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### **GRAPHICS AND DESIGN**

Creative Director, Chris McCalla Artists, Julie Carpenter . Martha Macias Connie VanderBeek . Allee Brand Marshall Hinsley . Arlene Honza Brande Morgan

### PHOTOGRAPHY

Photography Director, Jill Rose Photographers, Natalie Busch Allison Libby-Thesing . Opaque Visuals Kyle H. Powell . Amy Ramirez Jill Rasco Photography

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Advertising Representatives, Teresa Banks . Lori O'Connell . Steve Randle Rick Ausmus . Linda Dean . Laura Fira Bryan Frye . Melissa McCoy . Lisa Miller Carolyn Mixon . Jami Navarro . John Powell Linda Roberson

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# On The Cover



The Mansfield Police Department SWAT team stands ready for any emergency.

Photo by Amy Ramirez.

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# Editor's Note

Dear Readers,

It's not easy being green, according to Kermit the Frog. However, thanks to recent advances in technology and the commitment of the city of Mansfield to conserving our natural resources, it certainly is getting easier. We can recycle nearly everything — in my home, our recycling outweighs our garbage two to one. The city hosts events where citizens can turn in hazardous household waste and electronics. And there is a greater overall knowledge of how to better take care of the world around us.



Earth Day, April 22, was first celebrated in 1970, as the brainchild of Sen. Gaylord Nelson (D-Wis.), who was upset about the lack of political attention given to environmental issues at the time. This year, how about doing something to improve the environment around you? There are lots of things you can do to prove that Kermit was wrong!

Jeremy

Jeremy Agor MansfieldNOW Editor jeremy.agor@nowmagazines.com

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# \$WAT

– By Janice C. Johnson

Mansfield SWAT team scouts, seen only as subtle flickers of movement among the trees, quietly surrounded a cul-de-sac home. The Special Weapons and Tactics officers positioned themselves to watch every inch of the property. According to their dispatch orders, a disturbance in the home could become a hostage situation.

As a black, armored vehicle pulled into the street and parked facing the house, Sergeant Jim Harrell keyed his radio. "Be advised: patrol saw the female try to leave the house. The male grabbed her and threw her down." The truck's back and side





# REACTION

doors opened. Numerous "React" team members jumped out and waited, rifles covering the house.

Soon Jim spoke again. "Be advised: negotiations have broken down. There is a threat to the hostage. React: prepare for gas. Advise when you have your masks on."

Minutes later, a report echoed through the neighborhood as a rifle sent tear gas canisters through the front windows. At Jim's order, the React team rushed the house and broke through the front door.

The officers found no perpetrator or hostage inside. But then, they did not expect to. The entire call had been a training scenario, the first scheduled for the day. Signs posted at the cul-de-sac entrance alerted neighbors and passers-by that police training was in progress. After the exercise, Jim briefly analyzed their performance, and the team left the neighborhood to reset itself for the next call.

Jim leads the SWAT team and had organized the day's training. SWAT is sent on crisis calls, such as narcotic and other high-risk warrants, barricaded persons and hostage situations. Scenario training helps the officers prepare for these hazardous assignments. They use all their normal weapons, from pistols to rifles. Rather than live ammunition, however, the guns are loaded with wax bullets known as "simunition."

Since the men must make their plans as they go, an unfamiliar house adds invaluable realism to the training exercise. "This house was condemned and purchased by the city because of

flooding," Jim said. "It's going to be demolished, but they're letting us use it for training first."

Unlike the full-time SWAT teams that serve some larger cities, Mansfield's SWAT members volunteer for the assignment on top of their regular patrol duties. They also spend an extra 20 hours per month in specialized training. "They get no extra pay, but they are highly trained and have

the best equipment on the force," Jim said.

SWAT members must be made of stern stuff. To be considered for duty, each must pass a series of tests, including physical fitness and firearms skill. Jim explained that fitness and endurance are as important as marksmanship. The men have to run while wearing 45-pound protective vests, often in brutally hot weather.

The rigors of duty and training have melded the officers into a close team, most of them five- to seven-year veterans. "There isn't anything these guys won't do for each other," Jim said.

He gives full credit to the SWAT wives for the crucial support they offer the men — and to each other, as a family may need babysitting

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during a call. Over the past two years, Mansfield's SWAT team has averaged a call about every 10 to 20 days. "It's hard on a wife," Jim said. "When the pager goes off at 2:00 a.m., there's nothing she can do except wait for that call that says 'We're done, and we're OK.""

SWAT cannot work alone, but depends on information from the Police Intelligence Officer. And, in a hostage or barricaded person crisis, they act in tandem with the negotiating team to stop or prevent violence. The negotiators' job is to talk the person out of the house. But, as Jim pointed out, "If he looks out the window, and nobody is there except the negotiator, why should he surrender? SWAT is the threat that motivates him. If he knows there are men out there with gas canisters and rifles, it gives him a reason to cooperate."





Jim's boss, Patrol Division Commander Kyle Lanier, oversees all three teams' efforts. Though SWAT faces the most volatile situations in police work, Kyle said that statistically they suffer no more casualties than patrol officers. After all, even during a traffic stop an officer may be harmed. Besides, the team gets the best training on the police force. "Everything they do here, they can take on patrol. The mindset of these individuals makes them safer cops," Kyle asserted.

As another safety measure, three Fire Department medics go with the team. Two of these are also police officers. Lt. David Holland, one of the doubleduty officers, may treat anything from accident injuries to gunshot wounds at the scene. Even during training, no case of dehydration or other problem escapes





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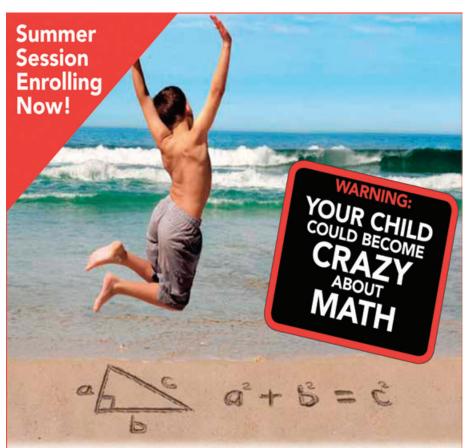
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his watchful eye. David spoke about how rewarding his work is, but played down the sacrifices he makes.

In fact, all the team members cheerfully sacrifice the required time and effort above the normal call of duty. Naz Aguirre accepted the challenge partly because of the top-notch training and equipment. More importantly, he gains fulfillment from answering the most urgent calls. "When people are in dire need, I'm able to show up and take care of the situation," he said. His most memorable call came in 2006, when a shooter in a Midlothian apartment had wounded and pinned down four law officers. "We finished that," he said with grim satisfaction.

Michael Midkiff is an eight-year veteran on the force who joined SWAT after the first year. Like Naz, he appreciates the specialized training he receives. But what actually drew him to SWAT was the chance to test what he is made of. "It puts me in situations where things have gone from bad to worse where I have to step up to the plate," he said. "It's a gut check."

SWAT's whole-team effort demands a lot of trust. The men must trust each other; they and their wives must trust their training. Everyone depends on the information that Intelligence provides. React depends on the support officers who drive and stay with their vehicles.

One of those vehicles, the armored truck, bears a curious marking: a "smiley face" on the back door. Sketched into the marking plans as a joke, the emblem had caught the chief's eye. He said he liked it. After the truck was painted with only the official markings, the chief sent it back to have the smiley added. As the team attends training events around the country, the audacious truck has gained its own reputation. Mansfield's SWAT team, made of courage and dedication with a dash of humor, more than lives up to their Police Department motto: "Pride – Honor – Integrity."

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She looks absolutely ravishing in her beautiful prom dress. Her mother picked it out because her daughter doesn't care much about fashion. Her father compliments her dress and her brilliant, carefree smile radiates the room. The beautiful blonde teenager is Shelby Crow. And today, she feels just like a prom queen.

Always

mazing

– By Rick Hope

Writer Steve Farrar once remarked that it was not how one started in life, it was how they finished. If that is true, the perfect illustration can be found in Shelby. Seventeen-year-old Shelby had a rough start, but her attitude and the way



in which she inspires others definitely points the way to a strong finish.

Shelby was to be a twin, and at first, all indications were that she and her sister would have a normal, uneventful birth. There was absolutely no sign of any danger. The family had their bags packed and was ready to go to the hospital when the moment arrived, but unfortunately that day came two-and-ahalf months earlier than they expected. During the delivery, a grade 4 brain hemorrhage was discovered in Shelby, with grade 5 being the worst. According to Shelby's mother, Angela, this was the result of lack of oxygen to the brain. Shelby's twin would only survive one day, and Shelby herself would spend three months on a respirator.

The doctors told Angela that Shelby would be blind or deaf. Taking Shelby off life support was one choice the family was given during this trying time. But the family's faith would not allow them to even consider such an option. During this time of uncertainty, the Crows (at the time consisting of Angela, her husband, David, and 6-year-old Heather) felt the love and support of family, church and community.

Today, one of the best ways to describe Shelby is with the word "miracle." She could not eat until she was two years old, but is doing well in that area now. Though not paralyzed, she does spend the majority of her time in a wheelchair due to spastic muscles resulting from the traumatic birth. What may be perceived as limitations dissolve with the smallest amount of time spent around the vivacious teen. "Everyone that knows her generally feels good about themselves when they leave her. There is just something about her," Angela admitted.

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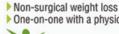
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According to Angela, Shelby is one who loves people and wants to make others happy. "It's her personal goal - to please other people," Angela added. "She just refuses to dwell on her limitations. She does the best she can with what she has."

As a result of Shelby's winning attitude, doors have opened. The Make-A-Wish Foundation sent her and her family to Disney World a few years back and most recently, Shelby got a chance to meet one of her heroes at a book signing at Barnes & Noble on the Texas Christian University campus in Fort Worth.

Shelby has long been a fan of Duane "Dog" Chapman, the star of the cable network television reality show, Dog the Bounty Hunter.

"He catches bad guys," Shelby stated. So naturally, they were excited to go to the book signing. When Dog's people found out Shelby was there, she was quickly moved to the front of the line. Now, one of the many pictures of Shelby at the Crow household is Dog and Shelby smiling together — a moment Shelby will never forget.

In addition to Dog, Shelby also enjoys playing computer games and is particularly interested in what she calls "surgery games." Shelby is fascinated by the medical field and hopes to one day be a doctor or work in a hospital in some fashion. Not surprisingly, Shelby

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loves all the *CSI* shows on television. And like a myriad of teenagers these days, she also enjoys the *Twilight* movies.

One of Shelby's favorite summer activities is to attend Camp Summit, a special needs camp. "That camp has been a highlight of her life since she was 9 years old," Angela shared. While at the camp, Shelby loves to swim and go horseback riding. But she said her favorite thing to take part in is the ropes course. In addition, Shelby has made several

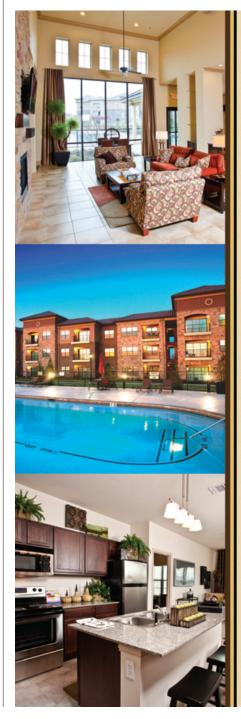


close friends at Camp Summit. Last summer, Shelby got to see a longtime friend she had not talked to or seen since second grade.

One of her dearest friendships from that camp was with a counselor named Heather, who, though no longer a counselor at the camp, still finds time to visit Shelby. Because of Shelby, Heather decided to pursue a career working with individuals with special needs. She even once wrote a college paper about Shelby. At the end of every camp, there is a dance, and Shelby said, with a twinkle in her eye, "I always get the date I want."

A few years ago, a flier came home from Shelby's school. Mansfield Bible Church was hosting a special needs prom. The church has been hosting









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this event for seven years now. Last vear, 87 students attended and over 300 people were at the event. Naturally, Shelby didn't hesitate in articulating her desire to attend the prom. Angela said they have been going ever since and it's always an amazing time. "Everybody enjoys themselves and has a great time! The church goes all out, and anyone can participate," Angela explained.

Shelby allows her mom to go "as long as I stay in my corner," Angela admitted. In the last two years, Shelby has been photographed enjoying herself at the prom and was featured on the front page of the Mansfield News-Mirror. This year, the event is going to be held on April 14 and the theme is "Out of This World."

Amazing as Shelby is, her family cannot be left out. Shelby lives at home with her mother, Angela, and her father, David. She has a younger sister, Lacey, 13, and an older sister, Heather, who is 23. Her grandmother, Pat "MeMa" McInnis, also lives with them and loves Shelby and her siblings dearly. Shelby readily admits to the usual sibling arguments with her sisters, but maintains that she loves them both. Shelby gets along well with her mother and thoroughly enjoys picking on her dad. When prom day rolls around, you can be assured that they will all be excited and supportive of their "prom queen."

You can bet Shelby will have an amazing time. If you haven't figured it out yet, Shelby always has an amazing time. Being herself may very well be her favorite activity! NOW

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At Home With Robert and Jeanne Hinerman

The entry way into Jeanne and Robert Hinerman's home is as warm and inviting as they are. It opens into the large formal dining room that shares the rich golden, red and brown colors. Jeanne remarked, "The colors were completely out of character for me at first. I was worried about being so bold, but now I love it!"

Seflection

# 

S

Jeanne, a fourth-grade teacher at Roberta Tipps Elementary in Mansfield, decorated the home herself, with a little input from her husband and children, of course. Robert is the chief information officer at Darling International, a rendering company based in Irving. Jeanne was born in Minnesota, where she



lived until she was 15. She is a graduate of Martin High School in Arlington and The University of Texas at Arlington (UTA). Robert was born and reared in the Midwest until he moved here in 1986. He also graduated from UTA, where the couple met over 20 years ago. They married in 1991 and have lived in the Mansfield area for 13 years, where they are close to Jeanne's parents, who live in Arlington.

Robert is a seasoned private pilot who flies mostly as a hobby, but who also flies volunteer missions for Angel Flight South Central transporting those in need of specialized medical attention. After a flight in 2006, he called his wife and said, "You have to come see this neighborhood I just flew over. It's perfect." In 2008, they began building their home on a lot they agreed they "had to have."

The lot is large and beautiful, settled in a quiet, family-friendly, gated community





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located on the west edge of town. "It's a wonderful neighborhood filled with wonderful neighbors," Jeanne said. A dense, tree-filled area extends the backyard an additional 40 feet.

Two years ago they put in a lagoonstyle pool that fits perfectly with the natural feeling of the rest of the backyard. Last year, they added a large stone fire pit great for making s'mores. The back porch is covered, complete with outdoor furniture. It was built as an extension of the inside family room and shares the same towering fireplace. The built-in grill area is perfect for entertaining. Although they like to entertain, most evenings are spent relaxing as a family in their two family rooms.

The deep bold colors of the entry way serve to introduce the rest of the main



floor. "We have no hallways," Jeanne pointed out. "I'm not a fan of enclosed spaces, and I wanted the family rooms to be large and flow into one another." The focal points of the main family room are the vaulted ceiling and large stone fireplace. The main living area is a mix of dark reds, gold and browns and the artwork on the wall complements the color scheme.

The kitchen bar outlines the edge of the living area so when people linger around the kitchen during gatherings, there is no separation between them and those in either living area. Hand-scraped

floors in the living room are wide-planked red oak. Crimson countertops in the kitchen embedded with a print remind Jeanne of leopard. This unique, one-of-a-kind look is another bold move for her. The appliances are stainless steel, including the drink fridge built into the island. "That was Robert's idea," Jeanne smiled, "but I love it."

Decorating the kitchen is a collection of eclectic roosters.

On the other side of the open kitchen is the game room. "This is the room I am usually in. Sometimes we like to watch different things, but because it is such an open floor plan, we can be in separate

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11 – 11:50 pm	<b>Robots – A Woman's Best Friend</b> Drs. DeEtte Vasques and Russell Dickey talk about the latest in minimally invasive gynecological surgery with a special focus on the benefits of robotic surgery.
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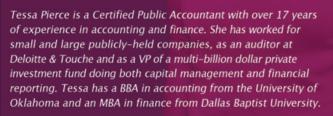
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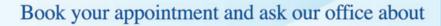


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rooms, watching separate shows, while still being together," Robert said.

From there, the guests enter into what Jeanne describes as a guest suite. "I want my guests to have a feeling of privacy. They have a place they can go away from everyone and rest." The bedroom has its own bathroom that opens to the back patio and also serves as the pool bath during the summer months.

The kids' rooms really represent the family's fun side. Brooke, 11 and a fifth grader at Donna Shepherd, is very much into sports. Brooke's very girly room has pink walls accented with shades of lime green and chocolate brown in the bedding and decorative accents. Blake, 5 years old, attends the Primrose School of Walnut Creek. A Jack-and-Jill bathroom connects Brooke's room with Blake's, which is influenced by his daddy. The room is blue and brown and highlighted by a large aviation mural that serves as the backdrop for his bed. The children's rooms are by far the brightest and most whimsical in the home.

The master suite can be found on the opposite end of the house. The suite includes a bedroom, bath and study.



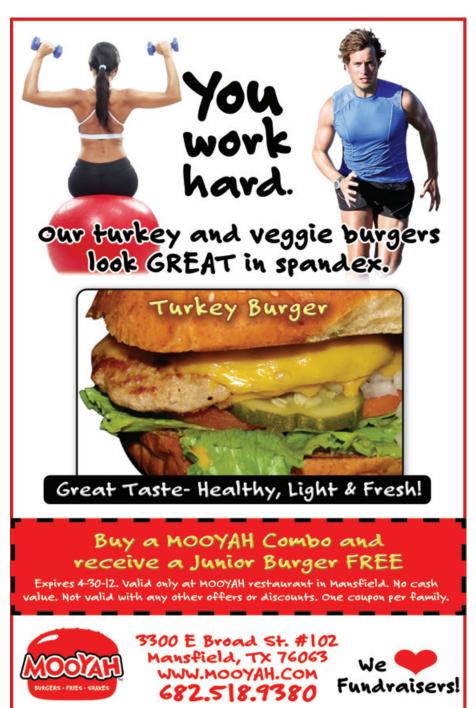


"The study was supposed to be Robert's office," Jeanne explained, "but all of my wrapping and scrapbooking materials ended up taking over, so I made it fully mine by adding a leopard print chair in the corner, just for fun."

A large four-poster bed anchors the master bedroom and is by far the center piece of the suite. The bedding and coordinating curtains are shades of slate blue, chocolate brown and cream with brown zebra accents. A large spa tub separates his-and-her vanity areas, and the glass enclosed shower looks out to the backyard.

Each room in Robert and Jeanne's house was decorated to be a representation of them as individuals and a family. Jeanne has been successful at her main decorating goal: "I want visitors to walk in and say, "This is so you!"" she shared. With its homey feel, welcoming presence and detailoriented convenience, their home has far exceeded their goal.





A pioneer spirit formed by a childhood on a farm gave Linda Bosma an appreciation for the environment. She passed that on to her children and grandchildren, and now, as vice chair of the Keep Mansfield Beautiful Commission, she does her best to help everyone understand the importance of taking care of the city's green spaces and waterways.

- By Jeremy Agor

"My grandmother's spirit was that of loving the land. She was a single mother who raised five children. She did 'organic' long before there was a word for it. Her philosophy was, 'Leave the least amount of impact on the land and save it for the next generation. If you take care of it, it will take care of you.' That's where I got my love of nature," Linda said. Some of the things Linda's grandmother taught her about taking care of the land included planting a new tree if one was cut down and not mowing the ditches in front of the house to preserve birds' nests.

Linda grew up in the same house in southern Minnesota where her grandmother and mother grew up in. The deed to the home, which came into her family as part of the Homestead Act of 1862, was signed by Abraham Lincoln. The home still stands today, occupied by Linda's sister. Linda and her family did not





have a lot and recycled out of necessity. "We learned how to conserve and use things more than once," Linda said. "I grew up loving nature and loving to be outside. It was natural for us to recycle, because when you don't have a lot of money you reuse old stuff."

Linda and her family have lived in Texas for 20 years and in Mansfield for 11. When they first moved into their neighborhood, it was out in the middle of nowhere, and Mansfield was a small town. She likes the fact that Mansfield is very conscientious about planting trees and maintaining a greenbelt. "We fell in love with this place because it reminded us of home. You could go into a store on Main Street, and it was just that small-town feel. Mansfield has a 'help-your-neighbor' mentality, and it feels good to say we're going home to Mansfield," Linda explained. Part of that small-town feel Lona's Therapeutic Massage MASSAGES 90 minutes - \$90 75 minutes - \$75 60 minutes - \$60 Hot stones used at NO extra charge Complimentary therapy for arthritis sufferers with paid massage Time to extract that excess ear wax safely! Ear Candling - \$40 Discounts for senior citizens & students 144770-4480 • 2364 Hwy 287 N, Ste 107 @ Callender Rd. (near the Mansfield Driving School)

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is the opportunities to become involved in the city.

Linda had always picked up trash on her walks around the neighborhood, and one day she read about the Keep Mansfield Beautiful Commission in the newspaper. She was interested, but didn't act, even though she admits that, "Keep



Mansfield Beautiful was a natural fit for me, because I'm able to take my oldfashioned commitment to the earth and teach people about it." Soon, she heard about the commission again, and she finally attended a meeting. Once she did, she was hooked.

"I wanted to do this. It's something I

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Edward Jones

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grew up with and am passionate about. The level of gratification surprised me. At the first meeting I went to, when we went around the table introducing ourselves, I told the board members I was volunteering because of pride in where I came from, and feeling fortunate to have a sense of my roots," Linda said. "Even that first meeting, I realized these people are doing something incredible, and I really want to be here."

Before long, Linda was asked to be the board's vice chair, a position she took but wasn't entirely prepared for. However, she firmly believes that the Keep Mansfield Beautiful Commission is a legitimate service that will have an impact 10, 20, even 100 years from now.

"It's wonderful to have people thank you for standing at our collection points and taking in people's grease and old computers. To keep the Commission going, we have to make it bigger, and we're doing it one household at a time. That one household might represent



several hundred pounds of trash that's not going to a landfill or down a storm drain," she said.

She continued, "What we need people to understand is that Keep Mansfield Beautiful is a city commission comprised of board members, but that we need an army of volunteers to help in our clean-up



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efforts, speak at schools and talk to their neighbors about how to achieve our goals."

In the past year, Keep Mansfield Beautiful has begun having a presence at the many festivals in town. At the Arts Festival, for example, members of Keep Mansfield Beautiful gave children gloves and bags and had them pick up trash, bring it back to their booth and sort it for a prize.

"Our programs have been wellreceived, and we've had lots of participation. We're starting a model, where we're showing what we're doing. We are also able to talk to people, which has created greater involvement and helped create commitment to what we're doing. Of all the things we've done as a board, I'm most proud of putting a personal touch on responsibility, not because it's the politically correct thing to do, but because people feel a personal sense of what they need to do," Linda said.

As her children grew, Linda instilled in them the importance of taking care of the land and conserving resources. She is now working with her grandchildren to do the same: her grandson accompanies her to clean up creek sides, and her granddaughter plays "Tessa the Trash Terminator," a mascot who helps teach children that picking up trash can be fun. Laying a solid foundation for children is a key component of her efforts, because she wants them to understand that by keeping hiking trails and lakes clean, they'll be able to bring their children to those same trails and lakes years from now, and the trails and lakes will still be clean and useable. For Linda, it is important that adults be role models for children as her parents, neighbors and grandmother were to her. She approaches this educational effort with the attitude that it's a generational solution for a generational problem.

"I'm happy with the efforts adults in Mansfield have put forth with recycling and other conservation activities," Linda explained, "but I think it's very important to impress on children at a young age that they need to pick up their trash and put it where it goes, that they should turn off lights when they're not being used, and all kinds of other ways of conserving and keeping the city clean. It's a great way of giving back to a community that gives so much. What a wonderful legacy to say, 'I helped with that!"

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In 2005, after being named Miss Johnson County (Iowa) Michelle Berndt came in first runner up to Miss Iowa. She had been in pageants most of her adult life. After coming so close to participating in the Miss America pageant, her lifelong dream, she decided she was finished with pageants. But she began training young women interested in pageantry.

Although Michelle enjoyed working with the new girls, she missed the competition, and the girls could see right through her. "One day, two special girls pulled me aside and said, 'Michelle, you still got it. You love this stuff. You're beautiful, and you could do this with your eyes closed," Michelle recalled. With their encouragement and support, Michelle decided to go back into pageantry.

Michelle loves pageants. Her fondest childhood memories include watching annual Miss America pageants with her mom. "We popped popcorn, put our hair in curlers and cuddled on the couch. I got to stay up late until they were over," Michelle reminisced. Throughout her pageants, her parents have always been her biggest supporters. "My dad, a macho body-builder, gets more nervous during pageants than I do."

Michelle grew up in Hampton, Iowa. She graduated high school with 99 other students and graduated from Wartburg College, a small private Iowa college. She majored in music education and music therapy. She is a classically trained opera singer, which comes in handy during the talent portions of pageants. Her family is very tight-knit, and her parents come to every one of the pageants.

During the three years she was out of the limelight, she married Dr. Stephen Berndt, a chiropractor, and had her first child, Grayce, now 4 years old. In 2009, when she began competing again, she entered into the "Mrs." pageants. "I love this new challenge!" Michelle gushed. "Because we are all married, the pageants are very family-oriented. My kids and husband are part of this journey, too."

In the Mrs. pageants, there is no age limit to be able to compete, nor does a contestant have to have children. They just have to be married. In 2009, Michelle was the first runner up to Mrs. Iowa America. Shortly thereafter, she won the title of Mrs. Iowa United States. She won her first national title in 2010 as Mrs. U.S. Beauties. And then the family moved to Mansfield. Michelle currently works as the admissions manager for Kaplan College, based in Arlington.

Michelle's favorite part of pageants, and by far the one she considers herself to be best at, is the interview portion.







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"The interview really gives the judges an opportunity to get to know you, if they ask the right questions. It is always exciting because you never know what they are going to ask, and you have to be ready for anything," Michelle explained. Her favorite questions revolve around the challenges of marriage and balancing service work with her everyday life.

One might think her crowns are the accomplishments she is most proud of. However, she more highly values her nearly 20,000 hours of community service. "I believe in giving back. I think giving back is necessary for the world to work," Michelle stated. She has always been very active in her community, but having a crown and title has allowed her to do much more. "As Mrs. Iowa, I spoke to everyone from kindergarteners to CEOs," Michelle said. "I want to empower people to step outside the 'norm' and be great!"

Throughout the Iowa pageants, the





platform she promoted was one of literacy. She wanted all children to learn to read regardless of their beginnings in an effort to make their futures better. She also urged illiterate adults to learn to read, if not for themselves, then to be positive role models for the children in their lives. Michelle remembered, "I read probably a thousand books to children at schools and hospitals. It is something anyone can do, but I am just lucky enough to actually get to do it."

When she moved to Texas, her priorities and her platform changed. "My mom was diagnosed with breast cancer and had a bilateral mastectomy," Michelle explained. "Cancer runs in our family, much more than normal percentages. So I was tested for the BRCA2 gene. I tested positive. Basically, I am 10 times more likely than the average person to get any type of cancer." Michelle's mom, so far, is the only family member who has won the fight against cancer. The only way to prevent getting cancer once you have been diagnosed with BRCA2 is to take proactive measures. So on February 24, Michelle had a bilateral mastectomy (a complete removal of both breasts) and had both of her ovaries removed. "Once you get cancer," Michelle said, "you are forced to react to it. It has control. By choosing surgery, I was in control." Just two weeks before her surgery, she discovered a lump in her breast during a self-examination, which was immediately removed during a lumpectomy. As a result, following her masectomy, she will



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undergo chemo and radiation. "Selfexamination is so important in detecting cancer early," she remarked.

Michelle is one of the elite few who doesn't simply talk about her ideals, she truly is living the way she encourages others to live. Using her title as a way "in," she makes appearances all over in support of cancer awareness and prevention. "There is so much a person can do in just one year. All I have is a crown, and that lets me really make a difference," she beamed. Michelle has appeared at American Cancer Society Relay For Life events, and has visited pediatric cancer patients. She also gives motivational speeches geared toward assisting different civic clubs. When she reached her 10,000 hours of community service, Michelle was presented with an award at the White House in recognition for a job well done.

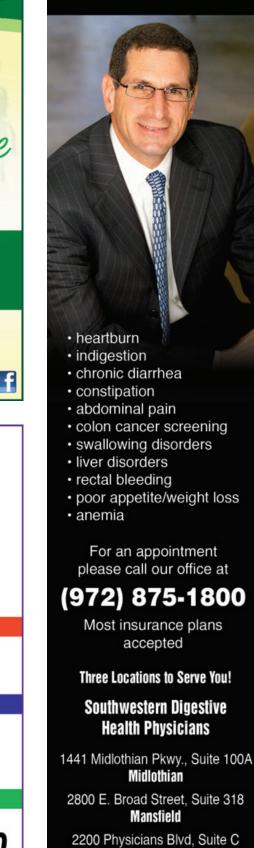
In Corsicana, on January 21, Michelle placed in the top 15 as Mrs. Texas America. Using her title as Mrs. North Texas America, Michelle will again campaign in the spring of 2012 to emphasize annual mammograms and early detection. Of course, she will have to recover from her own surgery first. Her surgery won't stop her from competing in the future. "Competing gives me a reason to stay in shape. It gives me a goal to work toward," Michelle explained. "I'm 30. It's not old. Being a mother and a wife doesn't mean not being gorgeous and strong. There is so much I still want to do!"

Michelle, stealing a quote from her father, summed up her attitude about everything in her life including her marriage, her kids and her pageantry. "A dream will always be a dream until you make it a goal." NOW





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# **Music to Live By** - By Rick Hope



The young man is a senior at Mansfield Timberview High School. He likes to play Xbox. He enjoys hanging out with his friends, playing and listening to music, and spending time with his girlfriend. At first glance, Hunter Escobar might seem like your normal, ordinary teenager. But a closer look reveals something else. Go beyond the exterior, and one will find that "ordinary" is a word that could never describe him. "I love to lead worship. It allows me to help others connect with God. It proclaims God to others. It's intimate."



Hunter was born into a family that is serious about their Christian faith. They reared Hunter to understand his ultimate aim was to make sure he was following God's plans and not his own. To do anything else would be a serious shortcoming. They wanted him to understand the benefits of a lifetime of Christian service.

"As long as you're in the center of God's will, you will always be content. But if you ever step out, you'll be miserable. Just obey God's calling on your life and never look back." Ed Escobar has been instilling this principle in his son from a very young age. Ed and his wife, Amber, have always known Hunter was going to be something special. They knew he could impact other lives for Christ. When he was 7 days old, his pastor told Ed the same thing. In fact, Ed wrote it in his Bible not long after Hunter was born. "I just knew God had some great plans for him," Ed shared. "I wrote that someday, my son would minister around the world."

Now, 18-year-old Hunter appears to be well on his way to doing just that in the field of music ministry. The softspoken young man first picked up a guitar at age 9. "I haven't looked back since," Hunter stated.



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## DAPHNA SIMPSON CPA, PC





He I Con how I C

Although he has had nearly five years of lessons, Hunter plays mostly by ear. His passion for music and tenacity in teaching himself how to play has only served to cause his musical ability to flourish, and because of that, he has had several opportunities to play in public settings. As a young adult, Hunter has played in several venues in the area to thousands of people at one time. He also plays a little on the bass guitar and piano. In addition, Hunter has written the lyrics to many songs, and is the youth worship leader at Crossroads Christian Church.

Hunter insists it is all about leading in worship and not just being on stage to merely perform. For Hunter, there is a distinct difference between worship music and Christian music. "Christian music is telling about God, while worship music is sung directly to God," Hunter explained. "I love to lead worship. It allows me to help others connect with God. It proclaims God to others. It's intimate."

Hunter's family was attending church at Covenant Church in Noble, Oklahoma, at the time of his birth in the nearby town of Norman, Oklahoma. After moving to Texas, he was invited to visit the Crossroads youth group when he was 15. On the first day he was there, he was asked to play guitar in the worship band. "I want to continue to lead worship," Hunter said. "I want to stay in music ministry."

So far, this passion has allowed him to play in different venues. The last four years in September, Hunter got to



lead worship at the See You at the Pole event held at Timberview High. He also participated in an event last year sponsored by the Fellowship of Christian Athletes known as Fields of Faith, where he got to play for close to 1,000 people. The East Broad Street Outreach Center asked Hunter to play for one of their coffee shop outreach events, which benefited Common Ground Ministries in Mansfield.

This past school year has not been easy for Hunter or his fellow students. When tragedy struck, it was Hunter who was called to use his music to minister to his peers. Cody McCarty, assistant football coach at Timberview, passed away rather suddenly at the age of 29. Hunter played before his fellow students at a special memorial assembly. He also played at a memorial service for some area teenagers, Carlos Marquez and Kimberly Pimentel, who were killed in a car accident.

To say that Hunter loves music is an understatement. Nor is it an exaggeration to say music is a consuming passion for him. Whenever he has a spare moment, according to Ed, Hunter is composing lyrics or playing on his guitar. "You don't have to worry about him wasting his time watching television. He's always spending his spare time playing or writing music. And you should see the lyrics he writes," Ed remarked. He also enjoys playing with a group of friends with a band they named Ready the Lion.

"My best friend, Cole, has Ready the Lion as his account name on Xbox, and that's what we thought of when we were





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trying to name the band," Hunter said. "We mostly just get together and jam."

Hunter's family is very supportive of him. His two sisters, 6-year-old Emmie and 13-year-old Rylan, are all about cheering their brother on. "We all stand behind Hunter," Ed said. "We encourage him in his musical efforts. Whatever he feels called to do, we're behind him."

Hunter has considered several options, including attending world famous Hillsong College in Sydney, Australia. Hillsong is known for their large variety of ministries, in particular, music. Ed recalls fondly discussing this with his son. "I asked him 'Aren't you afraid, Bub?"" Ed said, referring to his son by the nickname he's held since birth.

"Why should I be afraid if I'm following God's calling?" Hunter answered.

For now, it appears that Hunter has settled on attending Ozark Christian College in Joplin, Missouri. He went there after the recent tornado ravaged that area, and again this past spring for mission efforts. "The devastation there was incredible," he admitted. "I have never seen anything like that."

Hunter has aspirations to work with a group called Christ in Youth while attending college. The sky is the limit after that. "I'll just see where God takes me," he smiled.

With the running start he's had so far, Hunter is well on his way to achieving his life goals. "I have no doubts about my son's future in music ministry," Ed said, with pride. "It's what he was born to do."

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Above: Luis Pardo, owner. Left: Jerry Balser, manager (far right), and his well-trained team provide unsurpassed service and a broad inventory of parts to commercial and residential clients.

# **A Personal Touch**

Jerry Balser and his employees at Classic Turf Equipment stand behind everything they do. — By Jeremy Agor

Jerry Balser and his employees at Classic Turf Equipment are happy with the way lawns all over Mansfield are coming to life this spring. As landscaping professionals upgrade their equipment and repair existing mowers, trimmers and other tools of the trade, the store's staff is prepared to address their needs.

"Our products and services are anything to do with outdoor power equipment. We have all the parts people need in stock, we offer top-quality machinery, and our service department is second-to-none. But what really sets us apart is our product lineup. It's by far the best in the industry," Jerry said.

Jerry stumbled into selling power equipment in the late 1990s. He and his wife lived in Elkhart, Indiana, when she was offered a job in Grapevine. Jerry, a native Texan, supported the move, in part because he had grown tired of the dark and cold of Indiana winters.

When they got to Texas, Jerry did not have a job, but soon found employment managing a parts warehouse in Denton. From there, he found jobs with retailers and distributors and learned the tricks of the trade from both sides.

"I understand how the business operates from a retail standpoint and from a distributor's point of view. It can be challenging, meeting customers' expectations, while meeting the distributor's sales goals, but either way, I enjoy the challenges and the relationships I develop with my customers," said Jerry. "Our owner, Luis Pardo, is a successful businessman. He's hands-off and is letting me grow the business. My goal is to

## Business **NOW**

build this business to be as successful as all his others."

Classic Turf Equipment has been in Mansfield nearly three years, and Jerry will have been in charge for two years this August. The store carries STIHL and ECHO, the two top brands of handheld power equipment, as well as lawnmowers and other products from Honda, Toro, SCAG and many other brands and manufacturers.

The majority of Classic Turf Equipment's customers are commercial landscapers. However, over the past year, Jerry has worked hard to cultivate residential business from customers who mow their own lawns. It is a strategy which is helping the business to grow.

One of the most important areas in Jerry's business is parts and service. Classic Turf Equipment services the products they sell and sells parts for those brands they do not carry. The walls of the store are lined with every size belt,

### "I understand how the business operates from a retail standpoint and from a distributor's point of view."

cable, nut and bolt needed to repair most machines for those who want to repair their own equipment. For those who do not, Classic Turf Equipment's master mechanic is factory-certified by all the major engine manufacturers, and the store is able to offer quick turnaround on all types of service without sacrificing quality.

"We've gotten a lot of repeat business on the service side because of our fast turnaround times, and because we fix things right the first time. We also have a well-stocked parts department to supply our service department or to sell over the counter. We don't have everything, but we try," Jerry explained.

"Behind all the products and services we offer, my employees are very dedicated and passionate about what they do," he continued. "They work hard, and this can be a tough business."

## Hot Flashes and other Symptoms

A popular book on the subject of menopause suggests that you know you're in menopause when the sound of sweat dripping on the floor keeps you awake at night.

## Do you have symptoms of menopause?

Hot flashes are probably the number one disturbing symptom of menopause and peri-menopause, the period leading up to menopause, the 35 to 52 age range.

Sleep disturbances are another symptom that disturbs many women. Weight gain, particularly in the waist and hips, is another major concern. These are all symptoms of hormone imbalance.

Let's consider first the state of estrogen/progesterone deficiency. The symptoms suffered can include hot flashes, night sweats, foggy thinking, depression, headaches and sleep disturbances. Excess estrogen/ progesterone deficiency symptoms include decreased libido, weight gain, sugar cravings, sleep disturbances, fibrocystic breasts and mood swings.

Androgen (testosterone and DHEA) excess symptoms can cause ovarian cysts, oily skin, acne, loss of scalp hair and weight gain. Androgen deficiency symptoms include thinning hair, fibromyalgia, sleep disturbances, fatigue and decreased libido.

So what to do?

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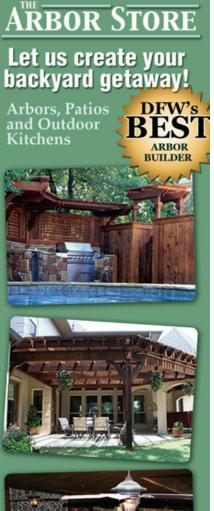
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## Around Town NOW



Chad Foster and Ethan Mathis take a break from work at Mansfield Boot and Shoe Repair to smile for the camera.



Destination 76 Denim employee, Tiffany Cuiksa, preps a rack of denim jeans for Saturday shoppers.



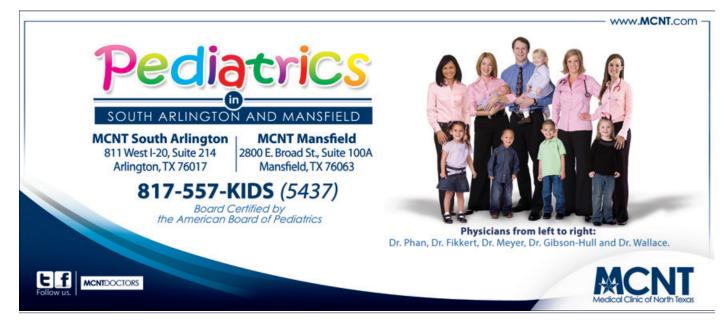
The Jet 56 team from MISD participated as Rising Stars in the Greater Fort Worth 2012 Regional Destination Imagination Tournament.

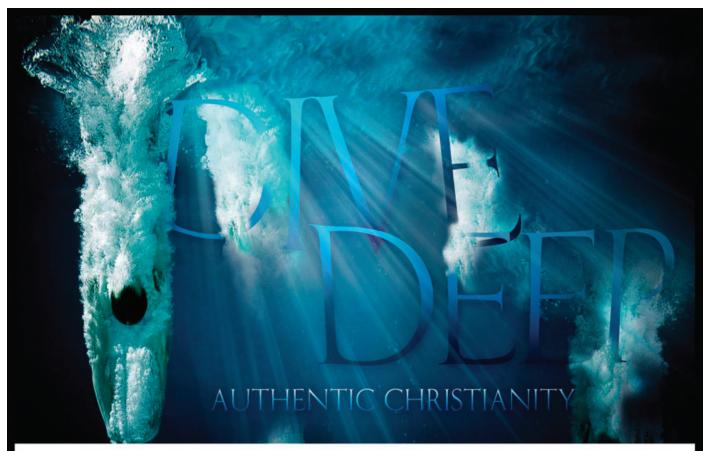


*Stephanie Ford, her daughter, Amaya Ford, and Tamie Moody enjoy the St. Paddy's Pickle Parade.* 



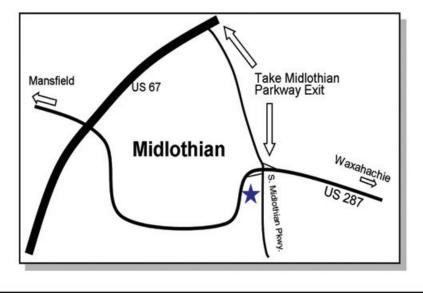
"AA Pirates" of Mansfield show their fun and crazy side as they pose at the Sports Complex for a team picture.





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## Understanding Parkinson's Disease

— By Betty Tryon, BSN

Muhammad Ali, boxer, and Michael J. Fox, actor, are arguably the world's most famous people with Parkinson's disease. They have become the face of the disease, with all of its physical symptoms and controversial treatments. Parkinson's disease is a neurodegenerative disorder. Neuro, in neurodegenerative, refers to the neurological or nervous system. In Parkinson's, certain nerve cells malfunction. When functioning properly, these nerve cells produce a chemical called dopamine that transports signals to the brain regarding movement. When the level of dopamine declines because of problems in the nerve cell, movement is affected. This disease is the most common movement disorder.

Parkinson's most familiar symptoms are: tremors or shaking, bradykinesia, rigidity of muscles and instability in balance. Tremors or shaking usually begin in one finger and may progress to the hands, arms, face, legs and foot. Sometimes, this symptom is called resting tremors because when the muscle is put to use, the tremors cease. Bradykinesia means slow movement. In Parkinson's disease, there is a decline in voluntary or spontaneous movement. Walking can resemble a short shuffle. Simple tasks such as combing one's hair can become difficult if not prohibitive. Rigidity or stiffness can occur in any muscle and cause discomfort. When there is stiffness in the muscles of the face, the facial area can appear masked or unmoving. Instability in balance can be dangerous. A person with Parkinson's can very easily tilt backward and fall. How one lives with Parkinson's will vary greatly. Not everyone will develop the same symptoms in the same order. Not everyone will experience the degree of symptoms in the same way. There is no known cure for Parkinson's, but there are medications to help alleviate the symptoms. Parkinson's patients must work closely with their physician, because the treatment is tailored to their specific needs. Treatment is determined by factors such as: which symptoms are present, severity of symptoms, general health condition and age. As the disease progresses, increased dosages of medication or a different medical and pharmaceutical regimen may be in order.

Physical therapy aims to improve muscle strength and muscle tone. This promotes greater flexibility, better posture, balance and increased movement. Some exercises such as yoga and tai chi are used to enhance these benefits. Patients who try to remain active appear to do better over the course of the disease than those who remain or become sedentary. Parkinson's disease comes with many challenges. Counseling and group discussions with others who are coping with the same issues can provide you with tips and strategies to meet the challenges head on.

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





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## Finance NOW

## Explore the World of International Investments

You're probably accustomed to measuring the progress of your investments, and the overall condition of the investment world, by checking on indexes, such as the Dow Jones Industrial Average and the S&P 500. And since these types of benchmarks focus almost exclusively on American companies, you might get the idea that the best investments are located right here in the United States. But that impression would be false because there are, literally, a world of investment opportunities beyond the U.S. borders.

In fact, as of the end of 2010, U.S. stock markets constituted less than a third of the total global stock market value, according to the World Bank. And you can probably just look around at the products you use in your daily life to identify many successful foreign companies.

Why invest a portion of your portfolio internationally? Here are a couple of reasons to consider.

• Growth potential — The United States is a mature, highly developed economy. That doesn't mean, of course, that we have no "upside" here. However, you can also find considerable growth potential in emerging markets — countries such as China, India, Brazil and Mexico that are characterized by younger, less mature economies.

• Diversification — The world's financial markets are somewhat dependent on one another, but that doesn't mean they constantly move in unison. In any given year, the U.S. markets may be down, but international markets might be doing better. Consequently, if during that year, you had invested only in U.S. companies, your portfolio may have taken a hit. It's important to diversify your portfolio by investing in many different vehicles, but you can also boost your diversification through geography. (Keep in mind, though, that

diversification can't guarantee a profit or protect against loss.)

While international investing can be beneficial, it does not come without risks. For one thing, when you invest overseas, you may encounter political instability, which could threaten the financial markets of a country or region. Conversely, financial problems, such as the European debt crisis, can result in loss of confidence in individual governments. Also, you might experience currency risk, which means that changes in the value of the U.S. dollar relative to foreign currencies could harm the value of your investments. And in any given year, any market, foreign or domestic, may be down.

Ultimately, you should probably limit your exposure to international investments to no more than 20 percent to 25 percent of your overall portfolio, with the exact amount, if any, depending on your situation — your goals, risk tolerance, time horizon, financial situation and other factors. You may also want to add an international flavor to your portfolio by investing in quality U.S. companies that do a considerable amount of business abroad. In any case, given the more complex nature of international investing, you'll want to consult with a financial professional before writing a check.

Still, consider the international investment world. With a little exploring, you may discover some good possibilities out there.  $\blacksquare$ 

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

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Calendar

### April 5

Gadget Workshop and Petting Zoo: 6:00-7:30 p.m., Mansfield Public Library, 104 S. Wisteria. Come to the library for handson interaction with Nooks<sup>™</sup>, Kindles<sup>™</sup>, iPads<sup>®</sup>, iPods<sup>®</sup>, Android<sup>™</sup> tablets and more. If you already have a gadget, bring it in and learn how to set it up for library eBooks. Registration required at http:// www.mansfield-tx.gov/departments/library/ for more information.

### April 7

First Baptist Church Easter Egg Hunt: 10:00 a.m., 1800 East Broad Street. Rain or shine! Admission is free. Egg hunt, prize drawings and Flower the Clown will perform. Call (817) 473-1161 for more information.

### April 14

Special Needs Prom: 7:00-9:30 p.m., Mansfield Bible Church, 2531 Country Club Drive. MBC will host a prom in the gym that is specifically geared for special needs students, complete with formal dresses and tuxedoes. If you have a special needs student who would like to attend this prom, send an e-mail to contact@mbcchurch.com.

Hill/Stokes Memorial Youth Scholarship Application Deadline: 5:00 p.m. The Metro Beekeepers Association is willing to work with young people to teach the hobby and educate them on the industry. The scholarship is for youth between the ages of 10 and 18 who are residents of Tarrant, Johnson, Parker and Ellis counties and enrolled in public, private or homeschool. Upon successful completion of the scholarship requirements, the recipient(s) will receive a recognition certificate and full ownership of the hive. For full details and a copy of the application go to www. metrobeekeepers.net or e-mail Colleen Shorrock at cs4316@yahoo.com.

### April 21

First Methodist Church 4th Annual Son Run 5K and One-Mile Family Fun Run: Run or walk solo or put together a team. Cost: adults/\$30; children under 12/\$25; team registration: \$15/person. The run benefits ZOE Ministry and youth mission trips. Go to www.firstmethodistmansfield.org for more information.

Fish Eyes: 3:00 and 7:00 p.m., Mansfield

## APRIL 2012

Bible Church, 2351 Country Club Drive. The drama ministry of MBC will present two performances of this comedy-drama, in which the Gospel story is told in a humorous way through the eyes of Peter and Andrew. There is no charge for this event.

### April 24

Mansfield ISD School Board meeting: 7:00 p.m., 605 E. Broad Street. See agendas at http://mansfieldpublic.novusagenda.com. Call Julie Moye at (817) 299-6382 for more information.

### April 28

North 9th Creative Culture for Change Art and Music Festival: 11:00 a.m.-10:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th Street, Midlothian. Free admission. Children's activities.

Submissions are welcome and published as space allows. Send your event details to jeremy.agor@nowmagazines.com.



## Cooking **NOW**



## In The Kitchen With Neil Sparkman

### — By Jeremy Agor

Neil Sparkman first became interested in cooking when he was about 13. "I helped my grandfather grill for Labor Day and Memorial Day barbeques at the VFW Hall. I was hooked," he said.

When Neil was new to the Air Force, he lived in a dormitory on base and ate at the chow hall. He tired of that and spent half his paycheck on food to grill instead. After a promotion, he moved off base and cooked to stretch his income.

Now married, he is maintenance manager for three VIP Boeing Aircraft that fly high-profile individuals and groups on a daily, worldwide basis. He cooks for his wife, Carleen, and their children to relieve stress. "I love that I can do the simplest things with a meal, put my signature on it and make people around me enjoy a moment in their day," he smiled. **NOW** 

### Sweet and Spicy Grilled Chicken Wings

2 Tbsp. butter
1 shallot, chopped
2 cloves garlic, chopped or pressed
1/2 cup brown sugar
1/2 cup honey
3 chipotle peppers in adobo sauce, chopped
2 oz. bourbon or blended whiskey
4 oz. chili sauce
4 oz. Sriracha Chile Sauce
8 oz. plain barbecue sauce
3 oz. of wing sauce (Frank's RedHot or similar)

## 20-50 chicken wings (depending on size)

**I.** Combine all ingredients except chicken wings into a microwave-safe mixing bowl or measuring cup. Microwave for  $1 \ 1/2$  minutes; stir well.

**2.** Place wings in a 1-gallon Ziploc bag or bags. Add 1/4 to 1/2 of the sauce to coat chicken wings in bag. Close bags and refrigerate for 1-3 hours. Reserve remaining sauce.

**3.** Preheat grill on medium heat.

**4.** Place wings on grill for 4-6 minutes before turning. There should be grill marks on them. Cook another 4-6 minutes or until

internal temperature reaches 165-175 F. **5.** Remove from grill into mixing bowl or container with a lid. Pour reserved wing sauce over wings and toss.

### **Garlic Pepper Shrimp**

I-2 lbs. (about 16-20 ct.) fresh shrimp 8 cloves garlic, chopped or pressed Fresh cracked black pepper I-2 oz. olive oil Parsley Cilantro

**I.** Peel shrimp, leaving tail on.

**2.** In large bowl, place half of the peeled shrimp, half of the garlic and a generous amount of black pepper.

**3.** Drizzle half of the olive oil over top of mixture and gently hand toss to combine ingredients.

**4.** Add remaining ingredients and repeat above steps.

**5.** Let rest, covered, for 15 minutes while heating grill.

**6.** Preheat grill to highest setting for 5-10 minutes; then reduce heat to medium high for 5 minutes, keeping grill covered.

**7** Quickly place shrimp on the grill, flat and evenly spaced. By the time you lay the last one down it will be time to turn the first one over. It will take no more than 3-5 minutes total to cook. Remove from grill and serve immediately. Garnish with chopped parsley or cilantro.

### Apricot Mustard Grilled Pork Tenderloin

1-2 pork tenderloins
Salt and pepper (to taste)
3-5 Tbsp. apricot preserves (or peach preserves)
5-7 Tbsp. honey mustard
1 Tbsp. Dijon mustard

I. Season tenderloin with salt and pepper.2. In a small bowl, combine preserves and mustard.

**3.** Grill over medium heat, basting/brushing frequently with mustard mixture. Turn once or twice until done, about 15 minutes total. Let rest 5 minutes after grilling.

**4.** To serve, cut tenderloin at a diagonal in 1/4- to 1/2-inch slices. Plate in fantail pattern or stacked laid down pattern. Drizzle apricot preserves over sliced tenderloin for garnish.

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