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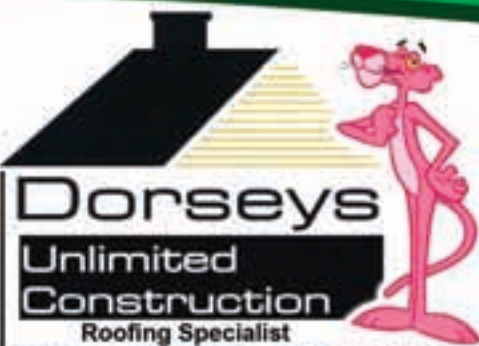
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# Contents

August 2008, Volume 3, Issue 8

6



## Inter-generational Enrichment

14



## On the Greens

*At Home With Mike and Kathy Phelan*

24

**ArtsNOW**  
Jewels of Nature

26

**SportsNOW**  
Roller Derby Queen

28

**BusinessNOW**  
Family Care  
and Comfort

30

**EducationNOW**  
The Friends  
of Mansfield



*On the Cover:  
Wild sunflowers bloom in  
the hot Texas sunshine.*

*Photo by Jami Navarro.*

**32 Around TownNOW**

**38 FinanceNOW**

**36 Who's CookingNOW**

**40 HealthNOW**

**Publisher,** Connie Poirier  
**General Manager,** Rick Hensley  
**Managing Editor,** Becky Walker  
**Editorial Coordinator,** Sandra McIntosh  
**Creative Director,** Jami Navarro  
**Art Director,** Chris McCalla  
**Office Manager,** Lauren Poirier

**Mansfield Editor,** Alex Allred  
**Contributing Writers,** Faith Browning • Michelle Powe  
Jaime Ruark • Todd Simmons • Betty Tryon  
**Photography,** Natalie Busch • Ivey Photography  
Terri Ozymy • Monica J. Pechal  
**Contributing Editors/Proofreaders,** Pat Anthony  
Pamela Parisi • Jaime Ruark • Beverly Shay

**Advertising Representatives,** Steve Randle  
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Eddie Yates • Terri Yates  
**Graphic Designers,** Julie Carpenter  
Allee Brand • Marshall Hinsley • Arlene Honza  
Steve Koldjeski • Brande Morgan

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# Mansfield NOW

## Editor's Note

*Dear Friends and Neighbors,*

As the summer winds down and we prepare for back-to-school routines, this is a great time to give thanks to all that we have. By virtue of being Americans, we are indeed very lucky. We have the best medical facilities, modern technology and a democracy that allows us to dream and prosper.

The wonderful Phelan family, the boundless energy of Susan Newman and Coco Garcia from the Mansfield Activity Center, as well as our friends at the library all remind us of how tremendous our community is. But I bet you did not know that August 7 is also "Purple Heart Day."

This August 7, take time from your busy schedule and personally thank a recipient of the Purple Heart.

Your friend,  
*Alex Allred*  
MansfieldNOW Editor

PS - If you have a home you would love to profile or a recipe you love to cook, please share your stories with us! E-mail at alexallred.nowmag@sbcglobal.net.



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*MAC recreation, coordinator Coco Garcia and Suzanne Newman, MAC senior coordinator, developed an inter-generational program that benefits both children and seniors.*

# *Inter-generational Enrichment*

— By Sandra McIntosh

The Mansfield Activity Center (MAC) has been open to the community for the past seven years. During that time frame, so many wonderful things have happened. One special program is an inter-generational program, which began its fifth year when the area schools released for summer vacation. Suzanne Newman, MAC senior coordinator, and Coco Garcia, MAC recreation coordinator, have developed the program, which involves participation of senior adults and children, ages 6 through 12. The first year, it was just one full day, but the seniors liked it so much that it has expanded to include three days — one in June and two in July. “They have all developed relationships over the past five years,” Suzanne said. “The inter-generational program has had a positive effect on both groups. It’s offered them all times of fun and laughter.”

This idea, which has successfully merged two generations,

did not come easily or without a great deal of thought and research. “Many of the seniors have been here since the center opened,” Suzanne explained. “They were regulars at the old location.” Children were not part of the old building, so adjusting to their presence at the new site became a priority for Suzanne and Coco. “The kids started coming when the activity center opened,” Coco added. “Programming and solving space issues during the summer months became a priority.”



*Mansfield citizens enjoy the senior center.*

Programming during the months when school is in session is split in half. The facility is open to the seniors from 9:00 a.m. until 2:00 p.m. weekdays and from 3:00 - 9:00 p.m. for those children registered to participate in what is known as Kids Zone. Only during the summer months do the two



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age groups collide, so to speak. "The overlap prompted the idea to get the two groups together," Suzanne said, while Coco interjected, "It also gives Suzanne and I time to work together!"

Both coordinators will never forget the first meeting between the two groups. "You could have heard a pin drop the first time they came together,"



Suzanne said, laughing as she added that in cases such as this she usually says "Howdy" very loudly or breaks out in the "chicken dance." "That day, we danced." Once the ice had been broken, Suzanne stood before the two groups and gave some explicit instructions, which, thankfully, they all followed. "I told them to go around the room and learn something about their new friends," Suzanne explained. "After a few minutes had passed, I asked if anyone wanted to share what they had learned. Everyone wanted to share. I was amazed at what all they had learned about one another in such a short period of time." After that initial get-to-know-you time, the group finished out the day by sharing lunch and a game or two of Bingo.

The three dedicated days the two groups shared this summer included Bean Bag Baseball, bingo, an ice cream social and Olympics. Bean Bag Baseball is similar to the Bean Bag Toss. The holes in the regular Bean Bag Toss let the player know how many points they score, while the holes in baseball designate where the "batter" needs to go on the field. "The holes are marked with first, second and third bases; a home run and several chances to make an out," Coco said. "The children must slow down to play and enjoy the game. It's no longer all





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**“The kids started coming when**

**... the activity center opened.”**

about winning.” The MAC seniors’ team also travels to compete in Bean Bag Baseball with other senior centers. “This day became practice for them,” Suzanne explained.

The ice cream social offered additional time where they could continue to learn more about one another. “Over the years, lasting friendships have been made,” Coco said. “They have developed relationships that each age group remembers.” Bingo, called by a senior volunteer, quickly became a time where the two age groups could laugh together, while winning age-appropriate prizes donated by various individuals and businesses within the community.

Coco was very busy with the children the week prior to the Olympic event. “After breaking up in five groups of five different colors,” Coco said, “I instructed each group to come up with their own country. They [the children] also had to make a flag that represented their country.” Before the morning of the Olympics began, an equal number of seniors were chosen for each team. “As a team, they all marched into the gym behind their country’s flag to the ‘Olympic Fanfare and Theme’ by John Williams,” Suzanne interjected, smiling at the memory. With safety always at the forefront of all MAC activities, the Olympic games chosen were done so with care and a great deal of thought. “We also told the children none of the games were races,” Coco explained. “The teams were scored as teams. No



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individual numbers were calculated."

The ball used in the "shot put for distance" throw was made from aluminum foil. The "100-inch dash" was designed for all competitors to shuffle one inch at a time as they attempted to get to the finish line. "We only repeated the pig races because the seniors had so much fun the first time they played," Suzanne said, describing the third event. "Large balloons were blown up and decorated with markers to look like pigs. Then they took Texas-sized flyswatters and shooed the pigs to the finish line by waving the swatter behind their balloon pig."

In "pop the bag," all team members took a turn at walking to a specific point where they were given a small, brown paper bag. "They blew the bag up," Coco said, "popped it and returned to their starting point." The grand finale, the "silly relay," provided much laughter because of its use of silly costumes and silly rules. The Olympic event came to an exhausting, but happy end, as medals were awarded to the winning teams. "They're all winners," Suzanne said, as Coco nodded in agreement. "Local media even came out to do interviews and take pictures."

The inter-generational program has proven to be much more than dedicated days where two generations get together for a few hours of fun. Both age groups have learned the importance of sharing and the value of working together. The children are more respectful and the seniors have definitely acquired more patience. In fact, Suzanne said the seniors are still talking about how much they enjoyed the three days of inter-generational togetherness. "Children who are enrolled in Kid Zone get to participate on a daily basis," Suzanne said, "whereas the seniors who come have chosen to be here. The seniors have a choice and they choose to come. The inter-generational program is just one more way we are working to enrich not only the lives of our seniors, but also the lives of our children." **NOW**



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**At Home With**  
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*Phelan*



# *In the Greens*

— By Jaime Ruark

The Phelan's beautiful custom-built, two-story, four-bedroom, three-and-a-half-bath home is tucked between the 10th and 11th holes of the Walnut Creek Country Club. With the green right outside their back door, it is easy to understand why Mike has a garage built especially for his golf cart. Spending three to four days a week on his golf cart means putting more miles on it than on his car, so the vehicle is, of course, outfitted with AM/FM radio/CD player, heater, winter cover, lamb's wool seat covers, air-conditioner, horn, ice cooler and turn

signals. This golf enthusiast is well-equipped to spend his retirement from the truck leasing business working on his golf swing as his wife, Kathy, redecorates their kitchen and looks forward to family times together.

Mike and Kathy were reluctant transferees from Chicago. Having made a home in the suburbs for their five children and spending 45 years in the same

place, they were hesitant about uprooting all they had known to move to Texas. "We



had the same doctor, the same butcher for 25 years. We were not movers. We had four homes — every time we had another child we bought another house, and the distance between our first house and our last house was five miles,” Mike smiled.

When Mike’s job made the move a necessity in February of ’89, the couple flew down to check out the area. “To be quite honest, between



the seven of us, there was one person who was holding out the most — me,” Mike admitted. Landing in the middle of a Texas ice storm, Mike and Kathy spent only two days here before hurrying home, deciding they were not going to move. Their next visit, however, went much smoother, and less treacherously; the family finally opened themselves up to relocating to Texas.

The Phelans originally moved their family to Dalworthington Gardens in the summer of ’89, and



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the children, about whom Mike was most concerned, made the transition easily. Mary Ellen, Dawn, Jim, Katie and Megan quickly adapted to Texas life. "My son, Jim, who was very active with his golf and hockey team, was, I thought, going to be one of the toughest ones to move, but he made the change the quickest. He wasn't down here very long before he had his starched blue jeans and his cowboy hats, Ropers and belts," Mike laughed, adding, "Three of our five kids became Aggies. Our second oldest daughter

went to A&M, and our son, and then our youngest daughter followed him."

Because the Phelan children adapted so easily, the family finally ended up, in January of '99, in their expansive house on the green. Kathy, who was, as she said with a chuckle, "lucky enough to be a stay-at-home mom ...well, some days, not so lucky," is an active lady with a sharp sense of humor she shares with her husband. While her man is out on the greens, she plays tennis, bowls and is a Eucharist

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minister for her church, St. Jude's Catholic Church. Together, the couple frequents the YMCA, where they participate in water aerobics to stay fit.

The couple loves to travel, and thanks to Mike's early retirement at age 57, they have seen the world. Throughout their home, every room is decorated with paintings and drawings of their travels, lovely souvenirs of trips to Ireland, Alaska, Austria, Australia, New Zealand, Canada, Switzerland, Italy and a two-week cruise from Moscow to St. Petersburg — a trip about which, Mike joked saying, "The nicest thing was coming home. It really



made you appreciate what we have here."

Kathy's favorite room in her house is the family room, with its striped couches, large floral rug, red accent leather chair and gorgeous stone fireplace, above which hangs a picture of the ever-growing Phelan clan. Her decorating style, she says, tends toward the traditional. "I like homey things. I'm not real modern. I want people to feel comfortable," she shared. Pointing to their coffee table, she added, "When our oldest granddaughter, age 4, comes to visit, she takes everything off the table and it becomes her puzzle table. Then when our grandkid, Cody, comes, he runs his trucks on that table." The Phelan brood has scattered over the years, so the time Kathy spends with her five grandchildren is made even more special. "I wish they all lived closer," she continued.

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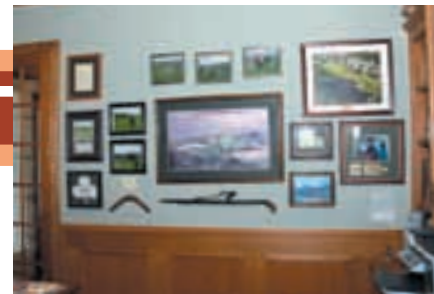


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Kathy's two favorite holidays are Halloween and Christmas; when they were building their dream home, being able to showcase her many holiday decorations was important. "At Christmas we decorate from head to toe. It's my favorite time of year," Kathy smiled, as Mike interjected, "We've been very fortunate. We've



been married 42 years in January, and there has not been a Christmas when the whole family has not been together. Our son, Jim, even flies down in November to decorate the house to his mother's liking."

Mike's most frequented room is his den, where he wryly admits he probably spends "too much" of his time on his computer. "I'm kind of an Internet junkie. Sometimes, I'm a little late for dinner because of my



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time on the Internet,” he smiled, being sure to point out that this habit has enabled him to find deals and bargains that have made many of their vacations possible. The walls are painted a rich Kelley green to showcase his collection of Chicago memorabilia, from baseballs and pictures of former NFL Chicago



Bears coach, Mike Ditka, to the shadowbox Kathy made for him complete with game ticket stubs and a 2005 World Series Champion Chicago White Sox T-shirt. “My son and I were actually at Game One and Two of that series,” he said proudly.

Having grandchildren means having a child-friendly home, and Kathy gladly shows off one of the four bedrooms. “This room is called a nanny or in-law room, because of its adjoining bathroom,” Kathy explained, “and it’s the one the kids

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fight over first when they visit.” High shelves line two walls, and her collection of stuffed teddy bears, dressed as Red Riding Hood, Santa and even a Halloween bear outfitted as a candy corn, cuddle together in a riot of colors. A table in the corner, originally used by her children, has now been passed down to the



grandchildren, repainted with bears, five to represent each of their children, with sweet yellow butterflies on each of the tot-sized chairs.

For the Phelans, the Kelley green of the Chicago ballpark has been replaced by the lush greens of the Walnut Creek Country Club golf course. At first reluctant to uproot their family, Mike and Kathy have made themselves, their children and their grandchildren a solid foundation, and Texas has now become a place they can call home. **NOW**



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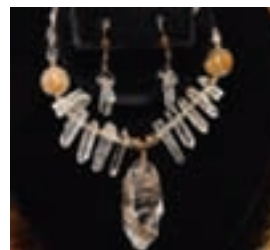
**ARTS  
NOW**

# Jewels *of* Nature

— By Michelle Powe

For Cheryl Tielli-Sawyer, making mosaic and stained glass work was not just a passion, it was back-breaking work — or rather disc-rupturing work. After she ruptured a disc in her back in 2000, she realized the bending and lifting was too much. So Cheryl found another creative outlet to appease her artist's soul and her love of natural rocks: she began making jewelry. "At first, I was simply making it for myself," Cheryl said. "Then friends and family would ask, 'Will you make some for me?' Then they started telling me, 'You could sell this.' That's how it began." Even as a child, Cheryl loved the beauty of natural stones. "Back then, in St. Louis, all the flower beds had crushed stones from Arkansas in them," Cheryl remembered. "I would spend all day going through stones looking for pyrites and geodes."

As an adult, her interest in natural stones did not fade. After she was married and her four children grew older, she attended some continuing education classes in art and began to experiment with stones, tiles and stained glass. "With mosaic, you can be really creative," Cheryl explained. "You can use any type of medium — not just tiles, but buttons, shells, broken



dishes. There are so many things you can do with it. That's why I like it, and I just really love stained glass — the feel of a real piece of glass — the look, the texture, the possibility," she commented.

She conveyed that sense of possibility to her parents, who both caught the fever and also took up working with stained glass. Even after her mother passed away three years ago, her father still continued to work with stained glass as a way to stay busy, but the work took its toll on Cheryl. "With stained glass and mosaic, you really put your body into it," she said. Despite her passion, the labor was just too demanding, and she was forced to put her stained glass snowflakes and mosaic tabletops aside.

It was not long before she tried her artistic hand at something new. She took a silversmithing class and bought a kiln. She began making jewelry out of the natural stones she loves so much. Suddenly, she rediscovered both the

magic and tranquility of art. "I just love the beautiful things that the earth naturally gives us." Her enthusiasm about the beauty of stones is contagious, whether she is describing how to determine if precious stones are real or demonstrating on an actual stone. She displayed a geode, which looked strikingly like a baked potato, but when opened revealed beautiful crystals. "This is why I love rocks. Who would think that you would open that up and see such beauty?" she exclaimed.

She is so in love with rocks, in fact, that she has gone on digs in Arkansas to search for the beauty in nature with which she is so enamored. She strives not only to convey, but also to enhance, that natural beauty with her jewelry, and she succeeds brilliantly.

Working with all types of stones — natural crystals, raw emeralds, fossilized palm, candy jade, moonstone, tanzanite, labradorite, ametrine — and colors, she matches complementing stones for



## ARTS NOW

bracelets, necklaces and earrings. She then welds stones into settings for pendants with her kiln. The results are quite stunning.

Cheryl does all of this while enduring chronic back and leg pain after two unsuccessful disc fusion surgeries. A third surgery, to implant a spinal stimulator, intended to relieve the pain, also was unsuccessful. To make matters worse, she developed migraines after the first fusion surgery, but Cheryl is philosophical about her condition and hopeful about the future. "The pain has taken a toll mentally and physically," she said, "but making jewelry, doing something that I love, is therapeutic."

Recently, however, Cheryl's artistic spirit began to feel a bit restless. She wanted to do something a little different with natural stones and beads. But what? she wondered. Then she discovered that something different while she was attending a jewelry show. She met a woman who makes exotic handbags and was looking for someone to make coordinating jeweled handles for the handbags. Now Cheryl is experimenting with the same stones she has been working with and loves, complementing their colors and textures with handbags. "It was divine intervention," Cheryl said. "I was looking for something a little different, and that's exactly where I am headed. It's what I needed, and it's what she needed. It was perfect."

Cheryl is still making jewelry, but her artist's spirit has been given the freedom it needs to spread wings and soar. The new direction also serves another purpose with Cheryl's pain. "It gives me a ray of hope and makes me more vigorous with the doctors, because I want to make this business work," she said. "Being able to work with natural stones is just heaven to me. This is a dream job for me." It is, after all, her passion. **NOW**

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# Roller Derby Queen

— By Alex Allred

By day, Amy Evans is a personal home caregiver. She is a tremendously caring and gentle person who has the unique blend of empathy and assertiveness that allows for her to tend to even the most difficult of patients. By night, however, she is Professor Kaos, also known as PK, in the roller derby world.

She has significantly damaged her ankle, shoulder, upper torso and neck. She has pulled tendons and had a serious concussion. For almost six months she experienced such painful headaches, she finally relented to family pressure and sought medical advice. "I had an MRI and EKG," Amy said, noting that she is still paying off the medical bills. "The doctor thought I was leaking spinal fluid from my nose but," she laughed, "this is me, this is who I am." Professor Kaos!

But she would not assume the identity of Professor Kaos, a.k.a. PK, until she discovered the sport of roller derby.

The name roller derby dates back to the early 1920s, used to describe flat-track roller skating races. By the 1950s, it gained national popularity as the sport took to circuit tracks, involving two teams.

"I wanted to play a sport," Amy said. "I never really had a lot of girlfriends, I was such a tomboy." Armed with only her desire to play sports, Amy began researching possible venues. Volleyball, softball, dodge ball were all intriguing, "but, when I saw roller derby, I thought it sounded like fun."

In theory, two teams take to the track with five players each. Three "blockers" act as defense while one "pivot" sets



the pace of the race as the "jammer" focuses on scoring. It is the job of the jammer to make her way through the blockers and pivot, gaining a point for each player she passes, adding more and more points as she continues to lap her opponents. The pivots and blockers form a pack, and it is their mission to prevent the jammer from making it through the pack. This is the theory.

The reality is: roller derby is an incredibly fast-paced sport that, with elbows and knees flying, can be brutal. Injuries are expected. Fights are likely. At the end of the three-round, 20-minute bout, each player is thoroughly exhausted.

"What I don't like about it," Amy confided, "is the day after a bout, I can barely walk. Sometimes, because this is such an aggressive sport, we get overly aggressive people. We're still women. We do have that softer side. There is only so much of the big, tough persona you can put on."

Indeed. Amy wears many hats. By day, she is a caregiver, but she is also a devoted wife and mother, leaving many to wonder how her family feels about her alter ego, PK.

"She has a really great husband," said Amy's mother, Brenda Rhodes. "Chris completely supports her and goes to watch every opportunity he gets." In fact, Chris and Brenda take turns watching Amy's 3-year-old son, TJ. Rather than fear



## Sports NOW

for her daughter's safety, Brenda is ecstatic about Amy's success on the track.

"This is the first thing in this girl's life that she has been really passionate about, especially in the sports world," Brenda said. "Her father and I used to work in a skating rink," but Amy wanted no part of it. Brenda recalls the first time she attempted to teach young Amy how to skate. "It took us 45 minutes to get around the track and she was kicking and screaming the whole time." As Amy got older, she would sometimes participate in skating games. "There was this game we would play with kids called Shoot the Duck. But Amy wouldn't just give little pushes like you're supposed to." She enjoyed knocking little kids down to the ground. "Who knew she already had roller derby in her?"

While spectators may see roller derby as a rough and tumble sport, it has brought tremendous peace to Amy.

"In the league," Amy said, "you're not judged. Big, small, tattoos, pink hair, school librarian, we're all the same." Roller derby queens come in all packages. "There is such camaraderie in this league. We are sisters, all working for the common goal to see the league grow. It's really not just about skating in a circle and knocking people down."

With newfound friends and a new passion, Amy believes she is a better wife, mother and caregiver as a result of what she does. "It's no longer something that I do; it's something that I am," she said.

"Amy has found her niche in life," Brenda said. "She's a better person for it, and she's able to be a better mom because she's more content. The time that she gives TJ is so much better, because she's happier."

As Professor Kaos winds around the track, unleashing her strength and aggression, Brenda stands as her number one cheerleader. "I never had the high school experience of sitting in the stands and cheering my daughter. Now I have it!" **NOW**



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## Business NOW



When Julie Snyder's grandmother required full-time care, Julie and her daughter, Amy Husk, never hesitated. Together, they made sure the house and laundry was cleaned, bills were paid and food was prepared.

"Grandma needed a lot of help because she was blind. But Mom [Julie] was also working full-time with kids at home," said Amy, who was, at the time, the mother of a toddler. As a result, the time spent at Grandma's house was more business than social. "That was hard on Grandma, because she felt like she was a burden to us," Amy recalled. In truth, it was hard on everyone.

Julie continuously mused about how nice it would be to have a service that would take care of "all the little things," thus allowing her to spend more quality time with her grandmother. But it was not until after the death of her grandmother and a move from Phoenix, Arizona, to Mansfield, Texas, that the Snyders were allowed to act upon Julie's wish.

"Dad always listened to my mom talk about how she wished there was a service for this, so he did a little research," Amy said. He discovered a nationwide network called the Seniors Choice, and quickly learned that the company would

help train and network the Snyders but, because it was not a franchise, would also allow the family to create their own brand of service.

"We are allowed to do things the way we think they should be done," Amy said, "and that was really important to us." This would include evaluating the families holistically and focusing on the individual needs of each client. "When we go into a home, we're not just helping the client; we want to help the entire family."

Just as it was when Julie's grandmother needed home care assistance, it was a series of events that led to the creation of Family Care and Comfort. Not three months after Amy's dad, Roger, was transferred to Mansfield, Amy's husband, Jason, was transferred to Dallas, allowing them to settle in Mansfield. By February of 2007, Family Care and Comfort was opened for business. "My grandfather was one of our first clients," Amy said. As he recovered from spinal meningitis, it was his care that helped set up their model for service and hiring. "When we were hiring, we would ask, 'Would I put this person with Grandpa?'"

It is a question they ask themselves again and again so



## Business NOW

that they can provide quality service to each and every family member. "We do complete background checks and check personal and professional references," Amy said, including driving records and random drug tests. Conversely, Amy is equally diligent about how her employees are treated. With a staff of 20 caregivers and many more clients, both Julie and Amy work toward a common goal: Family.

It is their love and devotion to family



that has helped to create their business, but it is their tremendously caring nature that developed the model under which they operate. Clients become members of the family as Family Care and Comfort provides hourly, 24-hour and live-in services. Beyond caring for the client, they also communicate with family members.

"We had a client once," Amy said, "who had been living in filth. His family was living far away and had no idea what was going on." He had dementia and relied on his wife for care. Only when she fell and lay helpless on the floor for three days did relatives realize how bad the situation had become. While the wife recovered in the hospital, Amy arranged to have the house cleaned and, upon discovering cockroaches, exterminated the house. Family Care and Comfort caregivers prepared food and slowly brought both the husband and wife back into a loving, social network. Ironically, by giving constant updates to family members, Amy also reconnected the couple to their family again.

What began as one woman's desire to spend more time with her grandmother has become a service that reunites and cares for entire families or, as Amy likes to say, "We are a family taking care of other families." **NOW**

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## Education NOW



# The Friends of Mansfield

— By Alex Allred

Just as the summer was beginning, Mansfield residents were delighted when H.G. “Buzz” Bissinger, best-selling author of *Friday Night Lights* visited all of the Mansfield high schools and agreed to a Q&A with a live audience and a writer’s workshop the following day. The evening was a huge success as booklovers and the media from around the Dallas metroplex were in attendance.

For Paula Highfill, president of the Friends of the Library in Mansfield, the positive turnout was especially exciting. “Anytime we can get people talking about books,” she said, “it’s a good thing.”

Buzz, as his friends, and now the Friends of the Library call him, did more than just talk about books. He brought along James “Booby” Miles, one of the main characters from the 1990 exposé on football fever in a small, rural Texas town. As Buzz regaled high school students with the process of investigative reporting, movie making and the wondrous world of writing, Booby brought the pages of the book to life. Hundreds of students walked away from the experience asking for copies of the book and expressing an interest in reading and Paula’s mission was realized.

Long before *Friday Night Lights* and long before she became a friend of the library, Paula has always loved books.

“Some of my earliest memories,” she said, “are the book mobiles that came in the summertime when I was a little girl in Kentucky.” By the time she was a teenager, she always had a book in her hands. In fact, she came from a family of avid readers. “My mother tells stories of her burning dinner all the time because she would start reading and forget the stove.”

Fondly, Paula can remember losing herself in such novels as *Gone With the Wind*. Today, she worries how little our youth read. “They are missing out on so much,” she said.

By the time she had children of her own, “I took my kids to the library all the time,” but as her children grew, “it was easy to get busy and drift away from reading.” When Paula and her husband, Milt, moved to Mansfield from Arlington, things changed.

“I’d always been a library patron so, when we moved out here and the kids were grown,” she recalled, “I wandered into the library one day. It was right after the new building had been built.”

Instantly, she was seized by the ambiance of the library. “It was awesome and I felt so welcomed.” When she saw a notice for a Friends of the Library meeting, she joined, eventually becoming president.

“The great thing about the Friends of the Library is we really are a bunch of friends! It’s a great way to meet people from the community.” In fact, she said, she never knows who will show up at the meetings, including celebrity authors.

The Mansfield Library has been credited with bringing Texas writer, Elmer Kelton, 1993 Pulitzer Prize winner, Robert Olen Butler, and now Buzz Bissinger, also a Pulitzer Prize winner, to its patrons.

“For a town that is the size we are,” Paula explained, “we are actually outgrowing the library services but we have a great facility and great staff.” With the growing community, Paula feels a responsibility to constantly challenge readers,



## Education **NOW**

both young and old. It is for this reason that she and the Friends volunteer so diligently to bring in exciting authors. "We've been very fortunate," Paula said of the success of the Friends. "We have enthusiastic authors."

What most people do not realize, however, is just how labor intensive and time consuming the process is in bringing in those enthusiastic authors.

Every May, the Friends of the Library meet and begin compiling lists of possible works. "We collect titles all year long," Paula said, "and read all summer long." In September, after the books have been read and analyzed, "we start weeding out the obvious choices." With strict criteria, the Friends begin narrowing the field of possibilities. "We want books that people will actually want to read and they must have relevance to the community. One of our main criteria is that the author must be able to participate."

What truly makes their efforts and all of the reading programs unique are that they are free to the public. In honor of this system, the authors agree to come free of charge. "That makes us stand out from other libraries around the country."

Now serving her third year as president to the Friends, Paula also continues to volunteer at the library. In truth, she cannot stay away. "I love this library. We have such a great staff. We have the perfect environment to read, learn and share with others." While she insists that the guest authors are but one benefit of the library, she cannot deny the impact of her hard work or that of the Friends.

Toward the end of the evening, as the audience thanked Buzz for his thought-provoking book, the author thanked his readers for their time and imagination, highlighting the intimate relationship between author and reader. Young or old, a book is the thing that can never be outgrown or overused and everyone can use a Friend. **NOW**

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## Around Town NOW



John Humphreys, top left, was the winner of the Grand Prize at the June Business After Hours event held at Big League Dreams. An after hours gathering at Stevens Garden Grill, top right, brought out the crowd for a fun evening. Sandy Felker, second row left, tended the grill at the youth barbecue. Scott Welmaker, Danny Wilson and Richard Nevins, second row center, attended the June Networking Luncheon. Scott served as the guest speaker. Live bands performed, second row right, at the Mansfield Art Festival. The Mansfield Art Festival, bottom left, brought out many area artisans. Alice Hales, bottom right, posed with her mother at the Williams' Family Reunion.





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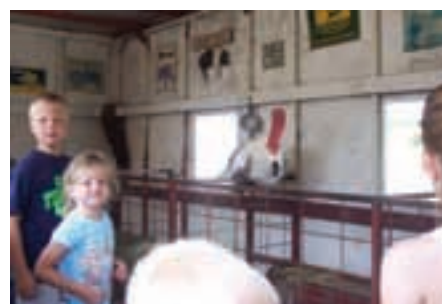
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## Around Town NOW



School is out, top left, for Mansfield High School students. Some are headed off for college at the end of the month. Father and son, Ronald G. Rice Jr. and Sr., top center, worked as disc jockeys during the family reunion. Children and a turkey, top right, gobbled up the sights at the portable petting zoo. Youth pastor Michael Felker of Lakeside Church of Christ, second row left, kicked off the summer with some of the members of his flock. Cousins Camille Branch, Adliyan Brown, Derrick Brown and Jazz Johnson, second row right, took a needed break from the games they played during the reunion. People, bottom left, shopped for unique items at the Mansfield Arts Festival. Members of the Texas Old Time Fiddlers Association, bottom right, entertained the crowd.

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## Look Who's Cooking

— By Faith Browning

### IN THE KITCHEN WITH SHARON DANIEL

#### CHICKEN PARMESAN

- 1 egg
- 2 Tbsp. milk
- 4 chicken breasts, skinless and boned
- 1 cup flour
- 2 Tbsp. cooking oil
- 1 tsp. Italian spices
- 2 Tbsp. grated Parmesan cheese
- dash of garlic salt
- dash of onion salt
- 2 12-oz. cans tomato sauce
- 4 slices mozzarella cheese

Beat 1 egg with milk; dip the chicken breasts, then bread with flour. Place chicken in oil; brown on each side. Preheat oven to 350 F. Mix spices, grated cheese, onion and garlic salt in the tomato sauce in a medium-sized baking dish. Place browned chicken breast in the sauce and cover with foil. Bake 45 minutes. Uncover. Place slice of mozzarella cheese on each breast and allow to melt. Serve with hot spaghetti. Serves 4.

#### SLOW COOKER BEEF TORTELLINI SOUP

- 1 lb. stew meat, cut into 1 1/2-inch chunks
- 1 large onion, chopped

- 1 large carrot, chopped
- 1 rib celery, chopped
- 2 cloves garlic, chopped
- 2 tsp. sugar
- 1 14-oz. can diced tomatoes
- 2 10 1/2-oz. cans condensed beef consommé
- 1 tsp. dried basil leaves
- 2 cups frozen cheese filled tortellini
- 1 cup frozen cut green beans

Place beef, onion, carrot, celery, garlic, sugar, tomatoes and beef consommé in crock-pot. Cover and cook on low for 8-9 hours. Stir in basil, tortellini and green beans. Increase heat setting to high. Cook 25-30 minutes until beans are tender. Serves 6

#### ZUCCHINI HAMBURGER CASSEROLE

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 3/4 cup uncooked rice
- 1 cup water
- 1 medium (2 cups) zucchini, cut into 1/4-inch slices
- 1 large tomato, chopped
- 1 14.5-oz. can Progresso tomato basil soup
- 2 cups shredded mozzarella cheese

**G**rowing up with a mother who was a wonderful homemaker, cook and home economics teacher inspired Sharon to pursue an education in home economics. After graduating from Texas Tech University, Sharon began her career with the Texas Agriculture Extension Service. In later years, Sharon returned to school to become the dedicated Mansfield teacher she is today.

Sharon has been on a mission to find recipes which will fit into her busy lifestyle. After an exhausting day of teaching kindergarten, Sharon likes to come home and prepare good meals, which are quick and easy. "I like a good crock-pot recipe that is quick to get together in the morning before I leave for school," Sharon said. "There is nothing better than to walk in the door and smell your supper." **NOW**

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

Heat oven to 375 F. Spray 13 x 9-inch pan with cooking spray. In skillet, cook ground beef and onion over medium-high heat. Stir until cooked, drain. Sprinkle with salt and pepper. Place rice and water in baking dish, stir to mix. Layer ground beef, zucchini and tomato over rice; pour soup over top. Cut foil to cover; spray with cooking spray and cover casserole with sprayed side down. Bake 40 minutes; uncover dish, sprinkle cheese over top. Bake uncovered 10-15 minutes longer until edges are bubbly. Serves 6.

#### SHOEPEG CORN CASSEROLE

- 6 oz. cream cheese, softened
- 1/4 cup milk
- 1 4-oz. can green chilies, chopped
- 2 Tbsp. margarine
- 2 14-oz. cans Shoepeg corn (white corn), drained
- 1/2 cup buttered bread crumbs
- paprika, to taste

Microwave cream cheese, milk, chilies and margarine until cream cheese is very soft. Add corn; stir well. Put in buttered 2 qt. casserole. Top with bread crumbs. Sprinkle with paprika. Bake at 350 F until bubbly, 30-40 minutes. Serves 6.



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## Who's Cooking **NOW**

### NUGGETT PECAN PIE


1 cup Karo syrup  
3/4 cup sugar  
4 oz. butter, melted  
3 eggs  
1 Tbsp. vanilla  
3/4 cup pecan pieces  
1 9-inch pie shell, unbaked  
3/4 cup pecan halves

Mix syrup and sugar, add melted butter. Mix in eggs and vanilla. Let stand one hour. Place pecan pieces in pie shell. Pour in filling and cover with pecan halves. Bake 45-50 minutes at 325 F.

### COCONUT CHIP COOKIES

1 package white cake mix  
2 eggs  
1/3 cup vegetable oil  
1 cup flaked coconut  
1/2 cup semisweet chocolate chips  
1/4 cup chopped nuts (pecan, walnut, macadamia or almonds)

In a mixing bowl, beat cake mix, eggs and oil (batter will be stiff). Stir in coconut, chips and nuts. Roll into 1-inch balls. Place on lightly greased baking sheets. Bake at 350 F for 10 minutes or until a slight indentation remains when lightly touched. Cool for 2 minutes; remove to a cooling rack. Makes 3 1/2 dozen.




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# Should Rising Oil Prices Affect Your Investment Strategies?

— By Todd Simmons

Every time you fill up your gas tank, you are painfully aware that oil prices are high — really high. And rising oil prices can affect the cost of many other goods and services, from food to airline tickets. So, as a consumer, you know the impact of an increase in the cost of oil — but how about as an investor? Should rising oil prices change the way you invest?

Before we look at this question, let's quickly review why oil prices have gone up so far and so fast. First, the price of oil is reflecting the law of supply and demand; the world's oil supply has stayed relatively tight recently, while demand has continued to rise. Second, oil is a commodity priced in dollars, so if the dollar falls in value — as has been the case lately — then the price of oil will rise.

Will these two factors continue to drive up the price of oil? It's hard to

predict. However, as an investor, you do want to know how the current state of affairs — that is, elevated oil prices — will affect your investments. Specifically, in this environment, what market sectors will be influenced? And how?

Not surprisingly, the stocks of some energy companies tend to do well when oil prices are high. At the same time, the automobile and airline industries, and some elements of the retail sector, may be negatively affected.

Does this mean you should make some drastic changes to your investments? Not if you follow a strategy of buying and holding a diversified array of quality investments. (Keep in mind, though, that diversification, by itself, cannot

guarantee a profit or protect against a loss in a declining market.) However, you may want to make some adjustments. For example, if the increased value of your energy stocks has caused

your portfolio to become “overweighted” with these stocks, which can be volatile, you may want to consider some type of “rebalancing.”

But rather than focus on how rising oil prices can affect individual market sectors, try to look at the “bigger picture.” As we mentioned earlier, rising oil prices can lead to higher overall inflation — and, over the long term, inflation is a much more serious

threat to your portfolio's health than a short-term spike in oil prices. Consider this: If inflation rises three percent a year — which has been the average



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increase over the past eight decades — then everything you buy today could cost twice as much in 24 years.

To protect yourself from the ravages of inflation, you need to own investments that offer the potential for rising income, such as quality, dividend-paying stocks. By doing some research, you can find stocks that have paid — and increased — dividends for 20 or 25 straight years. (Be aware, though, that stocks are not obligated to pay dividends and can cut or discontinue them at any time.)

By making timely adjustments in response to events such as oil price “shocks” and by following a long-term strategy of owning an appropriate array of quality investments, you can continue working toward your financial goals — now and in the future. **NOW**

*Todd Simmons is an Edward Jones representative based in Mansfield.*

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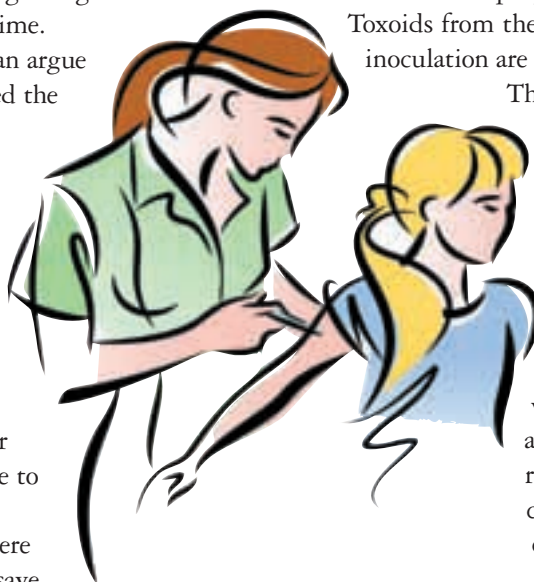


# Give a Shot

— By Betty Tryon

Many of us are old enough to remember our smallpox vaccinations. We still bear the scar to prove it. The temporary, uncomfortable ordeal of the vaccination brought huge dividends — the eradication of smallpox in our lifetime. Although at times controversial, no one can argue how the discovery of vaccines has improved the quality of life for millions of people. Vaccinations or immunizations introduce into the body weakened or dead pathogens, such as viruses or bacteria, stimulating the immune system to produce antibodies to fight the invader. The very small and safe amount of disease-causing molecules creates the immunologic response.

This amazing living machine called our body has the ability to remember exposure to certain diseases, and within that memory database, to fight it effectively. This is where the miracle of immunization comes in to save the day from diseases that in the past would wipe out entire communities.



The four types of immunizations are inoculations with: weakened viruses, inactivated viruses or bacteria, toxoid and biosynthetic vaccines. The general population is familiar with vaccines from weakened and inactivated pathogens. Measles, mumps, rubella, anthrax and chicken pox vaccines are composed from weakened (attenuated) live viruses. The weakened state of the virus reduces its virulence. This may pose a threat to a person who has a compromised immune system, such as someone with AIDS or being treated with chemotherapy. The inactivated or dead viruses yield the vaccines for influenza and hepatitis A. These vaccines are much safer for people with compromised systems. Toxoids from the bacteria or virus needed for inoculation are the third form of immunization.

The common diphtheria and tetanus vaccines are produced from toxoids. Lastly, vaccines for diseases such as HPV (human papillomavirus) and HBV (Hepatitis B virus) are manufactured formulas classified as biosynthetic vaccines.

The immunization program begins in infancy with the first vaccine given at two months of age. This program continues with regularly scheduled visits to the clinic or pediatrician throughout childhood. Immunization does not end with childhood. Some vaccines,

such as diphtheria and tetanus require booster shots to maintain consistent protection.



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



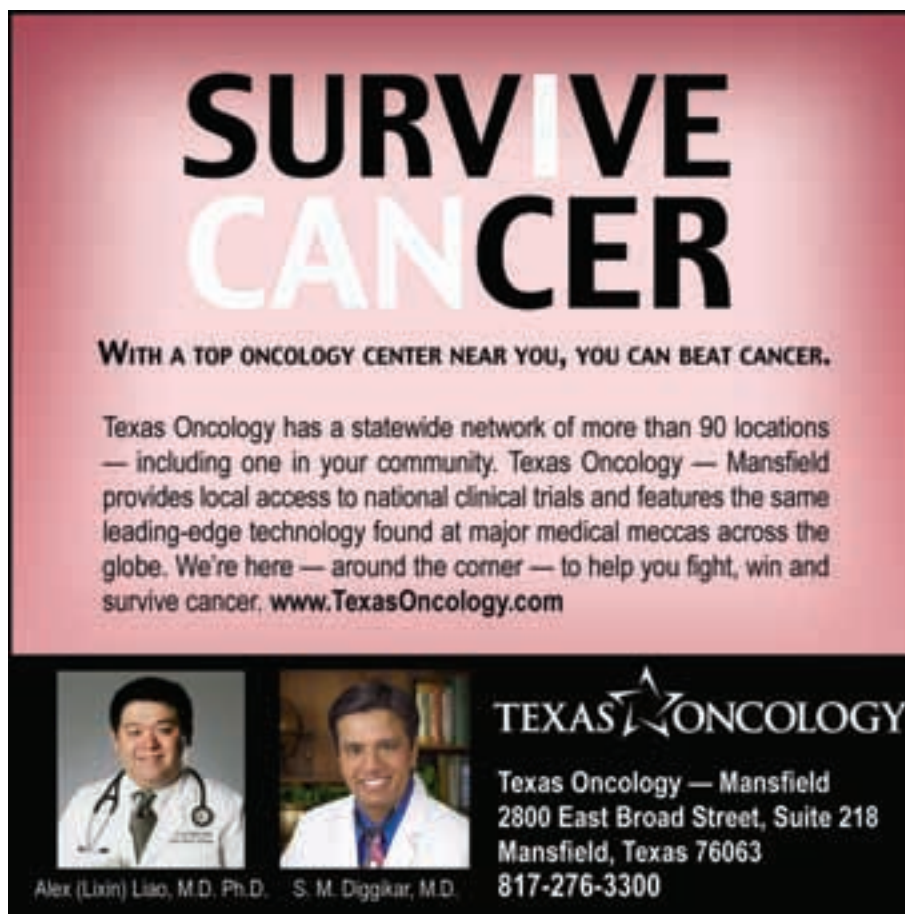
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# August 2008

## Community Calendar

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### Every Monday

Small business counseling provided by SCORE (Service Corps of Retired Executives), 9:00 a.m. - 1:00 p.m. at Mansfield Chamber offices, 114 North Main St. (817) 473-0507.

### Every Tuesday

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

### Every Wednesday

Mansfield Public Library is proud to offer a special events program for children ages 7 to 11 for the summer months, 2:00 - 3:00 p.m.

### Every Thursday

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

### Every Saturday

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

### August 1

Mansfield Public Library hosts an Apollo Lunar Training exhibit. Raffle and Popsicle party, 2:00 p.m., followed by a family movie, *Apollo 13* with Tom Hanks, at 2:30 p.m.

### August 2

City of Mansfield offers community-wide document shredding. A truck will be available from 10:00 a.m. to 1:00 p.m. at City Hall.

### August 3

NBBC "Run Toward the Son" Motorcycle Rally :10:15 a.m., New Beginnings Bible Church, 1970 FM 983, Ferris. Motorcycle games, contests and door prizes. Enjoy free hot dogs and bottled water. Register online at [www.newbeginningsbiblechurch.com](http://www.newbeginningsbiblechurch.com) or call (972) 842-2800.

### August 4

Senior Dance, 7:00 - 9:30 p.m., Mansfield Activity Center.

### August 11, 18, 25

Teen book club, 2:00 - 3:00 p.m., Mansfield Public Library.

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

### August 11 and 28

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

### August 14

Mansfield Child Care will discuss "Books, Books and More Books," 7:00 p.m., Mansfield Library community meeting room, 104 S. Wisteria St. [www.mansfieldchildcare.com](http://www.mansfieldchildcare.com).

### August 18

Seniors Choctaw Casino, 9:00 a.m. - 7:00 p.m., Mansfield Activity Center. (817) 453-5420.

### August 19

Adult book club at the Mansfield Public Library: TBA. Contact library for further details.

### August 21

ABWA Empowering Women Express Network monthly meeting, 5:45 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. RSVP to Daphne Brewer, (972) 723-6551. [www.abwa-empoweringwomen.org](http://www.abwa-empoweringwomen.org).

### August 26

Supper Club with the Seniors, 5:00 - 7:00 p.m., Mansfield Activity Center. (817) 453-5420.

*For more community events,  
visit our online calendar  
at [www.nowmagazines.com](http://www.nowmagazines.com).*



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