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Mansfield NOW MAGAZINE

July 2009

Another Door Opens

Gone to the Dogs

Attack Positively

Stitching It all Together

At Home With

Gary and Gayle Lambert

We have ten new sets of eyes and ears.

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MCB EVP Harrel Adkison
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Dennis Withers
MCB EVP Chuck Wilson
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Michael Evans, Sr.
FRONT:
MCB EVP Debbie Koennecke
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Our Community Advisory Board looks and listens for ways we can better serve our customers and the citizens of Mansfield. A dream team of business savvy, these ten leaders lend us their wisdom and experience to make Mansfield Community Bank the best it can be. And *you'll* be the one to benefit. Besides, who doesn't need an extra set of eyes and ears from time to time? (A little advice doesn't hurt either.)

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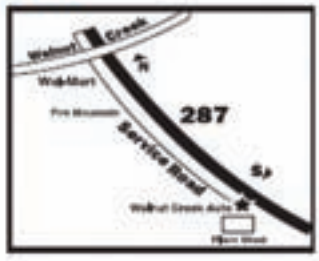

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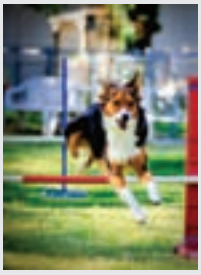

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Photo by Ivey Photography.

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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

Dear Friends,

I have two words for you: bug spray. This month, as we prepare to celebrate our nation's birthday, there will be plenty of parades, picnics and fireworks displays that will no doubt attract our neighboring insects.

Over 153 years ago, when Ralph S. Man and Julian Feild built a grist mill near what is now downtown Mansfield, you can bet they wished they had some bug spray. The mill, which produced flour and meal, was a certain bug magnet. Yet Man and Feild persevered and that, so much more than a good can of bug spray, is worthy of our gratitude. Theirs is an example of the attitude that made this nation what it is today and allows for us to reap the benefits of this incredible community. So the next time you reach for bug spray, say a special thanks to our founding fathers. Then dump a pile of fire ant killer on the next fire ant hill you see!

Your friendly neighbor (but fire ant hater),
Alex Allred
MansfieldNOW Editor

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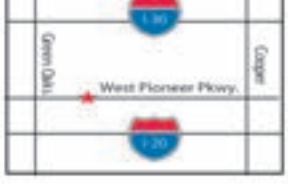

Gone to the Dogs

— By Alex Allred

"It's the best of both worlds for me!"

To say that something has "gone to the dogs" has negative connotations. It means to be beyond repair or hope. For Lana Foreman, however, this has become a statement of promise. When Allie, an Australian Shepherd mix, was labeled "worthless" and "crazy," Lana did not listen. She saw something in Allie that no one else did — she saw a champion. "Everyone was just seeing the bad," Lana said, "and all I could see was the good." Thus it was no surprise to Lana when Allie began putting in winning times in the dog agility obstacle course.

Dog agility is a sport in which a handler directs a dog through an obstacle course in a race which is based on both time and accuracy. "The dogs run the course on timed events in jumps, tunnels, contact equipment where they go up an A frame, teeter-totter and have to weave through poles," Lana explained. In an area of 100 feet by 100 feet, the agility course can be set in almost any format of the agility judges' choosing, making it impossible for the dogs to simply memorize a course. To complicate matters, there is one more catch. The handler may never touch the dog or the obstacles. "Anything missed is a fault and points are deducted," Lana added.

The competition is fierce, the pace is almost frantic, the hours of training are countless and exhausting and Lana would not have it any other way. "I'm so thankful for my day job," she laughed. "It's the only way I can do this." By day, Lana works at Nuance Dental Ceramics, a dental laboratory in Mansfield that allows her to live out her doggie training dreams while still serving her community. While her company's slogan is to bring a smile "to people's faces through the teeth we create," Lana is also able to bring smiles to people — and their dogs — through the training she does. "It's the best of both worlds for me!" she said.

Lana's two smiling worlds were not always so perfectly aligned. As a child, all she talked about was becoming a veterinarian, but instead, she dabbled with cosmetology classes and worked as a vet technician until eventually attending dental school. Still, her passion for animals, specifically dogs, never waned.

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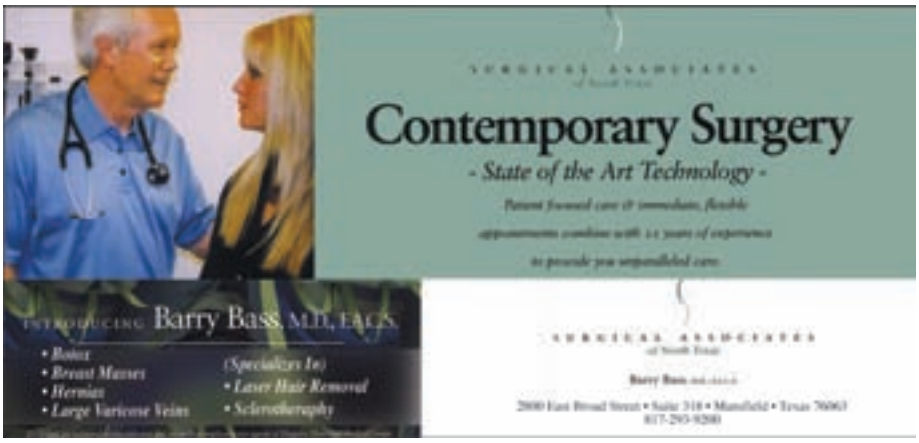

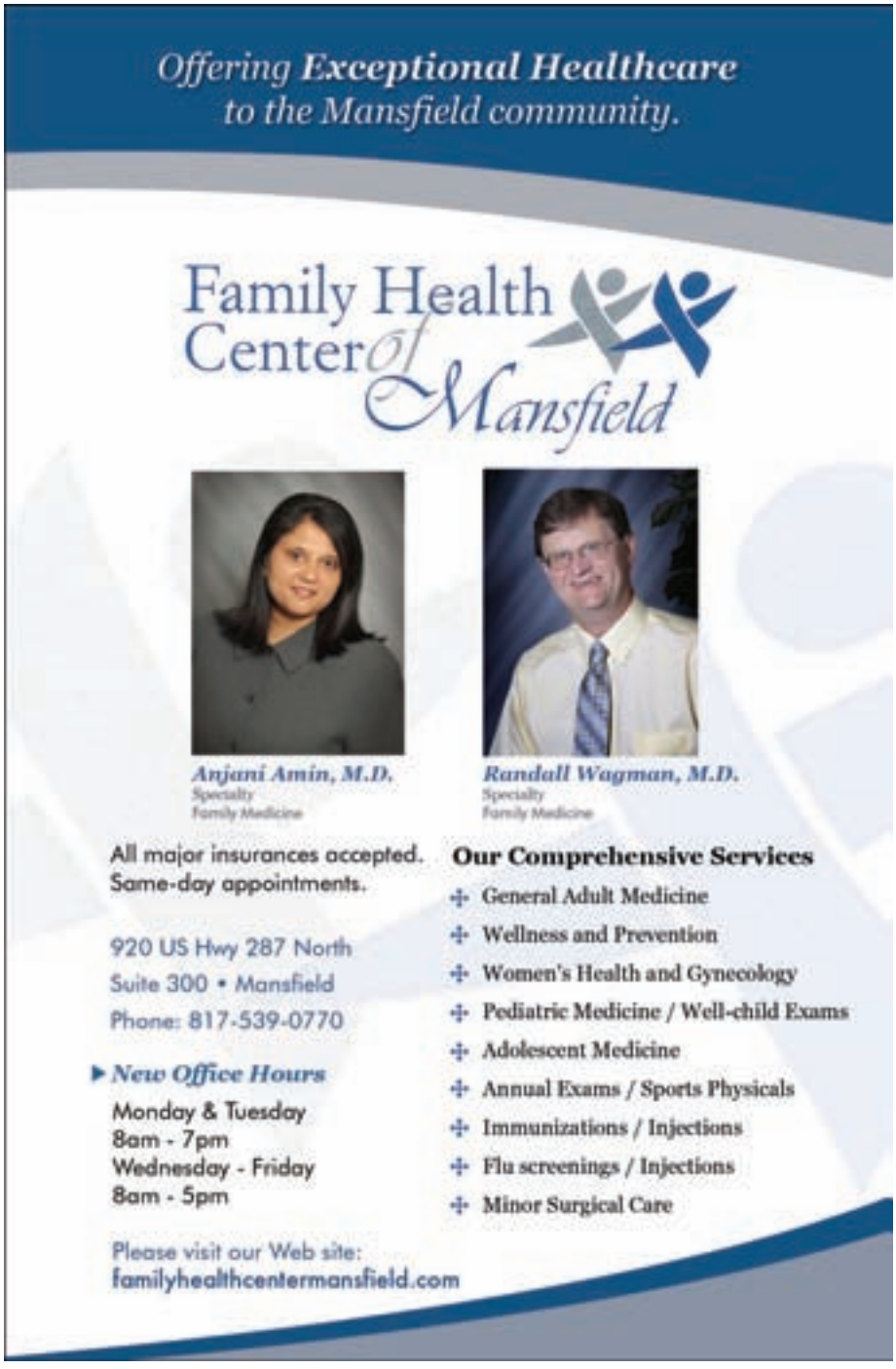

In 1990, Lana's two "out of control" Schnauzer dogs led her to her first dog obedience class. "It was embarrassing. They would pull and gag themselves on the leash and drag me around," she recalled. After a few lessons, Lana realized she had a true talent. Within a year, she shocked everyone when she entered her dogs in local competitions. "Everyone said, 'You're bringing a Schnauzer into the obedience ring?' It was unheard of," she said. Even more

shocking — her dogs were winning. When her instructors moved from the area, inviting Lana to take over their classes, no one could have foreseen what a huge impact Lana would have on the Mansfield community and local dog world.

Lana soon created her own dog training company, Gone to the Dogs, forever changing the meaning of that old expression. "There are so many animals in the shelters right now; it's ridiculous," she said, adding that it is not just the economy but a lack of understanding that drives people to "dump" their dogs. Enter Marilyn Wallen of the Mansfield Animal Shelter. Working with Lana and city officials, Marilyn has begun a new volunteer program involving residents of Mansfield and the animals at the shelter. "If a dog learns to sit, has good leash manners and isn't jumping up, people like that," Marilyn said. "Lana has volunteered

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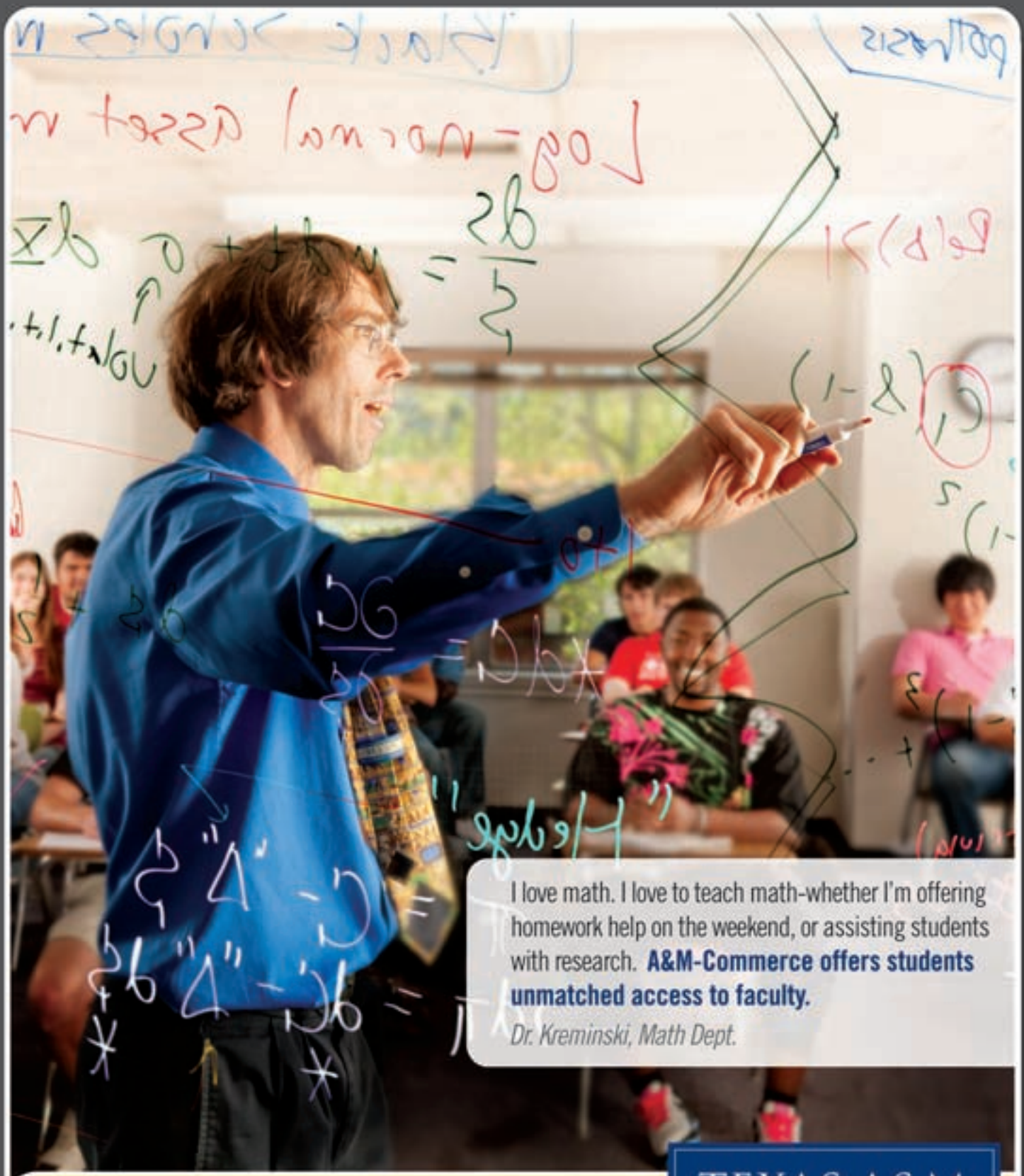
her time and energy to train people to work with dogs so that we can make them more adoptable." Lana added, "I always want to make people aware that there are options for the dog. I am always thinking about the dog. There are so many dogs being put to sleep because of stupid behavior problems that could be easily fixed!"

With six dogs of her own, a pack that includes a Rottweiler, a Golden Retriever, a Miniature Schnauzer, a

Yorkshire Terrier, a Border Collie and, of course, Allie, the Australian Shepherd mix, Lana's dog agility training time is limited. "It takes a full year of training before you can expect to get into the ring to compete with a dog," she explained. Lana is now a seasoned competitor in agility, "but it's so intense, you can always make mistakes," she admitted. For example, while competing in the 1991 Nationals in California with her Schnauzer, Sissy, they placed 33rd out of hundreds of competitors. "We messed up, but not because of Sissy. It was my fault," Lana recalled. While this was a very strong showing, particularly because it was their first competition, Lana hopes to return to Nationals with Allie for far better results.

Lana credits her husband, Wesley, whom she refers to as both her "greatest



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critic" and "supporter." In fact, Wesley is very much a part of Lana's journey to save animals, as he is responsible for bringing home the Rottweiler. "A dog wandered up on Wesley's job site one day. The rest is history," Lana laughed.

If she has her way, there is much more history to be written for Lana and her dogs. Throughout the summer, while most people seek refuge from the heat, Lana and Allie are hard at work. Teaching even the most basic of the obstacles is time consuming and requires tremendous patience and understanding between canine and human. The teeter-totter and weave

poles, often thought to be the most difficult to teach, must be performed over and over again, with Lana running alongside Allie throughout the course. "I just know how great she can be," she said of Allie.

It is clear that Lana feels an attachment to all the rescue dogs she meets. For the little girl who once dreamed of becoming a vet to save the lives of animals, Lana has done so much more. "It makes me so happy when I am able to save a dog's life," she expressed. "There is nothing better for me to hear than when an owner says how happy they are with their dog. There's nothing else better than being able to bring joy to people."

From the teeth that she is able to create at the dental lab to training dogs, Lana's work is something in which she is proud to take part. For Lana, nothing is beyond repair. Life can only get better, as she has gone to the dogs! NOW

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California Flair

— By Amanda Madden Pitt

Gary and Gayle Lambert's four-bedroom home is a work of art — a city gem in the DFW suburb of Mansfield. Its unique features were inspired by the creativity of custom home owner, Gary Lambert, who works for Palm Harbor Homes in Addison. Here, his creative ideas have come to life in an upscale, avant-garde ambience that is rarely captured with such elegant detail. The couple's original design ideas started with a drawing on a napkin. "We were talking about it at a restaurant, and I just started doodling. Then I took it to somebody and said, 'Can you do this?' And I just expanded the

At Home With

Gary and Gayle Lambert

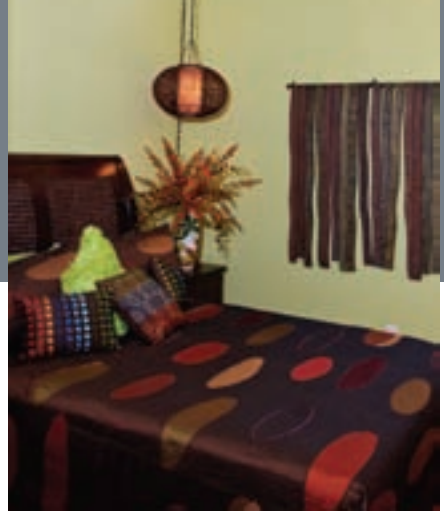
idea from there," Gary said. "I think we were at Mack's Bar and Grill when he came up with it," Gayle added.

Simple and striking, the home has an eclectic feel. One of its custom features includes mirrored alcoves with recessed lighting that are rounded and frame either side of the dining room. Modern decor complements the

architecture and design, which includes geometric shapes coupled with contemporary furniture.

The large living area, where the couple spends most of their time, provides ample space for entertaining. The fireplace, positioned between the two main rooms, is a focal point and was actually built into the wall that separates the formal sitting room from the more casual lounge area. "Would you believe we never have fires in that fireplace?" Gary asked. "We just don't want to clean up the mess." Gayle added a soft touch to this wood-burning fireplace by accessorizing it with candles inside. "That's our compromise. You want a fire, well there you go!" he smiled. "It's hard to make it look decent once you start burning fires in there."

Because the living room, dining room and kitchen areas are all open to one another, the space feels like an upscale loft. The recently renovated fireplace features ceramic tile with a metallic finish, which ties in with the stainless steel appliances; metallic grey,



granite countertops; and glass and metal tile backsplash in the kitchen. Along with the dining room, this space has an ultraclean and efficient look. The Lamberts could easily accommodate a large dinner party, while certain nooks are cozy enough for breakfast for two.

The bedrooms are decorated with modern artwork and accessories featuring the same shapes and colors found throughout the rest of the home. "He drives home from Dallas, and this is what he does," Gayle said of the creative outlet Gary has made of their walls, 14 years in the making. "Most of this is a result of going out and seeing things, and we think, *I kind of like that*, and go from there," Gary said. "This room started with that chair," Gayle said of the living area.

The carefully chosen collections in the Lambert home unify traditional pieces with modern decor. One such item is an antique, wood art deco clock that Gary bought for Gayle in the summer of 1971. The inscription engraved in a gold metal placard on the front of the clock reads, "To my wife for all her love and understanding during the summer of 1971." Of course, there is a story behind that lovely inscription and Gary tells it best. "We were in the process of moving from California to North Carolina. It was quite a burden for her because both the kids were little. We had our car stolen when they were transporting it across the country — brand new car. So, I bought that at an antique store in North Carolina," Gary said. "So it was kind of a trauma-filled summer." The clock serves not only as a reminder of

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

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

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the best and worst times they have weathered in their 46 years of marriage, it also reflects the marriage of antique and current design. "This turn of the century piece even works with the contemporary if you do it right," Gary said.

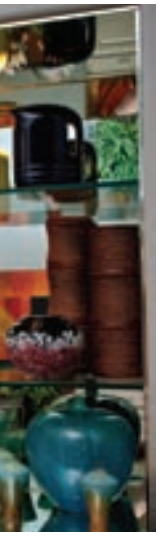
Another unique feature in the dining room is a mirrored recess with shelves

and lighting. Nighttime is the best time to view the brilliant contrast of the light display on mirrored shelves. "The mirror man told us it couldn't be done," Gayle said. Gary, however, found a way to make it work and now it shows off their collection of vintage disk water pitchers. The shelves are also home to some finer pieces the couple picked up on their travels, inspired by upscale glass and ceramic shops along the coasts.

The Lamberts' decorating choices make their home unique and it is nice to find a splash of that uniqueness in the South. When asked how friends and family respond to their eclectic home brought to Texas by creative California minds, Gayle responded, "Our friends were shocked because we've never had a home like this. We've always had very traditional decor. They either love it or don't care for it at all." Gary admitted that many of his ideas originated with features that are now being added to houses in the custom home building industry.

Although the couple does not spend

much recreational time in their backyard, its design and creativity are definitely not afterthoughts. "Even our landscaping is considerably different from most people's. We have all kinds of plants out there with different colors and textures. We don't like it to all look the same," Gary said. "We had some trial and error with plant selection. Not everything grows the same in Texas as it does in California," Gail added.



True minimalists at heart, this couple works hard to maintain a clutter-free lifestyle. With less mess, they can do the things they love more often. For Gary, that means more golf and more car shows. Gayle is very involved in volunteer work for Mansfield Methodist Medical Center and local nursing homes. She also owns her own gift basket company — Basket Full of Pleasures. "I just love people," she said. Something they both enjoy doing often is going back to California. They lived in Riverside for 25 years, and every chance they get, the couple visits their children and grandchildren in the Golden State.

All in all, this California-gone-Texas couple has most enjoyed the price of housing and construction here. "We love Mansfield. It is so quiet and just a great town," Gayle said. With the cost of living much lower, they have been able to afford a designer home with California flair and a Texas price tag to boot! NOW

Stitching It all Together

— By Katrina D. McNair

Many things we experience as children can have a positive effect on our adult lives. Sometimes, as in the case of Mansfield resident Kelly Nicolle, we do not even realize it.

Kelly, a math teacher at Eisenhower Intermediate School in Mansfield, has a natural talent and love for making beautiful custom baby items, specializing in blankets. Her one-of-a-kind items are inspired by the people she creates them for. With nothing more than a desire to see the joy on someone's face when they receive one of her creations, Kelly considers her efforts her own way of making people happy.

Like many young girls, Kelly's mother was a huge influence in shaping her current love of sewing and other crafts. Described as an "insanely creative person" by her daughter, Kelly's mother frequently visited fabric stores when Kelly was a child. Often, she would bring her daughter along, though Kelly confessed she was less than enthused during those weekly excursions.

"When I was younger, my mom would drag me to the fabric store, and I absolutely hated it," she laughed. "At the time, it was just the worst thing ever. I was just like, 'Mom, I don't want to look at fabric!'"

However, as she grew older, Kelly began to realize that her inner craftswoman was waiting to be released. "It didn't just hit me one day," she said. "It took some time, but after I got married and had my kids, I became a little more crafty. I really attribute that to my mom, because she's the one who introduced me to it. It was like, hello — this is something I like to do now," she said.

As Kelly began to embrace her inner artist, she became interested in creating baby blankets and had her first opportunity to showcase them at Hometown Holidays, a celebration in Mansfield that featured a crafts show. "I didn't sell as many as I wanted," she laughed, "but I saw that it was something that I could do, and that I loved to do [it] was even better."

Each blanket is custom-made. Nursery colors, parents' favorite colors, room themes — all these things and more are considered when Kelly goes to purchase fabric — a trip she once detested but has grown to love. "It's kind of like a quilt," she said, when asked how she draws inspiration. "I like to coordinate them, but at the same time, they can be really eclectic. After you know the colors, you can go into a fabric store and find anything.

You have chenille, cotton, even vintage-looking fabric, and you can get even more expressive." As a matter of fact, Kelly's favorite blanket so far was a "shabby-chic" style, made of several different fabrics with a wide variety of textures.

The time it takes Kelly to finish a blanket largely depends on the design and fabric choices. A self-admitted perfectionist, Kelly has come very close to finishing a blanket; then, upon deciding a detail is not quite up to par — a thread here, a lining there — she has started over again from scratch. "I want people to be able to enjoy and use what I give them, so, if something

looks not quite right to me, I will start it over," she said. One blanket can take up to six months to create.

Appreciation for her mother's creativity and the blessing of having had such a talented mother fuels Kelly's passion for making her blankets. "My mom made everything," Kelly said, a smile spreading across her face. "She made clothes. When Cabbage Patch Kids were popular, she made me a Cabbage Patch Kid. I guess until I got older and had a family of my own, I didn't realize how special it is to make things for someone. I really like to see them when I give them the blanket, or whatever it is. It's so personal for me."

In the future, Kelly would love to expand on the kinds of things she creates and have more time to do it. Most recently, she has begun creating burp cloths and small diaper bags — all with a custom touch. The diaper bags are smaller than those you would find

Nursery colors, parents' favorite colors, room themes — all these things and more are considered when Kelly goes to purchase fabric — a trip she once detested but has grown to love.

in retail stores, but are perfect for taking small trips to the store or to the mall. Down the road, she plans to showcase her baby items at the Peddler's Show, a well-known Arlington show, and possibly even have her items displayed in local baby boutiques and specialty shops. However, with a career she loves, not to mention a husband and two small children to look after and care for, the amount of time necessary to be creative is not always available when she needs it. "I do my best work after 9:00 at night," she laughed, "but I'm in no rush." NOW

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Sports NOW

Attack Positively

— By Alex Allred

Bruce Shoemaker accepts no excuses. As a kickboxing instructor, it is his job to make people understand how strong they really are. It is also his job to inspire and motivate people. For Bruce, the job is also personal. "I can't stand to see someone limit themselves," he said. He cannot stand this because it is something he once allowed to happen in his own life.

His own athletic career began at an early age, highlighting his versatile abilities. In peewee football, he was a running back, eventually moving to the position of safety in high school. Fast, strong, able to change directions easily and take a hard hit, he was a standout athlete college scouts noticed quickly. Although there were multiple offers, including Michigan, Bruce settled on Florida State. "But after two years, life got in the way," he said with a shrug.

Bruce shows his true nature by making no excuses for why he allowed an outstanding scholarship opportunity to slip away. While there were definite problems with the coaching staff's negative approach, Bruce feels he was simply unprepared for the college experience. Regarding this time as a life lesson, he considers this experience the reason he learned the true value of positive coaching.

Bruce migrated to Texas, where he met his wife, Debbie, at Waxahachie Lake. Today, they have been married for 23 years and are the proud parents to daughter, Brittany, and son, Jordon. A jack-of-all-trades, Bruce worked a number of jobs, including building maintenance for 12 years, but he was always very focused on his children and their athletic endeavors, coaching their recreational sports teams as they grew.

By the time Jordon reached high school and was playing as an offensive linesman, Bruce was determined that his son would not repeat his mistakes. "We did boot camps before football camp would start in the summer with his friends," Bruce said. When the recruiters came knocking, Bruce paid special attention to the kind of coaching his son would receive at the different colleges. "I really paid attention to the coaching. Debbie and I went with him while he met the

coaches," he recalled.

While the family considered the scholarship offers and coaching, Bruce finally began the career he was meant to have. It was while taking a kickboxing class in Mansfield that Bruce's instructor urged him to get into instructing. As exhausting as the boot camp style classes were, Bruce was always cheering others on. The instructor often partnered Bruce with women who were more timid or insecure, knowing that he would draw them out.

After earning his certification in group exercise, Bruce began teaching kickboxing at Troy Dorsey's Karate studio in downtown Mansfield. After two years, Bruce began teaching full

time at several locations. Quick to give credit to his former boss, he said, "Troy helped me get certified in yoga and also taught me a lot about boxing."

Today, Bruce teaches at the Utopia with a different philosophy than most instructors. "Attack positively," he smiled. Beyond the standard duck and weave and learning how to throw a proper round kick or upper cut, Bruce also teaches the principals behind self-defense.

"Exercise is great," Bruce said, adding that there is so much more to proper health. "Don't take everything soseriously. Attack all issues positively, not negatively — and just breathe. Remember that stuff happens and

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sometimes there really isn't anything you can do about it except deal with it. Whatever it is … it's over. I try to teach my guys that they need to look ahead."

While he is busy training people all over the Tarrant and Ellis County area, Bruce is also continuously challenging himself. Like all good trainers, he works out on his own. Bringing his kickboxing to what he calls "the next level," he incorporates the traditional Maui Tai, a Chinese martial art that combines meditation and slow, gentle movements.

As he is on his own journey to become more efficient in his training, Bruce demands the same of his students. He loves to hear how they have become stronger and happier. "I feel very lucky," Bruce said. "It's a privilege to work with

"Attack all issues positively, not negatively — and just breathe."

people and get to watch them grow." Under his guidance and encouragement, there are countless stories of weight loss, renewed flexibility and confidence, as well as improved overall health. One client, who had been struggling with fibromyalgia, was suddenly "balancing on her own. She was so happy! I know it seems so little, but it's the positive reinforcement she needs. She felt so bad for so long," he shared.

Over 20 years ago, Bruce Shoemaker was offered a free scholarship and education. Even though he walked away from that opportunity, he received an empowering lesson in life. "If you can make a difference in just one person's life, that's an amazing thing, man!" he said. His style may be ever-changing, but his personal philosophy never does. No looking back. No excuses. Just attack positively! NOW

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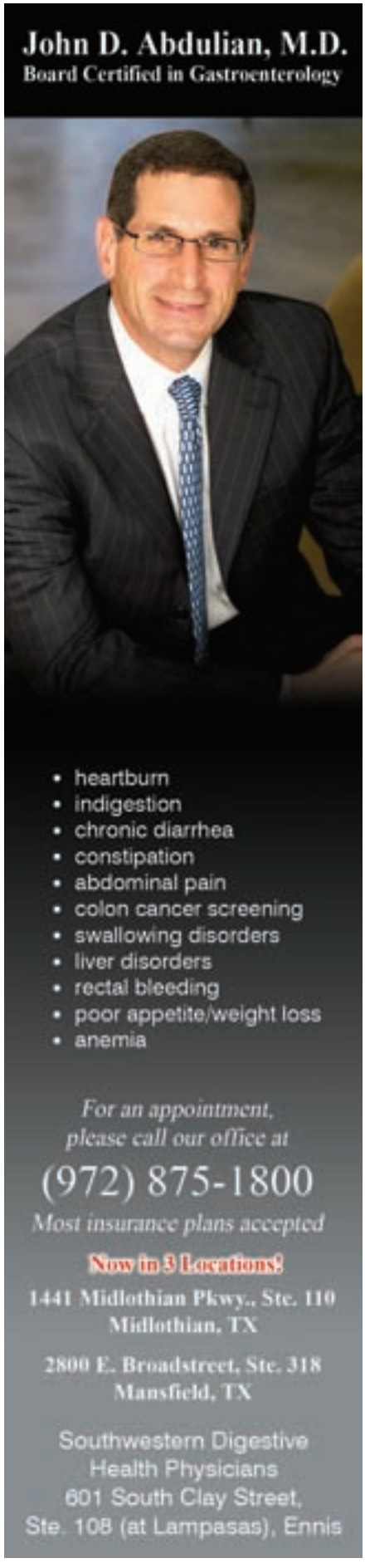
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picture PERFECT

— By Alex Allred

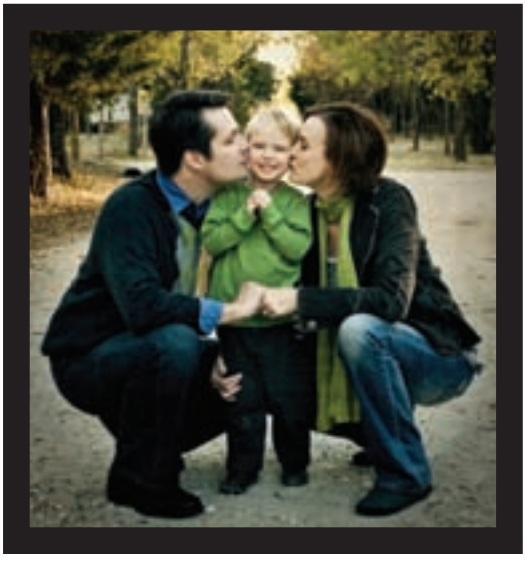
Build it and they will come. Follow your passion. Listen to your heart. For some, these expressions are perhaps nothing more than overused T-shirt and bumper sticker slogans. For Diana Raines, these are her daily mantras. "As long as I can remember," she said of her passion for photography, "I've always had a camera in my hand."

For 10 years, Diana worked in real estate. Following college, it seemed a reasonable profession and something she enjoyed doing. When the real estate market began to slow, however, Diana turned toward the very thing she considered nothing more than a hobby.

Rather than simply declaring herself to be a photographer, Diana invested in a new kind of education. "I quit my job, took some money from our savings and, for about six months, traveled all over the country to get as much education as I could," she recalled. Diana attended seminars, work clinics and classes taught by some of the top professionals in the country, becoming a member of the Professional Photographers of America (PPA) and Spa Senior Artists.

As she prepared to enter her new profession, Diana vowed to do more than just take pictures. "After college, I did work with a professional photographer, but I was mostly in sales," she said, explaining that periodically she worked as an assistant and got to work with the clients on the backend." It was during this time that she got a true sense of the clients' style and personalities. For them, each image was very personal and Diana took this to heart. "It was an eye-opener because there were things I thought were fantastic, but they [the clients] didn't like," she added.

Today, before she even sets up a photo shoot, Diana insists upon a consultation. "We can discuss hobbies or sports, and I get to find out if they are shy or outgoing so that I can help draw that out of them for the shoot," she said. Her technique is certainly working. Diana has opened her own studio at the Tuscan on Walnut Creek office park as she continues to build a reputation in photography. Her senior high school



pictures, for example, are considered cutting edge, as she uses high fashion and innovative techniques to capture the essence of her subjects. "That can be such a crazy and awkward stage," she continued. "I want them to feel good about themselves when we're done."

It is her sincere attitude that has become Diana's trademark. Whether it is a fun family portrait, an intimate newborn session or a funky senior session, the work becomes personal. "As photographers, we are invited into people's lives to share a moment or milestone typically reserved for families," she said. For these reasons, Diana finds herself humbled and honored, as well as grateful.

"It has been a huge privilege to work with the families who knew and loved Meredith."

Asked to take pictures of the children at the Primrose Schools by founder, Meredith Hatch, Diana accepted, although she typically does not do on-site school photo shoots. When tragedy struck and Meredith, along with a friend, was killed by a drunk driver while cycling, "I knew I had to do this. It was something she wanted me to do, and I want to honor that. It has been a huge privilege to work with the families who knew and loved Meredith," she expressed.

At the end of the day, as a beautiful sun sets, Diana will often find herself aching to find someone to place before that setting. For her, every moment is worth capturing and, even better, worth sharing. For more information about Diana Raines Photography, visit her Web site at www.dianaraines.com or call (817) 360-4724. NOW

Another Door Opens

— By Alex Allred

This month, the Mansfield Independent School District (MISD) welcomes a new superintendent. Dr. Bob Morrison has been named to replace the former superintendent, Vernon Newsom, and he intends to build upon Mr. Newsom's innovative ideas. Dr. Morrison is a man with a mission.

Before coming to the MISD as the deputy superintendent, Bob served as a high school principal in Edmond, Oklahoma. As time wore on, however, he began to eye Texas. "Professionally speaking, I knew it would be a good move, and I had always thought about moving to Texas," he said. When a friend relocated to the DFW area, he told Bob about Mansfield. As he began to research MISD and the community, Bob knew this was where he wanted to bring his own family. He asked himself many questions, such as: What does this school district believe in? How is the interaction with the students? Could he see his own children going to school there? "I was very selective about where I wanted to go," he added. "Mr. Newsom was a great draw because he's a great leader.

"This is a great environment," Bob continued, admitting that he sees room for even greater improvement. Having served in education as a teacher, boys' basketball coach, girls' softball coach, assistant principal, principal, deputy superintendent and now superintendent, as well as a parent, Bob is in a unique position. He understands what it truly takes to operate and develop an excellent educational system. "No one position matters most in this district. No one is more important than another. Because we have bus drivers who are dedicated to their jobs or people providing nutrition for students, because we have the custodians and teachers who care, we have that collective community spirit that makes our school district so strong," he said. "I know it sounds cliché to give other people credit, but trust me — my job is much easier if children are arriving safely to school, are fed and happy."

On paper, the job description of a school superintendent mandates budgeting, working with state legislature, overseeing construction and the purchase of land and coordinating over 3,000 MISD employees, all of which requires short- and long-term planning as the district continues to grow. Dr. Morrison is even more focused on the overall student and parent participation. "Our school district is about providing opportunities to students and their parents. We are a customer service and need to be more accessible to both students and parents. Without these kids," he said, "none of us have a job. But more importantly, we are here to serve."

While Bob is quick to discuss the importance of TAKS tests and student performance, "I want our students and parents to look beyond those tests. From an academic standpoint, there are other tests, such as the ACTs and SATs that are more stringent

than the TAKS. It is our job to see that after graduation, our students have a choice in what they want to do with their lives. I want our students to know that at the end of the game, at the 12th year, kids have that free choice of what they want in their lives. Whether they choose to be a nuclear scientist, an orthopedic surgeon, an auto mechanic or a plumber, I want our students to know there is value in so many things. So, truly, what we have to do as educators is to not close any doors," he expressed.

Bob plans to not only keep doors open, but to knock on many more. "You will hear more about this as the new school year begins, but we want to hit a new initiative to get more parents to volunteer," he said. "My hope is to get each parent to volunteer one day in the school year." Today, with busy lifestyles and even busier schedules, it has become much easier to drop children off at school functions than to walk inside with them. "Those parents don't love their children any less," Bob pointed out. "A lot of parents cannot volunteer during the day because of work. I understand that," he continued. "I don't want you to have to take off work, but all our schools have nighttime activities. We have Read Night and Science Night and, of course, athletics. There are all sorts of ways to serve as a volunteer."

Bob feels there is always a way to involve parents, and it is his new mission to open those doors of opportunities so they can become more involved with the schools and the children. "I just want one day in the life of your child. We do a great job here," he said of his staff, "but it is a continuous process, and it is a joint effort."

If it takes a village to raise a child, it takes an entire school district and its faculty with the support of the parents to help a child realize his or her dreams. For every opportunity given, another door opens. NOW

• Author Tim Madigan, top left, was pictured with the Friends of the Library staff. • Several individuals, top right, made good use of the computers available to them at the Mansfield Public Library. • Camp Primrose, bottom left, spent some time out on the town eating pizza. • Gwendolyn's Photography, bottom center, won the Jack Pot Cash prize at a recent Business After Hours event. • Ribbon cuttings were held at: Dirty Dawgz, second row left; and All-Pro Floors, second row right. • A group of local gals, bottom right, were ready to serve some steak Roadhouse style.

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Look Who's Cooking

— By Faith Browning

In the Kitchen with Ronnie Butticarlo

Ronnie Butticarlo grew up with two very talented Italian cooks — her great-aunt and her grandfather. After getting married 43 years ago to her husband, Tony, she knew it was time to get serious about cooking. "While growing up, I swore I would learn how to cook for my family," she remembered. "My husband had to suffer the good times and bad times as I first learned how to cook."

Besides cooking, Ronnie's hobbies are mastering different kinds of puzzles, reading, scrapbooking and spending time with her grandchildren, Haley, Zachary and Joshua. "I like to cook when I have time. I love trying new recipes," she said. "I love the summer, because I can sit by my pool and enjoy my grandchildren laughing." NOW

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

FRIED EGGS ITALIAN STYLE

2 Tbsp. olive oil
2 eggs
1/4 tsp. salt
1/8 tsp. pepper
1 tsp. grated Parmesan cheese

Heat oil in medium frying pan. Break 2 eggs into oil; fry gently. Add salt and pepper and remove from fire. Sprinkle cheese over eggs. Place frying pan in hot oven for 5 minutes until cheese has melted.

BAKED EGGPLANT SICILIAN STYLE

1 large eggplant (or 2 small ones)
1 egg, beaten
2 cups bread crumbs
1 cup olive oil
1/2 tsp. salt
1 1/2 cups tomato sauce
1/2 cup Parmesan cheese, lightly grated

Cut off stalk of eggplants; peel and cut into thin slices. Dip slices into egg; coat slices with bread crumbs. Fry eggplant in olive oil until well browned on both sides. Sprinkle with salt; drain on paper. Place 1 layer fried eggplant in casserole. Cover with tomato sauce and sprinkle with Parmesan cheese. Repeat procedure until all eggplant is used. Sprinkle Parmesan cheese over top. Place casserole in oven at 400 F for 20 minutes.

FRIED JUMBO SHRIMP

16 very large shrimp, shelled and veined
1 cup flour
1/4 tsp. salt
1/4 tsp. pepper
1 egg, slightly beaten
1 cup olive oil
1/2 lemon, cut into 4 wedges

Wash shrimp in ice water; dry and roll in flour. Add salt and pepper to egg; dip shrimp into egg. Fry in hot olive oil until golden brown on all sides. Frying time will be about 8 minutes. Serve with lemon wedges. Serves 2.

CHICKEN CACCIATORA

4 lbs. spring chicken, cut into pieces
1/2 cup flour
1 tsp. salt
1/2 cup oil
1/4 cup onion, chopped
1 clove garlic, chopped fine
1/4 cup carrot, chopped
3 sprigs parsley
1 basil or bay leaf
4 cups tomatoes
1 tsp. salt
dash of pepper
1/4 cup Marsala, sherry or white wine

Dredge chicken in flour; sprinkle with salt. Brown in fat until golden on all sides. Place in covered dish in warm place. Brown onion, garlic, carrot, parsley and bay leaf or basil in fat left in frying pan. Strain

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tomatoes (when strained, you should have 2 cups pulp). Add tomato pulp to browned vegetables in frying pan. Add salt and dash of pepper; bring to a boil. Add chicken and wine; simmer 30 minutes or until chicken is tender. Serves about 4.

ZUCCHINI APPETIZERS

3 cups zucchini, thinly sliced, unpared (about 4 small)
1 cup Bisquick baking mix
1/2 cup grated Parmesan cheese
1/2 cup onion, finely chopped
2 Tbsp. parsley, snipped
1/2 tsp. oregano leaves
1/2 tsp. salt
1/2 tsp. seasoned salt
dash of pepper
1 clove garlic, finely chopped
1/2 tsp. oregano leaves
1/2 cup vegetable oil
4 eggs, slightly beaten

Heat oven to 350 F. Grease oblong pan, 13 x 9 x 2-inches. Mix all ingredients; spread in pan. Bake until golden brown, about 25 minutes. Cut into pieces about 2 x 1-inch. Makes about 4 dozen appetizers.

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Psoriasis

— By Betty Tryon, R.N.

The scenario is painfully familiar. You stretch your hand in greeting but notice the recipient of the handshake cringes and tries to distract you from the handshake. You look down and notice that your shirtsleeve has risen up on your arm more than you thought, and there it is — that red, scaly rash with all of the flaking and cracked skin. Embarrassed, you quickly cover yourself; score one for psoriasis.

Psoriasis has become the bane for an estimated five to seven million Americans. Psoriasis presents itself as thick or raised skin areas with a reddish appearance covered with scales that are silvery in color. The more troublesome symptoms of this condition are the skin becomes itchy, burning, cracked and bleeding.

Psoriasis occurs when there is a malfunction in the production of skin cells, which results in an overproduction of cells. Normally, new skin cells develop underneath the skin; over time, they move to the surface and the dead skin sloughs off or sheds. For someone with psoriasis, the cycle becomes dysfunctional, and what would normally take about 30 days, occurs 10 times as fast. The resulting cells that reach the surface gather in abundance. The body is not able to shed the cells quickly enough, so they pile on top of each other and create thick, irritating lesions.

The condition varies from person to person. For some, it can only be a nuisance; for others, the symptoms are debilitating and can interfere with daily tasks and necessary functions such as sleep because of the discomfort. The quality of life can be greatly affected depending upon the severity of the symptoms. Cosmetically, this disease can be very distressing, particularly if the lesions show in areas apparent to the public. The disfiguring look of psoriasis can make some individuals feel isolated and lead to depression.

The picture of psoriasis can appear to be bleak; however, it does not have to be. Treatment is available from over the counter medication (OTC) to light therapy to prescription drugs. Many options are available. No doubt, your first action may be experimenting with OTC medications. Salicylic acid may prove helpful in removing scales and or hydrocortisone to help with inflammation. Some find relief in using coal tar, which slows the production of the cycle of skin cell production and can provide some relief from inflammation and other symptoms such as itching. There is hope. Your physician will be invaluable in helping you decide which path to take. Persistence and a willingness to keep trying may give you the results you seek. NOW

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

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References available

July 2009 Community Calendar

All Month
Summer Reading Club: 2:00-3:30 p.m., Mansfield Library. Pick up your reading logs and join the fun. Last day to turn in reading books: July 31 at 2:00 p.m.

Food Drive: 900 N. Walnut Creek Dr., Suite 101. Benefiting the Bisbee Food Ministry. Drop off nonperishable items at the Mansfield Pay Advance. (682) 518-7323.

Monday-Friday
Young at Heart (for residents ages 55 plus) meeting: 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.

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.

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

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

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

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

Bingo: 11:30 a.m.-12:30 p.m., Mansfield Activities Center. No Bingo on July 3.

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

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

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

July 2
4th of July party: 9:00 a.m., Senior Center, Mansfield Activities Center.

July 4
Big League Dreams July 4 Celebration: 6:00-11:00 p.m., 500 Heritage Pkwy. S. Free admission and parking. Live entertainment, bounce houses and fireworks at 9:30 p.m.

July 13
City Council meeting: 7:00 p.m., Mansfield City Hall, 1200 Broad St.

July 21
Adult book club: 6:30 p.m., Mansfield Public Library. This month's discussion: *Loving Frank* by Nancy Horan.

July 25
Mansfield Fire Department free CPR classes: 8:00 a.m., Station 3, 3100 E. Broad St. Register in advance; class size limited to 20 people. Contact Training Lieutenant Steve Gutierrez at (817) 804-5772.

July 30
Senior Center presents the Intergenerational Olympics: 9:00 a.m., Mansfield Activities Center. Bridges the generational gaps between our seniors and children.

August 7, 8
Mansfield Community Theatre presents *The Sound of Music*: Kennedale Performing Arts Center, Kennedale. Friday: 7:00 p.m. Saturday: 2:00 p.m. and 7:00 p.m. This is the first performance of the newly formed Mansfield Community Theatre and promises to be great family entertainment. For ticket information, call (800) 555-555 or visit www.mansfieldcommunitytheatre.org.

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