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Photo by Terri Ozymy.

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Editor's Note

Hip-Hip-Hooray!

In the United States, the month of July is representative of our country's birthday. In Texas, of course, this also means fireworks, hot dogs and hot weather — very hot weather. In Mansfield, this month's issue of *NOW* showcases the kind of Americans who can make you proud of your hometown. From the Mansfield Historical Society researching our history to local artist/blacksmith Jim White recreating it through functional art; from the beautiful Morton family's commitment to their children to Summit High School's commitment to our environment and recycling program — ours is truly a city to celebrate and respect. No citizen could represent us better than five-time world champion Troy Dorsey, who teaches his students respect, honor, integrity and patriotism.

Once again, Mansfield, thank you for opening your doors and hearts to your fellow neighbors. This is a great city! Please have a safe, happy fourth of July!

Alex Allred

Mansfield Editor



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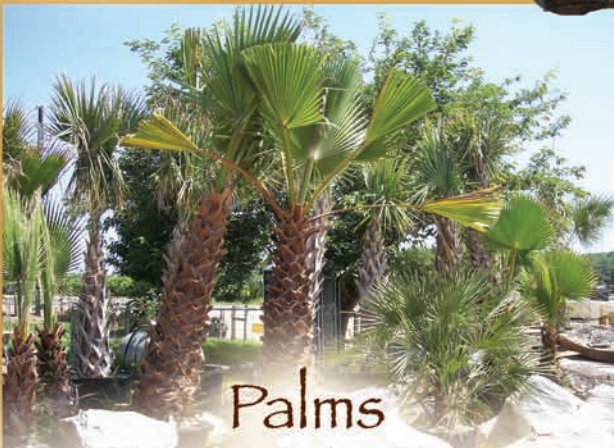
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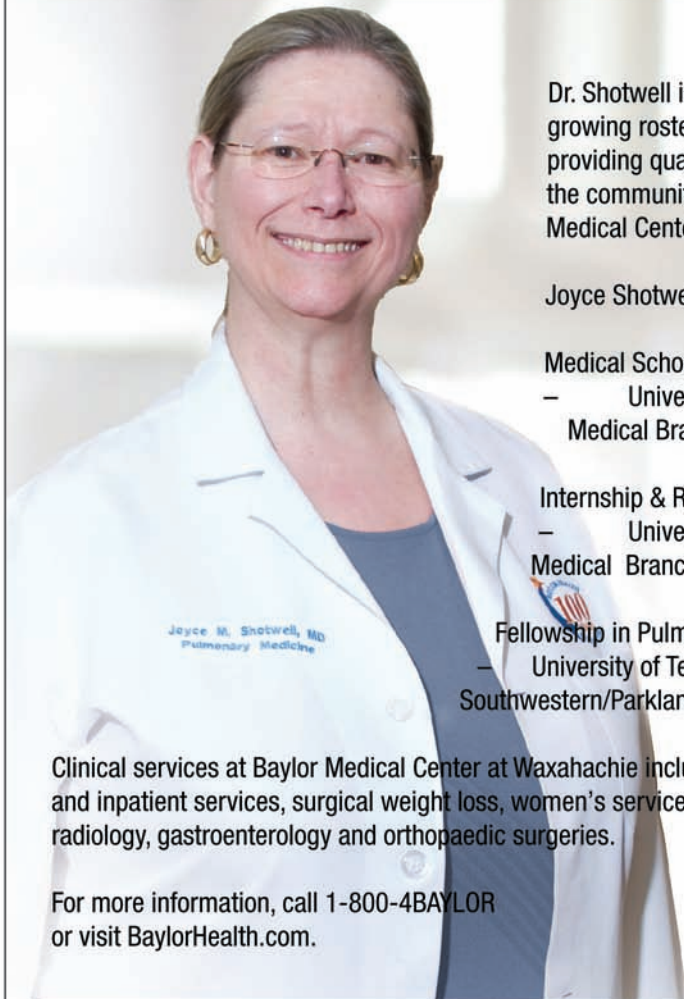
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Texas. It was a partnership that would eventually create the town of Mansfield. (Repeated misspellings of Julian Feild's name led to the acceptance of a more conventional spelling for the city's name — Mansfield.)

Regardless of the importance to the community of the Estes Cemetery, it was not safe from developers because it



lacked an historical marker. In the early 1990s, several events set the Estes descendants into action. Portions of another cemetery near Highway 157 were disturbed by developers, horrifying a number of residents of Mansfield. At the same time, the then-secluded Estes Cemetery had been vandalized several times, resulting in the destruction and even theft of headstones. For some at least, it felt as though the marvelous history of Mansfield was slipping away. Something needed to be done.

As the story goes, two strangers were visiting the Estes Cemetery and fell into conversation with another visitor to the graveyard and discovered a shared interest. In fact, it was shared that there was a cemetery association

that had not only been maintaining the grounds, but keeping records of those in their final rest there. It was a seemingly uneventful afternoon in which people met and shared stories. But each walked away wanting to learn more about their ancestry and unravel some of the secrets of the cemetery.

There are a number of interesting

“Learning about your
family,
life,
legacy
and
history.”

stories surrounding just the care of the cemetery. For example, goats were once used for maintenance because it had been difficult to get good lawn care. Many potential lawn-care folks were unnerved by the seclusion and quietness of the cemetery. In another case, a headstone that had been missing was found quietly residing in someone's garage. For a decade, the Good Samaritan had not known what to do with the headstone he found lying on the side of a road where vandals had left it. Moreover, rocks once used as grave markers were unwittingly carried away to decorate flower gardens.

The graveyard contains at least 141 known graves of family members, neighbors and slaves of James and Sarah Estes. But because so many

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grave markers have been removed or stolen, it has been a challenge for the Mansfield Historical Society, James Estes Memorial Cemetery Incorporated was created to care for the cemetery. Fran Back Nifong, her nephew, Jake Back, Gwen Hintze, Glennie Fry-Thom and Charlotte Coble are truly the keepers of the gate. As they began to talk to one another, greater interests were exposed. They all love history, family and Mansfield. Each is interested in preserving the history of their hometown and that of their families.

For some, however, the interest was slow coming, creeping up on them. Gwen, born and reared just five miles from the Estes property, admits he cared nothing about history. But after he returned from a stint in the U.S. Army in Germany, where history is revered, he came back asking an important question, "Who were my ancestors?"

While Glennie Fry-Thom had begun researching genealogy, Fran ceaselessly networked neighbors and friends in the community. "She (Fran) really is the heart and soul of the Mansfield Historical Society," Glennie said. Born in 1922, not only has she seen many changes in Mansfield, she appears to remember the name of each person she's ever met.

But recording history is a challenge. Many family members felt that researching family lines was "just being nosy." With an exceptional curiosity and dogged determination, this group has prevailed, publishing their own book on Mansfield's history.

"Learning about your family, life, legacy and history," Glennie smiled, "that is the secret of the cemetery."

While the Mansfield Historic Society works tirelessly to preserve the city's history, the James Estes Memorial Cemetery group continues its research and maintenance of the Estes Cemetery. It is important to note the seemingly small act that most would have overlooked. In this busy world of ours, who would have taken the time to care for a small, private plot? It's just one of the secrets of the cemetery. **NOW**

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At Home With
Dr. Michael and Jackie Morton

All in the

Family

— By Sandra McIntosh

Moving from Lewisville nearly three years ago to be closer to family, Dr. Michael and Jackie Morton were fortunate to find just the house they were looking for in Mansfield. Finding it in a hurry also proved to be of the utmost importance. “We sold our house before finding another one,” Jackie remembered. “We found this home in a week. We had to, because the family that bought our house wanted to move in within three weeks.”

When the couple moved into the already-established, two-story, four-bedroom, three-and-one-half-bath home they had one child, Alec, who just celebrated his fifth birthday in April. Things in the Morton household have certainly changed since their relocation. Not only have they made



beautiful, eye-catching renovations to the home's interior, they have also grown in number by one. "Madeleine will be 2 on August 6," Jackie said, as Madeleine, named after Jackie's mother, played with alphabet blocks in the chair beside her. "We adopted her from China and brought her home when she was just 10 months old."

"She was a mess," Michael added, finally able to grin at the memory. "She had a serious case of chicken pox when we arrived in China to finalize the adoption and take her home."

Madeleine's attachment to the family was immediate. She and Alec are as close as a brother and sister can be. This closeness is seen in the way Alec watches over her, and since she is such an independent little thing, Michael and Jackie agree she needs that watchful eye of her big brother. "Alec took to her better than we could have imagined," Michael said. "He shows her affection daily."

The Morton home, now boasting of richer and warmer colors, is a beautiful showplace — unpretentious, child-safe and kid-friendly. When asked the style of the home, Jackie answered, "There is no one style." While Michael said, "It's Jackie style." Once Michael spoke, all Jackie could do was smile





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and shake her head in agreement. "Whatever I like, I put together. I think I learned this from my mother," she explained. "Mother has never been one to follow a trend, and I don't think I do either."

While dancing to her own drummer,

Jackie has been quite successful in decorating her home. Items from both near and abroad are displayed throughout, lending to the cozy, comfortable feeling she was looking for when she decided to repaint, remodel and rearrange.

While most of the changes took place

downstairs, the "Jackie style" is prevalent in each room of the home.

As a self-proclaimed collector, Jackie's Blue Sky and Willow Tree pieces are displayed in a curio cabinet found in the entry hall at the bottom of the staircase. An antique storage

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armoire from Austria, which the couple found while on a shopping trip to Forney, also has its rightful place in the entry. "Look what we found in the bottom pull-out drawer," Michael said. "It's a ledger page from 1931 written in Austrian [German]. We thought it was worth keeping."

The formal dining room was one of two rooms that received a facelift of color. This room, now a deep shade of red aptly named "stolen kiss," is the showcase for the rest of Jackie's Blue Sky collection. Grandma's crystal and the couple's china are displayed alongside the pastel pieces, making an eye-catching arrangement that draws you into the room for a much closer look.

This active family of four spends most of their time either outside, upstairs in the playroom or in the family room. Once a light khaki, the family room now boasts of a shade called "oak orchard creek," similar to a light olive color. The eggshell trim makes the new shade "pop."

Renovations also included pulling up all the carpet downstairs so hardwood flooring could be installed. It was a three-day job that Michael and Jackie can now finally say was well worth the wait.

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Artwork from around the world, when mixed with pieces Jackie has found at local establishments, seems to come alive in the family room. Jackie's father lives in Africa, so needless to say, African artwork is plentiful. Special, sentimental African pieces in



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the family room include a wooden spoon, a pair of sandals, a women's face carved in ebony and an intricately constructed jeep made from African grass that resembles straw found in America. While in China, the couple brought back several unique finds as well. "Someone has worked really hard to make these pieces," Jackie said. "I appreciate the work that's gone into

each one. I also appreciate the ethnic differences."

Another curio cabinet, also located in the family room along the main wall, is home to mementoes the couple has collected over the years from friends, family and trips they have shared together. "All our 'pretties' are found in this cabinet," Jackie said. "It's a reminder of all the places we've visited."



The children's rooms are upstairs, as is the playroom, filled to overflowing with toys that test the mind, while building young imaginations. In the play area, Jackie wanted an antique feel so she decorated with an antique sled, roller skates, skis, one old bowling pin, her father's ball glove and a rustic set of golf clubs. One of Jackie's most prized possessions is a bridge. "My grandfather made it from twigs and string," she said, carefully holding it up to the light for a closer inspection. "It must be at least 75 years old. I couldn't part with it."



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children's overall stimulation comes from having books read to them and playing outdoor games. We enjoy spending time together as a family."

To understand this family's love for the written word, you must visualize cabinets in each room filled to overflowing with books, books and more books. Alec and Madeleine have books in their room, as do mom and dad. Their goal is to pass the importance of reading on to their children. "It's common for us to pile up in the big bed at night," Jackie said, referring to the master suite. "It's a nightly ritual to read to the kids, then carry them to their own beds."

With the remodel complete, the Mortons can now sit back and enjoy what they created in just a few short months. "We were looking for a change and we wanted to add some color," Jackie said, content with the completed remodeling project. "I just love my home, and I take great pride in what we've been able to accomplish." **NOW**

Homes today feature a TV in most every room, but that is not the case in the Morton home. "The TV is low on the priority list of things we do as a family," Michael said. "Most of the



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A Blacksmith and His Art

— By Diana Merrill Claussen

Back in the day, a blacksmith and his trade were very popular among the town locals. The smith was not only handy to have around, but necessary for the general livelihoods of the townspeople.

The history of blacksmithing is not only rich in helping to keep the old towns of yesteryear running, but it is said that smithing was actually the backbone trade of the past. Today, though the art of blacksmithing may not be as prominent as it once was, it is, nonetheless, a necessary staple in communities all across the land.

The smithing trade and purpose are still the same. Smiths are not only needed to help keep farm equipment running, but they are also becoming popular to call upon for housewares and specialized art pieces.

At the Village Blacksmith Living History Shop in downtown Mansfield, you can learn about the blacksmithing history and its progression all in one visit. The shop's owner, Jim White, is always glad to take visitors on a walk through the history and give demonstrations of this almost-forgotten trade.

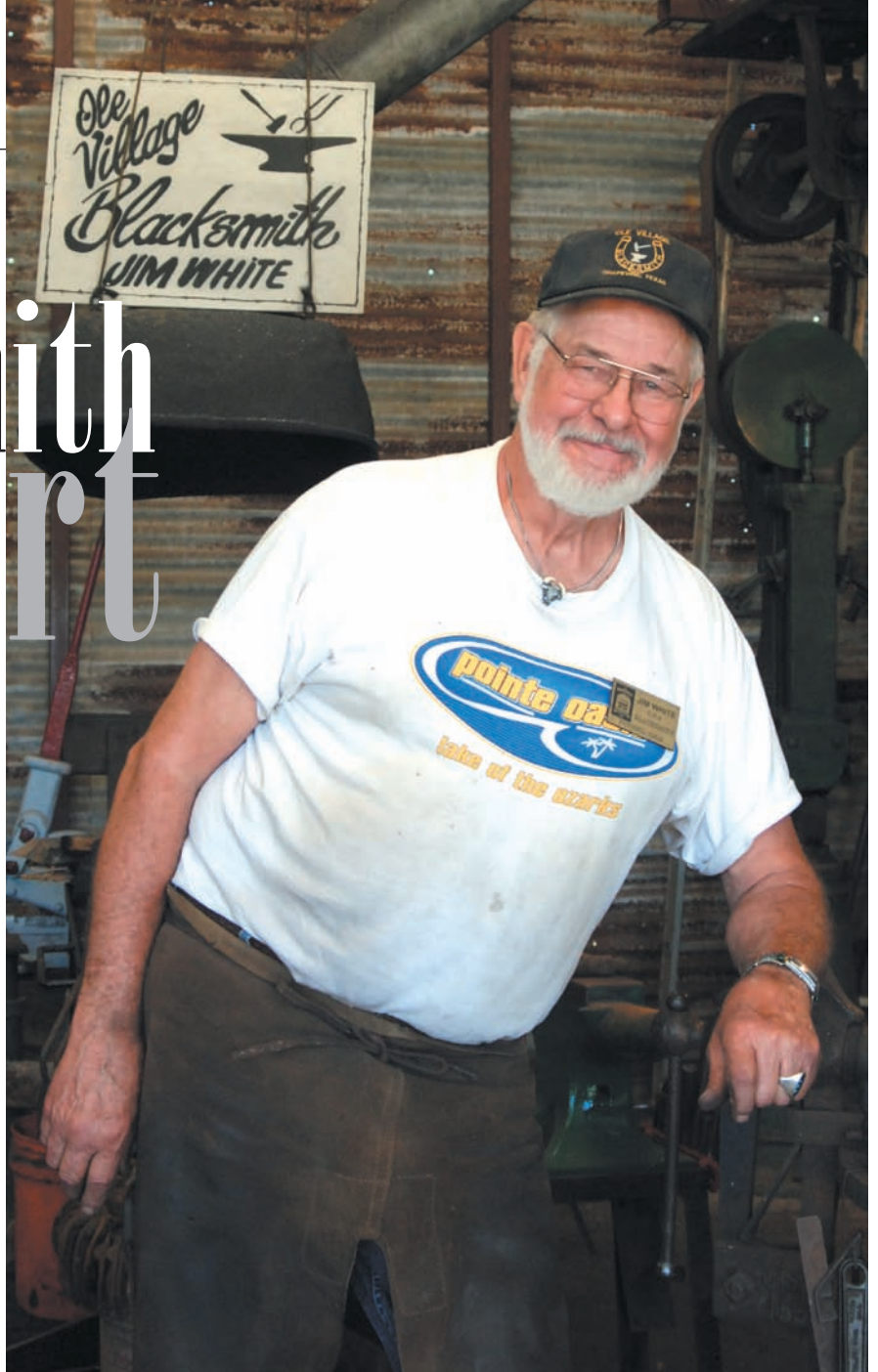
"In the past, a blacksmith would always repair the wagons," Jim said. "Some even specialized in wheels and others were wagon and buggy makers. In the past, you went

to a blacksmith for everything that you needed done: from fixing house hinges to making cookware. Nowadays, you just go to Wal-Mart."

Fixing farm equipment is just a small pinch of what Jim

has been working on since the 1960s. "I'm what you'd call an agricultural blacksmith. I do farmwork, blacksmithing in oil field construction and fixing plow shears," Jim said. "The farmers don't plow much anymore, but they do need

other repair work done. Besides the repairs on farm and sporting equipment, I also make functional and useful artwork."



Jim said that to some, the term blacksmith connotes thoughts of horseshoes. Jim said he has never been a farrier, but does incorporate horseshoes into many of his sculptures and art. "One of the pieces that I do is in the shape of a bird. It's made out of



"It's not only a yard decoration, but you can wind a hose around it."

an old steel shovel," Jim said. "It's not only a yard decoration, but you can wind a hose around it."

Jim also makes custom fireplace tools and tool holders from horse shoes, nails and sometimes recycled parts. "I do custom work like yard gates, chandeliers, tables, towel and wine racks and branding irons for steaks complete with names, team logos or letters," Jim said. "I still make a lot of working irons for actual cattle branding, too." He also creates beautiful barbecue tools made out of melted and straightened horseshoes and railroad



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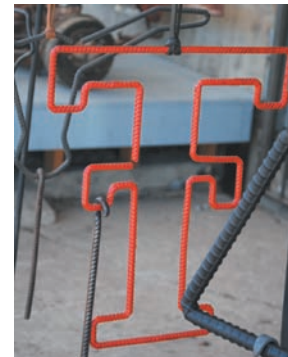
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spikes, complete with his custom twisted-metal or leaf-handled accents.

Jim's metal of choice is steel, but he also works in other metals, such as: nickel, iron and copper. He begins by firing up his coal pile with his electric



blower. This causes the coals to catch fire. During this time, he makes sure that the metal does not exceed 2,500 F, otherwise the metal burns, causing it to melt and be ruined. He said the metal, when at the correct temperature, will resemble a Fourth of July sparkler.

What he is creating and how much melting is needed are factors he has to ponder in this next step. Generally, however, once the item is melted into a

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moldable form, Jim will hammer the object until it loses its molten redness, while twisting and shaping the lava-like metal into his creation. "You gotta heat it up so that you can work it," Jim said.



Sometimes while the metal is still hot, he will use his 1930s-era, line shaft machine to polish, drill press or help sculpt the metal piece. Jim said he does not know of another shop in the state of Texas with an actual, working line shaft like his.

Once the sculpting is complete, Jim will immerse the piece in water to cool it off, sometimes taking a brass wire brush to add some design or give it a unique tone or texture. With all of this

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sculpting and creativity, Jim thinks that the new uses for blacksmiths have helped modernize the trade and its artistic aspect. He also said he would like to quell the rumors that the art of blacksmithing is no longer popular.

“A lot of people think this is a lost art form, but it really isn't,” Jim

said. “A blacksmith shop is now a lot more than having an old cart or buggy fixed. For the smith, it's also good therapy because if you're down, all you have to do is throw some metal in the fire, then heat and hammer it until your frustrations are gone.” **ARTS NOW**



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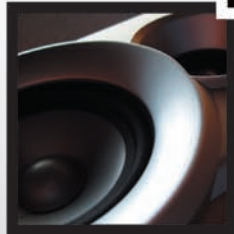


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Living Example

— By Alex Allred

Bertha Speights is living testimony to the old adage, “You are what you eat.” Today, at the age of 70, Bertha is stronger, healthier and fitter than most people. She works out five days a week at her local gym, walks regularly and is reaping the benefits.

Reared on a farm in rural Georgia, Bertha is the sixth of 10 children. Her parents, she said, did not have the money or the time to put their children in organized sports. Instead, “we got plenty of exercise on the farm,” she commented.

Her day-to-day activities included helping her father tend to the corn, peanuts, collard greens and potatoes he grew, to name just a few of their crops. There were also cows, hogs and chickens on the farm. Bertha and her siblings spent their days climbing trees and

gathering pecans and wild berries in the nearby woods for their mother to can and process. Life on the farm was active, to say the least.

“My cousin and I were talking the other day,” Bertha said. “You know, my mother had 10 children and eight of us are still living.” One brother died in an accident, another of cancer. “We

grew up so healthy. We always knew what we were eating.”

While she ran hurdles and the 50-yard-dash on her high school’s track team, Bertha’s true exercise came from hard physical labor outdoors. “We didn’t know that was exercise,” Bertha laughed. That was just life on the farm.

Today, she sees a much different



“You know, my mother had 10 children and eight of us are still living.”

world. "Parents let their kids eat all these processed foods. Kids just eat whatever they want." Growing up on a farm, collard greens and fresh fruits were a treat. In fact, she remembered the joy of digging out sweet potatoes — something few people could identify with. "People always wonder how we could keep sweet potatoes in the



wintertime," Bertha remembered fondly. "We would make a bed with pine needles, pile up the potatoes, adding more pine needles and dirt on top." The process prevented the potatoes from getting frostbitten. "But the most exciting part was when my mother told me to go dig out some sweet potatoes." She would be elbow deep in sweet potatoes, pine needles and dirt!

"Kids won't ask for vegetables. You have to push them to eat right," she said, insisting that children can be taught to make the right choices about nutrition and fitness. "What I teach at home ... it does spread abroad." That includes her fitness routines. Having been a government employee, when she retired, Bertha felt like the four walls were closing in on her. "I had to get out," she said. "I didn't have the



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money to go shopping," so she returned to her roots: walking.

"As a child, we walked. We walked everywhere. I hate to see that so many people don't walk today." Although these are indeed different times from when she was a child, "parents could walk to school with their children," Bertha suggested. It is just one of



many ideas Bertha has for more families to get healthy together.

More than 40 years ago, Bertha moved her four children to Fort Worth after she divorced. The idea was to start a new life. She did that. But she also began to gain weight. So far from her roots and life on the farm, she began to eat more processed and less healthy foods. The more sedentary life caught up to her. Suddenly, she had pains. Her hip began to hurt so much she was given a shot of codeine. Her blood pressure and cholesterol numbers were off. She could not sleep well and, in general, did not feel well.

When she began working out with the Silver Sneakers program at the Century Fitness Center, "the results were amazing. My joints, my bones, my strength, my blood pressure ..." she

said, "have all improved tremendously. You wouldn't believe it. I think because I've worked out so much, my bones have become stronger." In fact, she recently had a bone density test and is anxiously awaiting the results. She knows she is much stronger than she was even one year ago.

"As we get older," Bertha said, "you hear people say, 'Oh, my hip hurts' and 'I got a pain here and there.' I would tell people, 'You would be



surprised by the results when you begin to work out." For Bertha, the arthritis is gone and her spirits have never been higher. "Because when you work out," she added, "it's for your mind as well." It is easy to settle into a routine when you retire and begin living an unhealthy lifestyle. Bertha knew it was time to start living the farm life again. "Sometimes," she said, "I work out in the morning and think how much I'd like to go back again in the afternoon. It's become a part of who I am."

Recently, someone joked that she had the training regiment of a professional athlete. The mother of four, grandmother of eight, and great-grandmother of three cannot imagine not working out.

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IN BUSINESS AND LIFE

— By Alex Allred

For Troy Dorsey, nothing is business-as-usual. The five-time world champion, proclaimed to be the greatest all-around fighter in history, defies stereotypes at every turn. He is a professional athlete turned businessman and businessman turned professional athlete.

At the age of 18, Troy opened his own karate school in Dallas, taking on a responsibility few young people could handle. Driving back and forth between the school and his home in Mansfield, he started the business from the ground up. That same year, he participated in his first professional kickboxing fight.

As a professional fighter, Troy won multiple international and world kickboxing titles. He won the World Organizations of Kickboxing Associations (WAKO) in both point karate and full-contact kickboxing on the same day — the only athlete to have earned this great distinction. As a full-contact fighter, Troy lost only once in a controversial split decision against long-time champion, Felipe Garcia. But one year later, Troy rectified that with an

easy win against his opponent, effectively sending Felipe Garcia into retirement.

When the consummate businessman noted that professional boxers were making more money in their bouts, he shifted gears, retraining himself to become a world-class boxer. In 1985, he began his boxing career, becoming a world champion for two different professional boxing organizations. In the point karate, kickboxing and boxing arenas, Troy was known for his

aggressive, relentless style, earning the title of “Fight of the Year,” by USA Network in 1989 in the Troy Dorsey vs. Harold Rhodes fight. In 1992, he was voted “Fighter of the Year,” and set a record for the most punches in a boxing match, throwing 1,527 in a 12-round fight.

Troy’s illustrious career has earned him the reputation as the pound-for-pound, greatest all-around fighter who ever lived. It is here that Troy defies the



stereotype of an athlete. There is no chest pounding, no bravado in his style. He is an incredibly quiet, self-assured man, who simply lets his teaching do the talking.



As a businessman, he focuses more on product than profit. He places importance on integrity, strong work ethic, self-esteem, spirituality and strength — both inner and physical. "This might sound corny," Troy said, "but I just love to help and train people, so they can overcome any obstacles they might encounter in life."

Leslie, his beautiful wife of 20 years, has seen a great transformation in her husband's professional career, but the man has stayed the same. His primary goal has always been to teach and inspire. Instead of talking about his

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world titles and impressive boxing record, he would rather share the success stories of his students — those who have lost 100 pounds; students overcoming learning disabilities; even a retired professional bull rider, who regained and rebuilt his strength.

"The thing is," Leslie said, "in



This world champion took his first karate class because of a bully in the fifth grade.

karate schools, teaching is passed down." In many schools, as more black belts come into the system, the owner steps away from the teaching aspect, focusing more on the business. But people are Troy's business. "He still teaches. He's still on the mat every day," Leslie said.

This world champion took his first karate class because of a bully in the fifth grade. It's something he has never forgotten and another reason he is here for his students. Troy Dorsey is a man tied to his roots. In 1999, he opened his second school in Mansfield. He has traveled around the world as a competitive fighter, but has come home to share his passion — literally across the street from where he took his first class.

Troy Dorsey's Karate is located at 115 N. Main in downtown Mansfield. For more information, go to www.troydorsey.com or call (817) 477-5523. **NOW**



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

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Inspiring one Heart and Mind at a Time

— By Mary Pritchard

If the Key Club at Mansfield's Summit High School has anything to say about it, recycling is on its way to becoming an everyday occurrence within the community. "This year so far," said Connie McGough, Summit counselor and current sponsor of the Key Club, "we have recycled 28.01 tons of paper. We had a competition between second period classes the week before spring break and had a fantastic response. We hosted pizza parties for the two winning classes. We will donate proceeds to Life Point, a school for autistic individuals here in Mansfield."

"The kids have fun with recycling — they have races with the rolling containers," Connie continued. "We are delighted to be saving landfill space and also saving on the costs of solid waste disposal. It has definitely raised our students' awareness."

Senior Andrea Ewelike, who has been a Key Club member for four years, agreed that the recycling project can be fun. "The races get exciting sometimes," she said. "As a freshman, recycling was my thing because I couldn't drive." Andrea is currently the Key Club secretary.

Heading the recycling committee is

Christina Ateek, who said, "Without Scott Kissinger and Ms. McGough, there would be no Key Club." She further explained that while she and her four or five active committee members have fun with the collections, the work is exhausting. She said that during the contest to see who could collect the greatest poundage, the environmental science and journalism classes ended up in a tie. Connie loaned the club her office aides to help collect the paper during the contest. "Savannah Daniels and Rezwana Rahman, my sister Serene and Andrea's sister, Angelica, were big helpers," Christina said.

"When there's no contest going on, students stay after school two times each week, go to every classroom and empty recycling bins," said Scott Kissinger, a local businessman, who has been Mansfield's Kiwanis Club-sponsored youth advisor since the project first began. "The club also meets on Thursdays at 6:45 a.m. and again at 2:45 p.m. for those [who] can't attend the early meeting."

In September 2002, Mark Spann, a teacher at Summit High and Key Club

**"If it matters to One,
that's enough for me."**

sponsor at that time, took a student's idea of putting recycling bins in the classrooms to work, but it took six months to set the plan in motion. "The hard part," Scott said, "was to get enough bins donated for all classrooms."

The Duncan Disposal Company donated the plastic bins for the classrooms. "A contract signed March 30, 2003, by Mark on behalf of the



school, says that the kids will take the responsibility for the project," Scott, who has worked for 11 years with the Key Club, said. This was the first time in this area that a school had recycling bins in classrooms. "Now the Mansfield School District requires every school to have this type program," he added.

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Education **NOW**

Citizens of the community can also participate by bringing their paper, phone books and flattened cardboard to the Abitibi containers located outside the schools.

The Key in Key Club stands for Kiwanis Educating Youth and that is what members of the Key Club at Mansfield's Summit High School do with part of the money they raise



**“This year so far
we have recycled
28.01 tons
of paper.”**

through recycling — attend leadership conventions. “This year's convention was April 13 and 14 in Wichita Falls. The convention is where you find out what it's all about,” Andrea said. At that Texas-Oklahoma convention, Summit's Key Club Web site won third place.

As part of the Kiwanis Club's service project to help the Key Club, Scott himself picks up recycling materials from the Starbucks Coffee Company, the Mansfield Area Chamber of Commerce and the *Mansfield News-Mirror*. These three corporate sponsors, represented by Isabella Sturner, Lucretia Mills and Amanda Rogers respectively, were recognized at a Chamber of Commerce



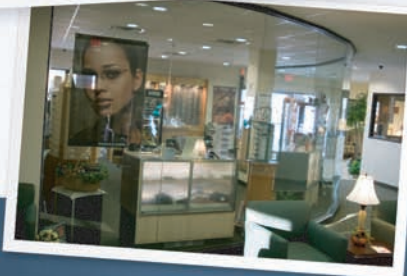
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Education **NOW**

luncheon and given plaques, which now hang in their establishments.

The Women's Division of the Chamber also sponsors a Mansfield Beautification Day twice a year when citizens bring in recyclable materials. The Key Club also participated in this event.

Lucretia said, "The city's Keep Mansfield Beautiful Commission secured a grant to have a survey conducted to

“By recycling whatever we can through our school, we’re making a difference.”

find ways for all Mansfield businesses and residences to participate in recycling.” If more businesses contribute paper and old phone books, which are especially heavy, the Key Club could make more money for its community service projects such as the Life Point center. But, as Scott pointed out, it takes a lot of tonnage to make much money.

Raising money is not the only objective for Sara Glickman, current Key Club president. She does not know if having bins in the classroom makes a difference to very many kids, but, she said, “If it matters to one, that’s enough for me. If the respect and appreciation for our environment that seems to be lacking lately is inspired in even one heart and mind, then Key Club has done more than their job. By recycling whatever we can through our school, we’re making a difference.” **NOW**

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ANSWER: B



Janet Brockett Elementary principal Chuck Roe, top left, was presented with a commendation for creating and managing the process of publishing a book written by 13 of the 18 MISD elementary campuses. A ribbon cutting, top center, was held at Ideal Financial Solutions. Brenda Worthey of the Fred Worthey Farmers Insurance Agency, top right, presented Armie Sharley, seventh vice president of the Summit High School PTSA, with a \$450 check. The Mansfield Chamber of Commerce recently held a ribbon cutting, bottom left, at Wildscape Ranch. MISD superintendent Vernon Newsom, bottom right, posed with the April 2007 Superintendent Star Award winners.

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Summit High School valedictorian Diana Pham, top left, received a \$1,000 scholarship from the Sam Walton Community Scholarship Fund from the Cooper Street Wal-Mart in Arlington. A ribbon cutting, top right, was recently held at C.O.E. Home Health. MISD teachers Catherine Stephens and Mark Marion, middle left, were commended at the April board meeting for being named English as a Second Language Teachers of the Year. Mansfield Chamber of Commerce ribbon cuttings were also held recently at CareFlite, middle right, and Reserve Mortgage, bottom right.



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Look Who's Cooking

IN THE KITCHEN WITH DAVID BROWN



By Alex Allred

David Brown, author of the *Easy to Elegant* cookbook, grew up in the service industry. His parents owned motels and, later, a Polynesian restaurant. "I knew the hotel business," David said, "inside and out." But when the restaurant was built, he had to start from the beginning — as dishwasher. Eventually becoming cook, his love of cooking never stopped, and it was something he was proud to pass on to his own children.

While many young people today are not comfortable in the kitchen, David is proud to say his children can "cook circles around most people." But the best part of sharing his love of cooking with his children is the time he spent with them. Today, he carries on the tradition with his grandchildren. **NOW**

CHICKEN ROLL-UPS

"I have made this meal many, many times," David said, "but leave it to my son, Brian, (who, by the way is single and an excellent cook) to improve on the way we did it."

- 1 lb. boneless, skinless chicken breasts
- 2 cans cream of chicken soup
- 2 cups shredded cheddar cheese
- salt to taste
- 2 cans original Pillsbury® crescent rolls
- black pepper to taste
- 1 cup shredded cheddar cheese (for topping)

Boil chicken breasts for 20 minutes or until completely cooked. Remove from boiling water and let cool. Once chicken is cooled, cut into bite-size pieces. Combine cooked chicken, cream of chicken soup, shredded cheese, salt and pepper in a large bowl and mix well. Separate crescent rolls into the pre-cut triangles and roll them out slightly. Put two heaping tablespoons of the chicken mixture in the middle of the triangle and fold the crescent rolls up. (The rolls should be overstuff.

This is Brian's improvement.) Put the rolls in a baking dish, seam side down. Put any remaining chicken mixture around the rolls. Bake at 350 F for 25 minutes or until the tops of the crescent rolls are golden brown. Remove and cover the rolls with remaining shredded cheese. Return to the oven for additional 10 minutes.

HUNGRY JACK BEEF CASSEROLE

- 1 lb. lean ground beef
- 1 tsp. salt
- 1 16-oz. can pork and beans
- 3/4 cup Kraft® original barbecue sauce
- 2 Tbsp. brown sugar
- 1 Tbsp. instant minced onions
- 1 can Hungry Jack® refrigerated flaky biscuits
- 2 cups shredded cheddar cheese

Brown ground beef in a large skillet and drain off all the excess grease. Stir in the salt, pork and beans, barbecue sauce, brown sugar and minced onions. Heat over medium heat until it starts to bubble. Pour this mixture into a 2-quart casserole dish. Separate

biscuits and cut them in half. Place them cut side down around the edge of the casserole dish. Sprinkle cheese on top of the biscuits and then pour ground beef mixture on top. Bake in a pre-heated 375 F oven for 25 - 30 minutes, or until the biscuits are golden brown.

STRAWBERRY VANILLA SHORTCAKE

- 1 16-oz. Sara-Lee® pound cake, thawed
- 1 1/2 cups cold milk
- 1 4-oz. package Jell-O® vanilla flavor instant pudding and pie filling
- 1 8-oz. thawed Cool Whip® topping
- 1 pint strawberries, sliced and sweetened (or thawed frozen strawberries)

Cut pound cake in half lengthwise. Pour cold milk and vanilla instant pudding and pie filling into a large bowl and beat with a wire whisk for two minutes or until the mixture is well-blended. Gently fold in Cool Whip® topping. Spread 1/2 of the strawberries on the bottom half of the pound cake and then cover them with 1/2 of the milk/filling mixture. Place the top half of the pound

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Who's Cooking **NOW**

cake back on the bottom and cover it with the remaining strawberries and milk/filling mixture. Serve immediately or refrigerate until ready to serve.

DOLY'S MACARONI AND CHEESE

- 1 cup uncooked macaroni
- 2 8-oz. blocks sharp cheddar cheese, divided use
- 2 large eggs
- 3/4 cups milk
- 3 - 4 pats butter or margarine

Cook macaroni according to the package directions and drain. Cut cheese into thin slices. Put half of the cooked macaroni into a greased 2-quart baking dish. Spread half of the cheese over the macaroni. Layer the remaining macaroni and cheese on top of the first layer. Using a whisk, beat the eggs and milk until they are well-incorporated; pour mixture over the macaroni/cheese. Put the pats of butter on top and bake in a pre-heated 425 F oven for 30 minutes; stir once after approximately 20 minutes.

CABBAGE CASSEROLE

"Some very good friends gave me this recipe," David said. "It has become my daughters' favorite main course, side dish and after school snack."

- 1 head cabbage
- 1 cup water
- 2 tsp. salt, divided use
- 2 Tbsp. flour
- 2 Tbsp. sugar
- 1/8 tsp. black pepper
- 1 cup hot milk
- 2 Tbsp. butter
- 1 cup shredded cheddar cheese

Clean and core the head of cabbage and slice into 1/2 inch sections. Combine water and a teaspoon of salt in a skillet. (I use an electric skillet.) Bring the water to a boil; place the cabbage slices in the skillet, cover and cook for approximately 10 minutes. In a small bowl, combine 1 teaspoon salt, flour, sugar, black pepper and mix well. In a small saucepan, heat milk until it is hot, but DO NOT boil. Butter the bottom of a 3-quart baking dish. Remove the cooked cabbage slices from the skillet and place them in the baking dish. Cover with flour, sugar, salt and black pepper mixture; dot with butter. Pour the hot milk over the cabbage and cover with shredded cheese. Bake at 350 F for 35 minutes. (Reheats well in a microwave oven.)

BEEF BRISKET

- 1 7 - 10 lb. beef brisket, fat removed
- salt to taste
- black pepper to taste
- 1 re-sealable aluminum baking bag
- 1 4-oz. jar liquid smoke

After all the fat has been trimmed from the brisket, season both sides with salt and pepper; place in the aluminum bag; pour the liquid smoke over it. Close the bag and let meat marinate overnight in the refrigerator, turning periodically. Place meat in a roasting pan and cook for 4 hours at 300 F.

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The Follies of Market Timing



Many investors try to “time” the market by “buying low and selling high.” In theory, that is a great idea – but it is almost impossible to put into practice.

If you try to outguess the market, you run the substantial risk of guessing wrong – of buying stocks too soon, before they get even cheaper, or of selling stocks too late, after they have fallen from their highs. But, these are only the most obvious of the problems that can result from market timing. Here are some others to consider:

- **You could lose your investment discipline.**

The best investors are the disciplined investors. They choose quality stocks and hold them for the long term, through good and bad markets. In fact, they have conditioned themselves to ignore short-term price

swings in either direction, based on their belief that their patience eventually will be rewarded.

- **You could hurt your diversification.**

To succeed as an investor, you need to build a diversified portfolio. Your exact mix of investments will depend on your individual goals, risk tolerance and time horizon. Over time, as your situation changes – for example, when you move from the working world to retirement – you will need to adjust your portfolio. But, if you are constantly buying and selling in a vain attempt to time the market, you may well end up with a perennially “unbalanced” portfolio. Keep in mind, though, that

even a diversified portfolio will not guarantee a profit, nor will it protect against a loss in a declining market.

- **You could run up transaction costs.**

Stock transactions can be expensive, as you rack up commissions and other fees. Over time, these costs can significantly erode your investment returns. If you are always trying to “buy low” and “sell high” you will be doing an awful lot of buying and selling.

- **You could run up your tax bill.**

When you sell a stock for a profit, you must pay capital gains taxes. However, if you hold a stock for at least one year before selling, you will be assessed the most favorable capital gains rate, which is 15 percent for most investors. But, if you were to pursue a buy low/sell high strategy, you could sell some stocks before a year has lapsed and pay higher capital gains rates. And if you are repeatedly selling a lot of shares in this accelerated time frame, you could face some unpleasant surprises when it is time to file your taxes.

Clearly, the buy low/sell high approach has some major drawbacks. So should you ignore the price of a



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stock when you are making buy or sell decisions? No, just look at more than the price. If you are considering buying a stock whose price is low, try to find out why it is low. If it is a good company in the grip of a strong "bear" market, then a low price may indeed indicate a good bargain. But, if a company's stock price is low because its products are no longer competitive or the company itself is part of a declining industry, then "buying low" with the hopes of eventually reaping big profits probably does not make much sense.

Make your investment decisions carefully. But, until a crystal ball arrives, do not try to stay one step ahead of the market – or you could fall far behind. **NOW**

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Planning for BABY

Planning for a baby requires more than just picking out a name and nursery decor. Preparing your body to nurture your little bundle of joy is extremely important. David Morehead, D.O., obstetrician and gynecologist on the medical staff at Baylor Medical Center at Waxahachie, answers some of the most common questions women have when planning to conceive.

Before I become pregnant, are there any habits or activities that I should give up?

Dr. Morehead: "Yes. If you are a smoker, it's important to quit before you become pregnant and especially during your pregnancy. Smoking has been connected to a variety of problems for both mother and baby, including low birth weight, preterm deliveries, and lower IQ scores in children of smoking mothers. Also, studies have shown that smoking can actually

contribute to difficulties with conceiving. Currently, there are smoking cessation programs available in the community as well as new medications that can aid in smoking cessation. Consult with your physician to find out which options are best for you."

When should I begin taking supplements? Are there any nutritional guidelines that I should follow?

Dr. Morehead: "Most physicians recommend taking prenatal supplements after stopping any birth control methods, as they should ideally be taken for 30 days before conception. The supplements that have proven most beneficial to mother and baby contain folic acid, which is found in most kinds of prenatal vitamins. Folic acid can help protect your baby from some birth defects, including spina bifida and other spinal malformations. If you are not already taking prenatal vitamins, then once you become pregnant your doctor will usually prescribe them to help cover any nutritional deficiencies you might have. Many doctors also recommend an omega-3 fatty acid supplement (such as DHA) during pregnancy and breast-feeding. As far as nutritional

guidelines, it is a good idea to stay away from alcohol, caffeine and some types of seafood. Certain types of seafood contain mercury, which can be harmful to a growing fetus. Consumption of seafood such as: tilefish, swordfish, king mackerel and shark should be eliminated."

Are there any health conditions I should be tested for that might be harmful to the baby?

Dr. Morehead: "The American College of Obstetricians and Gynecologists suggests that women who are planning to become pregnant should see their doctor for a preconception visit. During this visit, your physician may test for any sexually transmitted diseases that can be linked to pregnancy complications and will make sure you have had the proper vaccinations. Women with preexisting conditions should see their obstetrician or specialist to determine what affect their condition will have on the baby during pregnancy. It is also important to let your physician know of any over-the-counter or prescription medications you are taking as some medications can be harmful to a growing fetus."



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I have been taking birth control pills for several years, will it be difficult for me to become pregnant?

Dr. Morehead: "For most women using oral contraceptives, it is possible to conceive within the first menstrual cycle after stopping birth control, but often takes two or three months. Using birth control does not lower the long-term chances of becoming pregnant after stopping — in fact, some women are more fertile when they first stop taking birth control pills. After stopping the pill, or any other hormonal birth control, it is best to wait until after the first spontaneous menses before trying to conceive." **NOW**

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A Mosquito-free Summer!

— By Nancy Fenton



Happy July! Now that our rainy season is somewhat over, we can “enjoy” our summer! How are the mosquitoes doing at your house? Despite our efforts at eliminating all the standing water, they are “doing well” here! Are you aware that there are hundreds of varieties of mosquitoes? They have been around longer than we have, and will continue to be. In Cuba in 1900, Dr. Walter Reed, for whom the Walter Reed Army Medical Center was named, did the pioneering work for understanding and learning to control the various illnesses caused by this pesky insect.

After learning that a female can lay up to 200 eggs every 10 to 20 days in standing water, it became critical that even

bottle cap sized pools be eliminated! Those little “wrigglers” in the water promptly grow into bloodsuckers. This knowledge has given me a whole new perspective on the water in the saucers under my plants! I now empty them if the plant has not taken it up within 24 hours! No baby mosquitoes for me! I have even searched under my porches for the odd pot or saucer that might hold even a tablespoon of water. It is amazing how even the shelves of my potting area can hold a tad of water as can the lids to the five-gallon cans I use

to store potting soils.

If you use five-gallon cans to catch and hold rain water, put screens over them until you are ready to use the water. A drop or two of bleach in the water will also kill the “wrigglers” and not hurt the plants. These early mosquitoes have not been observed to carry the really bad diseases we fear, but as the season progresses the “really bad guys” appear. It is better to try to prevent their breeding and biting than to worry about this age-old problem. Get rid of the standing water, and get out the insect spray for a mosquito-free summer! **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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July 2007 Community Calendar

First and Third Tuesdays

Training Academy for Dental Assistants' free information sessions at 5:30 p.m. Call (972) 842-2999.

Second and Fourth Mondays

Texas Ladies Networking meets from 11:45 a.m. - 1 p.m. at Fire Mountain Grill in Waxahachie. Call (214) 587-1221.

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

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

Every Tuesday

Small business counseling provided by SCORE (Service Corps of Retired Executives). Learn about business start-up. 9 a.m. - 1 p.m. at Mansfield Chamber offices, 114 North Main Street. Call (817) 473-0507.

Mansfield Public Library hosts Bouncing Babies Story Time for infants up to 2-year-olds from 10:30 - 11 a.m. and 11:30 a.m. - noon.

Every Wednesday

Mansfield Public Library hosts On My Own Story Time for 3- to 5-year-olds from 10:30 - 11 a.m.

Every Thursday

Mansfield Public Library hosts Special Kids' Story Time from 10 - 10:30 a.m. Register in advance with Annette at the library at (817) 473-4391.

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

Every Friday

Kiwanis Club of Mansfield meets at 7 a.m. at Fire Mountain Grill. Call (817) 473-9886.

July 3

Midlothian Fireworks Display, presented by Citizens National Bank, begins at dusk at Midlothian High School.

July 5

Executive Board Meeting, from 3 p.m. - 4 p.m. in the Chamber Board Room.

Mansfield Home Child Care Association "Observation & Assessment of Childcare Homes" from 7 - 9 p.m. at Mansfield Public Library. Log on to www.mansfieldchildcare.com.

July 11

Board meeting from 12 p.m. - 1 p.m. in the Chamber Board Room.

July 12

Customer Service Workshop from 9 a.m. - 11 a.m. at the Chamber offices. \$35 for members; \$50 for non-members.

July 17

Process Training - Not Just for Manufacturing from 12:30 p.m. - 4:30 p.m. at the Chamber offices. \$50 for members; \$75 for non-members.

July 19

"Web Basics 101" non-technical session from 12:30 p.m. - 4:30 p.m. at the Chamber offices. \$35 for members; \$50 for non-members.

Women's Division Luncheon from 11:30 a.m. - 1 p.m. at the Chamber Offices.

July 20 - 21

Creative Quilters Guild of Ellis County's Annual Quilt Show, 10 a.m. - 5 p.m. at the Midlothian Conference Center. This year's theme is "Memories." For information, visit www.cqguild.org.

July 21

Indian Artifact Show at the Waxahachie Convention Center from 9 a.m. - 5 p.m. Admission is \$5, and booths are available for \$40. Call (972) 723-5113 or (214) 870-1392 for information.

July 24

Business Etiquette from 12:30 p.m. - 4:30 p.m. at the Chamber offices. \$50 for members; \$75 for non-members.

July 26

Business Etiquette from 9 a.m. - 11 a.m. at the Chamber offices. \$35 for members; \$50 for non-members.

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