Mansfield NOW

MAGAZINE

JANUARY 2012

the right thing to do

Rob Schulz's love for Mansfield is impacting lives.

Also Inside:

- The Princess Frogs
- Patchwork Enthusiast
- Lifting Up Others
- Following the Family Footsteps
- In the Kitchen With Kelli & Todd Taylor

Waving From the Front Porch Swing

At Home With Bryan & Joy Sloan

Happy New Year

Start the new year with a new account!

Sara Carolyn Mary

Come meet our new account staff!

Where "COMMUNITY" is our middle name.

Locally-owned since 1983

MANSFIELD COMMUNITY BANK

1700 E. Broad Street • 817.473.5979
WWW.MANSFIELDBANK.COM

MOTORBANK HOURS
Mon. – Fri. 7:30AM – 6PM
Saturday 9AM – 12PM

MAIN LOBBY HOURS
Mon. – Thurs. 9AM – 3PM
Friday 9AM – 6PM

MEMBER FDIC

EQUAL HOUSING LENDER

Did you gain weight during the holidays?
Lose up to 5-15 lbs. the 1st week!

Diet Solution
WEIGHT LOSS CENTERS

817-453-DIET (3438)

- ✓ Medically-monitored weight-loss system
- ✓ Natural and FDA-approved prescription appetite suppressants
- ✓ No prepackaged foods
- ✓ No contracts, no hidden fees
- ✓ No restrictive 500-calorie diet plan

After

Wayne has lost 58.2 lbs. in 16 weeks

Wayne S., Mansfield, Texas

I LIKE TO EAT! Just look at my before picture. Now look at my after picture. THAT'S WHAT Diet Solution Centers has DONE FOR ME, WITHOUT STARVING ME LIKE A BIRD! I don't count calories or weigh my food, AND I EAT AS MUCH AS I WANT, like a grown man wants to! THEY TEACH YOU WHAT YOU CAN EAT and WHAT NOT TO EAT. It's EASIER than I ever imagined. I NEVER thought I would ever be a size 34 waist after being a size 40 for so long. My shirts went from 3 XL to XL and this all happened in just 17 WEEKS! Even better, my cardiologist just took me off my high blood pressure medicine AND I've stopped taking medicine for acid reflux. I was taking both as a result of being overweight! To top it all off, I get to hear the ladies tell me how good I look now. If you've tried to diet before and failed, **YOU HAVE TO TRY DIET SOLUTION CENTERS. IT WORKS!**

Before

Individual results may vary

Proud Member of Mansfield Area Chamber of Commerce

920 US Hwy 287 N. Suite 306 • Mansfield
(In Tom Thumb Shopping Center)

Dr. Brian J. Caplan, M.D. • www.dietsolutioncenters.com

When you don't know which home service contractor to trust ...

trust the connection!

MANSFIELD SERVICE *Connection*

LOCAL · TRUSTED · ACCOUNTABLE

When it comes to our homes, it is important to choose the right contractor for your home service needs. Our hand-selected contractors were chosen based on quality of work and long-standing reputation for the highest integrity. They are a part of a select group that will hold each other accountable for providing the best service possible.
When it comes to integrity, there is truly safety in numbers.
So, before you have to trust your instincts alone ... trust the connection!

ALSO:
FREE FOOD!
Local Restaurant Coupons Print Any Time!
See our web site

Read their complete profiles at

www.MansfieldServiceConnection.com

SAVE MONEY! ASK EACH SERVICE ABOUT THEIR MSC DISCOUNTS!!!

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Mansfield Editor, Jeremy Agor
Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Julie B. Cosgrove . Rick Hope
Cindy Malone . Todd Simmons . Betty Tryon
Editors/Proofreaders,
Pat Anthony . Teresa Maddison
Angel Morris . Pamela Parisi

GRAPHICS AND DESIGN

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

PHOTOGRAPHY

Photography Director, Jill Rose
Photographers, Jill Rasco Photography
Opaque Visuals

ADVERTISING

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

Office Manager, Angela Mixon

On The Cover

Rob Schultz's efforts with Mansfield 2020 will strengthen the community.

Photo by Jill Rasco Photography.

Contents

January 2012 • Volume 7, Issue 1

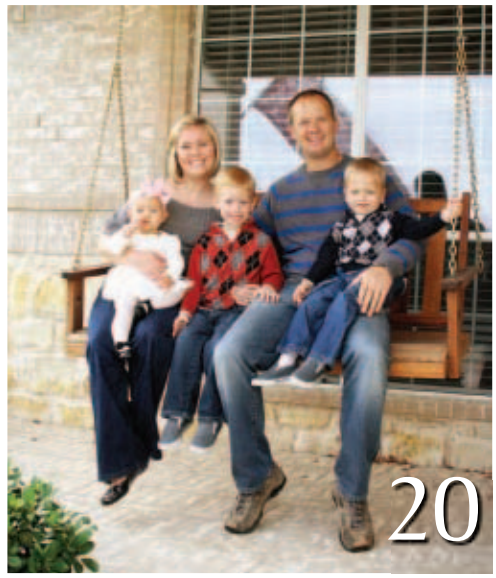
8 The Right Thing to Do
Rob Schulz makes long-term investments in his community.

14 The Princess Frogs
Ashtyn Hurr and Morgan Jenkins used to wear tiaras, but now they have grown horns.

20 Waving From the Front Porch Swing
At Home With Bryan and Joy Sloan.

28 Patchwork Enthusiasts
Quilts are a creative expression of art and love for Debby Rake.

36 Lifting Up Others
With caring hands, Pam Rudnicki is dedicated to matching people with service opportunities.



42 BusinessNOW
46 Around TownNOW
48 HealthNOW
50 FinanceNOW
52 CookingNOW

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2012. All rights reserved. *MansfieldNOW* is published monthly and individually mailed free of charge to homes and businesses in the Mansfield ZIP codes.

Subscriptions are available at the rate of $35 per year or $3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.

Editor's Note

Hello Mansfield!

I'm Jeremy Agor, the new community editor for *MansfieldNOW*. My wife and I are relatively new to Mansfield. We chose to live here because of the quality of the schools for our son, but we've come to love this town because of the feeling of community. From the services provided by the city to the friends we've made, we feel lucky to have found Mansfield.

MansfieldNOW has opened our eyes even more to all Mansfield has to offer. Some pretty amazing people can be found here! I've met many while writing for the magazine. I hope you've done the same by reading it.

If you know someone with a special talent, unique job or an amazing house who should be featured in the pages of your community magazine, feel free to e-mail me at jeremy.agor@nowmagazines.com. I'm on the lookout for stories to highlight even more of our community members, and your friend or colleague could be next!

Happy New Year!

Jeremy

Jeremy Agor
MansfieldNOW Editor

"A reputation for results that guarantee success"

Kathy Lakatta
REALTOR

Ebby Halliday Realtors

VIP Customer Service Award 2009/2010
Company-Wide Honor Roll 2010

817-905-3229
kathylakatta@ebby.com
www.kathylakatta.ebby.com

Lifetime Warranty? Now you're talking.

An oil change, with time for lunch.

I like having a first-class dealership right around the corner.

Enjoy a better sales and service experience at Honda of Burleson.

Why is Honda of Burleson the area's best choice in dealerships? Because it's the only Honda dealer in North Texas with a Lifetime Powertrain Warranty included on all new and most pre-owned vehicles. You also get an extensive selection of new 2012 Hondas, plus quality pre-owned and Certified Pre-Owned vehicles. And expert service on Hondas and other imports from certified technicians at a competitive price—all in as little as 30 minutes. No wonder it's received a 4.9/5.0 rating and glowing reviews from customers on DealerRater.com. After all, Honda of Burleson is clearly a dealership experience worth talking about.

Honda of BURLESON

632 N. Burleson Blvd.
Burleson, TX 76028
817.295.5000

HONDA

HondaOfBurleson.com

Conveniently located at I-35 and Renfro

Proudly Celebrating 25 Years of Smiles

This month we are offering

$400 OFF TREATMENT!

(Present this ad at consult. Not to be combined with other offers. Full orthodontic treatment only. Prices ranging from $2500-$5900. Offer expires 3-31-12.)

- ***Braces for children & adults***
- ***No down payment***
- ***Affordable monthly payments***
- ***Most insurances accepted***

Scan this code with your Smartphone to get to our Facebook page.

ORTHODONTICS
BRACES & INVISALIGN

Justin Jergensen, *DDS, MS*
Charles Stewart, *DDS, MDIV*
Sheila Birth, *DDS, MS*

2011 W. Bardin Rd.
Arlington

(817) 557-0025

WWW.PROFESSIONALSMILES.COM

New Year's Resolution #1:
Visit Isle at Watercrest!

ISLE AT WATERCREST MANSFIELD

ASSISTED LIVING, MEMORY CARE,
SKILLED NURSING &
REHABILITATION COMMUNITY

START THE NEW YEAR WITH THE HELP YOU NEED, WHEN AND WHERE YOU NEED IT. GET TO KNOW OUR TEAM AND LEARN ABOUT OUR SERVICES, FEATURING:

- Assisted Living, Memory Care, and Skilled Nursing with progressive Rehabilitation Services
- Location adjacent to Watercrest at Mansfield Active Adult Community
- Truly personalized care by professional, licensed staff
- Nutritious meal selections served restaurant-style
- Daily Community Life Program, offering a variety of physical, mental, spiritual, and social activities
- Safe and secure Memory Care for those with Alzheimer's or other forms of dementia
- Locally owned with experienced management by Integrated Senior Living

www.islewatercrest.com • 888-470-4074

200 East Debbie Lane • Mansfield, Texas 76063

The Right Thing to Do

— *By Rick Hope*

Rob Schulz is extremely reluctant to talk about himself. He's not impolite about it, but he'd just rather not be the main topic of conversation. That just seems to be his style.

But his excitement grows when the conversation turns to his efforts in the community, especially the project known as Mansfield 2020. This project is just one of his passions, and something he is deeply committed to seeing succeed. In fact, seeing Mansfield flourish is very much a part of who he is. "Mansfield is a real community, not just another sterile suburb," Rob said. "It has diversity, history and character that make it a great place to live! We're here for life!"

Rob and his wife, Shelly, whom he married during his senior year at The University of Texas at Austin, have lived in Mansfield since May 1994. They

have four children: Gretchen, Grace, Daniel and Gwen, who range in age from 20 to 9. "I want Mansfield to be a place that my kids can come back to someday and thrive if that is what they desire. This community has massive potential, and Mansfield 2020 is our roadmap to success."

Much of Rob's sense of community involvement comes from his family heritage. Rob looked up to his father and grandfather, who both believed in making a difference in their community. Rob said his father's passion was for downtown revitalization. That influence led Rob, once the decision was made that Mansfield would be his family's home, to the Mansfield Chamber of Commerce to ask how he could be of service. Because of the way he was reared, community service was never a question where Rob was concerned. "It's what you do," he stated. "It's the legacy you leave behind."

The first thing Rob got involved in was the campaign that led to the Mansfield Economic Development Corporation (MEDC). The campaign called for a half-cent sales tax increase to fund the MEDC and passed by a wide margin. Then in 2009, Rob was inspired to work with the Mansfield Area Chamber of Commerce to create Mansfield 2020, which he describes as a

JOHN HOUSTON
CUSTOM HOMES

Your Home. Your Way.

Schedule a personal tour to see the quality and craftsmanship of our work!

Midlothian ~ Texanna Show Model at 7009 Cattle Baron Court
Burleson ~ Stone Gate at Hidden Vistas Show *Model* ~ *Coming Soon*

Experience, knowledge, and ability to build "Your Home, Your Way" on any lot in the Dallas Fort Worth Metroplex.

At John Houston Custom Homes, there are three ways to move into your new dream home:

1 *Let our team design and build your home, your way.*

2 *Bring us your design plans and we'll build on your lot or ours.*

3 *Purchase one of our completed signature custom homes.*

www.johnhoustoncustomhomes.com

866.699.6054

YORK

living document. The document was adopted by the Chamber and presented to the Mansfield City Council in 2010.

The mission of Mansfield 2020 is to discover what Mansfield can accomplish by the year 2020 and share a vision for the future. MEDC incorporates four areas of focus: infrastructure, economic development, education and quality of life. The document states that quality of life is intertwined with the others and that it's all about finding and creating better lives for ourselves and our children. To improve on the quality of life in the community, the document focuses on several initiatives that include clean, green and lean.

When discussing the clean aspect, the document points out how important first impressions are. For that reason, a greater emphasis on clean streets and beautification programs is advocated. "This means we may have to find a way to locally fund the cleanup of state-owned thoroughfares and even private property in order to meet the high standards our potential future demands," he explained.

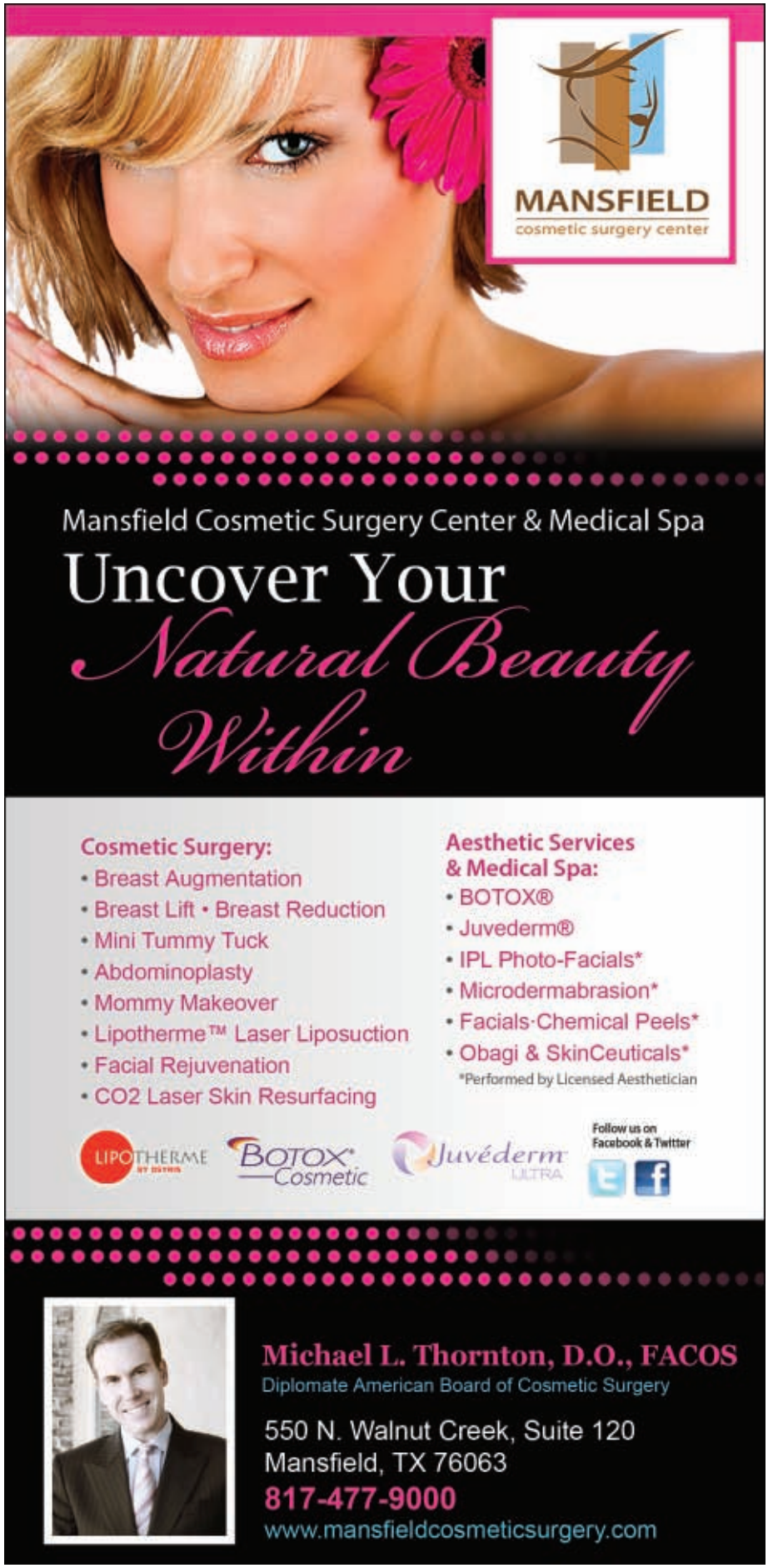
As one might guess, green has to do with maintaining a healthy focus on the environment. The document indicates that in order to continue to achieve a strong quality of life, there will have to be continued emphasis on the linear park system and maintaining clean and beautiful waterways. Environmentally responsible recycling, water use and energy initiatives are also considered essential.

"Lean has to do with health," Rob said. "The Mansfield 2020 document is crucial to one's quality of life." Moreover, the document asserts that a strong health initiative would set this community apart from others. Rob and the Mansfield 2020 Health Initiatives committee believe the community is well on its way in this area with newly created branding and unprecedented cooperation between the city, school district, local businesses and healthcare providers. "Our efforts

are being noticed and acknowledged as groundbreaking work throughout the Metroplex," he added.

When it comes to economic development, the goal for the year 2020 is a self-sustaining city with quality neighborhoods, schools and businesses, known as a hub of medical excellence, corporate headquarters and clean industry. Continued encouragement of medical industry expansion, educational excellence, cultural enrichment and public transportation initiatives are among the items suggested. A vital, continued effort for downtown revitalization is also considered important.

By the year 2020, Highway 360 should be taking drivers all the way to Hillsboro, becoming a third major connector for travel between the Metroplex and Austin. In addition, Mansfield is slated to be a part of the proposed Loop 9, a 357-mile loop around the entire Metroplex. Mansfield 2020 suggests that intensive planning for the opportunity needs to start immediately.



LOSE WEIGHT AS IF YOUR LIFE DEPENDED ON IT.

Start by losing 10 pounds in 2 weeks.**

Being overweight increases your risk of heart disease, stroke, diabetes and many types of cancer, it also can take years off your life. Our programs offer strategies unavailable to commercial weight loss programs.

- Non-surgical weight loss
- Physician customized plan
- One-on-one with a physician
- 99% keep the weight off after a year*

the center for medical weight loss
Doctors treating what diets can't.

817.453.2330 mdbethin.com

INITIAL CONSULTATION FROM $20 - Christie Egbuchunam, MD
305 Regency Parkway, Suite 509, Mansfield, TX 76063

*Based on a stratified sample of 349 patients over a six-year period. Patients must have remained on the program for a minimum of 28 days and be monitored with at least two physician visits within first 31 days to be included in the study. A variety of nutritional meal replacements were used. 99% of the patients that followed the CMWL program, including a low-calorie diet and individual counseling with CMWL physicians, from one month up to a year, weighed less at their last weigh-in than their starting weight. **Based on a stratified random sample of 223 women and 99 men on a medically prescribed diet.

Regency Healing Medical Clinic
& Center for Medical Weight Loss
Healing And Preserving Our Community

Family Medicine
(6+ years - adult)
Services Include:
Full Primary Care Services
Well-woman Exams
Wellness and Prevention Program
Chronic Disease Management
Sick Visits • School Physicals

HydraFacial™
NONSURGICAL FACIAL REJUVENATION

Microdermabrasion is not for everyone, but the new HydraFacial™ is ...
- Serum-based skin resurfacing
- Hydrating exfoliation for all skin types
- Targets fine lines, wrinkles, acne-prone or oily skin, hyperpigmentation, sun damage, brown spots and more
- Immediate results
- Painless extractions

Now Available!

$50 OFF
One HydraFacial™ treatment when you book a series of treatments.

Se Habla Español

Zerona
This could be YOUR body!
Zerona laser liposuction is noninvasive laser liposuction.
Remove fat and reduce inches in 2 weeks
Zero pain • Zero surgery
Zero downtime

Mon - Thurs 8:30AM - 5:30PM Friday 8:30AM - 12:30PM
(Extended weekend hours available for Weight Loss Clinic. Please call for appointment.)
Christie Egbuchunam, MD, MPH
Board Certified in Family Medicine
305 Regency Parkway, Ste. 509 (Off Broad Street) Mansfield, TX 76063
817-453-2323
www.regencyhealingmedclinic.com

Rob feels that education may be the most important component of Mansfield 2020. Keys for a successful educational system include more parental involvement at the higher grade levels and massive support from the business community. The goal of the Mansfield education system is to have students prepared to step off the commencement stage into an academic or vocational program that helps them achieve the career path they have chosen in life. Rob holds this goal very close to his heart. "I want this to be a community where every kid is prepared to achieve what they want to accomplish and be able to do it here," Rob remarked.

> "I want Mansfield to be a place that my kids can come back to someday and thrive if that is what they desire. This community has massive potential, and Mansfield 2020 is our roadmap to success."

To Rob, Mansfield 2020 is all about giving tools to community leaders who aspire to do great things, while also giving them the opportunity to succeed. What if they should bypass the vision? "That's even better," he said. "That's the greatest compliment. It's my hope that Mansfield attracts and nurtures such talented future leaders that they in turn achieve things we cannot possibly imagine."

But don't think Vision of Mansfield 2020 is the main priority in Rob's life. As he talks about his children and his wife, his eyes light up. The dry erase board in his office is evidence that his family is very close and supportive of one another. The words, "I love you Daddy! Gretchen," had been drawn there by his daughter for all to see. Once again, Rob reiterates his desire — making an impact on the community has more to do with providing a legacy for his family than anything else. "It's just the right thing to do." NOW

Get your house ready for the *New Year*

Granite, Marble & Quartz Fabricator for Kitchen & Bathroom Countertops

Extensive Color Selection Combines Beauty, Function & Elegance for any Bathroom or Kitchen!

FREE Estimates

Competitive Pricing

Up to 15 Year Warranty on Some Products

SILESTONE® by COSENTINO

FREE

18 gauge Stainless Steel Sink
($350 value)
Call or visit out Web site for details!

www.MTMCOUNTERTOPS.com

Come see our wide selection!

SHOWROOM HOURS:
MON-FRI: 8AM - 5PM,
SAT 10AM-2PM

MTM *Countertops*

2460 Hwy. 287 N. • Mansfield
(Northbound service road – between Callendar Rd. & Turner-Warnell)
For more info call 866-439-1935.

The Princess Frogs

— By Cindy Malone

If Mansfield ever needed two beautiful, talented, smart and outspoken ambassadors, Ashtyn Hurr and Morgan Jenkins would be shoo-ins for the positions. Both girls grew up in Mansfield, Ashytn attending Mansfield schools since kindergarten, and Morgan moving there in the third grade. They graduated from Legacy High School in 2011. And now they are cheering the Texas Christian University Horned Frogs on to victory.

Ashtyn described herself as a "hard-core" gymnast, having participated in gymnastics from the time she was 2. She worked out at Arlington Academy until she started competitive cheerleading at the Spirit of Texas gym. She began cheering at school in the seventh grade and never looked back.

Morgan, on the other hand, participated in PeeWee cheerleading, but did not really get into cheering until high school. Morgan described herself as an all-around athlete, who loves to play almost all sports.

Morgan and Ashtyn met at Legacy's cheerleader tryouts the summer before their freshman year. They agreed, "We were both nervous coming in as freshman. We immediately were drawn to one another, and we could tell we would one day be best friends."

Both girls agree that family is the most important force propelling them in life. They belong to First Baptist Church, where they are active in youth ministry. Morgan credits her mom, Liz, with being her biggest fan, and her dad, Steve, as the one who lifted her up and made her laugh. "I am Daddy's girl and Mommy's best friend," she said while smiling.

Ashtyn praises her step-mom, Lindsey, for being a motivational force and her cheer and life coach. Lindsey attended every one of Ashtyn's games and was always ready with encouragement, praise and constructive criticism. Although Ashtyn's dad, Randy, didn't always get the whole cheerleading thing, he always found a way to be supportive of her in everything she did.

The girls absolutely loved their high school years at Legacy. Almost in unison the girls gushed, "We are obsessed with teachers. We love them!"

"Legacy is like a big family — the atmosphere, the students and especially the teachers," Ashtyn explained. As for favorites, there are too many to mention. Ashtyn and Morgan agreed that Cassidy Lakota and Julie Gross were their favorite coaches during high school.

"Both of these girls are so incredibly talented, but more importantly, they both have hearts of gold," Coach Lakota stated. "They have left a mark on my heart, and I hope they know they've made an impact in my life as much I have in theirs, if not more." At Legacy High

Dr. Bruce Cherry announces the opening of his NEW dental office in Mansfield!

FAMILY DENTISTRY & ORTHODONTICS
26 Years experience, Same, friendly staff NEW state-of-the-art facility.

NEW PATIENT SPECIAL
Includes Exam, X-rays, & Cleaning $49
Excludes patients with gum disease.
Insurance not accepted with special offer.

We welcome our existing patients, as well as new ones, to our new, convenient location!

1200 US Hwy 287 N., Suite 101
Mansfield, Texas 76063
(on the northeast side between Walnut Creek and Debbie Lane)
817.453.4075
brucecherrydds.com
We Keep You Smiling

School, while Ashtyn honed her skills as a cheerleader, and Morgan also played basketball and ran track, both decided that cheerleading in college was a very real and attainable dream.

Both of these bright, family-oriented girls feel it is important to carry the "family" feeling they have loved so much in Mansfield into their college years. Where better than Texas Christian University (TCU) in Fort Worth? When asked why they chose TCU, in unison they answered, "Why not TCU?" More specifically, Ashtyn said her step-mom went to TCU. The classes are small, and the campus has a really "homey" feeling. Then, laughing they admitted, "And we love purple!" Both girls ooze more school pride then most seniors, and yet they are only halfway through into their freshman year.

College cheerleading tryouts were more daunting than the girls had expected. They had to learn the fight song for TCU (which they both started singing), as well as four cadences, two cheers, tumbling and stunting. Over 80 girls were at the tryouts. Only 35 girls were selected to represent TCU as cheerleaders. The girls had each other to lean on in case one was disappointed. Neither needed it, as they were both selected to the incoming class of TCU Horned Frog cheerleaders!

Like most college freshman, the questions about the future drew crinkled eyebrows and sideways glances. Ashtyn is majoring in business and psychology. She is thinking about becoming a

counselor or maybe a lawyer, or maybe she will join the Peace Corps until she figures it all out. But she won't be alone in the Peace Corps, since Morgan has similar aspirations. Morgan is majoring in secondary education, but feels moved to spend some time as a missionary. After her work, maybe in the Peace Corps, maybe doing mission work through her church, she wants to teach high school history and be a coach.

Of course, before they can achieve those lofty and admiral goals, the girls have to survive college. Each will have the help of a separate sorority. Ashtyn is a Delta Gamma, the same as her step-mother. Morgan is a member of Zeta Tau Alpha. Why different sororities for two girls who have been inseparable for more than four years? "We live together, cheer together, train together," Morgan explained. "We need some time apart so we have something to talk about."

"We need to be apart sometimes. It's healthy, and we don't get on each other's nerves that way," Ashtyn maturely reiterated.

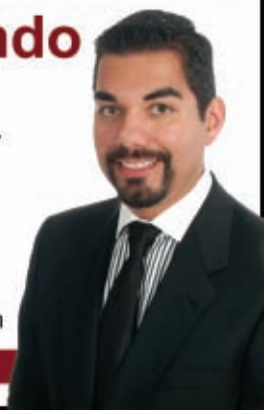
They are both taking a full load of classes and cheering. They work out Mondays and Wednesdays by conditioning, running bleachers and practicing their cheers. On Tuesdays and Thursdays they meet with the trainers for cardio and circuit training. Friday through Sunday they cheer. Although they cheer for all sports, their favorite is football.

Finding time to study and missing some of their sorority functions are on top of the list of their least favorite

Ebby HALLIDAY REALTORS EBBY.COM

Joel Arredondo
Realtor

Mansfield Office
Multi-Million Dollar Producer
Direct 817-654-8424
Cell 682-465-5591
Email: Joelarredondo@ebby.com



TURF-SCAPE

LANDSCAPE MANAGEMENT

Proudly Serving Our Community
for Over 20 Years

- Commercial and Residential Landscape Management
- Complete Tree Service
- Irrigation Installation, Service & Repair
- Lawn Fertilization/Weed Control
- Fall/Winter Clean-ups

972-938-2956 • www.turf-scape.co
info@turf-scape.co

Visit our website for our full range of services.

Like us on Facebook

things about being a cheerleader. But the positives more than outweigh the negatives. "There are only 35 cheerleaders out of 9,000 students at TCU," Ashtyn said. "We're unique and have a chance to do something not everyone can do."

"I like doing the appearances and having little girls look up to me," Morgan mentioned. She takes being a role model seriously and hopes to be a positive influence. Cheerleading has its perks, too. The girls have met Dallas Mavericks' owner, Mark Cuban; country singer/songwriter, Pat Green; and Tim Halperin, a TCU grad and *American Idol* star (Season 10), while filming a routine that will be featured during halftime of a future Dallas Cowboys game.

If she could give advice or encouragement to little girls who want to follow her path, Ashtyn said, "Give everything you do your absolute all. Be hard-core. Whatever it is — be awesome."

Morgan added some practical advice. "Try everything (Parents, let your kids try everything), don't limit yourself. Try everything and then decide where your heart lies."

When they graduate in four years, they will return to Mansfield. "I love Mansfield," Morgan said. "I love the city, the family feeling, the school district, everything!"

Ashtyn seconded those sentiments, adding "Tell them all we said 'Hi!'" NOW

A Whole New Dental Experience!

Winter Special

FREE EXAM & X-RAYS

with mention of this ad
through Jan. 31, 2012.
New clients only.

Randy W. Hamilton III, DMD

Unsurpassed care and treatment in a kid-friendly environment! In-office oral & IV sedation

iKids
Pediatric Dentistry

1759 Broad Park Circle S., Suite 205
Mansfield, Texas 76063

817-453-2800 • ikidsdental.com

OPEN Monday-Friday - Most Insurances Accepted - Medicaid/CHIPS Approved

Waving F
Front
Swing

AT HOME WITH
Bryan and Joy Sloan

— By Carolyn Wills

A traditional, two-story home was built in one of Mansfield's stylish communities in 2006. With upgrades and lovely touches, its grayish-white brick exterior, corner location and proximity to the neighborhood's park and swimming pool, the home was ideal for a growing family. As Bryan and Joy Sloan searched for a home in Mansfield about a year and a half ago, the two-story house on the corner was on the market, available and more than ready to welcome their young family.

"Finding it was a miracle," Bryan said. "We sold our house in Arlington in less than two months and, thankfully, were able to purchase the house in Mansfield quickly. The day we closed was one day before the national tax credit program ended. It was such a blessing."

Bryan and Joy know a lot about blessings. Joy was born in Rockport, New York, and by the time she reached the seventh grade, her family had settled in Arlington. "We moved a lot because of my dad's business," she said. "I graduated from Arlington High School, and that's where Bryan and I met and started dating when we were 16."

Bryan grew up in Arlington, often working part time for his father's construction company. "After graduation,

From the Porch

I enrolled at Texas A&M University and majored in zoology," he said. "Toward the end of high school, I had become sincere about my faith, and in the second year of college, I went on a retreat that changed my life. I returned to school and changed my major to biology so that I could graduate early and go to Southwestern Baptist Theological Seminary in Fort Worth." He began his church career as a youth pastor at Lamar Baptist Church in North Arlington where he served for 10 years.

Bryan and Joy are a warm, dynamic couple with faith and family at the center of their lives. They have been married for eight-and-a-half years and have three children. The boys, Tucker and Jaxson, are ages 5 and 3, and their sister, Avery, is 1 year old.

About two years ago, Bryan felt called to start a congregation in Mansfield. "Church planting is some of the greatest missionary work being done in America and, really, in the world," he explained. "A small church is an opportunity to engage directly with people who might never step into a big church. Mansfield is a growing area and close to our families, so Joy and I wanted to start here."

The grayish-white, brick home on the corner could not have been more suited for the new congregation or the family. The 2,600-square-foot layout is large enough to accommodate a small meeting and spacious enough to entertain two energetic boys, a young daughter, a well-mannered family dog and two parents. Downstairs, the open concept includes a living room/den area, breakfast room and kitchen. The living room/den features a large, wood-mantled, gas fireplace topped with a mounted 50-inch, flat-screen TV that came with the house.

The stunning kitchen is complete with shiny granite countertops. "I was so excited to have an island in the kitchen,"

The most experienced robotic surgery team in North Texas – the shortest possible recovery for you. The precision of robot-assisted surgery at USMD means you'll have smaller scars and less pain than you would with open surgery. From hysterectomies and prostatectomies to weight-loss and kidney surgeries, find out how much better it feels to do the robot at USMD.

USMD HOSPITAL AT ARLINGTON

The most experienced robotic team in North Texas.

855.55ROBOT • **WeDoTheRobot.com**

"I love having the kids with me while we're mixing, cooking and making messes."

SoccerTots 18 months to 6 years
- Child Physical Development Programs
- 9:1 Student to Instructor Ratio
- Kids Love to Engage in Our Games
- Over 80 Fun Games & Activities
- Develops: Soccer Skills, Motor Skills & Social Behavior

SoccerTouch jr's & SoccerTouch
Ages 6 - 8 years Ages 9 - 12 years
A specific focus on a variety of skill based games & drills combines with small-sided soccer games in a weekly class format.
www.soccertotsdallas.com

PartyTots • Best Birthday Party in Town Sponsored by SoccerTots
www.partytotsdallas.com

BASEBALL
Ages 2 - 5 years
• 6:1 Student to Instructor Ratio • Teach your child the game of baseball in a fun, exciting, and positive indoor environment.
www.lilsluggersdallas.com

Kids Love our Programs! Register Now.
All Programs Follow A Structured Curriculum.
Now offered at APEX Indoor Soccer Center in Mansfield.
972-978-8530

nuovo
laser treatment • salon • nails • massage
opening soon!

NOW HIRING!
8011 S. Cooper St. #A • Arlington
682.232.5304

FREE Service Call For Mansfield Residents
- Spring Repair Specialists
- New Installation
- Commercial & Residential
- 24/7 Emergency Service
Mansfield Overhead Door
Mansfield owned and operated
817-988-4191
www.MansfieldOverheadDoor.com

Ask About Our **Extended Hours**

the best dentistry in Life is Free!

Worry Free...
Dental plan available for those without insurance

Ouch Free...
Gentle cleanings from our professional staff

Hassle Free...
Walk-ins always welcome

We're a **Preferred Provider** for HMO's & PPO's

GET TO KNOW US SPECIALS

$39
Exam, Digital X-Rays & Cleaning
*New patients only, in absence of perio disease, over $250 in savings, coupon must be presented at appointment.

$295
OPALESCENCE® BOOST
In-Office Teeth Whitening
May require exam to confirm patient is a candidate for whitening procedure. Includes custom take-home whitening trays.

MANSFIELD
SMILES AND ORTHODONTICS

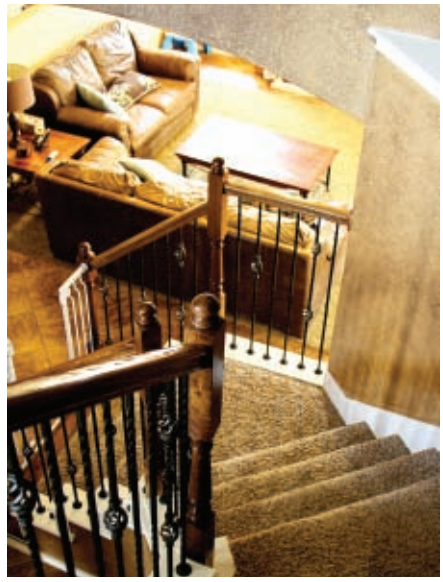
John Barnes DDS & Associates

682-518-5856

3300 E Broad St, Ste 120
Mansfield

On the Southwest corner of East Broad and 360 in the Kroger Marketplace shopping center near Kroger

www.MansfieldModernSmiles.com



Joy smiled. "I love having the kids with me while we're mixing, cooking and making messes." Downstairs, the flooring is predominantly large, light-brown ceramic tile, and the walls are either painted or treated in a warm, mocha brown with bright white trim. Beyond the living room/den area toward the front of the house is a formal dining room, master suite and Bryan's office. At the center of the downstairs is an elegant, wood-railed staircase leading to the kids' bedrooms and a huge playroom on the second floor. "Our favorite room is the living room/den," Bryan said. "Being together as a family is very important to us. We eat at the table for every meal, so the breakfast area is a favorite, too."

If the house had not been built in 2006, long before Bryan and Joy saw it, it would be easy to believe it had been custom-built for them. Upgrades like crown molding, wall treatments, granite countertops, wood railings, a giant laundry room, attached garage and walk-in closets are as stylish as the family is. "We had to work on the playroom," Joy laughed. "It had been a media room and was painted dark purple with black trim and dark windows. After we opened the windows and painted, Bryan built a white, wall-to-wall unit to hold a TV and the kids' games and toys. Now we have family movie nights up there and have a great time."

Other than remodeling the playroom and adding a soft area rug in the living room/den for the kids, Joy managed to decorate the new home with what the family already had. "I don't think we

bought one decoration for the house," Bryan said. "Maybe a pillow, but for the most part, Joy made everything work from our old house." Besides being a decorator, wife and mother, Joy graduated from the Baylor College of Dentistry in Dallas and works one day a week as a dental hygienist in Arlington.

When he arrived at the Mansfield home, the sixth member of the Sloan family was pleased to find a good sized, fenced-in backyard. "Remington is our pound puppy," Joy said. "We think he's part Beagle and Red Heeler and may be 7-years-old. He shakes hands and puts up with the kids pulling his ears and crawling all over him." Whether it's caused by or an effect of being part of the Sloan family, 'Remy' is extraordinarily happy, calm and polite.

"Another thing we love about the home is the covered patio in the backyard," Bryan added. "When we moved in, it was in disrepair, and my dad completely rebuilt and recovered it as a Christmas gift. It's almost like an extra room with a grill and the fire pit my sister gave us."

Last Easter, an opportunity arose for the new Mansfield congregation to begin meeting at the YMCA on Cooper Street. "It's the perfect situation," Bryan said. "We like sharing with partners, and our goal is not to have our own facility. We had to raise financial support to be able to do this. We were blessed by the Southern Baptist Convention, and our goal is to be able to help others plant churches."

Meanwhile, the grayish-white, brick house on the corner now has a wooden swing hanging from the front porch ceiling. What better way to love your neighbors than with a wave from a front-porch swing? NOW

Patchwork Enthusiast

— By Julie B. Cosgrove

When you walk into Debby Rake's home, you cannot help but notice the quilts on her walls. Each is different in theme and color, as well as in the stitchery and the use of fabrics. They're each her creations from start to finish. She doesn't use kits. Each quilt comes alive in her choice of colors, fabric patterns and stitches, because Debby is not only a highly experienced quilter, she also has a master's degree in quilting history. Actually, that is where her story begins.

About 20 years ago, Debby discovered quilting. "I was living in Iowa with my husband. He was in a terrible accident, and I needed something to occupy my mind for therapy," she stated. "I saw an article on quilting in a magazine. I immediately was attracted to the colors."

Debby began taking quilting classes and was quickly hooked on the craft. "I quilt when I should be dusting," she

shrugged. Then, in 1998, she learned the University of Nebraska, an hour and 45 minute commute away from her hometown, was starting a master's program in quilting. "Their museum houses the most extensive collection of quilts in the world. People learn of their reputation and donate their collections to it. There are now over 2,000 quilts in the museum."

Debby's eyes grew wide with excitement. "I was blessed to live close by. World-renowned quilt experts flock there." She studied with the best, such as the renowned quilt historian, Merikay Waldvogel. "Working with her was like a young doctor working with Jonas Salk [who invented the polio vaccine]."

She decided to get her master's degree in quilting history. "I was older than the other students. In fact, I was older than the professors," she laughed.

For her thesis, she curated a show featuring American quilts from the 1930s through the 1950s. "Quilting is a true American art form. Many countries quilt, but here in the U.S. we have turned it into art, not just clothes padding or a bedcover." Now she says, other countries are learning from the American experience and quilting for art as well.

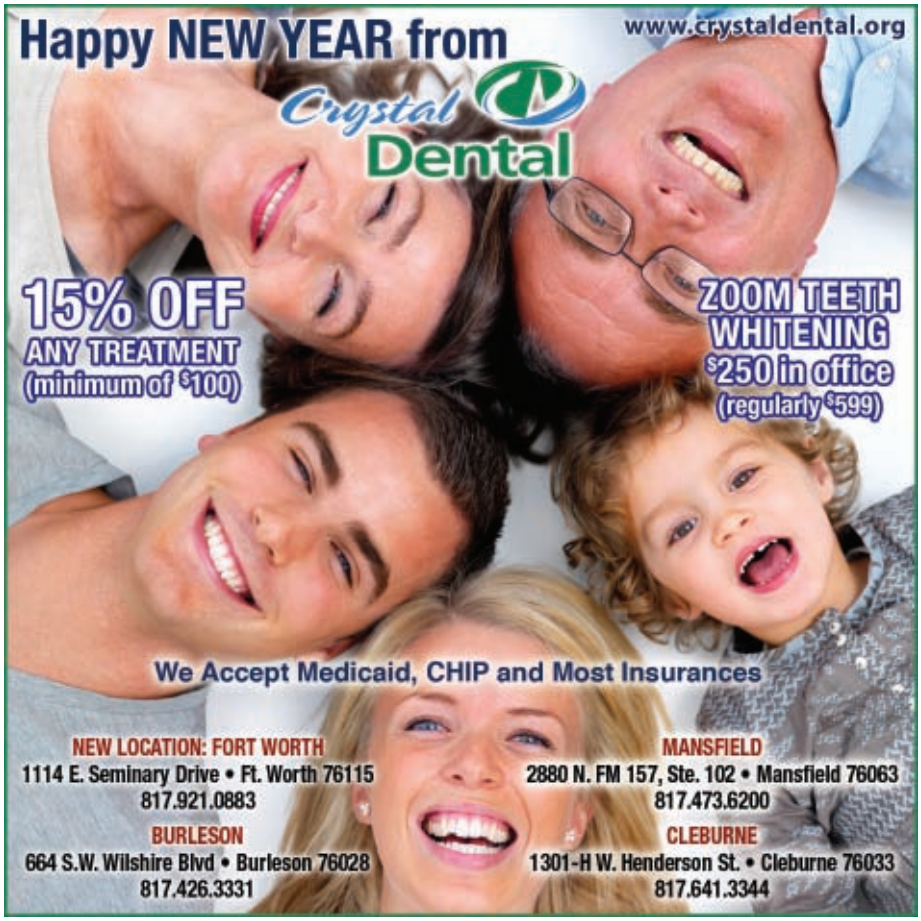
According to Debby, quilting as art is a fairly new concept. "In 1972, quilts were first introduced in New York as wall art. Thus began the renaissance of

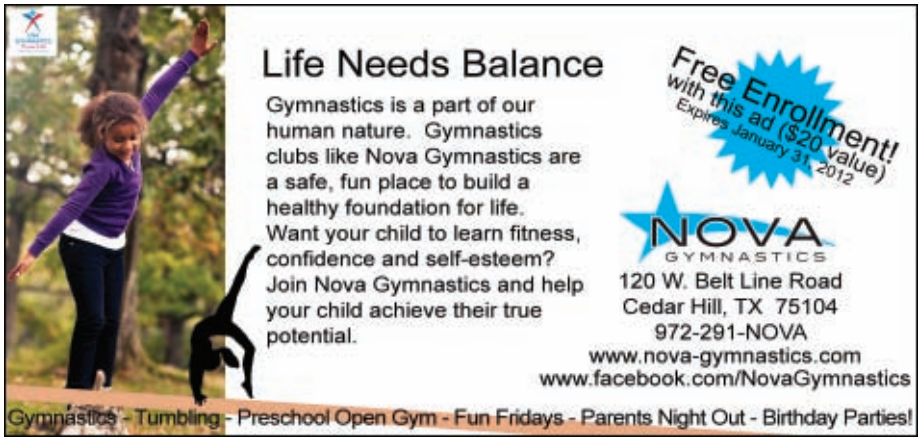
Present this coupon for
January special
Suzy Q's Soda Fountain & Grill
Buy 1 Meal Get 2nd 1/2 Off
Excluding kids meals
Exp. 1/31/12
BREAKFAST
Saturday & Sunday
LUNCH - DINNER
Monday - Saturday
ICE CREAM
Everyday
Monday-Friday 11am - 9pm
Saturday 7am-9pm Sunday 7am-9pm
*See our menu at suzyqssodafountain-com
1831 E. Broad St. • Mansfield
817.539.8800

Ray's Pharmacy
STILL YOUR HOMETOWN DRUG STORE
Best wishes for a Happy New Year
15% OFF
PURCHASE OF $20 OR MORE ON GIFTS*
(817) 539-8900
1831 E. Broad St. • Mansfield
www.rayspharmacy.com
(*Excudes prescriptions) - Not valid with any other coupons,discounts or specials. Available only at participating locations.

John D. Abdulian, M.D.
Board Certified in Gastroenterology

• heartburn
• indigestion
• chronic diarrhea
• constipation
• abdominal pain
• colon cancer screening
• swallowing disorders
• liver disorders
• rectal bleeding
• poor appetite/weight loss
• anemia
For an appointment please call our office at
(972) 875-1800
Most insurance plans accepted
Three Locations to Serve You!
Southwestern Digestive Health Physicians
1441 Midlothian Pkwy., Suite 100A
Midlothian
2800 E. Broad Street, Suite 318
Mansfield
2200 Physicians Blvd, Suite C
Ennis





quilting." Debby believes it was due to women becoming noticed for what they contributed to society and the value of their work. "It really caught on in the 1980s as a way for women to express themselves and be recognized for their artistic talents. We are now, I think, in the golden age of quilting."

The fascinating thing about quilting is the variety. Whether women stitch by hand in blocks of fabric patterns as their great-grandmothers did or create freehand abstract as Debby does, they are all quilters, and thus artists. "It's a creative outlet whether you're following a pattern or doing your own thing. Choosing your colors and fabrics is a creative process. A quilt is not just something I make, it's something creative that I make." Debby enjoys teaching others to quilt almost as much as doing them herself. "It usually doesn't take long before they become an addict, too."

Quilting not only helped her cope with her husband's accident and recovery, it prepared her for another challenge. "We first followed the rules. Supposedly when you retire, you are to move to south Florida. So we did." Then, in 2008 they moved to Texas to be closer to her son and daughter-in-law, Joseph and Lucy Rake, who had recently given birth to granddaughter, Sofia. Sofia, who is now 4, has since been diagnosed with Autistic Spectrum Disorder (ASD). "They say she has a mild case, but I say she has a heartbreaking case," Debby said as her eyes teared.

Debby began creating Sofia's quilt, which later won first place in the art quilt category at the Arlington Quilt Guild Show held annually on Mother's Day weekend at the Bob Duncan Center. The happy quilt stitched in bright pink patterns with bows and buttons is Debby's expression of her joy and love for her special grandchild. "I wanted to affirm that she is a joy and beautiful." Along the bottom are tiny block letter beads organized in loving sayings such as "Talk to me, Sofia" and "Grandma loves you."

This special lady also gives back to her community through quilting. She is on her church's quilting guild, which makes them for the Samaritan House. "The quilts go to families who are adversely affected by HIV/AIDS." Debby explained there

Hurt in a car accident?
Don't get thrown under the bus!

Offering pain relief for accident victims

✓ Same-day onsite X-rays
✓ Combining chiropractic with exercise rehabilitation
✓ See the doctor every visit

• Serving car accident victims for 11 years
• Attorney Liens accepted
• PIP (Personal Injury Protection) - Auto Insurance Accepted

Happy New Year!
BACK 2 WELLNESS
CHIROPRACTIC

• Masters in Sports Medicine & Doctorate in Chiropractic
• Post Grad. Certification from Spine Research Institute of San Diego
• Post Grad. Certification from Center for Research into Automotive Safety and Health.

2860 FM 157 • Ste. 112 • Mansfield • 817-453-9339

Ready for Baby
New Year

north texas fertility

Let North Texas Fertility be a part of growing your family this year! Offering infertility evaluation and treatment, including affordable IVF.
What a great way to start 2012!

FREE Consultation with ad
Expires Feb. 15, 2012

(972) 572-1226

www.northtexasfertility.com

Villa Pasta & Pizza

Lunch Specials Starting at $4.95

Seafood • Chicken • Veal
Pizza • Pasta • Hot/Cold Subs

TWO 16" PIZZAS
ONE TOPPING
$18.95
Expires 1-31-12

FREE DELIVERY
from 11 am–2 pm & 5-9 pm
with minimum purchase of $15. Within 3 miles

7807 South Cooper St. • Arlington, TX • 76001
Previously Nizza Pizza • 817-375-2000 • Open Mon–Sun 11 am–10 pm

Mooyah's delicious turkey burgers look great on your waistline!!

Buy a MOOYAH Combo and receive a Junior Burger FREE

Expires 1-31-12. Valid only at MOOYAH restaurant in Mansfield. No cash value. Not valid for use with any other offers or discounts.

MOOYAH
BURGERS · FRIES · SHAKES

3300 E Broad St. #102
Mansfield, TX 76063
WWW.MOOYAH.COM
682.518.9380

We ❤ Fundraisers!

Anjani Amin, M.D.

¡SE HABLA ESPAÑOL!
SAME DAY CASH DISCOUNT!!

Our Services:
- General Adult Medicine
- General Adolescent Medicine
- General Pediatric Medicine
- Wellness and Prevention
- Women's Health • Counseling
- Minor Surgical Care • Sports Physicals

Office Hours:
Monday: 8:00 am – 5:00 pm
Tuesday: 8:00 am – 5:00 pm
Wednesday: 8:00 am – 5:00 pm
*Thursday: 7:00 am – 12:00 pm
Friday: 8:00 am – 5:00 pm
Lunch daily from 12:00 pm – 1:00 pm

1110 East Bardin Road Suite #100
Arlington, TX 76018
Phone: 817-468-9600 Fax: 817-468-9606

Anjani Amin, M.D.

LET OUR FAMILY TAKE CARE OF YOURS!

are many charitable organizations where quilters can donate their handicraft. "But, I called Samaritan House, and no one was making any quilts for them. I said we'd do lap quilts," she explained. "They can be simple to make. It gives everyone a sense they have done something worthwhile, even if they're just learning."

There are many techniques Debby employs. One is called echo stitching, which outlines the fabric patterns in a rippled effect. She also has experimented with cheesecloth to add texture and interest. Most of her stitching is done on the sewing machine, using no other adhesive than threads to hold her

intricately layered pieces together. She does hand-stitched beading to add depth to some of her works, as she did on Sofia's quilt.

Quilts are very unique. "Everyone has a quilt story. Most likely they remember a special quilt." Debby suggests if anyone has an heirloom quilt to do two things. The first is to document it. "Write down everything you know about it. Who made it? Who slept under it? Then, make a miniature fabric pillow case and stitch it to the back of the quilt. Slip that paper inside so everyone will be able to know for generations to come." The second thing is to never, ever wash an antique quilt. "Xenia Cord, a noted quilt historian and collector says, 'If you feel like washing an old quilt, lie down. The feeling will pass,'" Debby added.

One look at Debby's glow and you know the quilting feeling will not pass from her anytime soon. Those who receive her quilts or just appreciate their beauty when they see them hanging on the wall are glad she's a quilt addict for life. And, little Sofia has not only an heirloom, but something greater — the tangible, creative expression of her grandmother's love. NOW

BlueWater POOLS L.L.C.

FREE First 6 Months Weekly Pool Maintenance with Each New Pool Build.

- NEW CONSTRUCTION
- RENOVATIONS & REMODELING
- EQUIPMENT REPAIRS
- WEEKLY SERVICE
- PLASTER, TILE & COPING

- OUTDOOR KITCHENS
- DECKING
- SALT SYSTEMS
- WATER FEATURES
- EQUIPMENT REPAIRS/UPGRADES

You can just have a pool, or you can have a BlueWater Pool!

Visit Our Showroom Located At 10424 FM 1902 Crowley, TX 76036

817-297-7120

www.BlueWaterCustomPools.com

In 2012 MAKE ROOM for your MAN CAVE

Storage Hut SELF STORAGE

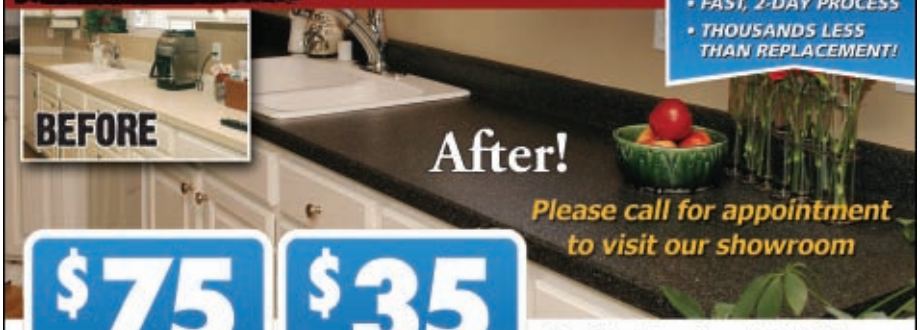
(817) 453-8557

www.mansfieldstoragehut.com

UGLY COUNTERTOPS?

Don't Replace, Refinish!

- FAST, 2-DAY PROCESS
- THOUSANDS LESS THAN REPLACEMENT!



Please call for appointment to visit our showroom

$75 OFF Counter top refinishing with 35 sq. ft. minimum.

Limit one coupon per project. Valid only at participating locations. Coupon expires 1/31/12

$35 OFF Bathtub refinishing

Limit one coupon per project. Valid only at participating locations. Coupon expires 1/31/12

We Also Repair and Refinish:

- Bathtubs
- Tile Showers & Walls
- Sinks & Vanities
- Fiberglass Tubs & Showers

All Work Guaranteed

Call for a FREE Estimate!

Miracle Method® SURFACE REFINISHING

181 S. Watson Rd., #306 Arlington, TX 76010

Please call for appointment 817.201.2774

Each Miracle Method franchise independently owned and operated. See our work at MiracleMethod.com/

Carter's Day Care

Since 1969

- 4 Yr. Olds $100/week
- 3 Yr. Olds $110/week
- 2 Yr. Olds $130/week

1861 Cannon Drive

817-477-4505

Start the
NEW YEAR Off Right!

Whether you spent too much over the holidays or owe Uncle Sam for taxes ...

We've Got Cash For You!

Banks aren't lending, but we are

— up to $1,260

on GUNS, vehicles, electronics, jewelry and tools!

CASH PLUS PAWN
2056 Hwy. 157 • Mansfield
(S. Cooper just North of Cha Cha's)
817-473-2117

MANSFIELD PAWN
7400 FM 1187 • Mansfield
(Just past Bennet-Lawson Rd. on left)
817-561-1552

TOP DOLLAR FOR GOLD & SILVER!

Lauren Gaydos Duffer
A Law Firm Focused on Families

Fort Worth Magazine
Top Attorney
Family Law
2008, 2009, 2010, 2011
Texas Rising Star
2010 & 2011

Adoption
- Recognition of Foreign Adoption
- Termination of Parental Rights
- Family Planning
- Step-Parent Adoption
- Finalization of Adoption
- Birth Parent Representation

Family Law
- Collaborative Law
- Paternity
- Divorce
- Child Custody
- Modification

Assisted Reproductive Technology
- Egg Donor Agreements
- Embryo Donation Arrangements
- Gestational Surrogacy Arrangements
- Family Planning
- Traditional Surrogacy Arrangements

Mediation
- Family Law

690 East Lamar Blvd, Ste. 560 • **817.548.5643**
Lauren@txfamilylawatty.com • *www.txfamilylawatty.com*

Tessa Gatlin Pierce, CPA, MBA
Accounting and Consulting

Serving Businesses & Individuals

- Accounting Services
- Tax Preparation
- Litigation Support
- Contract Controller Services

817.842.9079
www.pierce-cpa.com
305 Regency Parkway,
Ste 305 • Mansfield

Tessa Pierce is a Certified Public Accountant with over 17 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.

E-mail info@pierce-cpa.com for your 2011 tax organizer!

ENJOY WITH FRIENDS.

Great Wines from $10-$25

WineStyles
Taste, Learn and Enjoy!

$5 off
your next purchase of $35 or more

WineStyles
Taste, Learn and Enjoy!
See participating store for details. Not valid with other offers or towards previous purchases, gift cards, wine club or SOS, charity items. Void where restricted by law. Must be 21 years or older for wine purchases. Expires 1/31/12

Join us to TASTE wines from around the world and discover that great wines don't have to be expensive to be enjoyed.
Most from $10 to $25!

Come check out our new selection of Craft Beers!

Thursday night Wine Tastings!
Always Complimentary! 5:30-8pm

25% off one accessory
Expires 1/31/12

Find us on Facebook @WineStylesMansfield

121 W. Debbie Lane • Mansfield 76063 • 817-908-WINE
Hours: M- Sat 11am - 8 pm • Sun 12pm - 5pm

Finally, a statement piece that is as versatile as you are.

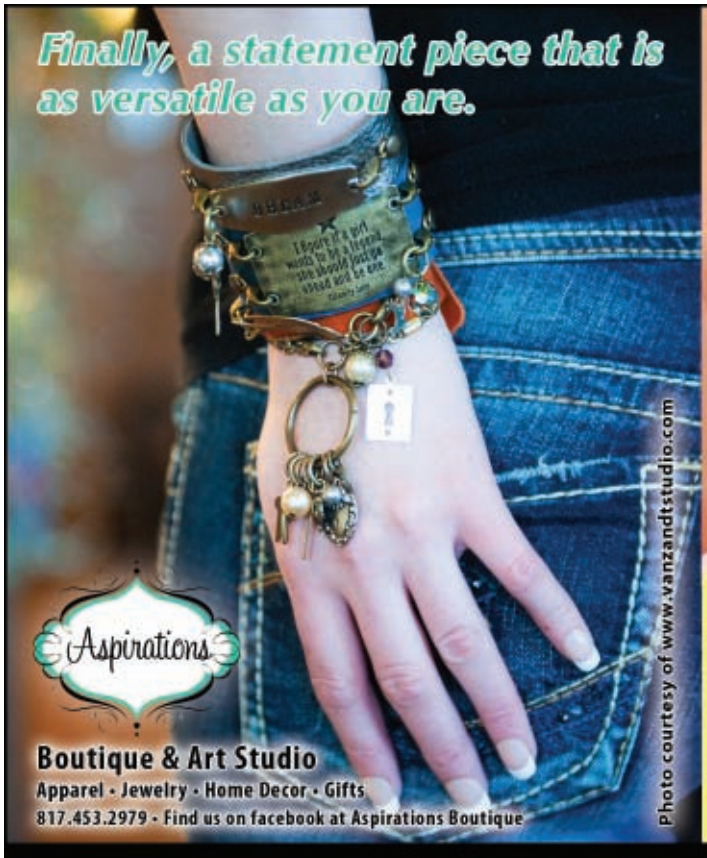


Photo courtesy of www.vanzandtstudio.com

Aspirations
Boutique & Art Studio
Apparel • Jewelry • Home Decor • Gifts
817.453.2979 • Find us on facebook at Aspirations Boutique

parlour

Gift Certificates are available!

682.518.9740

Se Habla Español.
Advocare products sold here.

316 South Main Street, Mansfield, Texas 76063

Lifting Others Up

— By Cindy Malone

Thousands of adults from all over Mansfield – doctors, lawyers, pharmacists, bankers, managers, mechanics and everyone in between – know Pam Rudnicki as Mrs. Rudnicki, their teacher and friend. She worked for Mansfield Independent School District (MISD) for 25 years, eventually landing in administration, where she impacted the education of every single student in the district. Now, she is impacting the lives of even more people.

Pam retired from education nine years ago and immediately began searching for ways to continue her service to the community. "I wanted to meet people outside of education, form new relationships and seek out a deeper spiritual life," she said. For her creativity, she found an outlet at the Mansfield Activities Center, taking painting classes. Others find her work surprisingly good.

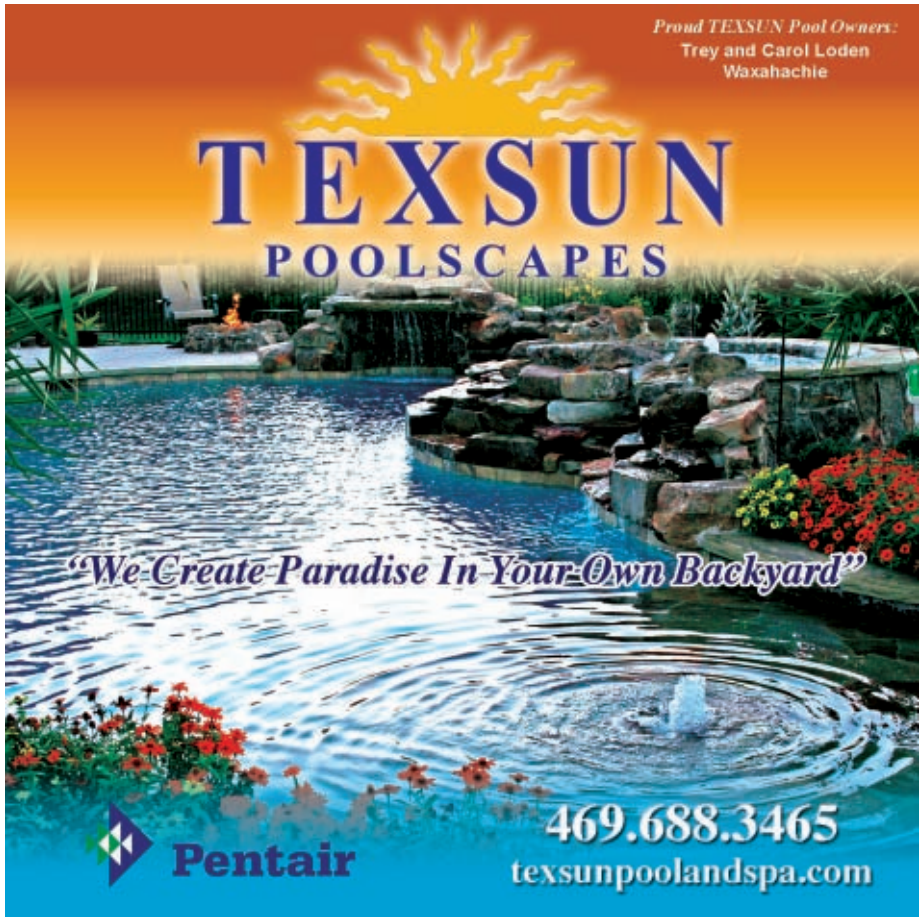
She also found the Wesley Mission Center, part of First United Methodist Church of Mansfield, and there, she began her volunteer work. Five years ago, after joining the Mansfield Women's Club (MWC), Pam began recruiting others in the community to volunteer. "Most patients and visitors don't realize they are being helped by volunteers. They work at the gift shop, help give directions, answer the phones and work at the information center. They do whatever is necessary," Pam explained.

The Mansfield Women's Club is a group dedicated to helping the community, with

an emphasis on helping young women grow to realize their dreams. "When I joined the MWC," Pam remembered, "a whole new world of opportunities unfolded before me,"

Among other things, the MWC offers scholarships and runs fundraisers for community projects. While working for the MWC, Pam recalled something she heard during a staff development meeting while working in MISD. She had been told, "There are three steps to making a difference. First, your mind must envision it. Second, your heart has to be open to it. And third, your hands have to commit to the service." Although Pam had been very active helping to collect and donate money to those in need, she realized the step she was missing was actual service.

"Retirement has offered me the opportunity to reflect on what is most important to me," Pam said, "And I realized the generosity and giving was important, but I also needed to physically do something." So Pam made a proposition to the Women's Club, headed up a steering committee and formed Caring Hands this year. "Our purpose



Could YOU use a little HELP?

Give Yourself TIME To RELAX

Quality Cleaning by the Professionals

Affordable & Reliable
Licensed, Insured and Bonded
Supervised Cleans Available

Preferred Rates For:

Nurses	Firemen
Teachers	Senior Citizens
Police Officers	Veterans/Actives

Please Talk to Our Competitors
Then Talk to US - We Will Beat ANY
Legitimate, Written Estimate.

Our Services are:

Weekly	Occasional
Biweekly	Move-in
Monthly	Move-out

Now The Festivities Are Over
Relax And Let Us Help Clean Up
Have A Happy New Year

REGAL MAID SERVICE

Regal Maid Service
1804 Owen Court #102 Mansfield, TX 76063
www.regalmaid.net
Mansfield@RegalMaid.net

FOR A FREE ESTIMATE CALL
817-225-MAID (6243)

Proud Member of
Mansfield Area Chamber of Commerce

Eliza Skin Care
is
EXPANDING
in 2012!
LEASE STATIONS AVAILABLE
Aestheticians
Manicurists
Massage Therapists
Please E-mail résumé to:
elizaskincare@sbcglobal.net
OR mail it to:
1003 E. Broad St. Ste.105
Mansfield, TX 76063
(817) 739-2501

The in-house attorney for the small business owner

Consult fee waived when you mention this ad

Karen Schroeder
Your Trusted Neighborhood Attorney
- Estate planning, wills & trusts
- Business formation
- IRS & property tax settlements
- Settling claims & lawsuits
- Contracts, real estate & HOA collections

New Address in 2012
1701 Hwy 287 N. • Mansfield
817-842-0220

www.KarenSchroederLaw.com

is to connect to the community. Giving charitable donations is great, but the fruition of that giving, the actual service, is important, too."

The inspiration for forming Caring Hands came from two places. First was Pam's mother. She was diagnosed with polio at age 40 with five children. Later, while living alone, she qualified for a food delivery service. Although she was very thankful for the food, she told Pam, "When they bring my food in, they sit and talk to me. They visit me, care about me and ask about me. It is the bright spot of my week." Pam was touched that

something so simple could make such a large difference in her mother's life.

The second inspiration came after Hurricane Katrina ravaged Pam's home area of south Louisiana. "I had family 500 miles away that I could not help. It was heartbreaking." Pam recalled. "A call came in to the Women's Club [asking if] the church could be used as a staging area for misplaced families. It only took 15 minutes to have 30 ladies lined up and ready. I could not believe how many people were just waiting for the opportunity to be of service to others."

Caring Hands is dedicated to facilitating volunteer opportunities and matching them to those who feel passionate about it. The steering committee meets to plan activities and then opens that activity to all who want to come. Pam pointed out, "Some people are timid, afraid to try things, even good things. But in a group, we can be emboldened to try new things." The idea is not to tell people what to do and when to do it, but to allow them the opportunity to experience something and if it touches their heart, then they can move forward with it as they see fit.

The steering committee for Caring Hands has scheduled five events, the first of which they have completed. The group went to the airport to greet the soldiers as they arrived home. "It was a moving experience for all involved," Pam said, "We had a great turnout and

everyone was reflective on the way home." Pam's vision was realized.

On the way back home, a couple made plans to take their grandchildren to greet the soldiers the next week. Then the group began to brainstorm what could be done with the information and feelings they gained from the experience. Some ideas were to find fallen soldiers from the area and start college funds for their children. They also thought they could make sure that all children of deployed soldiers from the area had adequate childcare. "I was so happy and proud. This is exactly what we had pictured," Pam smiled. "People taking one small experience and letting their hearts lead the way to more meaningful experiences."

Because Caring Hands is run by volunteers doing volunteer work, they have freedom to work with whomever, whenever, they choose. They decided in a steering committee meeting to have a Valentine's Day party in 2012 at a local nursing home, not only to bring food, but arts and crafts, and more importantly, fellowship to the residents. It was brought to their attention that The Plaza at Mansfield nursing home does not regularly have charity and visitors. And, since the mission of the organization is to go where they are needed and can do the most good, The Plaza Nursing Home will be the host of the first annual Helping Hands Valentine's Day party.

Thanks to the philanthropy committee, Caring Hands has scheduled two activities besides the Valentine's Day party. They will be taking a meal to those working on a home for Habitat for Humanity and helping to pack backpacks for Common Ground, a network of non-profit organizations. This network is comprised of representatives from churches and other assistance agencies in the great Mansfield area. Caring Hands hopes to present the philanthropy committee with six activities for funding next year.

Pam's goal is simple. She wants, "everyone to be touched enough by something to do good in the world. Giving money is wonderful, but for me, I needed step three, doing the actual service. I needed to take my head and heart and move my hands. The opportunities are countless for actual physical service, to have helping, caring hands." NOW

www.MCNT.com
Medical Clinic of North Texas

OB/GYN
Obstetrics & Gynecology

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

SERVICES INCLUDE:
OB Care and Delivery • Gynecological Services • Hormone Replacement Therapy • Endometrial Ablations
Laparoscopy • Hysteroscopy • Robot Assisted Hysterectomy • Sonography • Mammography
Urodynamics • In Office Procedures

3 CONVENIENT LOCATIONS

SOUTH ARLINGTON
811 W. I-20, Suite 218
Arlington TX 76017
Phone - (817) 466-9578

NORTH ARLINGTON
809 W. Randol Mill Road
Arlington, Texas 76012
Phone - (817) 277-7133

MANSFIELD
2800 E. Broad, Suite 100
Mansfield, Texas 76063
Phone - (682) 518-1035

Follow us.

The Paragon Med Spa
Mark Bishara, M.D.
Cosmetic Surgery and Hair Restoration
1830 East Broad Street
Suite 102
Mansfield, Texas 76063
(817) 473-2120
www.markbisharamd.com
info@markbisharamd.com

Hours:
Monday-Friday: 8:00 a.m.-6:00 p.m.
Saturday: By appointment only

Dr. Bishara has built a successful practice in cosmetic and reconstructive surgery at The Paragon Med Spa.

Following the Family Footsteps

Dr. Mark Bishara works to define the differences in cosmetic and reconstructive surgeries. — By Sandra Strong

Mark Bishara, M.D. holds his father in high esteem. He has great pride in what his father accomplished in the field of pediatrics. "My father, Munir F. Bishara, M.D., was a pediatric physician specializing in pediatric infectious diseases in Lancaster for 45 years," Mark said. "That's the legacy he left behind when he retired – name recognition in the area."

In fact, the Bishara name is well-known all over the United States. "Almost all the family has gone on to a career in the medical field," Mark said, citing a cousin who has a dental practice in Lancaster as one of many examples. Only his brother, Roger, chose a totally different path. "He's a lawyer," Mark said with a smile.

Although Mark's heritage is found in Syria, his roots are planted deep in the areas surrounding Mansfield. After graduating from high school, Mark ventured off to college to pursue studies in the field of orthopedics — until he took a medical mission trip to Mexico. That trip changed his life in more ways than one. "I saw so many children with facial disfigurements," he said, adding that corrective procedures for a cleft palate were many on this trip. "I came home knowing I wanted to be a plastic surgeon."

Dr. Mark Bishara earned his bachelor's degree in biomedical science at Texas A&M University in College Station. He then studied basic medical sciences and worked in multi-specialty charity clinics in underserved areas of Latin America before returning to the United States for two additional years of clinical training at New York Medical College.

He completed a five-year residency in general surgery at

Morristown Memorial Hospital, which has close ties to the prestigious Mount Sinai Medical School in Manhattan, New York. During this period, Dr. Bishara founded the American Plastic and Reconstructive Research Association. "This was an industrial think tank for novel concepts and respective clinical applications in plastic surgery," he explained.

His educational résumé continued with a fellowship appointment in aesthetic and reconstructive plastic surgery at Harvard Medical School at the world-renowned Beth Israel Deaconess Medical Center in Boston, Massachusetts. He holds memberships with the American College of Surgeons, the American Academy

> "I'm always working to define the difference."

of Cosmetic Surgery, the Dallas County Medical Society and the Texas Medical Association. Dr. Bishara is licensed to practice in Texas, Florida, Massachusetts and New Jersey.

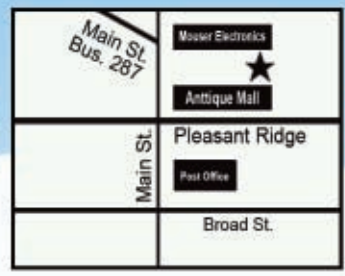
With credentials like this, it's no wonder Dr. Bishara is finding success in his practice at The Paragon Med Spa. He performs many procedures from breast augmentation and liposuction to Botox and chemical peels. But as one of only two or three providers in the North Texas area, Dr. Bishara is finding an even greater success for his patients in what's known in the medical field as FUE (Follicular Unit Extraction). "FUE is a method of obtaining donor hair for transplant on the scalp and the eyebrows," Dr. Bishara explained. "There are so many advantages to FUE, with the main one being the absence of a traditional scar in the back of the head."

Differences in cosmetic procedures and reconstructive surgery are vast, and Dr. Bishara fully understands these differences. "The more I study the two approaches, the more the differences tend to blur," he said. "I'm always working to define the difference." NOW

Happy New Year!

NEW!
Now Offering
Accessory Installations,
Lift Kits, Bumpers,
Suspension
& Performance
Upgrades

ACDelco
CAR CARE CENTER
Repairing Cars & Trucks for over 20 Years



FREE
Tire Rotation
With coupon. Offer Expires 2/15/12

20% OFF
Any repair
With coupon. Offer Expires 2/15/12

Trust your car to the professionals
817.473.1739
930-A N. Main St. · Mansfield
One Block North of Post Office

Your Best Friend's Wedding
Bridal and Special Event Show

Please Join us Sunday, February 26, 2012

11:00AM-4:00PM | Fashion Show @ 2:30PM

You are invited to experience a mock wedding set-up complete with all the charm you would find at an actual wedding. We will have food and beverages, a DJ for entertainment, fresh flower arrangements, table and room décor, a Broadway themed fashion show and many preferred vendors for you to visit with about your upcoming special event.

This is an event you won't want to miss!

Admission: $3.00 per person
For more information call: 972-723-7919
or visit our website at: www.midlothiancenter.com

Midlothian Conference Center
1 Community Circle Drive | Midlothian, TX 76065

Sponsored by: Your DJ, At Its Best Events, Fresh by Villa Flora, My Invitation Lady, and Sterling Events and Catering.

NORTHWOOD UNIVERSITY MBA

Evening MBA Program Begins January 16

Discover the leader in you.

Expand your performance capabilities, executive potential, and career options.

MBA highlights include:

- 24-Month Evening program
- 12-Month Daytime program
- Integrated management curriculum
- Case-based learning approach
- Student-centered discussion
- Enhance your critical thinking and problem solving skills
- Capstone Business Simulation Week

Learn more at our next information session on February 7 at 6:30 p.m.
Please RSVP to: 800.927.9663

DeVos Graduate School
NORTHWOOD UNIVERSITY

mbatx@northwood.edu
www.northwood.edu
1114 W. FM 1382 • Cedar Hill

Northwood University is accredited by the Higher Learning Commission and is a member of the North Central Association. (800) 621-7440; highlearningcommission.org.

Spirals GYMNASTICS

GYMNASTICS

- Professional, experienced staff
- Small student/teacher ratio
- Ages 22 months and up/all olympic events
- Power tumbling
- cheerleading, motion technique, voice and jumps

Now Forming!
EXTREME CHEER CLASSES

NEW Session Beginning Every 4 weeks

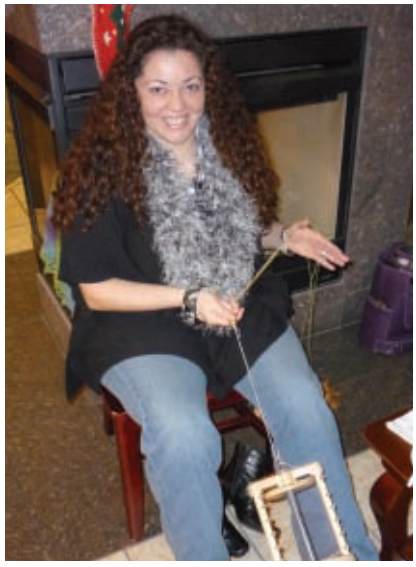
$49 For four 55 minute classes. Call for class schedule of these upcoming 4 week sessions!

Meet Your Instructor
Taylor Eubanks

- 15 years dance experience
- 5 years high school cheerleader
- Dallas Cowboy Cheerleader Finalist
- Leadership scholarship
- North Lake College Dance Team

1003 MAGNOLIA ST. • MANSFIELD (1 Block South of Walmart off Walnut Creek)
817-473-4944 • WWW.SPIRALSGYM.COM

Charlie Outen and Lily Adcock have fun on the slide at McKnight Park.



Mayte Millares shows her spinning skills.

Taya Schram and Rebecca Dunn of the Mansfield Area Fiber Inspired Artisans.

Linda Williamson, of Canada, visits with her son, Todd Williamson, and her granddaughter, Ellie.

Grace Frederick and Alyssia Donaldson of the Mansfield Area Fiber Inspired Artisans enjoy sharing some time for creativity.

www.MCNT.com

Pediatrics
in
SOUTH ARLINGTON AND MANSFIELD

MCNT South Arlington
811 West I-20, Suite 214
Arlington, TX 76017

MCNT Mansfield
2800 E. Broad St., Suite 100A
Mansfield, TX 76063

817-557-KIDS (5437)
Board Certified by
the American Board of Pediatrics

Physicians from left to right:
Dr. Phan, Dr. Fikkert, Dr. Meyer, Dr. Gibson-Hull and Dr. Wallace.

Follow us. MCNTDOCTORS

MCNT
Medical Clinic of North Texas

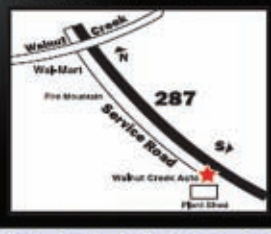
WALNUT CREEK AUTO CLINIC

12 Months / 12,000 Miles Nationwide Warranty - Parts & Labor

FREE Local Shuttle

Quality Service with experienced and certified technicians

- Computerized 4-wheel Alignment • Tune-Ups • Oil Changes
- Wipers • Shocks & Struts • Brakes • Batteries • Air Filters
- Fuel Filters • Water Pumps • Fuel Pumps • Timing Belts
- Radiator / Heater Hoses • Clutches • Fuel Injectors
- Air Conditioning • Computers & Sensors
- Engine Repairs • Starters • Alternators
- Lights • Diagnostics
- Factory Scheduled Maintenance



FREE BRAKE INSPECTION — WALNUT CREEK AUTO CLINIC — with coupon. Offer good expires 1/31/12

STATE INSPECTIONS $34.99 +Tax — WALNUT CREEK AUTO CLINIC — with coupon. Offer good expires 1/31/12

OIL CHANGE SPECIAL $16.99 +Tax — WALNUT CREEK AUTO CLINIC — with coupon. Offer good expires 1/31/12

20% OFF LABOR — WALNUT CREEK AUTO CLINIC — with coupon. Offer good expires 1/31/12

28 Years of Excellence

743 HWY 287 N. • MANSFIELD, TX • WWW.WALNUTCREEKAUTOCLINIC.COM • (817) 473-6901

Turn your savings into earnings. Let's talk.

Todd A Simmons, AAMS®
Financial Advisor
1710 Country Club Drive
Suite 104
Mansfield, TX 76063
817-473-9645

www.edwardjones.com
Edward Jones
MAKING SENSE OF INVESTING

Compare Homeowner Rates & SAVE!

Call me for FAST, FREE quote!

FARMERS
1703 Fountainview Dr. Ste # 103
jbuzek@farmersagent.com

Jodi Buzek
(682) 518-5314

WORLD CHAMPION TROY DORSEY'S

FREE KARATE & Fitness Kick-Boxing FREE

KARATE UNIFORM with Introductory program $19.95

Men • Women • Children

817-477-5523

115 N. Main St.
Historic Downtown
Mansfield
www.troydorsey.com

ONE MONTH KICKBOXING with $49 mem. fee

Tone Up
Have Fun
Relieve Stress

Perserverance
Honesty • Discipline
Self Awareness

A Healthy Beginning

— By Betty Tryon, BSN

You are going to have a baby! That wonderful news is quickly followed by a realization of the responsibility that now rests upon you. Now, it's mostly up to you to provide your baby with the proper nutrients and the best possible environment in which to grow. Assessing your prenatal options as early as possible will give your baby the best chance possible.

One of your most important initial decisions will be choosing your prenatal care provider. Here are some of the areas to consider:

1. Although your insurance may restrict your choices, you can check licensing and references.
2. Are the provider and staff respectful and courteous?
3. Do you know and feel at ease with the person who covers for your provider?
4. Does your provider listen to your concerns and communicate with you effectively?

Several responsible options for care are available. You can choose a midwife if you have a healthy pregnancy and choose home delivery. If you want someone more specialized, a certified nurse midwife is a registered nurse, who works with a doctor. For a physician-assisted delivery, you may prefer your family care physician or an obstetrician. For very complicated pregnancies, a highly specialized physician such as a perinatologist may be necessary. Do your research and make sure you are comfortable with your decision. Of course, if you have a high-risk pregnancy, your options will be limited because of the need of a facility that has the resources, staff and equipment to give you and your baby the best possible care.

Prenatal care is crucial to your health. Your health care provider can spot complications and intervene if a problem arises. The frequency of appointments will depend upon your trimester, level of health and condition of the baby. Hopefully, your lifestyle before pregnancy was a healthy one. If so, you are well on your way to delivering a healthy baby. Take extra special care of yourself. Take your vitamins as ordered by your prenatal care provider. Eat plenty of fresh fruits and vegetables. Hydrating yourself properly during pregnancy is very important. A few of the benefits of hydration are:

1. Water helps to transport nutrients through the blood to the baby.
2. Water relieves constipation.
3. Water helps to prevent urinary tract infections, which can be common in pregnancy.

By following guidelines from your provider regarding exercise during pregnancy, you can improve muscle tone, have more energy and help manage your weight. While it takes a great deal of effort to maintain a healthy pregnancy, the end result is worth it — a healthier baby and mom. NOW

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

Guaranteed results or your old body back!

Adventure Boot Camp is an affordable 4-week outdoor program that makes fitness fun! Prepare to see amazing weightloss results FAST!

- **Lose 3-5% BODY FAT!**
- **Improve your STRENGTH and SELF-CONFIDENCE**
- **Everyone is SUCCESSFUL!**
- **Lose 5 to 12lbs**
- **1 to 3 inch decrease in mid section**
- **Free Nutritional Guidance**

Camp Starts January 9th

MANSFIELD ADVENTURE BOOT CAMP

Women Only Camp & Co-Ed Camps Available

CALL OR SIGN UP ONLINE:

817-719-0355

www.MansfieldBootCamp.com

RELIABLE POOL SERVICE

Reliable Service Begins with Reliable People

Pool Services
Cleaning
Polaris Repairs
Re-Plumbing
Mastic Repairs
Equipment Repair
Acid Wash

(214) 577-4843
Bob Bauer
bbauer@aircanopy.net

FROM THE CREATORS OF FIREPROOF

COURAGEOUS

HONOR BEGINS AT HOME

Burleson Church of Christ invites you to a Free Movie Night!

January 7th at 7:00pm

Register by calling the church office:
817-295-2233

Burleson Church of Christ
820 SW Wilshire Blvd.
Burleson,TX

burlesoncoc.com

Five Good Reasons to Create an Investment Strategy

— By Todd Simmons

Some people buy investments here and there, now and then. Others open an Individual Retirement Account (IRA), put some money in it and then forget about it. But this type of haphazard investment behavior can lead to haphazard results. On the other hand, you've got five good reasons for creating and following a comprehensive, long-term investment strategy.

• Reason No. 1:

You want to enjoy a comfortable retirement lifestyle. For most people, building resources for retirement is the most powerful reason to invest. As a key part of your investment strategy, you'll want to consider investments that have growth potential. The proportion of your portfolio devoted to these growth investments should be based on your individual risk tolerance and time horizon. And, as you move much closer to your actual retirement date, you may decide to shift some — but certainly not all — of your portfolio from growth-oriented vehicles to those investments that can provide a reliable income stream and incur less volatility.

• Reason No. 2:

You need to stay ahead of inflation. Over the past few years, we've experienced relatively low inflation, but over time, even a low inflation rate can dramatically erode the value of your savings and investments. That's why you may want to consider investments that provide the potential for rising income.

• Reason No. 3:

You need to help manage the unexpected. You can't predict what life will hold in store for you. To cope with unexpected costs, such as a major car repair or a new furnace, you'll need to create an emergency fund containing six to 12 months' worth of living expenses so that you won't be forced to dip into your long-term investments. And to deal with other major uncertainties of life, you'll need adequate life and disability insurance.

• Reason No. 4:

You need resources for major life events. Your retirement may eventually require the bulk of your financial resources — but it's not the only milestone for which you'll need to save and invest. You may need a down payment on a house, or you may someday even want to purchase a vacation home. And if you have children or grandchildren, you may want to help them pay for college.

• Reason No. 5:

You'll want to keep in mind investment-related taxes. Taxes, like inflation, can eat into your investment returns. You'll need to evaluate whether you can benefit from tax-advantaged investments and retirement accounts, such as traditional or Roth IRAs.

So there you have it: five good reasons to adhere to a unified investment strategy that's tailored to your situation. This type of "blueprint" may not sound glamorous, and it's certainly not a "get rich quick" formula, but it will help you stay on track toward your important financial goals. NOW

Todd Simmons is an Edward Jones representative based in Mansfield.

January 1-13
Christmas tree recycling. Trees can be placed in the empty corner lot located at 501 S. 2nd Ave. The collection site will be open Monday through Friday from 8:00 a.m.-5:00 p.m. For more information, call Arianne Shipley at (817) 276-4297 or e-mail arianne.shipley@mansfield-tx.gov.

January 2
Mansfield ISD classes resume. Call Julie Moye at (817) 299-6382 for more information.

January 8
Elvis Gospel Show: 3:30 p.m., Farr Best Theater, 109 North Main Street. Celebrate Elvis' birthday with an hour-long gospel concert by Elvis tribute artist, David Allen. Visit www.farrbest.com for more information or to purchase tickets, or call (817) 453-1700.

January 9
Metro Beekeepers Meeting: 6:30-8:30 p.m., AA China Buffet, 1054 S.W. Wilshire Blvd., Burleson. Novice and expert beekeepers in Texas will enjoy learning from each other at Metro Beekeepers meetings. Jason Smith will talk about how to make and use homemade bee fondant and candy boards. Equipment all beginner beekeepers need to get started will be on view. Contact Stan Key at (682) 459-1737 or stankey.texas@gmail.com, or visit www.metrobeekeepers.net.

January 10
Registration ends at midnight for 16-week and first 8-week spring courses at Southeast Campus of Tarrant County College. Visit www.tccd.edu/Getting_Started.html for information on admissions and registration.

January 12
Wesley Mission Center budgeting class: 6:00 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. Learn more about basic budgeting, saving and investment strategies. This class is led by a representative from Texas Trust Credit Union. Contact Paulette Uzee at (817) 473-6650, ext. 203 or Pauletteu@firstmethodistmansfield.org.

January 21
Men's Breakfast: 7:00-8:30 a.m., in The Link at Mansfield Bible Church, 2351 Country Club Drive. Come eat a hearty breakfast and hear a message geared for men that will help you grow spiritually. There is no charge for this event. To learn more about the ministries of MBC or to watch the 11:00 a.m. service live on Sunday, go to www.mbcchurch.com or call (817) 473-8980.

January 24
Mansfield ISD School Board meeting: 7:00 p.m., 605 E. Broad Street. See agenda at http://mansfieldpublic.novusagenda.com. Call Julie Moye at (817) 299-6382 for more information.

January 28
Winter Walk: 10:00 a.m. Walk begins at Katherine Rose Memorial Park. Walk also features fitness celebration, health fair, snacks, drinks and children's entertainment. Contact the MAC at (817) 453-5420 for more information.

Mansfield Area Chamber of Commerce Awards Banquet: 6:00 p.m., Aristide Event and Conference Center, 570 N. Walnut Creek Dr. Call (817) 473-0507 or visit www.mansfieldchamber.org/AwardsBanquet.asp for more information.

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

In The Kitchen With Kelli and Todd Taylor

— By Sandra Strong

Kelli and Todd Taylor enjoy cooking big meals for family and friends. When they see a recipe they like, they make it their own with little changes. "We will remove ingredients we don't like and add items we do like. We cook to taste," Todd said. "We think everything tastes better with a little Tony Chachere's Original Cajun Seasoning."

Todd likes to cook grilled chicken, while Kelli finds pleasure in preparing appetizers and side dishes. They both learned how to cook by watching their parents and grandparents. "I would rather read a cookbook than any other book," Kelli admitted. "I really like cookbooks that have recipes my grandmother made in them." The couple's four children are all showing an interest in learning to cook the same way — by watching. NOW

Macaroni and Cheese

16 oz. pkg. elbow pasta
4 Tbsp. butter
16 oz. Velveeta cheese, cubed
1 1/2 to 2 cups milk
2 cups sharp cheddar cheese, shredded
Garlic, salt, pepper and Tony Chachere's Original Cajun Seasoning, to taste

1. Boil pasta according to package directions.
2. Melt butter and Velveeta in saucepan, gradually adding milk to melting cheese.
3. Add cheddar cheese; then add pasta to the cheese mixture. Season to taste.

Smoked Salsa

4-5 Roma tomatoes
1/2 large yellow onion
2 jalapeños
1 bunch cilantro
1 Tbsp. minced garlic
Salt, to taste
Juice from 1 lime

1. Place tomatoes, onion and jalapeños in a grilling basket. Place basket in smoker for 30 minutes to 1 hour.
2. Chop smoked vegetables and cilantro in food processor. Add minced garlic and salt to taste.
3. Add lime juice. Best when served with tortilla chips.

Todd's Pinto Beans

2 lbs. dry pinto beans
1 onion, chopped
6 slices bacon
1-2 jalapeños, seeded and cut in half lengthwise
2 Tbsp. chili powder
2 beef bouillon cubes
1 tsp. garlic powder
1/2 bunch of cilantro
Salt and pepper, to taste

1. Wash beans. Place in 6-quart pan; cover with water. Bring beans to a boil; cover and boil rapidly for 5 minutes.
2. Remove from heat; set aside for 1 hour. Beans will have absorbed most of the water.
3. Put back over medium heat. Add water to cover and remaining ingredients except cilantro, salt and pepper.
4. Cook at least 2 to 3 hours adding cilantro, salt and pepper to taste shortly before serving.

Pork Shoulder

10 lbs. pork shoulder
Dry pork rub
Barbecue sauce, to taste
Sandwich buns

1. Rub meat completely with dry rub. Refrigerate for 2-4 hours.
2. Place meat in smoker box. Bring smoker to 215 F using hickory wood. Cook for 1 hour per pound maintaining constant temperature.
3. Wrap tightly in foil last half of cooking time, internal temperature should be 170 F.
4. Remove from grill and let rest for 10 minutes. Take two forks and pull meat apart.
5. Add barbecue sauce to taste. Place pulled pork on sandwich buns and enjoy.

Stuffed Jalapeños

20 jalapeños
1 Tbsp. garlic powder
1 tsp. Tony Chachere's Original Cajun Seasoning
8 oz. cream cheese, softened
1 lb. bacon, cut in half

1. Cut tops off jalapeños and hollow out.
2. Mix seasonings with cream cheese. Stuff the peppers with cream cheese.
3. Wrap peppers in bacon and secure with a toothpick.
4. Place peppers upright in a pepper cooker. Grill over direct heat for 20-30 minutes or until bacon is done.

To view recipes from current and previous issues, visit www.nowmagazines.

D J Nails – Day Spa

Full-Service Salon **817-453-1177** www.DJNailsDaySpa.com

987 N. Walnut Creek Drive #700 • Mansfield • Next door to Big Lots & Tuesday Mornings

$28 Pedicure/ Manicure Combo Expires 1/31/12	**$5 OFF** any service over $35 excluding solar, shellac & acrylic nails and hair services Expires 1/31/12	**$30** New Set Solar Nails Expires 1/31/12	**$20** Shellac Nails Expires 1/31/12
FREE Haircut with highlights or color Expires 1/31/12	**$40** Microdermabrasion Regular $50 Expires 1/31/12	**$35** 1 Month of Tanning No enrollment fee or contract required. Expires 1/31/12	**$13.00** Women's Haircut Monday-Wednesday ONLY Expires 1/31/12

Gift Certificates Available!

one coupon per customer

Our sanitation policies ensure health and safety. We use the best top-market products for your service. Guaranteed non-yellow solar solution.

Student Special for pedicure - manicure combo only $26.00

Try our new Shellac Nails - UV3 technology - lasts 14 days - chip-free-Provides strong natural nail protection.

Lash, brow tinting • Microdermabrasion • Tanning • Highlights • Color • Haircut • Student discounts

SPA PARTIES

We offer spa parties for up to 10 people. Great for birthday parties, bachelorette parties and any other special occasion. We will provide cake & drinks. Spa Parties by appointment only.

Customer Appreciation Month - Jan. 1, 2012 thru Jan. 31, 2012

Free 12 oz. Gourmet On The Run Coffee

(when you present this ad, Redeemable only at 3051 Mayfield Rd. Grand Prairie, Tx)

Give your kids the smile they deserve in 2012!

The AAO Recommends Children age of 7 see an Orthodontic Specialist.

Dr. Jed Hildebrand is an Orthodontic Specialist; which means that he earned a masters degree in straightening teeth after he graduated from Baylor College of Dentistry. Dr. Hildebrand continues to be a leader in the newest techniques of the orthodontics field, which helps his patients finish faster than ever before with their braces or Invisalign.

Not only has Dr. Hildebrand been recognized as a Top Dentist in the Orthodontic Field for the fourth straight year, but he also has the great honor and distinction of being voted by his peers a Super Dentist in Orthodontics for the fourth straight year.

Dr. Jed Hildebrand

- Invisalign
- Clear Braces
- Teen Invisalign

Accepting Your Insurance: Aetna, Delta Dental, Metlife, Guardian, United Healthcare, Cigna, Fortis, QCD, CDH and more! Use your Flex dollars before the end of the year.

The Perfect Smile
HILDEBRAND
ORTHODONTICS
clear braces invisalign

Call for your FREE Consultation
Invisalign & Braces

817.468.4141

2200 I-20 W., Ste. 100, • Arlington, TX 76017 • www.hildebrandortho.com