returned home to hear they had been named in the latest church bulletin as the new missionaries for Pantego Bible Church.

"I said, 'Susan, we need to pray about this,'" Greg remembered. "What I didn't know at that time was what I was experiencing was the answer to other people's prayers for a Bible Church to be started in Mansfield."



Ernie Contreras, Heather Simmons, Jeremy Thornton.

With their baby less than a month old, Greg and Susan packed all of their belongings and moved to a duplex in Mansfield's Walnut Creek area. Remarkably, by September 1985, the new Mansfield Bible Church had been "planted." With consistency, persistency and undeniable faith across 25 years, the tiny congregation of 11 grew to the 886 people, who currently call Mansfield Bible Church home. In the first 14 years, the church changed locations eight times. "I told our members that we were some of the smartest church-goers in town," Greg laughed, "because you



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had to be smart to keep up with where we were meeting!"

Today, Mansfield Bible Church welcomes worshipers to its beautiful and substantial 60,000-square-foot facility on Country Club Drive. "We purchased it in 2005 from Walnut Ridge Baptist Church," Greg said, explaining they did not move in until 2007. "We are enjoying the spacious classrooms, full-sized gym and massive auditorium with seating for 650. Mostly, we are thankful for the place God has provided, and we remain committed to continuing to dream big dreams and take great steps of faith for our Lord."

The church's worship style is contemporary, and Pastor Greg, or "Buckles" as he is sometimes called, is dynamic and humorous with a message as deep and heartfelt as his personal relationship with God. "At the seminary, I studied Greek in order to better understand the New Testament and Hebrew for interpreting the Old Testament," he explained. While he is not fluent in either language, he is able to work with them. "Knowing the language of people helps to understand and communicate with them," he said. "By looking at words in their original language, it is possible to find color and flavor that might otherwise be missed. For instance, the Greek word for *longing* carries the idea of someone reaching out. Wow, think of a child stretching out his hands to you, and how much that image adds to the understanding of a passage."

Much like its pastor, the energy of Mansfield Bible Church is active, fun-loving and filled with reverence for

God's Word. "I don't want to preach Greg Buckle's ideas," Greg said. "I want to preach God's ideas as carefully as possible." Safety and the needs of children are a special focus, as well as education and lots of activity. Classroom halls are painted in colorful murals, and more often than not, the gym is buzzing with busy children. "Each spring, we host a Special Needs Prom in the gym for kids whose needs might not receive consideration at their school proms," Greg said. "This year's prom night will be April 9, and the theme will be 'Night on the Nile.' The prom is open to everyone,



Ernie Contreras and Tara Harris.

and we've even had a couple of kids come from Houston."

Greg is a native Texan, born in Abilene. Although he moved a lot as a child, his family circled back to Abilene in time for him to attend and graduate from Abilene High School. "I left Abilene to go to that 'tiny' school in Austin called The University of Texas," he smiled, "where I studied music." He played viola and violin in The University of Texas Symphony for five years and was well on his way to becoming a music teacher

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when something happened that altered his path forever. "A friend invited me to a campus Bible study group known as the Navigators. That night, I accepted Christ as my Savior. The experience taught me that amazing things can happen, and it changed my life."

Before enrolling at the Dallas Theological Seminary in 1980, he completed his music education degree and taught at nine different campuses in a two-year period of time at the Arlington ISD. "I wanted to attend the seminary in Dallas," he said, "because that's where the Bible pastors I respected had gone. I loved their practical teachings and wanted to know what they knew."

During his second year teaching, he met Susan, an English teacher at Ferguson Junior High School in Arlington. At first, Susan thought he was a salesman. "Little did I know that I was



Glenn Legace, Greg Buckles,
 Greg Lingle, Gary Offutt.

selling myself," he smiled. They were married on December 13, 1980, and will celebrate their 30th anniversary in June with a trip to Hawaii. "One of the best decisions in my life was to marry Susan," Greg said. "She is the calming balance in my life."

The Buckles live in Mansfield and, although Brad is grown now and no longer living at home, there is 2-year-old Chip, the reddish-brown Dachshund. "We named him for the spice Chipotle Chili Pepper," Greg said, "and the name fits."

Greg is passionate about history, geography, travel and books. "I love what I do," he said. "I'm living my dream. I would like to extend our ministry even beyond the United States and have sister churches in other countries. Recently, I visited an orphanage in India with other pastors and got to see that beautiful country. I'm not sure if India benefited as much as I did!" **NOW**

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The Tradition of Love

— By Melissa Rawlins

At Home With Ed and Tonya LeClair

Tonya LeClair was only about 8 months old when her dad brought her to visit Grandma at her job in the Wonder Bread bakery in Sioux City, Iowa. Little Tonya's eye rested on a ceramic kitty cat with a little pink nose. "She had a fit wanting it," said Evelyn Pedersen, aka Grandma, who is now 80 years old and living with Tonya and her husband, Ed, and their son, Brandon. Wonder kitty sits atop their kitchen cabinet, purring at all the love he witnesses.



The family moved into their new home in August of last year from just up the street. Tonya had been laid off, so they all downsized. Originally from Iowa, they came to Texas 14 years ago. Now, Brandon is in his third year at Legacy High School, where he sings in the choir besides pursuing his studies. He uses his bedroom as a practice hall before choir concerts. And to prepare for a hoped-for career in criminal justice, this young history buff spends a lot of his time here at home, in his room, reading.

"I'm also on the computer, Facebook, into technology and figuring out how the programs on the computer work," Brandon said. "Like Microsoft PowerPoint, which I use for my history notes so I can go over them and remember them." This diligence translates into mostly A's and B's all this year and last year, and has earned the young man a place in *Who's Who of American High School Students*.

Just up the hall is Evelyn's room, past the ocean-themed bathroom, which Brandon keeps clean so his great-grandma can enjoy it, too. "The seashell motif was Brandon's idea," beamed Evelyn, whose pride in her great-grandson contributes to the fun in the home they share.

Another factor, Ed explained with a grin: "Grandma's in her second teenage years."

So, Ed and Tonya run Evelyn and Brandon from here to there. Ed will be teaching Brandon to drive this year. And Evelyn? "When I came down from Iowa to live with them, I said, 'You just have to know your limits.' I told them, 'I don't drive.'" But Evelyn met a "friend," Bill Benson, at the 2009 Christmas dance at the Mansfield Activities Center. And Bill drives. "Grandma's got him running all over to pick up their friends for the dances," Ed laughed.

"I can't have anybody sitting by themselves," Evelyn said. "Once Bill and I started dancing, we've been dancing ever since."

Brandon helps everyone in the family. "Keeping up with Grandma is a full-time job," said Brandon, who helps her fix stuff. If Bill wants his computer to even run, he calls Brandon. The teen also cooks and bakes, finding many of his recipes on the Internet.

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Before



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This Easter, he will help Ed and Tonya cook a nice meal. Since Brandon has grown up, they no longer decorate Easter eggs. Tonya treasures an Easter bunny, hanging out in a little basket, made by two of her sisters. One does the sawing, and the other — who is legally blind — uses a magnifying glass to draw and paint. “Between the two of them they



can make just about anything,” Tonya said. “Of course, Easter is about Jesus, and we go to mass.” They have crosses displayed, as well. The one in the kitchen curio cabinet, hanging behind the flowers, came from Ed’s parents. A rebar cross on the front porch is propped next to a little deer Evelyn brought from Iowa three years ago, after accepting Ed’s invitation to move down to Mansfield where family could care for her.

Grandma shared the task of decorating this home with Tonya, who loves the rosary from the Holy Land that hangs on the living room curio cabinet full of dolls and mementos of Ed’s family. This is where Ed relaxes after a long day’s work



at Cuna Mutual Group working with disability claims. He watches the History Channel on television, surrounded by two sentimental and long-lived houseplants. “The peace lily came from Grandpa Teddy’s funeral, in 1996,” Tonya said. “That plant is so durable! Our Labrador-Boxer mix, Daisy, once pulled it down, and I repotted it. Once we went on a trip and came home to find it drooping. Now, it’s blooming!” Brandon planted the other vine during second grade in a two-liter coke bottle. Half of it is now in his great-grandma’s room, where Evelyn sleeps with her shadow, Lucky the Chihuahua-Rat Terrier. Eight decades of beautiful memories line the walls of Evelyn’s

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room. "In 1975, my middle husband stood in line for four hours to get me a Cabbage Patch Kid. It's pathetic," laughed Evelyn. "Her name is Sheila, and she has a birth certificate! I found Jimmie at a garage sale so she could have company. I can't stand for nothing to be alone."

Everything in Evelyn's curio cabinet has a story, from the poem "What Mom Took" painted in gold on a ceramic book that her youngest son gave her, to the flowers from her wedding to JR, to the corsage from Tonya's wedding to Ed. "This glass rose is supposed to be put on a bride's breakfast-in-bed tray, and that's going to be Brandon's," reminisced Evelyn. "The sugar and creamer I got in 1939, when I married my first husband, who gave me my children. Behind it is a vase from 1958, when I married



What Mom Took

Most often when we think of Mom,
We think of what she's gone
The softness of a loving touch,
A gentle guide for living
A nightly tip-toe in a room,
An understanding look,
But sometimes when I think of Mom,
I think of what she took.
She took a child and taught a how
To live this life with joy
She took those kindergarten years,
And kept them all inside.
She took the hands that began to hold
Her child and set us free
Used them to push her child along
The way, to thrive and grow.
Took time to do some other things
Like sew, and clean and cook,
And never thought to ask for thanks
For all the things she took.
Thanks, Mom

my second husband who helped raise my children. The blue plate I got from Denmark in 1997, when I married my third husband, who was just for me.”

“He worshiped the ground you walked on,” Ed said.

“I don’t associate with bad men,” Evelyn said with a wink, patting Bill on the arm.

Opposite Evelyn and Brandon’s wing is the bedroom Ed and Tonya share. For organizing her clothes, they use a buffet that was Ed’s grandmother’s. “It was manufactured sometime in the 1800s, and was pretty shabby, but I took it and sanded it, refinished it. I’m still working on it,” Ed said. “The desk was also handed down from my grandma. Both of those have followed me throughout my life.”

Ed follows the family closely, looking for ways to help. When Tonya bakes guitar cakes for Grandma or a truck cake for a friend, Ed is there to help clean up. Sunday mornings, he heads to the kitchen and whips up eggs, bacon and hash browns. “Eddie doesn’t have to get up. He could sleep another half hour,” Tonya observed. “But he gets up and makes breakfast for us all!” Then he takes Evelyn to worship at Bisbee Baptist Church before the LeClair’s go to their church service.

“Breakfast is something my dad used to cook for us on Sundays. It’s a family tradition,” Ed shrugged. “In this relaxed family, everyone knows what they are supposed to do, and they just do it. God has blessed us. So far, so good.” **NOW**

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Cullen's Champions

— By Carolyn Wills

Keli Cullen is the teacher parents dream about. She is fun-loving, trusting, invested in success and knows that values and good intentions do exist in the hearts of today's teenagers. Therefore, it is not surprising that she would be the one asked to teach the Teen Leadership Program (TLP) at Summit High School.

A fifth-generation Texan and Texas Tech graduate, Keli spent 13 years teaching English and coaching soccer and volleyball for six of those years

before joining the new Summit High School faculty nine years ago. "Since my second year here, I've taught only Teen Leadership," she said. "It is the best job in the world, and I can't imagine doing anything else."

The Teen Leadership Program originated from the Flippen Group, a company founded by educator, author and psychotherapist, Flip Flippen. The program is designed to help teenagers discover self-worth and approach life prepared to achieve. "During their three-day certification training called 'Capturing Kid's Hearts,' I knew I wanted to teach this program," Keli said. Her Teen Leadership class was the first to be offered in the Mansfield Independent School District (ISD) and, today, TLP



classes are offered in all area high schools.

Currently, there are six Teen I classes of approximately 35 students each (with waiting lists) and a one year-long Teen II class of 20 students at Summit High School. Teen I is a one-semester elective. "Teen I helps you to figure out who you



are as a person," TLP student, Victoria Guerra, explained. "Teen II teaches you how to make an impact." Teen II is a year-long class in which students are selected by application, teacher evaluation, written essay and exemplary completion of Teen I. "My analogy is that every person in this school has a



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light," Victoria added. "We're all alike, but each one of us shines differently. In Teen II, we learn to shine as brightly as we can, and then, we light up our school."

"Teen Leadership humbles you," Teen II student, Garrett Smith said. "It lets you see everybody else's experiences and appreciate what you have. The class learns to look past differences and stereotypes and becomes a family."

Initially, the Teen I class is brought together through an exercise called Clay Man. "He's like a gingerbread man made of clay," Keli explained. "We pass him around, and students remove pieces from

"My analogy is that every person in this school has a light."

him while repeating something negative that has been said to them. After he has made the circle and is no longer the shape he was, Clay Man is passed around again. He is reshaped as everyone adds a piece and says something that made them so happy they'll never forget. The process shows how self-concept is developed," she



said. "It is powerful and makes us think carefully about what we say to others."

Keli begins each semester by telling students that, through this program, they will learn the world does not revolve around them. There is so much out there that everything cannot be about them. "We create a contract for how we want to be treated in class, how we will treat others and how we will resolve any conflicts. Then, we all sign the contract," she said.

Teen Leadership students are required to do community service. Teen I students create a class project. "One class raised \$600 and purchased supplies for the Arlington Pregnancy Crisis Center," Keli said. Teen II community service is much more involved, particularly since the students must perform their service as clowns. "We have a certified clown work with the kids, and then each student chooses an outfit from our grant-funded 'clown' clothes. Some even have to work through their fear of clowns," Keli added.

"I dreaded being a clown at first," Teen II student, Camille Cherry, shared, "but then I worked with day care kids as part of my community service, and I loved it."

Books are an essential part of the program. "In Teen II, we read a book entitled *The Energy Bus* by Jon Gordon," Victoria explained, "and it changed my thinking. I now know that no matter what negativity is in life, there is always a positive. We are responsible for driving our own bus and choosing who is on that



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bus.” The book includes 10 rules to fuel your life with positive energy, and Teen II students are challenged to come up with their own 10 rules.

Brandon Allen remembers experiencing the TLP Trouble Tree as a Teen I student. “One day, I saw a student open the door to our classroom, hit the image of the tree posted on it and leave. I thought, *Come on – it’s a poster*. Then one day, I had some troubles in my own life, and I touched the tree. All of my troubles went away, and it was one of the best classes I ever had. When I left, I took the troubles off the tree because I still needed to cope with them. The Trouble Tree brings peace, and sometimes when you pick the troubles back up, they’re not as heavy.”

When asked what is next for them after high school, the answers from four Teen II seniors are quick and confident. “I am going to the University of Indianapolis to play volleyball and become a pediatrician,” Camille shared.

“I will be attending Southeastern Oklahoma State University on a football scholarship,” Brandon said. “I want to be an entrepreneur and build a multifaceted sport facility.”

“I am going to the University of North Texas to major in business and marketing with a minor in visual arts,” Victoria said. “Then, I want to get a master’s degree in music with a minor in humanity. I believe I’m very creative and will find a way to connect it all to help people who have lost hope.”

“After graduating from Texas A&M where I hope to play football, too, I will be a chemical engineer and/or play in a rock band,” Garrett shared.

“We have a school filled with kids like these,” Keli said. “Summit High School is a family, and Teen Leadership students help to make it that way by knowing everyone’s story matters. I may facilitate, but the kids do the work. If you trust kids and know how to recognize their strengths, they will take care of themselves and each other.”

Keli and her husband, Jon, have been married for 21 years and are the proud parents of 16-year-old Karis and 13-year-old Kyle. “I’m a better person and a better mom because I teach the Teen Leadership Program,” Keli said. “I have to live and breathe what I teach!” **NOW**

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The Pause

— By Alex Allred



Before a big moment, there is a pause. Whether it is before the “I do” in a wedding, accepting a diploma or lining up a ball during a game to make the season-winning kick. There is that pause. “This is why I wanted to teach yoga to the boys,” Paula Fox

said. A certified yoga instructor and yoga director at Mansfield’s Lifetime Fitness, as well as full-time soccer mom, Paula knew what benefits yoga could offer to the Mansfield High School boys’ soccer team. “This is why I am so passionate about yoga.” She insists



“Yoga minimizes injuries and loosens up your muscles, makes you more flexible so there is less likelihood of injury.”

there is a certain quiet confidence and composure which comes from studying yoga. But first, she had to overcome a few obstacles of her own.

Many people are confused about the practice of yoga, believing it to be a form of religion. Because yoga uses language from the Hindu lexicon, some have mistakenly believed yoga to be a



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Hindu religion. Others still believe “yoga is for girls.” The stigma has always been that yoga is a relaxing, easy class for stretching. “Yeah, there were some on the team who didn’t think it [yoga] was the manly thing to do,” said team captain Aaron Simmons. “But now they realize how hard and challenging it is. I was excited about it because yoga helps with the game.”

Today, men make up nearly 30 percent of America’s 15 million yoga enthusiasts, and the numbers are growing. More men are enrolling in classes to restore and rebuild their bodies from the heavy lifting in the gym. “It’s why so many professional athletes take yoga,” Aaron said. “Yoga minimizes injuries and loosens up your muscles, makes you more flexible so there is less likelihood of injury.”

In fact, when the boys’ coach, John Fazekas, and Paula agreed to bring yoga to the high school, word spread quickly. “Yeah, the football players all said it was pretty cool, and they wished they could do something like that,” Aaron said.

Indeed, attitudes have definitely changed. “I had the idea when I was watching the boys stretch before a game,” Paula said. While her son, Jamie Ivens-Foxx, a right mid-fielder for the varsity team, and fellow teammates stretched, “I noticed how much more effectively they could have been stretching if they knew how. Cardio-wise, most of them were in fantastic shape,” but Paula also knew that, if given the chance, she could greatly improve their balance, flexibility and stance.

“I have to say,” Paula added, “I didn’t know what I was walking into with a bunch of 15-18-year old boys. But they are engaging, humorous, smart and never

once have they disrespected me, but they are challenging.”

“At first,” Jamie said, “people were talking to each other during class. There was a lot of laughing. It was hard. It hurt a lot of people. There was a lot of moaning and groaning.”

“The funniest thing is to see people falling over. You know, we’re all trying to balance, and people are falling over,” Aaron laughed. “We try to calm down, not be a bunch of goofballs, but it’s hard. With 27-plus boys all doing yoga, it’s hard to keep quiet, but our instructor keeps us in check.”

“By the third or fourth practice, everyone started to get the hang of it, holding better poses and learning how to balance,” Jamie said. And shortly after that, much of the team began to see the differences on the field. “Shoulder-to-shoulder, I can fight better for the ball. I can feel it in my balance. It’s like I’m sturdy and can handle my own.”



“I see it in other teammates,” Aaron said of the practice of yoga on the field. “They’re stretching out for the ball, putting out more effort that I hadn’t really seen, and you could attribute that to yoga. There is a stillness that our instructor always talks about; a stillness in soccer right before you’re about to block or take a shot. I can really feel it.” It is the pause.

For Aaron, who signed a full-ride scholarship with Southern Methodist University in Dallas, that pause is so much more than playing soccer. It is about opportunities, education and confidence.

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For Jamie, the change was even more apparent. He became more confident and self-assured on the field, taking better direction and playing with that stillness the team has come to refer to as: Say less, do more.

As the yoga sessions continued throughout the year, the team grew more unified, looking forward to the often grueling classes. "They've learned or are learning to listen," Paula said. "There is that moment of silence. Just before they kick the ball, I teach them to take a deep breath so you can hear it. Look for that moment of stillness, when you put the ball down or you're getting ready to set the ball up and tune into that."

For Paula, it has been fun to watch the boys grow into young men. Physically, they have developed the balance and core strength she hoped for. "In the beginning," she laughed, "there were many times when they would ask, 'You want me to do what?' and 'You want me to put my leg where?' But now, they can!"

"I wish people could know that yoga is a part of all sports," Aaron said. It is a practice that begins with a breath — one that heals the body, as well as the mind. Emotionally, "they have learned to stay on their own mat."

The term "stay on your own mat" simply means: Worry about yourself, don't worry about what anyone else is doing or saying. "Just focus. Stay on your own mat," Paula said.

While staying on their own mats, however, Paula has involved her yoga students in food distribution charities, working together and the often-overlooked art form of listening. Both parents and athletes have stopped Paula after games or practices, even in the grocery store, to offer thanks for her work. As a volunteer, Paula is giving back to her community in the best way she knows how and is hopeful that other schools will incorporate yoga into athletics for their young charges. "It's a way to take my own practice off my mat," she mused.

While yoga enhances self-awareness and self-esteem, Paula is trying to teach life lessons, as well. "I tell them they are perfect the way they are." She is building a foundation of success and happiness on education and balance, because there really is a pause before that bigger moment. **NOW**

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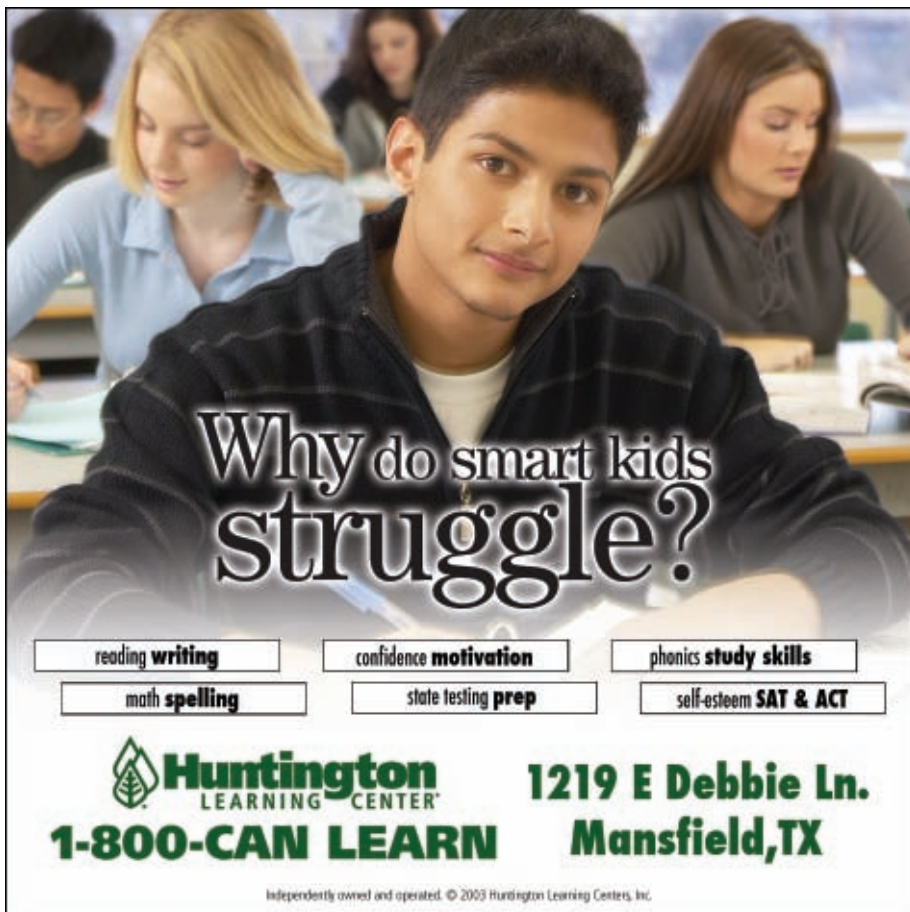
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In the lobby of his practice, Dr. James Kevin Smith offers a variety of high-fashion frames; Dr. Smith looks at the back of a patient's eyes with a digital camera.



Investing in Families

For quality eye care, partner with Advanced Vision Care. — By Melissa Rawlins

Modern colors, styles and technologies fill the wide-open offices of Advanced Vision Care, conveniently located in Mansfield's northern center. Dr. James Kevin Smith started this office in 2005 to serve the growing population of families who want the best care possible. "I take the time to invest in my patients, so they know we truly care," Dr. Smith said.

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The optometrists at Advanced Vision Care also operate a state-of-the-art, in-office finishing lab, allowing them to shape a lens for any frame their patients want. Most patients enjoy shopping for new frames in the optical boutique, which carries frames by designers like Fendi, Vera Wang, BCBG, Dana Buckman, Coach, Gucci, Juicy Couture, Ted Baker, Nike and Tommy Bahama. Their most popular, Marchon, even has a line of Disney princess frames.

Sunglasses, by designers like Maui Jim, are a hot item in the boutique. They also offer a colorful selection of Fitovers, to cover your prescription eyeglasses with fashionable shades. "Most patients are very conscious of the damage the sun will do to their skin, but they tend to overlook their eyes," Dr. Smith said. "We know that UV (ultraviolet) exposure from sunlight is a factor in development of cataracts, as well as retinal disease, not to mention the premature onset of wrinkles. I tell my patients that sunglasses look a lot better than wrinkles.

"I enjoy making someone look good and see well," said Dr. Smith, who sees patients with the daily goal of creating a long-term relationship with each of his patients. Patients who were adolescents when he first began seeing them frequently bring their own children to Advanced Vision Care for annual exams. Dr. Smith and Dr. Bowers provide quality, in-office eye care, as well as on-site vision care for those who live in assisted living facilities. "My associate really enjoys pathology, so he does very well with the elderly. In the office, he also works a lot with pediatric vision therapy because he enjoys all the muscle training (training muscles in the eyes to work together as a team) that comes with working with children."

Since preventative maintenance is vital to a person's total health, Advanced Vision Care recommends everyone receive a yearly eye exam, wear appropriate sunglasses, avoid smoking cigarettes and eat highly nutritious meals. "Above all," Dr. Smith said, "it's very important to take good care of what God has given you." **NOW**



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Tessa Pierce is a Certified Public Accountant with over 14 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

E-mail info@pierce-cpa.com for your 2010 Tax Organizer!



The Mansfield Cares gala is held to raise donations for local charities that aid the economically challenged citizens of Mansfield. From left: Marnee Camp (executive director of Mansfield Cares), Peggy Cole, Karen Freeman and Dr. Barry Cole, D.D.S.; Harry and Cathy Ekholm.



Wayne Simmons, Chamber Ambassador, welcomes TJ'z to the area.



Josiah, 8, and Jayden, 5, enjoy an afternoon with their mom, Olivia, after finishing their day at Willie Brown Elementary School.

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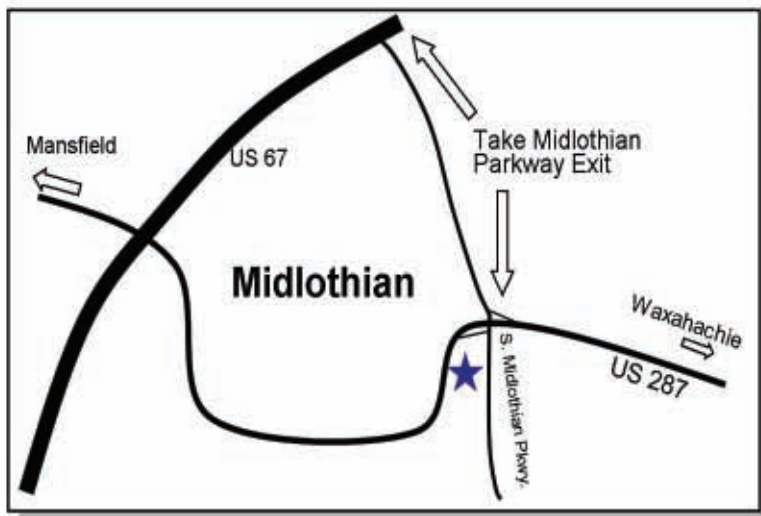
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Pay tribute to mom by scheduling her lifesaving test!

— By *Angel Biasatti*

Mother's Day is a great time to pay tribute to your mother, grandmother, sister or daughter by reminding her to schedule her annual mammogram or physical. Women routinely help spouses, kids, parents, friends and neighbors while, unfortunately, their own health takes a back seat. You want the women in your life (including yourself) to enjoy the best of health and adopt good health habits. This includes screenings, such as a mammogram, colonoscopy and annual physicals. The earlier a potential health problem is identified, the better the outcome.

Mammograms can detect a cancerous tumor in the breast before the most experienced doctor can feel it, giving women a head start on potentially lifesaving treatment. At Methodist Mansfield Medical Center, digital mammography is made more comfortable with a soft warm cushion, and advanced technology enables images to be stored and accessed electronically.

Excluding skin cancers, colorectal cancer is the third-most common cancer diagnosed in women in the United States. However, it is preventable and treatable if diagnosed early with a colonoscopy, usually starting at age 50.

Annual physical exams are important. They screen for heart disease, cancer and other diseases, as well as help maintain overall health with immunizations and preventive medicine.

Heart disease is still the No. 1 killer of women, taking the life of one in three women each year. The best way to know where you stand is to get a blood test for total cholesterol levels, HDL

“good” cholesterol, LDL “bad” cholesterol and blood fats known as triglycerides. Your doctor will also test your blood pressure, as high blood pressure is a major risk factor for heart disease.

An annual skin exam can detect unusual or suspicious-looking brown or red spots, as well as moles on your hands, feet, toes, underarms and scalp. Early detection and treatment of skin cancers can save lives.

Starting three years after becoming sexually active or by age 21, whichever comes first, women need an annual Pap test to detect any abnormal cell changes that could lead to cervical cancer.

If you have a family history of diabetes or are overweight, ask your doctor about a blood sugar test to screen for diabetes.

Share with your loved ones family medical history and the potential risks for some diseases, such as diabetes, cancer and heart disease. A family member who had or has a disease does not mean you will develop it, too, but you may be at a higher risk. While you cannot change your genes, you can alter your health by exercising regularly, eating healthy and quitting smoking.

This Mother's Day, reach out and let the women in your life know how much you care about their good health. **NOW**

Angel Biasatti
Director Community Relations and Marketing
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Seven Strategies for Saving

— By *Tim Bordelon*

Are you doing your best to save for your future? It can be very challenging to begin a savings program. After necessities such as food, clothing and housing, there can be little left to put aside for future goals. Unfortunately, failing to save could mean the difference between enjoying a comfortable retirement and giving up some basic needs. Often it is a matter of making the decision to begin saving now in order to buy a new home or car later. The goals you set are important to you. Making changes to prepare for those goals can make a difference.

Here are seven strategies that you can use today:

1. Don't splurge with your tax refund. Instead of spending your refund, use it wisely by paying down debt, funding an individual retirement account or saving it for future financial goals.

2. Take full advantage of your employer's retirement contributions. Your employer may match a percentage of the contributions you make to your retirement savings plan. It's a good idea to do what it takes to get the matching limit. It's free money that can really help your bottom line during retirement.

3. Start small and stay steady. The first word is the most important — start. You should begin as early as possible to get the most out of your savings plan.

4. Pay yourself first. Think of your savings or investments as a bill you must pay on a regular basis, much the same as a car or mortgage payment. Be disciplined and make the payments according to a set schedule. For better results, establish an automatic monthly deduction from your paycheck or checking account to fund an investment or savings account.

5. Create separate pots of savings for upcoming life stages. Retirement may be an important goal for which to begin saving, but other goals or events need as much or more preparation. Don't shortchange other goals while concentrating on one thing. Whether it's a home, car or child's education, it is important to give appropriate attention to each.



6. If you have children, find the right education plan. You have a number of choices when it comes to saving for a child's education. Finding the one that makes sense for your situation takes planning and information. This takes us to the seventh and, quite possibly, the most important point.

7. Work with someone you know and trust. Everyone's needs and goals are unique. Just as you go through many changes during your lifetime, your financial goals may change. You should work with a professional, who not only knows about various plans and strategies, but knows you and will stay with you through the long haul. Most people feel the best guidance they receive comes from a financial professional they know and trust.

In the end, it all boils down to making a plan, getting started and staying the course. When you make the decision to finally start, contact a financial professional, who knows you and understands your needs. **NOW**

Tim Bordelon is a State Farm agent based in Mansfield.



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April 1-19

"Solo Cuento Las Horas Serenas" (I only count the hours serene) Exhibit of Art by Natascha Rijfkgel: Noon-5:30 p.m., Wednesday through Sunday, Eclectic Expressions, 201 E. Sanford Street, Arlington, Texas (the northeast corner of Sanford and Mesquite). Natascha is a painter, graphic designer and actor with a style that has been called magic realism. Contact Kate Wickham, gallery director at (817) 860-2787.

April 9

3rd Annual Son Run: 5K race: 9:00 a.m.; 1-mile Fun Run: 10:15 a.m., First Methodist Mansfield church parking lot, 777 N. Walnut Creek Dr. (across from Super Walmart). \$25 for adults; \$20 for children under age 12. Team registration is also available. Proceeds benefit ZOE Ministry's Giving Hope Empowerment Project to aid orphans in Africa. For more information or to register, go to www.firstmethodistmansfield.org and click on the "Events" tab in the top right hand corner, or call (817) 477-2287.

Brilliance 2011: Realizing Educational Dreams: 6:00-11:00 p.m., Midlothian Conference Center. Cocktails, dinner, entertainment, live and silent auctions at a gala benefiting students from all Ellis County communities. Funds raised will be used toward Navarro College student and dual credit scholarships. Tickets \$75. For information or reservations, please contact Lynn Pike at (972) 923-6439 or lynn.pike@navarrocollege.edu.

April 26

Board meeting for Mansfield ISD: 7:00-9:00 p.m., 605 E. Broad Street. Call Julie Moye at (817) 299-6382 for more information.

May 2

Mansfield Area Chamber 2011 Golf Classic: Registration: 9:30 a.m., Walnut Creek Country Club. Play either the "fun" or the "competitive" course, then celebrate your team's great round at the outdoor pavilion "Happy Hour" where Jurassic Rock will get your toes tapping to the sound of good old classic rock 'n' roll. Non-playing friends, spouse or business

associates are welcome to enjoy the evening too! Later, Texas Roadhouse will be serving a fantastic dinner of their famous ribs and chicken. While you're eating, sit back and enjoy the award and prize presentations. Contact Mansfield Chamber of Commerce at (817) 473-0507.

May 6-7

American Cancer Society's Relay For Life Mansfield 2011: 6:00 p.m.-6:00 a.m., Katherine Rose Park, Mansfield, Texas. The national Relay For Life theme is "Stay Well, Get Well, Find Cures, Fight Back." Join the fight! Call Shea Allison at (469) 814-1503. Check out the event Web site, www.relayforlife.org/mansfieldtx.

June 4

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport. Call (972) 923-0080 for details.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbcbglobal.net.

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In The Kitchen With Lovetta Bowshier

— By *Melissa Rawlins*

Part-time antique dealer Lovetta Bowshier still uses an old recipe book from Canton, bound together by rubber bands. She also loves spiral-bound cookbooks from everyday people, printed by churches and schools, full of recipes that do not require her to buy unusual ingredients. Home-style cooking is Lovetta's game, and she learned the rules as a young teen in her Dallas kitchen, trying out her mother's recipes for her family. She vowed to learn more, and gradually improved after making many meals using *Better Homes & Gardens* recipes.

Now, Lovetta mostly cooks for her husband and also goes to pot-luck dinners. "People like to eat dessert," she observed, "because everybody's in a good mood, and they bring back happy childhood memories of Mom's desserts." **NOW**

Crab Appetizers

- 1/2 lb. shredded crab meat (imitation crab works as well as real)**
- 1 1/2 to 2 jars 5-oz. Kraft Old English Sharp Pasteurized Process Cheese Spread**
- 1 4-oz. stick butter, softened**
- 6 English muffins, split**

- 1.** Combine first 3 ingredients. Mix well.
- 2.** Spread on English muffins. Cut muffins into quarters.
- 3.** Bake on a cookie sheet at 350 F about 15 minutes. Briefly broil for crisper muffins.

Baked Potato Soup

- 2/3 cup butter**
- 2/3 cup flour**
- 7 cups milk**
- 4 large potatoes (baked, cooled, peeled and cubed)**
- 4 green onions**
- 12 strips bacon, cooked and crumbled**
- 1 1/4 cups shredded cheddar cheese**

- 1 cup sour cream**
- 3/4 tsp. salt**
- 1/2 tsp. pepper**

- 1.** In a heavy pot over medium heat, melt butter. Stir in flour until smooth. Add milk gradually, stirring constantly. Reduce heat and simmer 10 minutes.
- 2.** Add remaining ingredients. Stir until cheese melts.

Crock-Pot Oriental Chicken

- 4 chicken breasts**
- 2 Tbsp. oil**
- 1/3 cup soy sauce**
- 2 Tbsp. brown sugar**
- 2 Tbsp. water**
- 1 clove minced garlic**
- 1 tsp. ground ginger**
- 1/4 cup almonds**

- 1.** Cut up chicken breasts. Brown in skillet in oil. Transfer to Crock-Pot.
- 2.** Combine soy sauce, brown sugar, water, garlic and ginger. Pour over chicken.

- 3.** Cover and cook on high for 1 hour. Reduce heat to low and cook 4-5 hours longer.
- 4.** Remove chicken to platter. Pour juices over chicken and sprinkle with almonds. Serve with rice or noodles.

Spaghetti Pie

- 6 oz. spaghetti**
- 2 eggs, beaten**
- 1/4 cup grated Parmesan cheese**
- 2 Tbsp. butter**
- 1/3 cup onion, chopped**
- 1 cup sour cream**
- 1 lb. Italian sausage**
- 1 6-oz. can tomato paste**
- 1 cup water**
- 4 oz. shredded Mozzarella cheese**

- 1.** Break spaghetti in half and boil in salted water until done. While warm, combine spaghetti with eggs and Parmesan. Pour mixture into a well-greased, 10-inch pie plate. Pat mixture around sides.
- 2.** Melt butter; add onion and sauté. Stir in sour cream and spoon over spaghetti. Brown sausage in a skillet; drain. Add tomato paste and water. Simmer 10 minutes.
- 3.** Spoon on top of spaghetti. Bake at 350 F for 25 minutes. Spread Mozzarella on top and bake until cheese melts.

Pineapple Sheet Cake

- 1 20-oz. can crushed pineapple**
- 2 eggs**
- 2 cups sugar**
- 1 tsp. vanilla**
- 2 cups flour**
- 2 tsp. soda**
- 3/4 cups chopped nuts**
- 1 4-oz. stick oleo**
- 2 8-oz. pkgs. cream cheese, softened**
- 2 tsp. vanilla**
- 2 1/2 cups (or a little more) powdered sugar**
- 3/4 cups nuts (optional)**

- 1.** In one large bowl, mix the first 4 ingredients.
- 2.** In separate bowl, mix the next 3 ingredients.
- 3.** Combine both mixtures in the large bowl. Spray a sheet pan lightly with butter-flavored Pam, then pour mixture into pan.
- 4.** In a bowl, mix topping out of the last 5 ingredients.
- 5.** Spread topping over cake and smooth out. Bake at 350 F for about 35 minutes.

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