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Mansfield NOW

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August 2009

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MCB President Lance Walker
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Mike Waters
Tony Meehan
Danny Ray
MCB EVP Harrel Adkison

CENTER:

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MCB EVP Chuck Wilson
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MCB EVP Debbie Koennecke
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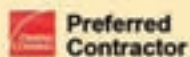
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His heart's in the right place.

What began as an act of heartfelt kindness ended in heartwarming irony. Generosity is a regular part of Bernie Kennedy's life, but while on his way to donate food to an area school, Kennedy suddenly experienced something very irregular. Thanks to quick thinking and rapid medical response, he narrowly avoided a heart attack—something he helps others avoid on a daily basis.

As the director of cardiology services at Methodist Mansfield Medical Center, Bernie Kennedy knows a thing or two about the heart. So when he experienced a fluttering sensation in his chest he immediately went to Methodist Mansfield for help. Tests revealed that Kennedy's heart was beating 168 beats per minute (60–80 is normal), and he was in atrial fibrillation with rapid ventricular response.

"I knew I wasn't having a heart attack, but something was very wrong."

Without immediate medical attention, Kennedy's condition would have escalated to a heart attack or stroke. But with close observation and medication, his condition stabilized and he is now back to an active lifestyle.

"I'm so grateful to our cardiology staff and what they did for me," raves

Kennedy. In addition to Methodist's comprehensive diagnostic services, they now offer advanced intervention procedures such as bypass surgery, valve replacement, angioplasty, stenting, endovascular repair, and more. "Now we can offer an even more valuable service to the Mansfield area," Kennedy says.

Methodist Mansfield is now the only hospital in southeastern Tarrant County and south of I-20 to offer open-heart surgery. Kennedy

continues, "I can tell you as both a cardiology director and as a patient, it's a blessing to have access to high quality care right here at home." To get to the heart of what's new at Methodist Mansfield Medical Center, call them at 877-637-4297 or visit www.methodisthealthsystem.org.



—Bernie Kennedy
*Director of cardiology services at
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Bill Russell, community outreach coordinator for Commissioner Marti VanRavenswaay, proudly stands in front of the water feature on the grounds of the Mansfield subcourthouse.

Photo by Ivey Photography.

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Editor's Note

Dear Friends,

From time to time, something comes across my desk that is so good it must be shared. If you are a dedicated *MansfieldNOW* reader, you know that we, at the magazine, try to emphasis two things: good works and community spirit. This month is no different as we highlight outstanding citizens such as Doug Crites, Todd Butler and Bill Russell. All three men are educators, passionate about giving back to the community and building stronger relations among neighbors, both far and wide.

Every now and then, though, it is equally important to focus inwardly and honor the person *you* are. Imagine how much better this world would be if we were all happy with ourselves. We would be far kinder, gentler souls, more patient and tolerant. Imagine that! So, in honor of the month of August, we should celebrate — August is, after all, Admit You're Happy Month. Go on ... be happy! You are worth it.

Your Happy Friend,
Alex Allred
MansfieldNOW Editor



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Get the 2-1-1!

— By Alex Allred

Bill Russell is a big fan of 2-1-1. “As a police officer, I fell short of helping people solve their problems,” Bill said. “At the time I was an officer, there was no such thing as 2-1-1. Now that I know the value of a 2-1-1 card, it hurts me to think I spent my entire police career without one.”

These are strong words from a man who served both his community and country, who was awarded the Medal of Valor with the Arlington Police Department, served with the U.S. Marine Corps and was recognized with the prestigious Foundation of Improvement of Justice Award, a national honor given to only 10 recipients annually. He became the commander of youth services at Arlington, went on to serve as chief of police in Angel Fire, New Mexico, and was part of the first ever tactical team to use what is termed “explosive entry” while serving on the SWAT team. Yet this same man, with an impressive, if not outstanding, record in serving his community, cannot imagine he did so without the 2-1-1 resource.

“By calling 2-1-1,” Bill explained, “you can access resources for cancer, diabetes, an out-of-control teenager or a person in need of elder care.” With a database of over 3,000 resources, dialing 2-1-1 can link a person to whatever service they may need. “When I learned that each call operator is a social worker,” Bill said, “I asked for the 2-1-1 cards!”

This discovery is just a part of Bill’s fascinating journey. After high school, he entered college to study for the ministry, but when he served as a volunteer reserve police officer, “I fell in love with law enforcement.” During his 20 years with the Arlington Police Department, he married, had four children and worked two additional part-time jobs while earning a



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bachelor's degree in psychology.

Within the department, Bill rose through the ranks quickly earning a reputation as the guy who "walked the walk." He served as a crime scene investigator, patrol officer and SWAT team sniper. When he was promoted to sergeant, he began "chasing grant money," and created the first auto theft task force, for which he would later earn an award. He was promoted again

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to lieutenant, but as he was rising in rank, he surprised everyone with the announcement of an early retirement. "I had the dream of going to the mountains and retiring into a small town environment." So, the avid hunter and outdoorsman readily accepted the position of chief of police in New Mexico "long enough to determine that it was not a good fit for the family."

Bill returned and began work with the Tarrant County District Attorney's office, commanding one of the largest undercover narcotic units in Texas. He created the first meth awareness campaign in Texas, "because I've seen the ravages and effects of methamphetamines on families." As commander, he put up 65 billboards across North Texas with the title, "Meth Kills Families" and though Bill is hesitant to discuss any awards he has received in the past, he is immensely proud of this campaign,

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saying, "I know it made a difference in people's lives." Unfortunately, when federal funding ended in 2004, Bill lost his job and the task force broke apart. Following that turn of events, he began work as a recruiter for DynCorp International, a defense contractor with the U.S. State Department that sent American police officers to Iraq and Afghanistan to teach and train citizens to become police officers. After two years acting as a manager, Bill assigned himself to Afghanistan in 2007.

"I decided it was time for me to go and take a mission myself," Bill said, indicating there are few words to describe what he saw during that very long year. When he returned to the U.S., he had divorced, remarried and found new employment as the community outreach coordinator for Commissioner Marti VanRavenswaay. For the man who is on the constant quest to help others, it is a perfect fit.

"She [VanRavenswaay] gave me specific instructions to learn about what resources are available for Arlington and Mansfield residents, which is the majority of her precinct. There are so many resources out there, but many were underutilized. The question was 'how can we bridge that gap? How can we better help people?'" As Bill began to investigate, he learned of the many different needs of the community. "From food pantries, counseling, employment, health care, to child care, all anyone has to do is pick up the phone and call 2-1-1. The idea is to connect people to resources."

In fact, when Commissioner VanRavenswaay helped create the Mansfield subcourthouse, the purpose was to better serve the public, but eight years after its construction, few people know that they can renew car titles and registration, get their wedding or birth certificates, pay taxes or access Tarrant County Juvenile Services here in Mansfield. "Instead of forcing people to drive into downtown Fort Worth to pay their taxes, she made it possible for these things to be taken care of here at the subcourthouse in

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Mansfield," Bill said.

Despite his many and sometimes very dangerous adventures, this has been Bill's most gratifying. "I want the people of Mansfield to understand they have significant value, and it's been a privilege to serve them. As we grow older and the Baby Boomer generation ages, of which I am one, I am very grateful to have the access to so many resources. I would ask that each and every resident learn the value of 2-1-1 and understand that it is there as a safety net. It really can make a difference.



"When I was in law enforcement," Bill recalled, "I would respond to a domestic disturbance. People would be arguing for many different reasons, but all I could really tell them, as a police officer, was to stop arguing and maintain their peace." Today, he understands that there is so much more help out there.

Once upon a time, Bill Russell entertained the idea of becoming a minister so that he could help people. Instead, he turned to law enforcement and never could he have imagined what an impact his career, then and now, would have on our community. "I knew that law enforcement was a form of ministry, because when law enforcement is needed, it is at a person's point of greatest need — at a moment of crisis — and what better way to help people than to be given the privilege and authority to intervene at the most critical time?" That is the 2-1-1 on Bill Russell! **NOW**

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At Home With Eric Gilbert and Lameshia Haynes-Gilbert

— By Amanda Madden Pitt

Walking into the home of Eric Gilbert and Lameshia Haynes-Gilbert is an experience of creative opulence at its finest. This determined and successful couple has created a personal oasis in one of Mansfield's most exclusive, gated communities — Waterford Park. From the Asian roses lining the walkway to an exclusively designed rod-iron, French couture front door, there is no denying that the home came together under an artist's watchful eye. In fact, even as a little girl, Lameshia had a flare for the finer things in life. "My grandmother would take me to Penny's and Dillards when I was growing up. She'd say, 'Ok, pick out a couple of outfits,'" Lameshia remembered. "She said, 'Lameshia would go to the most expensive thing in the store. She would skip all the sale racks and go straight to the most expensive thing.'"

Built in 2007, and inhabited by its only owners in 2008, the couple's residence features three bedrooms and bathrooms, two dining areas, a family room, a formal living area, a theater room, an office and a master suite. Custom amenities include Tuscan wall finishes, Mediterranean arches, recessed display alcoves in most rooms and decorative shelving throughout. "We love our new home and we love to entertain. We are

always having dinner parties with our chef, Jordan, and having family or friends over. Our dining table can seat up to 10 people," Lameshia said, but there is plenty of room for guests to spread out, with a fully equipped gourmet kitchen encircled by a breakfast nook and formal living area. The kitchen also features New Venetian Gold granite countertops and travertine floors.

Throughout the home is a montage of spaces, with Old World vignettes displayed on marble furniture tops. If guests are left waiting all they have to do is look up to find eye-catching, custom ceiling medallions accompanied by rod-iron chandeliers that drip with crystals. "We incorporated the design of the door with the ceiling medallions and chandeliers," Lameshia said. "I did a lot of my shopping at Anderson Furniture and Hemispheres." The dining room place settings, window treatments and bedding were also





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There are rustic crosses and Romanesque cisterns carefully placed among the folds of velvet runners. Pheasant feathers added to floral arrangements accentuate the Old World decor. Every room glitters with unmatched attention to detail, right down to the Swarovski crystal night lights featured throughout; no facet was left unattended. Their builder was a godsend to the pair who met and

married later in life and wanted their new address to be the dwelling place of their dreams. "We bought the home probably when it was about 90 percent complete. We really liked the idea that Boyd Custom Homes was a Christian family-owned small business. They catered to us. They let us totally redo a lot of things in the house that we wanted," Lameshia said. Originally, the 3,680-square-foot abode was laid out with carpet in the entry and dining areas. The couple redesigned the space with some of the latest custom, hand-scraped

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

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Dr. Richard Burkett, one of our staff physicians, as well as a local plastic and reconstructive surgeon, is also an avid photographer. During the center's development, Dr. Burkett was asked if he would be willing to share his photography with the new facility. Last summer, Dr. Burkett compiled a collection of his photographs of Mansfield and the surrounding area. "I was very pleased how the photographs captured the small town, traditional, Texas community feel of Mansfield. I was initially reluctant to do the project because I feel I am just an amateur, but I was very pleased with the result. Photography has always been one of my personal passions; however, years ago, my parents wisely steered me toward medicine because they felt I needed 'a real job.' Now I enjoy the art and science of both disciplines."

Deeply devoted to the care of his patients, Dr. Burkett draws not only on his scientific knowledge but also on his artistic abilities in a effort to achieve the most outstanding results for the patients of the local community.



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hardwood floors on the market. "They're very durable, as you can see. We wanted something durable, with getting ready to have children," Lameshia said.

The luxury this couple now shares, after just three years of marriage, has not come without the price of hard work and dedication throughout their lives. They feel any debt is owed to God, so giving back is at the center of their worldview. "We are givers, and that is how we live our lives," Lameshia said. The couple's journey as singles included years of military service and dual careers. Lameshia formerly traveled the world as a corporate sales consultant for IBM, and has recently founded a business called Creative New Image, with which she is finding her way in the health and wellness industry. She hopes that the flexibility of her new schedule will allow more time and freedom to start a family. After 22 years of service as a Texas State Trooper, Eric now oversees 65-plus subordinates in six regions of North Texas. The latest skill he has acquired is piloting. "We do believe in work/life balance. We work hard, but we play hard also," Lameshia said. Currently, the couple is looking forward to joining an aviation time-share of sorts, so they can see the world together.

Eric and Lameshia know the benefits of healthier living, as Lameshia has lost over 90 pounds and Eric has lost 138 pounds in the last two years. Needless

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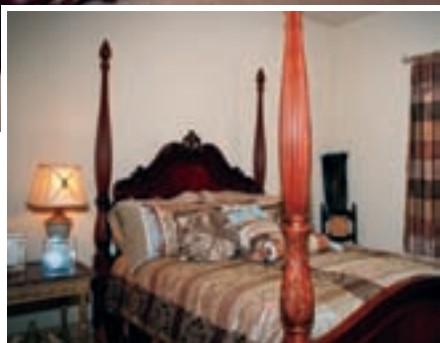
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to say, their success speaks for itself. Their latest dream and greatest aspiration, however, is to have a family together. "We're so excited about our adoption. We've been approved and we're talking to our birth mother now," Lameshia said, but the excitement has not come without pain and patience. After three years of trying to conceive, being on the adoption list for a year and the drama of the trial and error adoption process, Eric and Lameshia are finally about to realize their hopes. "You're so excited, but you don't want to get too excited," Lameshia said. "We just had to give it to God. The emotions are natural, you can't stop that, you just have to control them." "We have to believe that in His timing, He will give us the child that is right for us," Eric continued, with a quiet and wise resolution in his eyes.

Though they have a decorating plan picked out for both sexes, Lameshia said, "If it's a girl, I want pink and purple, with a hint of white and a butterfly mural." No matter the sex of their new arrival, the couple is ready for their baby. "Trust me, I could have the entire room done in no less than a weekend," Lameshia said — and no doubt she could. **NOW**



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A Choired Talent

— By Alex Allred

When the Mansfield Activities Center (MAC) was looking for a new music director for the seniors' choir, Doug Crites was a natural fit, but initially, he was a little hesitant. "I wasn't sure about it because I'd never worked with a choir before," he said. His one consultation, however, was that the members of the choir need not have had any experience either. As it turned out, two of the members of the choir were just learning how to speak English.

"It's fascinating to me that they're even in the choir," Doug said. The two French-speaking singers are learning English through song and the infectious spirit of the choir. Today, Doug cannot imagine not working with the choir appropriately named, A Choired Talent. With Doug as their director, they have begun to travel around Mansfield entertaining groups of all ages. "Now, there is no telling how long this will go on," Doug said proudly.

Doug's relationship with the MAC began when it was suggested he teach introductory guitar lessons. From there,



his reputation as a kind, patient, incredibly gifted teacher grew, as did a following of supporters. This is how his career as a musician has always been. He has never fully pursued a career in music; rather, it has always followed him.

Doug's mother, also a gifted musician, "was always in the choir," Doug said. As a result, music was very much a part of their lives. Doug experimented with different musical instruments as he grew up, including the trumpet and piano — then, he found the guitar. Despite the fact that his guitar only had three strings he was determined to play. "It wasn't until I was about 15 years old when I finally got a nice guitar," he commented.

In the meantime, Doug was turning heads as a talented singer. Though talented, he suffered from stage fright as a child. It was not until he was 16 years old that he agreed to sing at his mother's church service. Armed with his guitar and a newfound confidence, he was offered a partial scholarship to college for vocals. He began singing in local coffee shops

but joked, "I did so badly. I only knew four songs, but I made \$12!"

Longing to learn how to write music, Doug went to college, but after only two years, one of his own professors urged him to leave. "He told me I needed to 'get out there,' and he helped me get a job on a local circuit in bars and churches." Another professor helped Doug make a CD of his music, encouraging him to tour.

In 1984, Doug relocated to the



Dallas/Fort Worth area from Colorado when he bought into what he calls a "multilevel marketing scheme." By the time he figured out it was a scheme, "All my money was gone," he said. He found employment with Montgomery Ward and began painting houses, to supplement his income, but music was always around the corner. He met his future wife, Cathy, who had left her home in New Hampshire only to be swept up in the same marketing scheme. Today, Cathy is the manager of client delivery of MLS Data Management Solutions, and the couple has two children, Jon, 18 and Melissa, 16.

Doug's close-knit family gave him his greatest support in returning to his musical roots. Disenchanted with the bar routine and lining up gigs around the Dallas/Fort Worth area, Doug began giving lessons, joking, "I started teaching so I would make myself practice the guitar." In truth, it had

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been difficult for Doug to fully invest himself into music because there seemed to be a void. Even while he performed, there appeared to be some unattainable purpose to his music; that is, until he met a woman named Becky Hyde from the Arlington Pregnancy Center. Through his church, Walnut Ridge Baptist Church, Doug learned how the economy was making it more and more difficult to properly run the pregnancy center, and he vowed to help Becky with her good works.

"We [Cathy and I] have been blessed financially," Doug said, "and decided to start giving to the center." Once again, Doug is performing on stage, but this time around, he has a mission. Giving away his CD entitled, *Songs for Your Heart*, Doug asks only "a love offering from the church" or \$10 — all proceeds go to the pregnancy center.

Today, Doug is always looking to perform at other churches. This giving spirit is not confined to his own church or the pregnancy center. Whether he is working with young people or the seniors at the Mansfield Activity Center, music is once again filling a void. "I love working with the choir," he said. "They have a kind of gentleness that we are missing in the world today. They remind us all of how we used to treat each other." For Doug, this acquired kinship and love of music is his way of giving back. "It's what this is all about." **ARTS NOW**

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Play Ball

— By Kate A. McClendon

Richard Garcia has always been a baseball fan, but lately his life has revolved around the sport. As a successful youth baseball coach for the Fighting Indians, Richard has discovered his love not only of the game, but for the children who play it.

Originally from the Rio Grande Valley, Richard, his wife, Eva, and their four children moved to the Dallas/Fort Worth area in 1989. “I wanted to be here for just a few years and then go back home, but my kids grew up and my wife got attached to all the shopping,” Richard said with a laugh.

There are some other things about the area that Richard likes. “The climate is great; there’s so much to do; there are so many sports activities, and we’ve met so many people throughout the years,” he said. Richard especially loves the sports activities. He has been a youth baseball coach for the past five years. Starting out in Arlington, he now works with the Mansfield Youth Baseball Association. “Playing with the MYBA league has been outstanding; it’s one of the best leagues I’ve ever worked with,” Richard said. “They’ve helped us develop players.”

The team consists of boys about 12 years of age from the Mansfield area. “We put the team together last year and three kids had never played any organized baseball prior to that time,” Richard said. Many of the young athletes come from low-income or single-mom families. One single mom has two children playing on the team. “The oldest used to be in a gang, and I wish you could see him now. He’s really emotional when it comes to baseball. His grades went up, and he puts a lot of effort in the game. That’s really the biggest joy we have,” Richard expressed.

Richard works with his two sons, Roel and Ricky, and another coach who is an ex-Chicago Cubs pitcher, Robert Rehrops. “My sons really help me a lot, and so do the other coaches. I may be considered the head coach, but all decisions



come from all four of us,” Richard said. “Rob works with juveniles, plus, being an ex-pro, he brings a lot to the table.” As a truck driver who drives from 2,500 to 3,000 miles per week, Richard’s job makes it tough to make practices and games, but he loves it. “If I slack off on practices, some of these kids will call me and ask why we aren’t having practice.”

Being on the team requires a lot of hard work from the young athletes. Richard implemented the school rule that they must be passing all of their classes to play on the team, and they are required to do fundraisers, as tournaments can be very expensive. The Fighting Indians also have great sponsors like Casey J. Cole Law Firm and Joe’s Family Restaurant that help out.

Last year, they competed in the United States Specialty Sports Association (USSSA) North Texas State Tournament and won third place. After that, they played in the USSSA World Series and placed fourth. “It was just awesome. The kids were just thrilled,” Richard said. “We had great support from parents last year. They were disappointed we didn’t win, but

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being a first-year team and getting that far was awesome." Afterward, the team celebrated their fourth-place finish with a big family picnic at Joe Pool Lake.

This year the team is playing two tournaments — the USSSA and Super Series of America. "We plan to go to the Super Series American World Series. From there, we hope to go to the Super 16 National Series." If they qualify there, they will win a trip to play in Cooperstown, New York. "These kids deserve every trip they can [earn], and I intend to give them the opportunity," Richard enthused.

So how has this team been so successful? "I think it's the combination of hard work and preparation, and the desire the kids have to learn more," Richard said. "We also try to emphasize the fact that there are no superstars on the team. We play as a team, we win as a team and we lose as a team — all the players and coaches. We don't point any fingers."

Richard's main goal for coaching is to prepare the students for high school baseball. "There's nothing more satisfying than seeing these kids start on a high school team and, hopefully, get a scholarship to play in college." All the children dream of playing in the pros one day, and with hard work and dedication, Richard believes they will reach that goal. "Nothing would please me more than to see any of them playing on TV or reading about them in the newspaper. We do work hard at practice and show and teach them everything there is to know about baseball. Having Rob there is good, too; he knows what it takes."

Though Richard is helping the athletes, he reaps great rewards for all the work he puts into the team. "It's really satisfying to see how far these kids have come along and to see their mentality grow. It's no longer about themselves; it's about the team. That's just really satisfying." **NOW**



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The Skin *You* are In

— By Alex Allred

best of both worlds,” said Cara Scott, a medical aesthetician with the spa. “We have that spa atmosphere, but it’s within the medical spa industry.”

Indeed, with such services as skin tag removal, weight loss, injectables, laser hair reduction, vein treatment, chemical peels, facials, waxing, make-up, microdermabrasion, dermaplane and special features just for men and teenagers, this full-service spa is designed to help people feel better about themselves. From antiaging to cosmetic treatments, Shelley certainly got what she wished for.

“This is such a great job,” said medical aesthetician, Rebecca Mullins. “At the end of the day, I know I’ve made a change in someone. It may seem small or silly, but it feels great to know that you may have completely changed something that someone felt insecure about, and when they leave, you can see a change in how they feel about themselves!”

Working alongside this superior staff is registered nurse and certified aesthetician, Kristen Scofield, who has treated numerous celebrities, professional athletes and models. There is no missing her engaging manner and the personal care she gives her clients, but her no nonsense approach to speaking to her clients best sums up the mission of Simply Skin Medical Spa.

Simply Skin is a medical spa, not a day spa. It is not commission-base driven, but singly focused on customer satisfaction. “You don’t have to be rich to come in here or be in here every other week to see results,” Rebecca said. “But when you come in here, know that we’re going to be very thorough. When you come in here, it’s about you.” In fact, the staff is most focused on educating the client before offering treatment. “A lot of times a client will tell us that they have been using this product or that, but they don’t really know why they are using it. We’ll sit down and explain what is going on and

Simply Skin Medical Spa was conceptualized with one woman’s desire to share with others. Shelley Gardner had begun receiving aesthetic treatments, “and I decided that I felt so good, I wanted other people to feel just as good,” she said. With experience in the medical field, specifically in office management, she quickly set things into motion,

bringing husband, Tim Gardner, Dr. Walter Leon and Dr. Ramano Sprueil into a winning partnership that serves the Mansfield area. As its name implies, this is no ordinary day spa. With two medically trained and certified physicians on staff, the spa is able to perform laser aesthetic procedures and offer cosmetic injection procedures, such as BOTOX[®], Restylane[®] and Radiesse[®]. It is, however, the support staff that brings people back again and again.

In an age where customer service can be sorely lacking, Simply Skin Medical Spa has intentionally kept its staffing small and intimate. “Everyone will tell you their staff is great, but I can honestly say that our staff is priceless. A lot of clients just like to come and hang out with us,” Shelley said. “We love it because it allows us to get to know everyone and we’re very family oriented.”

“I like where we are because it’s the





how we can fix it.”

Playing the roles of investigator, counselor, friend and technician, the staff prides itself on making people happier. “Things are easier to amend than you think,” Rebecca said, “without resorting to plastic surgery.”

Working alongside the doctors,

“We have that spa atmosphere, but it’s within the medical spa industry.”

“advances my knowledge of the medical side of skin care,” Cara said. Working with the clients, however, offers the greatest satisfaction of all. What can be better than being comfortable in your own skin?

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Journey *to* Success

— By Alex Allred

Todd Butler never intended to become a teacher. “I only got into teaching as kind of a temporary thing, until something better came along,” he said. Indeed, this is a seemingly absurd statement coming from a man who is an immensely talented language teacher, named regional, state and national “Bilingual Teacher of the Year.” Still, he had not fully thought through what it was he wanted to do with his major.

Todd grew up in the Fort Worth Independent School District (FWISD) and began taking Spanish in the fourth grade when it was offered as an enrichment program to any students who were willing to come to school one hour prior to the beginning of each school day. “It’s really all thanks to a Chicago Bulls cheerleader,” Todd laughed.

“Her name was Sue Stark, and beautiful to boot, and if you’re a fourth-grade boy, that really helps!”

Sue Stark would sing songs and play games in Spanish, engaging all the children as they learned a new language, and Todd was hooked. When he returned for his fifth-grade year, Ms. Stark had moved on to become a professional cheerleader. “With the exception of one year, I took Spanish every year following.” By his sophomore year in college,

Todd had an opportunity to work in an archeology dig in Switzerland and quickly began studying French, as it is the official second language to most European countries.

As soon as Todd returned stateside, he added French as a second major. However, by May of 1992, with graduation upon him, Todd had missed the deadline for postgraduate work in linguistics, “and it was too late for the fall graduate program. I was going to be off of my parent’s health insurance and just really had to find something.” Suddenly, he was questioning what he could do with a French and Spanish major when

a family friend told Todd the FWISD was looking for elementary bilingual teachers. Todd was skeptical. “I never thought I would work with small children, but I loved it so much and

quickly realized this was something I wanted to continue doing.”

Seventeen years later, there can be no greater cheerleader for the children of Mansfield’s Erma Nash Elementary School than Todd, who plays games with his students, engaging them to learn both English and Spanish in an innovative dual language ESL program. “Our goal is to develop both languages, making our students bilingual in both English and Spanish,” Todd explained.



“For the Spanish-speaking children, we want to fortify their native language by adding English, so when they leave the language program, they are fully bilingual.”

Today, working with the fourth-grade class, Todd uses an interactive white board, simulating game shows and re-enacting Texas history to get his students involved. For Todd, his most disappointing moments come not from his profession or young charges, but only when he feels he has not had enough time to work with his students. Every child, he believes, has great potential. Every child, he insists, deserves the opportunity to succeed. How and what children learn is a personal issue for Todd, as well. His wife, Lucy, who also works in the MISD, is originally from Ecuador, and together, they hope to teach their two young children how to speak both English and Spanish fluently, embracing both cultures.

Yet as invested as Todd is in the successes of his students, he was stunned when MISD dual-language department heads Yvonne Devault and



Education NOW

Cindy Brennan nominated him for the Bilingual ESL Association of the Metroplex (BEAM) "Teacher of the Year." "That was the biggest surprise of all to me," Todd shared. "I mean it with all my heart; I didn't even feel like I'm the best in my grade level. We have so many remarkable teachers at Erma Nash. The fourth-grade team has really taught me about teaching — not just about delivering information, but also the human side of teaching and what it means to care about kids."

After submitting letters of references, an essay on how he became involved in education, including an essay in Spanish

"I'm excited to see how different their language and culture are."

on his philosophy on education, Todd went on to win the Texas Association for Bilingual Education Teacher of the Year Award and, eventually, the coveted National Association for Bilingual Education Teacher of the Year Award. Though Todd is incredibly humbled by these honors, his greatest honor is yet to come. He is the recipient of a scholarship granted by the Spanish Embassy to take a three-week course at the University of Al Cala, just outside Madrid, Spain, during the summer. "I'm excited to see how different their language and culture are," he said. He then anticipates sharing this new knowledge with his own students. For him, every opportunity is an educational one. "I just want every kid to be super, super successful," Todd said.

As Todd prepares for the new school year, this "Teacher of the Year" has yet another goal — to create his own "students of the year"! Together, theirs is a great educational journey — one Todd is privileged to take with them. Más tu es el viaje de éxito. Or, theirs is the journey to success! **NOW**



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• Birthday smiles, top left, came easily during a recent summer birthday party. • Meagan Florence and Nicole Tietz, top center, relaxed outside American Best Coffee. • Adam Warren, top right, removed the braces from his Eagle Project. • A ribbon cutting, bottom left, was held at Independent Learning Center. • A small picnic goer, bottom center, wondered if he had eaten an ant. • Raeka Phelps, bottom right, swam the 25-meter freestyle during the third annual Special Olympics Invitational Swim Meet.

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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH RICH WILCK

VEAL SCALOPPINI

2 lbs. veal round, sliced 1/4-inch thick
salt and pepper, to taste
flour
1/2 cup butter
1/2 lb. fresh mushrooms, sliced
1 large onion
1 sprig fresh rosemary, or 1/4 tsp. dried
1 sprig parsley, or 1/4 tsp. dried
1 sprig oregano, or 1/4 tsp. dried
1/2 tsp. salt
1/4 tsp. pepper
1 cup dry white wine
1 Tbsp. sugar

Sprinkle meat with salt and pepper; dredge in flour. Melt 1/4 cup butter in a frying pan; brown meat slowly on both sides. Remove and place on warm platter; keep warm. Sauté mushrooms in 2 Tbsp. butter until golden; remove from pan and set aside. Finely chop together onion, rosemary, parsley and oregano; sauté with the remaining 2 Tbsp. butter until onion is golden brown. Add mushrooms salt, pepper, wine and sugar; cook until hot. Spoon over meat; serve at once. Serves 6-8 people.

SAUSAGE LASAGNA

2 cloves garlic, minced
3 Tbsp. olive oil
2 15-oz. cans tomato sauce
2 6-oz. cans tomato paste

1 cup water
2 bay leaves
1 tsp. sugar
1 tsp. salt
1/2 tsp. pepper
4 cups ricotta cheese
2 eggs
1 lb. lasagna noodles
1 lb. sweet Italian sausage, cooked, sliced
1 lb. hot Italian sausage, cooked, sliced
1 1/2 lbs. mozzarella cheese, sliced
1/2 cup Parmesan and Romano cheese, grated

In a large skillet, sauté garlic in oil until golden brown. Add tomato sauce, paste, water, bay leaves, sugar, salt and pepper. Cover; simmer stirring frequently for 25 minutes. Combine ricotta cheese and eggs in a large bowl; stir until well blended. To assemble lasagna: spoon about 1/2 cup sauce onto bottom of a 13 x 9 x 2-inch baking dish. Arrange 1/3 of the noodles over the sauce; spoon 1/3 of the Ricotta cheese mixture; 1/3 of the sausage slices and 1/3 of the mozzarella slices. Repeat layers until all ingredients are used, finishing with mozzarella and any extra sauce. Bake in 350 F oven for 35 minutes, or until bubbly. Cool for 15 minutes; cut into squares. Serve with Parmesan and Romano cheeses.

ITALIAN HERB BREAD

2 1/2 cups all-purpose flour
1pkg. (2 1/2 tsp.) active dry yeast

1 tsp. sugar
1/4 tsp. salt
1/2 cup sour cream
1/4 cup unsalted butter
1/4 cup water
1 large egg
2 Tbsp. olive oil
1 Tbsp. red wine vinegar
1 pinch dried dill
1 pinch dried oregano
1 pinch pepper
salt, to taste
2 Tbsp. dried marjoram, crumbled

In a large bowl, combine 1 cup flour, yeast, sugar and salt. In a small saucepan, combine sour cream, butter and water; heat mixture over moderate heat; stirring until butter is melted. Stir sour cream mixture into flour mixture; add egg. Stir in enough remaining flour to make soft dough. Turn dough on floured surface and knead for 5 minutes (or until it is smooth and elastic). Transfer dough to a buttered bowl; turn the dough to coat with butter; cover with plastic wrap; place in warm place for 1 hour, or until the dough has doubled in bulk. Punch down the dough on floured surface; roll into a 15 x 10-inch rectangle; fit into a well-buttered 15 x 10-inch baking pan. In a small bowl whisk together the olive oil, vinegar, dill, oregano, salt and pepper; brush over dough. Sprinkle marjoram over dough; cover with plastic wrap; place in warm place for 30 minutes. Bake at 350 F for 25-35 minutes, or until golden brown. Cut into squares and serve warm.

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When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress
 High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

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Through the Fog

— By Betty Tryon, R.N.

On a foggy day, the car windows often look murky. It does not matter how hard the wipers work to clear the vision field; it remains cloudy. The world looks this way through the eyes of a person afflicted with cataracts. If left untreated, it can lead to complete loss of vision. Cataracts are the leading cause of blindness in the world. Although the condition is very common in America, total blindness from cataracts is rare here because treatment is so readily available.

Cataracts cloud the lens of the eye. Normally, light passes through the lens on its way to the retina. The retina then sends signals to the brain. In order for the retina to send clear, sharp signals, the lens must be clear. In cataracts, the clouded lens restricts the amount of light sent to the retina and results in a fuzzy image.

If you have cataracts, your first symptom may be awareness that you can no longer drive safely at night because of glare from oncoming car lights. Seeing double is another symptom. You may find yourself going in for frequent changes to your eyewear prescription in order to see better. The progression of the condition varies and not every case is

the same. When symptoms reach the point that vision is impaired, corrective action can be taken.

Diagnosis is simple and begins with a comprehensive eye exam. The visual acuity test is a routine eye exam that determines how well you can see from a distance of 20 feet. A dilated eye exam allows the practitioner to observe the retina and optic nerve. The tonometry test is a painless process of measuring the pressure inside the eye. These objective methods will determine if cataracts are present and the extent of the condition.

The natural aging process causes many cases of cataracts; but not every senior citizen is plagued with this condition.

Prolonged exposure to sunlight without protective eyewear is another risk factor in addition to aging. Some diseases such as diabetes can be a causative factor.

Treatment, depending on the degree cataracts have progressed is effective. Early cataracts may only call for a different prescription for your eyewear. Increasing the wattage of your lighting helps also. If the cataract starts to interfere seriously with your vision, you and your eye health specialists may decide that surgery is necessary. Surgery for cataracts is very

common and usually very safe. Cataracts need not lead to blindness. It is a condition that can be managed. **NOW**

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



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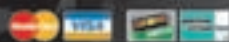


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August 2009 Community Calendar

Monday-Friday

Young At Heart meeting (for residents ages 55 plus): 9:00 a.m.-2:00 p.m., Mansfield Activities Center. (817) 453-5420, ext. 2227.

Every Monday

Basic line dancing for seniors: 10:30-11:30 a.m., Mansfield Activities Center.

Every Tuesday

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

Every Wednesday

My Own Story Time for ages 3-5 years: 10:30-11:00 a.m., Mansfield Public Library.

Every Thursday

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

Every Friday

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

Bingo: 11:30 a.m.-12:30 p.m., Mansfield Activities Center.

Mansfield Public Chess Club: 4:00-6:00 p.m., Mansfield Public Library.

Every Saturday

Farmers Market: 7:00 a.m.-2:00 p.m., corner of E. Broad St. and Main St. Contact Russ Simmer at (817) 453-4443 or Rex Wenger at (817) 483-4278.

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.

August 1

Mansfield Peewee Football Association football signups and returning cheerleading signups: 10:00 a.m.-2:00 p.m., MAC. Additional dates will be provided for training camps and practices. (817) 539-0180.

Mansfield athletic physicals: 9:00 a.m.-noon, Mansfield High School.

August 3-7

Mansfield Soccer Association's British Soccer camp. (817) 473-1177.

August 7, 8

Mansfield Community Theatre presents *The Sound of Music*. Kennedale Performing Arts Center, Kennedale. Friday: 7:00 p.m. Saturday: 2:00 and 7:00 p.m. For ticket information, call (800) 555-5555 or visit www.mansfieldcommunitytheatre.org.

August 10

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

August 15

Mansfield Fire Department free CPR classes: 8:00 a.m., Station 3, 3100 E. Broad St. Register in advance; class size limited to 20 people. Contact Training Lieutenant Steve Gutierrez at (817) 804-5772.

August 18

Adult book club: 6:30 p.m., Mansfield Public Library. This month's discussion: *Birth of Venus* by Sarah Dunant.

Mansfield Economic Development Commission meeting: 6:00 p.m., Mansfield City Hall.

August 24

Mansfield Public Schools begin.

September 19

The Fort Worth Kidney Walk, sponsored by the National Kidney Foundation, Fort Worth Stockyards (River Ranch). Come support the 26 million Americans with chronic kidney disease. Registration: 9:00 a.m. Start time: 10:00 a.m. Call (214) 351-2393 or e-mail Lauren Hensley at lauren.hensley@kidney.org.

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From left to right: Martin Fielder, M.D., Russell Dickey, M.D., Ellen Parrill, M.D., R. Stephen Krombach, M.D., Erin T. Steidl, D.O., John Jeffers, M.D., Baron Atkins, M.D., Keryn Dias, M.D., Byron Kallam, M.D., John Paul Wood, Jr., M.D., and Mary Finke, M.D.

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For a physician referral or for more information about sleep services at Baylor Waxahachie, call 1.800.4BAYLOR or visit us online at BaylorHealth.com.

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