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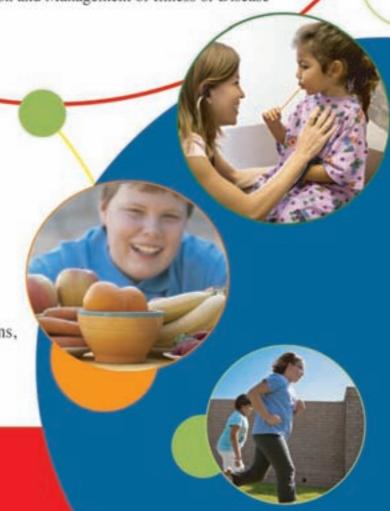
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Editor's Note

Dear Friends and Neighbors,

Every month we celebrate members of our community, highlighting the gifts they bring to us. Whether it is a talent or the desire to help others, I am always so impressed and amazed. Still, nothing could have prepared me for the kind of communal spirit I recently received.



My son was viciously attacked by a dog and was transported to Children's Medical Center in Dallas. While my son is now home and recovering, I remain overwhelmed by your support. It was during an interview with firefighter/EMT Steve Gutierrez that I was most struck by his sentiment that Mansfield still has that small-town feel where residents are committed to one another. Indeed, ours is truly the small (though growing) town with a big heart.

Thank you to all! Alex Allred MansfieldNOW Editor alexallred.nowmag@sbcglobal.net





Could Mom or Dad use a











"If you had asked anyone," Steve Gutierrez said, "they would have told you I would be the last person to make anything of myself." That was almost 20 years ago and a very wrong assessment of a man who serves the community of Mansfield. Today, he is the training lieutenant/EMS coordinator of the Mansfield Fire Department

and a driving force behind many of the services provided to our residents.

Today, Steve is a pillar in our community. He is an active parent of two teenage daughters, a member of the Walnut Ridge Baptist Church, a proud citizen and always, he is a firefighter. "Even when I'm not at work," he said, "I am a reflection of this city and this department. I have to be careful of what I do and try to lead by example." This is a far cry from the rebellious young man who dropped out of high school his senior year. "[I] caused heartaches for my parents. I did a lot of things I'm not proud of," he said.

Now celebrating his 10th year with Mansfield Fire Department, those days are well behind Steve, yet he takes the lessons to heart. He is who he is because of those early experiences, and he is most grateful to the fire department. After talking to friends who had joined the fire department, Steve was moved "in the right direction."

While Steve was fascinated by the history of the department, few people realize its significance. The first firefighters were members of a courageous band of crusaders known as the Knights of St. John. While engaged in battle against the

Saracens for possession of the Holy Land, fire was used against them as a weapon — something the Europeans has never experienced before. Hundreds of knights were burned alive. Still more charged forward, risking their own lives to save their companions and battling the fire. Fellow crusaders

recognized their valor and awarded them a badge of honor and protection.

Because the Knights of St.

John lived on the Island of Malta for hundreds of years, the badge became known as the Maltese Cross.¹ Today, it is the symbol for the modern firefighter and represents gallantry, perseverance, loyalty, dexterity, explicitness, observation, tact and sympathy.

"I know its cliché," Steve said, "but ultimately, that is what drives those in the service industry. Our main focus is helping others. There is a pride that comes with being a firefighter. Most [firefighters] don't even call it a job."

Steve did not recognize his call to be a firefighter right away. He married his high school sweetheart, Jennifer, and earned his GED only at the urging of his mother-in-law. He detailed cars while attending a community college and, eventually,





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got a job as a mail clerk at a Dallas law firm. Although he was promoted to administrative assistant, history beckoned Steve, and he began working with the Volunteer Dallas County Fire Rescue. He went through the Fire Academy in DeSoto, Texas, and found a home in Mansfield nine months later. It was a dream realized, but there was still unfinished business. Steve went back to school and earned two associate's





degrees at Weatherford College in fire service administration and fire protection technology. He is currently working on his bachelor's in emergency health sciences at the University of Texas Health Science Center at San Antonio.

After nine years of service, Steve noted a need for an EMS coordinator for the city and approached its chief with the idea. "I started looking at other cities similar to our size and saw that there were people in charge of just the EMS side. You have to understand that

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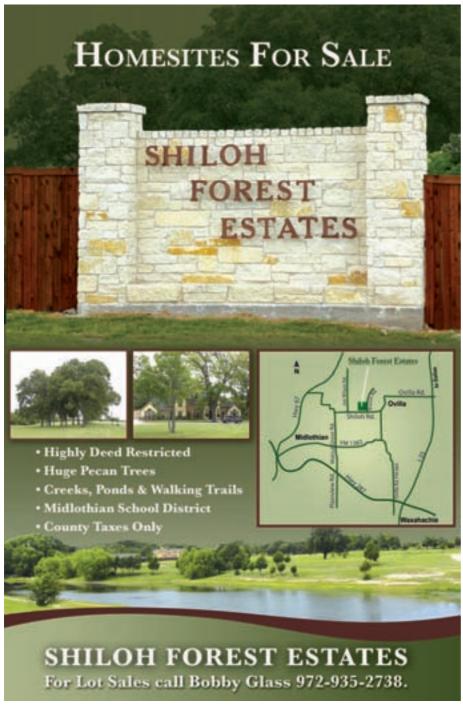
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85 percent of the calls are EMS based," he said.

What Steve wanted was an open line of communication between the fire department and the medical director. With an EMS coordinator in constant dialogue with local hospitals, representing the city of Mansfield, keeping up with any and all changes in the medical field, as well as coordinating public education, Mansfield would, he predicted, become a far stronger city. One year later, Steve got his wish — to take over the newly created position.

"Mansfield has definitely weathered the storm through all these economic downturns," Steve stated, "but we're



strong and we're a family. Our camaraderie is second to none. We have an excellent chief, administrative staff and the backing of our city council and city manager. We're all working toward a common goal."

As is often the case, few citizens realize just what the goals of the department are. Beyond the obvious emergency situations, the department also runs summer programs for children, attends public events to ensure safety, offers free CPR classes to the public and even provides classes on how to properly install car seats.

"I thought it was so silly to take four days to put in car seats," Steve said of the required 48 hours to become a certified child passenger safety technician, "but did you know that eight out of every 10 car seats are installed incorrectly?" There is tremendous satisfaction for Steve and his team anytime they are able to correct a potentially hazardous situation. "These are the kinds of things we can't put a

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price on," Steve said, quick to point out that the city offers these services for free. "We know that these are things that are needed for the community. We're trying to change community involvement, spirit and our commitment to one another," he added.

So committed to this notion is Steve that he also saw a need for an honor guard in Mansfield and headed up a team of six dedicated firefighters who give their time and energy to honor their fallen comrades at funerals and memorial services. As posted on its Web site, the Mansfield Honor Guard promises to "represent all members of the fire department in the highest degree of professionalism, dedication, loyalty,

"There is that internal desire to help that all firefighters have."

honor and dignity possible." Countless hours have been, and continue to be, given to practicing marching drills and maneuvers with nary a paycheck, and Steve would not have it any other way. In fact, all those years ago when Steve realized what his calling was, he took a pay cut to join the fire department.

"It was never about the money," Steve said. "There is that internal desire to help that all firefighters have." Once upon a time, Steve was floundering, but with the help of friends, family and a call to duty, he was turned in the right direction. Just as the creed of the firefighter dictates, Steve wants to give back to his community. "There is this feeling that once you've made something of yourself, you want to return it to someone else," he stated. Truly, he is a knight in shining armor.

Source:

1. Spokane County Fire District 9
Web site: www.scfd9.org/firefighting_history.htm.

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The one-and-a-half-story home of Todd and Tanya Tonore is their sanctuary; a retreat they look forward to returning to at the end of each day. "After my father's passing," Todd said, "Tanya and I made the decision to relocate to the Mansfield area from Waco so we could be closer to my mother. We've been here now for nearly 15 years."

Their home, as well as Todd's parent's home, was built by Tom Corbin. Actually, it was Tom who developed the quiet, family-oriented neighborhood that the Tonores have come to love. "We are the only people who have ever lived in this home," Tanya said. "We lived in it a long time before we decided

to renovate it five years ago." The "choppiness" of the layout warranted the structural changes that included opening up the living room. "We took the area back to the original studs and redesigned what you see now," Tanya added. "We made it perfect for us." The changes turned three separate rooms into what could easily be considered a great room. "We've always loved to entertain," Tanya said. "Now we're able to see from the front all the way to the back when entering through the front foyer. The renovations just opened it up."

The four-bedroom, three-and-a-half-bath, traditional style home is never quiet. With its cozy, eclectic feel it is

always alive with sounds that have a soothing effect on both Todd and Tanya. Usually when visitors arrive, they will hear the faint sound of music playing softly in the background. Other times, the laughter from the couple's four daughters, Lindsey, Beth, Ashby and







Bailey, will be heard throughout the home. Lindsey and Beth are living away as college students, but coming home is something they readily admit they love to do. "I'm always here," Lindsey admitted, "especially on the weekends. It's difficult to stay away."

One constant found throughout the home's interior is the way Tanya has used red. This, Tanya's favorite color, is found in every oil painting displayed throughout the home. Each oil rendition has symbolic meaning to the Tonores. "The oil of the dog and four children that hangs over the couch in the living room reminds us of our Brittany spaniel Sadi and our four children," Tanya explained, smiling as she continued. "One girl has to own up to being the boy, since one of the children in the painting is a boy." As a self-proclaimed canine advocate, Tanya has also been able to incorporate Brittany spaniels in her den area. "The theme in the home is dogs," she confessed. Dogs that remind the family of their newest edition, Blue, a black Labrador, are found in small









and large statuettes that peak out from greenery along the fireplace in the den and among the many throw pillows that add comfort, as well as flavor, to the home. A large portion of her "doggie collectibles" are displayed in the kitchen, dotting the countertop and lining the window that looks out to the inviting backyard pool and cabana area.

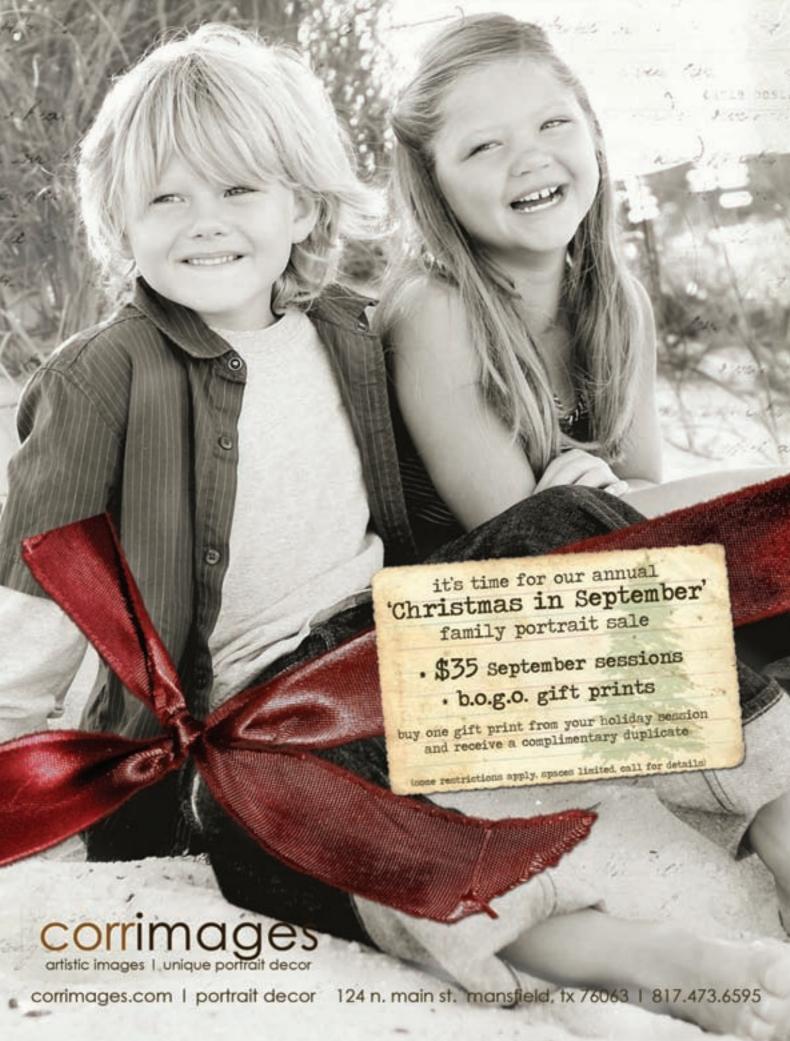
In most homes, the "time-out" areas are reserved for the youngest members of the family. This is definitely not the case with the Tonores. Todd and Tanya each have a "time out" room that is decorated and arranged exclusively for their individual personalities. At times, they find themselves sharing their spaces with their children. What used to be the formal dining area is now home to Todd's crystal golf trophies and sporting memorabilia, casino chip collection and home gaming items. As the girls have grown up, they have increasingly shared Todd's room, but he really does not mind. "I love my girls," he reiterated. "One of the highlights of any day is



when Ashby stops by the office to ask me for money." Other days, he and the girls will gather in his "time out" room to watch a movie or play video games. "It's dad's time out room," Tanya said, "but the girls have taken over!"

Tanya's "time out" room is found in a small sitting area located within the master suite. When she wants to retreat into one of her many books or just relax to music or some television, Tanya goes there. "It's my place to come read, relax and spend time with myself," she said. "I love collecting books from all my favorite authors. Sidney Sheldon is my all-time favorite." Other favorite authors include: James Patterson, John Grisham, Nicholas Sparks and a large collection of Nancy Drew books dating back to the mid-1940s.









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As she sits on the couch, Tanya looks out into the master bedroom with its wall-to-ceiling mirror and wardrobe armoire from France that dates back at least 200 years. "I love looking into the mirror from here," she said, as she took her place on the couch. "It reflects my time out room." Her collection of playbills are scattered around on the bookshelves. Her keepsake Miss Beasley doll from *Family Affair*, a 30-minute comedic drama popular in the early '70s, looks down from one of the higher bookshelves.

There are no pieces in the home that are real family heirlooms or hand-medowns, but the antique furniture Tanya has found and included in the decor add character and charm. She has been able to successfully merge the old with the new. "But, I am starting a collection of books, jewelry and dishes for the girls," she said, when referring to some of the more dated items found within the home. The piano in the living area is no longer played, but it serves as the perfect place to display family photographs and a vast arrangement of freshly cut flowers grown with what the





family refers to as "mom's green thumb." If the checkerboard table in the same room could speak, it would no doubt share many tales of fun and laughter.

The living space upstairs includes the bedrooms belonging to the two youngest, Ashby and Bailey, which they share with the two oldest on the weekends they cannot seem to stay away from the family home. Kellie Pickler of American Idol fame is the inspiration for the upstairs bathroom with its red-painted wallpaper and red high heeled shoes. (Kellie performed the song "Red High Heels" on her debut album.) One entire wall in Bailey's room is lined with floor-toceiling mirrors and the handcrafted sign over her bed simply reads, "Spread your wings and fly."

Todd and Tanya agree their home continues to be a work in progress, but they also say they have created the life they have always wanted. As the girls banter amongst themselves in the kitchen, visitors realize just how fun the home is; the memories of family are apparent in their voices.



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Colleen Norton became a teacher because of her love for music. She loved the sound and rhythm of music. She loved learning the pitches and the "ear training" required, as she played different instruments and studied the notes. Then about 10 years ago, Colleen realized something had changed. An MRI confirmed it. There was no medical explanation, but Colleen was slowly losing her hearing.

Growing up, Colleen played the flute, got into marching band in high school and earned her bachelor's degree in music at the University of Texas at Arlington. Initially, "I wanted to be a CPA," she laughed. "But I wasn't doing so well." Colleen returned to her artistic roots and majored in the thing she loved most — music.

When Colleen's hearing loss was confirmed, it was no surprise to anyone that she used music as a coping method and a way to express herself. This D. P. Morris Elementary School teacher has not lost a beat.

"We learn general elementary music, talk about composers and learn the

percussion instruments," Colleen explained. However, the consummate artist is always thinking outside the box, so she decided to add something a little different. "I think hand signs are beautiful to see, and it opens up opportunities for other people to see and hear in a way they couldn't before," Colleen smiled. "Plus, it's just very artful, very graceful."

In fact, even before her hearing loss began, Colleen had been interested in sign language, often referring to some of the signs in her teacher's textbook. "I thought it was fun." She liked to use hand signs to help her students better appreciate the music and articulate self-expression. Signs for different animals, numbers and colors were taught. "I just always thought that was interesting. A car, for example, is just pretending to be driving a car with a steering wheel. A lot of the signs are just common sense."

What was once fun and artful also became a necessity for Colleen. She relies on hearing aids, but the day-to-day noises in school can make things more challenging. "It's weird," Colleen said, "but the hearing aids amplify noises. Lunch duty is the worst for me. It's so loud." She has learned to read lips and



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rely on a more watchful eye to "hear" her students. However, at home with her son, John, the art of sign language has become a useful tool. Colleen explained, "When he was playing soccer, I could sign to him from a distance, 'Are you thirsty?' and he would sign back, 'No."

Sign language has been around for centuries, but only in modern times has the language translated to the

"I know when you're doing a sign it looks so **artful**, but they are also **learning.**"

theater arts. Musical and acting troupes have adapted Broadway shows and musicals to sign language, wowing large audiences with fluid motions and hand signing. This, of course, is exactly what sign language is — combining the

movements and gestures of hands, arms, body and facial expressions to convey the speakers thoughts and words.

Knowing this, Colleen began an American Sign Language choir as an after-school club for second-, third-and fourth-grade students and began studying sign language with them. "The students picked up on it really quickly and seem to enjoy it," she said. "It is so beautiful to watch." Though she laughs at the idea of teaching her students to use "pretty hands," they have learned that by using more fluid, graceful movements, they can better express a thought or idea. "I always tell them they can't be sloppy — and no clapping!" Colleen explains to her



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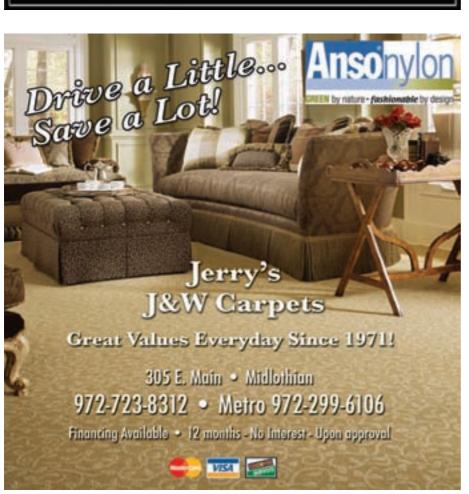
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young signers that deaf people cannot hear a clapping noise. "It's a huge 'ah-ha' moment for them, and it really brightens my day," she said. Suddenly, the children see how the gesture of just touching hands together can represent a sound or expression. More importantly, it helps them to identify with another person.

Beyond the "pretty hands," Colleen knows there are long-term benefits to the sign language choir. Beyond word association, it also serves as a communal service. "I had a student in the choir who had a family member who was hearing impaired. I didn't know that about her family, and it felt great to know she was able to help out, to communicate with them a little better. That's a huge connection!

"I know when you're doing a sign it looks so artful, but they are also learning," Colleen continued. "I think that anything that uses another sense helps them grow. And maybe there is a neighbor who is deaf whom they can now communicate with."

Today, American Sign Language is the fifth most popular language taught in American colleges and universities, but it is also a rapidly growing art form on the stage. In Mansfield, the First Baptist Church also has its own American Sign Language choir. "Because it uses more senses," Colleen explained, "it touches people on a much more personal, deeper level." It is true art.

Since opening Mansfield Surgery Center in October of 2008, we've enjoyed featuring our valued local physicians and staff in our monthly articles, here in MansfieldNOF. This month however, we at MSC decided to take this opportunity to feature another group of equally important people. Just down the street from our facility on Regency Parkway is the recruiting office for both the Army and Marine Corps. Over the last ten months we've had the privilege of forming a special relationship with Staff Sergeant Christopher Panzica, SNCOIC, and his staff.

In fact, as a very special service, the Marine Corps Color Guard performed a flag ceremony during our grand opening that included hoisting our first American flag over our new facility. We showed our appreciation by providing lunch for them. Often throughout the week, these same men can be seen marching new recruits up and down the street in front of our office, preparing them for boot camp

On July 3rd, in an equally touching ceremony, our first American flag was retired and replaced by a new flag. Again the Marine Corps Color Guard wowed us with their presence and precision in handling our Old Glory. We invited our staff and the families of the patients awaiting surgery to be a part of this honor. We served them breakfast in our conference room, which allowed time to get to know these men as both Marines and individuals. A natural bond was formed as our own CEO, Shawn Solito, is a former sailor himself, serving 11 years for our country.

In fact, a surprising number of employees and/or their family members are military as well. While exchanging stories, we learned the Sgt. Earl Blue III has served 18 yrs, Sgt. Jonathan Espinoza has served six years and has received two purple hearts.

In reality, there are only a handful of these Marines in the office down the street, but seeing them like I do through the window most days actually brings a sense of security to my small part of the world. And I, for one, am grateful for that.

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GREATIONS

- By Alex Allred

People get into sports for many reasons. The thrill of competition, the desire for fitness, social outlets and even quality family time can all be motivators for engaging in athletics. For Dr. Josh Nelson, it is for all of the above. Like many boys, he ventured into the world of athletics through baseball but realized there was no future for him in it after high school. Besides, by that time, he was already part of a different and very special team.

"My dad and I always played golf together," Dr. Nelson said. At a very early age, his father began teaching him the game of golf, so that by the time Dr. Nelson was in high school, it had become an outing of camaraderie and competition. "My dad was all dad. He was an amazing father first, and then he was my best friend. Acting as a mentor and coach, "he taught me everything I know," Dr. Nelson said of his father.

Inadvertently, this would also include his chosen profession. As Dr. Nelson watched his father suffer with chronic back aches, he became interested in chiropractic care. Later, when he visited a chiropractor to help rid him of his own migraine headaches, he knew this was what he wanted to do. "It is really satisfying," he said, "to be able to help other people." It was especially satisfying for him to be able to help his father.

Dr. Nelson's father died just two years ago, but the legacy of their relationship lives on through the game of golf. While Dr. Nelson enjoys golf outings with his wife, Keri, whom he

Dr. Nelson enjoys golf outings with his wife, Keri, whom he



met through a golfing buddy, it is his oldest child of four (and only son) who promises the best experiences on the golf course. "I love playing golf with any number of people, but I really love playing golf with my son, Noah," he said. As he did with his own father, there are unlimited opportunities to talk and dream as they play together.

"It's another thing that I love about golf," Dr. Nelson said. "Each time you go out on the course, you're chasing a dream." Unlike so many other sports, there is great longevity in golf. An athlete is allowed to polish his or her swing and "grow" on the course. "Each time you go out, it's a new game, a new round. Even if you're playing on the same course, each time out is a new experience, so you're always full of expectations. Each time you think, Okay, I got it all figured out this time. Today, I'm trying something new. There's always that opportunity." These are opportunities Dr. Nelson tries to get whenever possible. Playing as often as twice a week at a favorite golf course and using a private putting green behind his own office, Dr. Nelson works on putting, swings, stance and hand grip, in the constant quest of improving his game.

As a health care professional, Dr. Nelson is all too aware of















the strain a golf swing can place on the back and lower torso. "But it's a sport you can play for the rest of your life," he said. Even if an athlete plays on the same golf course year after year, the game is ever-evolving. The pace and style is always changing, as is the company and the conversations.

"What's really cool about golf is that I can talk about golf to other golfers all day long." For the typically humble and reserved Dr. Nelson, golf is more than a sport. "Golf creates great stories. Even when he wasn't with me, I could talk to my dad later and tell him about something that happened on the course. Beyond the challenge and fun of the sport, golf is something that allows Dr. Nelson to spend quality time with his family and friends, as well as exercise, something that helps him stay fit in his own profession.

"Those are the three things about him {Dr. Nelson}," said Clayton Swize, a golf professional and general manager at the Mansfield National Golf Club in Mansfield. "He is very balanced in his work, his love and play of golf and his family. He's always talking about his family."

The irony, of course, is that for Dr. Nelson, golf is family. The fresh air, open greens and opportunities to share with loved ones are as important to the game as the ball and club.

"I would say," Clayton said of Dr. Nelson, "that he is a person who plays the game with great respect. For him, it is beyond a hobby. You can tell that he enjoys the mental and emotional aspects of the game, but he has a great love and respect for the game." How could he not? For over 20 years, the game that he so loves and respects has been as much about his father, as it promises to be with his own children. His expectations are high. Oh, and as far as his game? "As good stories go," he laughed, "I recently shot my best round ever, a 69."



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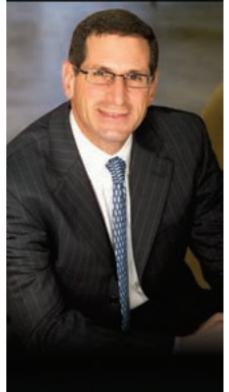
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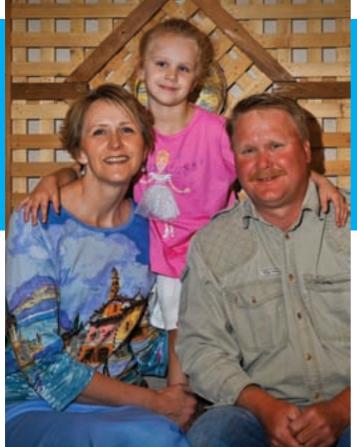
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Business



As Alley Allred The Backyard A property of the Backyard The Backyard



James Flemming would tell you that he is a simple man. His business, the Arbor Store, was based on a simple principle. "I just wanted to offer Mansfield a good contractor, one who is reliable and will do what he says." However, neither the company nor the man is that simple.

Working with a variety of woods, including cedar and several kinds of exotic woods, James is able to create a small paradise wherever he goes. "If it has to do with the backyard," he smiled, "I can do it." Decks, fountains, awnings, patios, patio covers and enclosures are all part of his expertise and things James enjoys creating.

Originally from West Texas, James enjoys the more diverse landscaping in this area, but it is the art of design that compels him. For years, he taught martial arts, eventually getting into construction. Just as he rose through the ranks of martial arts, he quickly became

a superintendent with the construction company. When

he had an opportunity to go out on his own and design a kitchen, he leapt at the chance. "Still," he said, "I've always wanted to be outside. I've built million dollar homes but kept moving outside."

Indeed, James is the consummate outdoorsman. An avid hunter, he goes elk hunting two weeks out of the year on a private ranch just to "hear the bugle [of an elk] in the woods." As a lover of history and the Old West, James is also one of the few reputed gun appraisers for Winchester in the DFW area. Just as it is with his reputation in the landscape and architecture business, James is also well-respected and trusted in the gun collection community. "A lot of times when someone dies, their wives don't know the true value of the guns; so I appraise them." It is a trust

that he values greatly.

The honor in which James conducts business and the value of trust he instills in his clients pales compared to his devotion to his family. When he met his wife, Lori, at a church function almost 15 years ago, they could not have known what life had in store for them. Together, they have 4-year-old Hannah, whom James calls nothing short of "awesome." "She is every bit like her mother," he said proudly.

The Flemmings are also facing Lori's cancer. "We're going through chemo and radiation," James said, promising a fight. "Lori is strong. She's a good mom and a role model." For everything James promises to offer his clients, Lori provides for her family.

"I always say that I want to make



the backyard like an oasis," James shared. "Instead of going away on vacation, I want your backyard to be your escape." For James, in his home, Lori offers that same calming atmosphere.

Together, both Lori and James have that "one-day-at-a-time" philosophy,

"I'm a smaller company, so this way I am very accessible

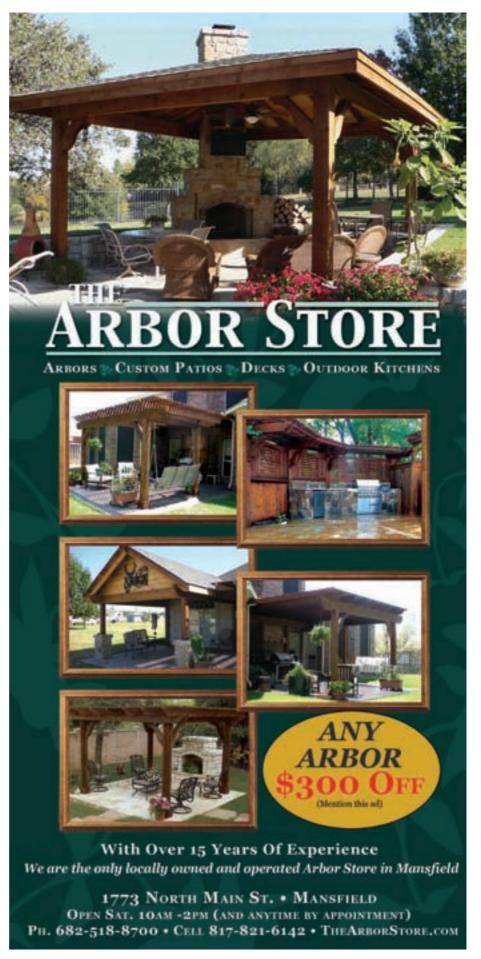


and people know they can trust me."

enjoying what they have. "I do one job at a time and don't try to work a number of different jobs. I'm a smaller company, so this way I am very accessible and people know they can trust me."

With a crew of just three men, all of whom have been with him for years, James has just one agenda. "When our customer comes home from work and sees the arbor we have built, it blows them away!" No one appreciates finding that oasis more than James.

For more information about the Arbor Store call (817) 821-6142. The store is located at 1773 N. Main Street, Mansfield. Walk-in hours are on Saturdays between 9:00 a.m. and 2:00 p.m. Otherwise, please call for an appointment.



A Special Teacher Special Students



Teaching, like many other professions, can sometimes be a thankless and underappreciated way to make a living. Late nights grading papers, rowdy students and pouring over lesson plans are all in a day's work. However, more often than not, a teacher is rewarded with the most valuable of

gifts — the moment when their students "get it." For Soad Ali, these moments are even more special. As a fifth-grade math teacher at Mansfield's Cross Timbers Intermediate School, she has a talent, knack and passion for working with special education students.

Surprisingly, Soad's original career choice had little to do with teaching at all, let alone teaching students who needed extra time and attention. "I wanted to be a lawyer. It was quite a career change," Soad said, laughing. However, after obtaining a law degree and working as a paralegal, she found she did not like the field. After taking what she described as a "long break" after she married and had children, Soad began to volunteer at one of her

sons' school. Over the course of the next year, she realized the idea of teaching was one she was beginning to latch on to. Volunteering with the special education department solidified what she already knew; she wanted to teach and work solely with special education students. For the past decade, that is exactly what she has done.

After Soad obtained her teaching credentials, through an alternative certification program, she gained additional training in working with special education students. This additional

training included studying different behavioral problems she could encounter and teaching methods designed to help teach special-needs students. Soad's students have different hurdles to climb, ranging from autism to emotional problems, but that does not deter her. Her small class sizes, ranging from

12 to 14 students, grant her a real opportunity to reach her students on a personal level and bond with them. "I like the challenge," she said. "The hardest thing to do with the kids is to motivate them, and I like that challenge. I like working in the small groups and really getting to know them."

One way that Soad has found to motivate her students and keep their interest in math, a subject she herself used to find challenging, is by playing games. "That's a big thing. We play games," she said. "Whenever I have a new thing to teach them, I make it into a game. ... It ends up being some kind of competition, but they don't know they're learning how to do division or whatever the new subject is. They want to play, and they want to compete."

Though she does like the

challenges of working with her students, like any teacher, Soad can become frustrated. Student progression in her class can move at a slower pace, and more than anything, she wants her students to grasp everything she presents to them. This is not always possible, but her dedication and her desire to reach her students have not waned. "It's so hard, because you know they can do it," she said, speaking of students who are capable, but unwilling at times to complete their work or take her assistance. "The hardest part is letting some of it







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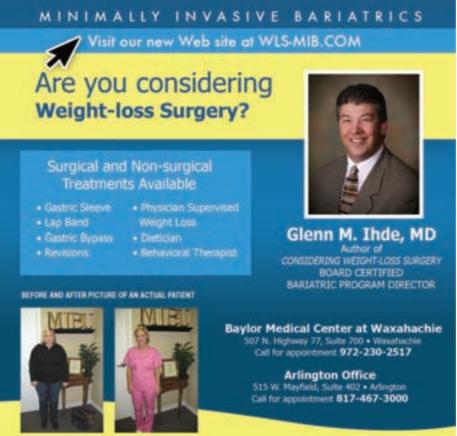


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Education

go." Her frustrations are laid to rest when former students come back to visit her and she can see their progress, both academically and personally. "When they come by and say 'hi' or call you their favorite teacher, that's good," she laughed.

Recently, Soad's students were not the only ones who noticed how dedicated and selfless she is in her position. This past school year, Soad received the Heart Beat Award, given to a teacher who goes beyond the call of duty with both students and faculty. Awarded every two months, the award's recipient is voted on by fellow teaching staff and administrators.

Receiving the award was a surprise to Soad, who though grateful and appreciative, was a little uncomfortable about winning. "I go to work and I go to my room. I'll do anything for anybody, but my thing is to work with the kids. It was a surprise. I never thought

"They want to **play**, and they want to **compete**."

anyone was watching what I was doing," she admitted. "I just go there and do the best I can with the kids, but my students were very proud, so that was good."

With three teenagers of her own, Soad's schedule stays busy, but she always has room for her other "kids" and marvels at the progress she sees them make from the moment they enter her class. "They come to us as babies from the fourth grade and they grow with us so much," she said.

Soad stayed busy this summer teaching bilingual kindergarten students during summer school. When will she finally pass the torch on to another teacher? Soad does not hesitate when she gives her answer. "When I retire I guess," she smiled. "I like it too much right now to quit."



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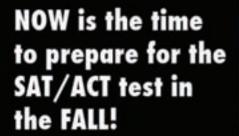
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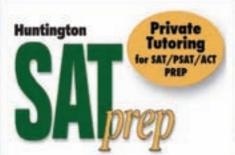
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Around Town







 Playday for the Mom's Club of North Mansfield, top left, brought lots of smiles and laughter. . One fellow, top center, got two frogs for the price of one. · Carol Murphy, top right, worked on her latest creation at the MAC's Stepping Stone craft class. Sgt. Farrah A. Barksdale of the U.S. Marine Corps, bottom left, visited the subcourthouse. . The drum corp of Legacy High School, second row right, practiced in the summer sun. . Seniors from the MHS color guard, bottom right, took a well-needed break from practice.











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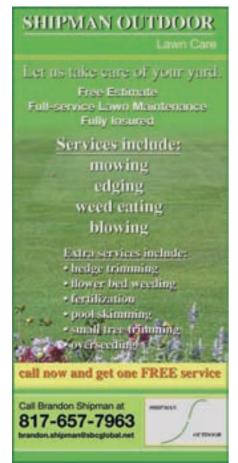
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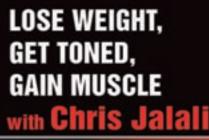














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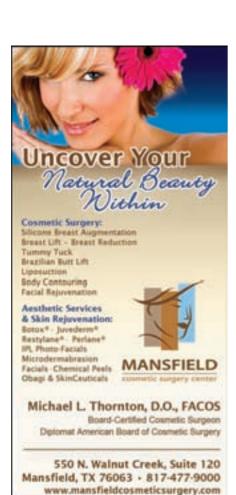
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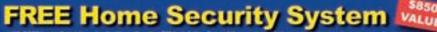
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In the Kitchen with Cristina Callesen

ince she could reach the kitchen counter, Cristina Callesen has been involved in cooking. "I'm not a chef, but I put my body, soul and heart in every dish I prepare and that is what makes it so good!" she smiled. "I am not afraid of using different ingredients or trying new things."

Originally from Mexico, Cristina moved to Texas to attend college. Six years ago, she received her degree in dietetics and met her husband, Matt. "I enjoy reading about health, fitness, nutrition and food, which are my true passions in life," she explained. "I love all aspects of food, not just cooking, but getting all five senses involved in it. I also love exercising and the feeling that it gives you

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SALAD NICOISE

A fresh and tangy salad to enjoy any day of the

- 2-4 tuna steaks
- 2-4 eggs
- 1-2 cups green beans, freshly cooked
- 1 14-oz, can artichoke hearts
- 14-oz, can black olives (Use ½ of the can.) lettuce: butter lettuce or spring mix or green leaf (your choice)
- 2-4 Roma tomatoes, cut in wedges **MUSTARD VINAIGRETTE DRESSING:**
- 2-3 garlic cloves, minced
- 1 cup white wine vinegar
- 3 Tbsp. Dijon mustard
- 2 cups olive oil
- salt and pepper, to taste

Grill or sear tuna steaks. Boil eggs about 8-10 minutes. Steam or cook green beans; blanch and cut into 1-inch pieces. Drain artichoke hearts and olives. Assemble salad once all ingredients are ready and cooled. You can do it all together for a big feast or in individual portions. On a bed

of lettuce, add your green beans, tomatoes, artichokes and olives. You can go ahead and mix it together and then add tuna steaks or canned tuna on top; place hard-boiled eggs in halves. To prepare dressing, put minced garlic in a bowl. Add vinegar and mustard; whisk. Add olive oil slowly; keep whisking until you have incorporated all the ingredients and the dressing becomes creamy. Add salt and pepper to taste. Recipe quantities can vary, depending on your taste. Drizzle with dressing and enjoy!

BEAN SALAD

This is a salad packed with fiber!

- 1 16-oz. can red kidney beans
- 1 16-oz. can garbanzo beans
- 1 16-oz. can black beans.
- 2 tomatoes, chopped
- 1-2 cups green beans, freshly cooked, cut into 1-inch pieces
- 1/2-1 cup carrots, celery, bell peppers or cucumbers (or your combination preference), chopped

- 1/2 cup red onion, chopped
- 1 bunch cilantro, chopped
- 3 Tbsp. fresh-squeezed lime juice olive oil, to taste balsamic vinegar, to taste salt and pepper, to taste

Drain and rinse all the beans; combine with remaining ingredients, except oil and vinegar. Drizzle olive oil and balsamic vinegar to taste, about 1/2 cup of each. Add salt and pepper to taste. Quantities on the fresh vegetables can varv.

COUSCOUS SALAD

2 cups of couscous olive oil, to taste

1 clove garlic, minced

3-4 oz. feta cheese, cubed

1/2 cup spinach, chopped salt and pepper, to taste

1 zucchini, chopped, steamed and blanched

1 yellow squash, chopped, steamed and blanched

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1/2 cup chopped carrots steamed and blanched 1/4 cup red onion, chopped

Cook couscous until tender. (Do not let it cook for too long, or it can get mushy.) Drain couscous. Add a few drizzles of olive oil, garlic, feta cheese, spinach and salt and pepper. Let it sit while the zucchini, squash and carrots are being steamed. Once zucchini, squash and carrots are steamed and blanched, add to couscous with onions. Toss one more time and enjoy hot or cold!

POPEYE JUICE

2 cups fresh Spinach 2 oz. fresh wheat grass (if available) 1 cup fresh-squeezed orange juice

Combine ingredients in blender; blend until smooth. You can adjust the ingredients to best suit your needs and taste. As weird as it sounds, this is a very tasty juice. This liquid form of iron, in combination with the vitamin C, gives you quick absorption of all the nutrients.

PEANUT BUTTER AND APPLE WRAP

1 whole-grain wrap or tortilla

1-2 Tbsp. peanut butter

1/2 apple (any kind), thinly sliced

Spread peanut butter on wrap; add sliced apples and roll. You can enjoy this as a breakfast or snack. It will take care of your sweet tooth and hunger!

HAM/TURKEY, PRUNE AND CHEESE WRAP

2 thin ham or turkey slices

1 whole-grain wrap or tortilla

4 pitted prunes

2 oz. fresh cheese (fresh mozzarella, panela, etc.)

Place 2 slices of meat on wrap; add prunes in a line then cheese along the prunes. Wrap and enjoy! This combination wrap (sweet and savory) satisfies your hunger, takes care of your sweet tooth and is full of fiber, plus you can enjoy the cheese with no regrets!

FANCY SALMON BREAKFAST WRAP

2 Tbsp. Greek, non-flavored yogurt.

1 whole-grain wrap or tortilla

1 tsp. Mrs. Dash

1 tsp. dill

2 oz. smoked salmon

1 tsp. red onions, chopped

1 tsp. capers

salt and pepper, to taste

Spread yogurt on middle of the wrap. Sprinkle seasoning and dill. Add thin slices of salmon on top of yogurt. Sprinkle red onions and capers; add salt and pepper to taste and roll. More herbs and spices can be added, if desired. Once rolled up, cut in pinwheels for a fancier treat!













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Kidney Function

By Betty Tryon, R.N.

Shaped like a kidney bean about the size of your fist, the kidneys have an impressive array of functions. Even though you have two of them, you can live a perfectly normal life with just one. Functioning like a sieve, the kidneys filter hundreds of gallons of blood every day, cleaning and purifying it for your health. If you did not have kidneys or your kidneys were beginning to fail, the waste, which is normally filtered and excreted from your bladder would build up in your body and become toxic to your health. Without functioning kidneys, waste must be removed by dialysis or kidney transplant.

The waste build-up in the blood comes from normal metabolic functions, such as the breakdown of muscular tissue and ingested food products. Everyone knows when you drink too much water it means more trips to the bathroom. If you are not drinking enough fluids, your urinary output is restricted. The kidneys work to keep the proper balance of fluid level in the body.

Also, kidneys play a large role in making sure your blood pressure level remains normal by the secretion of an enzyme named renin. If your blood pressure drops, then the kidneys do not receive enough blood. This triggers the release of renin, which causes the blood vessels to contract and thereby increasing the blood pressure. Another function of your kidneys is the production of erythropoietin, a hormone, which signals the bone marrow to produce more red blood cells.

Those are a few of the critical functions performed by this organ, but many other important operations take place in the kidneys. That is one of the reasons your health care provider requests a urine sample for testing. A few areas checked are the BUN (blood urea nitrogen) and creatinine levels. These levels determine how well the kidneys can filter waste from the blood. Another area tested may be electrolytes. Electrolytes are salts found in the cells of the body. They are potassium, calcium, magnesium, chloride, bicarbonate and phosphate. When these salts are imbalanced, your kidneys work to correct it. If you ingest too much potassium, your kidneys will filter out a large amount, too little and the kidneys excrete only a small amount of potassium.

These are only a few of the jobs assigned to this organ. Help your kidneys out by drinking the proper amount of water every day. The proper amount depends on your lifestyle, where you live and even the current state of your health. However, it is imperative that you drink water every day. This is not just a saying; it is the truth.

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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Outdoors

BLOOMS

By Nancy Fenton

Fall will soon be here again and it will be time to separate your irises if you did not get around to it last year. Irises and Shasta daisies are two of my favorite bloomers, and they love to be cut up and given more room. They bloom much better if they have some space to "stretch their roots." Irises are perfect to dig and replant or share in the fall, and Shasta daisies are good to work with in the spring. If you are really organized, you may have labeled the colors of each of your irises last spring when they were blooming — sorry, not me!

One of the keys to having great blooms year after year is

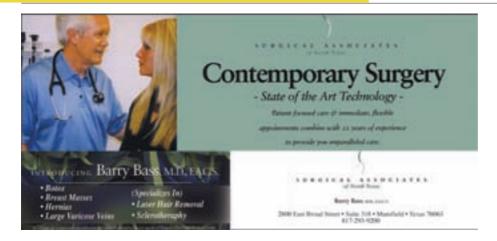
having the rhizome (the brown thing that the roots grow from) on top of the ground. If you plant too deep and cover it up, the plant will not bloom as well. My iris idol, David Smith of Waxahachie, tells me he checks his irises four times a year to make sure no leaves or anything else is on his rhizomes. If his blooms are any example, his technique must work, and I am going out right now to pull all those leaves away! It goes without saying there should be no mulch

anywhere around irises. The mulch will hold the moisture, causing the rhizome to rot — something we sure do not want to happen.

Irises can grow literally in spite of some of us, but they do benefit from a little balanced fertilizer in the fall and early in the spring. I use Halloween and Valentine's Day as my guideposts for iris fertilizing. Irises are great plants to pass along to others; let's all have one or two in our yards!



Nancy Fenton is a Master Gardener.









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September 2009 community

All Month

Thinking about getting a pet? Check out the Mansfield Animal Control. Weekdays: 8:00 a.m.-4:30 p.m. Saturdays: 8:00 a.m.-4:00 p.m.

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.

Bingo: 11:30 a.m.-noon, Mansfield Activities Center.
*Note: MAC will be closed on September 7 for Labor Day.

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

Second Tuesday

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

Third Tuesday

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

Adult book club: Mansfield Public Library. September's book choice TBA through the library Web site.

Every Wednesday

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

Every Friday

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

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

Every Saturday

Mansfield Farmer's Market: 7:00 a.m.-2:00 p.m., corner of E. Broad and Main St. For more information, contact Russ Simmer at (817) 453-4443 or Rex Wenger at (817) 483-4278.

September 5

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

September 7

Introduction to Yoga free class: 5:30 p.m., Mansfield Natatorium. For more information, contact Sheryl Braun

at (817) 449-3734 or www.satoriyoga.net.

September 11

Grandparents Day Celebration: 9:00 a.m.-noon, Mansfield Activities Center.

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.

September 25

Concert at Town Park. Many local singers and dancers.

September 26

24th Annual Pecan Festival at Rose Park. Over 200 vendors offering a variety of kid-friendly activities such as a petting zoo, pony rides, bounce houses, pumpkin patch, dunking booth, diaper derby and arts and crafts. Get in shape with the 1k walk or a 5k run!

October 30-November 1

Bob Noel Tennis Classic at Walnut Creek Country Club. This event benefits the Alzheimer's Association and the Feed the Kids Program. For more information, call (817) 473-1311.





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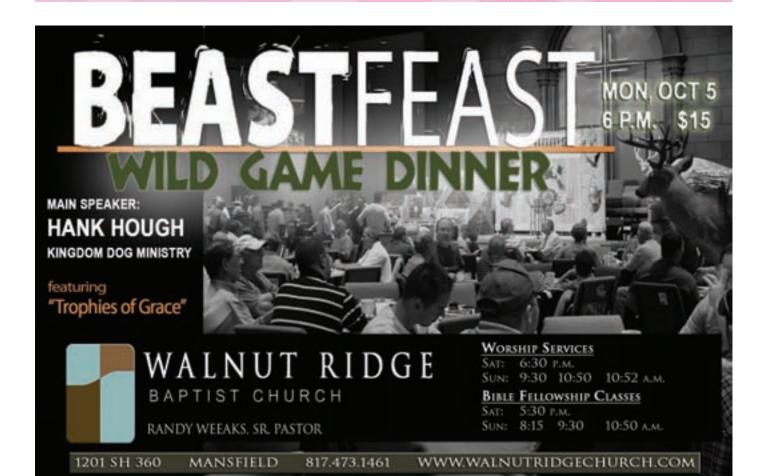
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She says, "I did not feel like a number; I felt like a person, someone they truly cared about." Today, with no sign of cancer, she says, "I'm very fortunate."

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



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