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Col. John and Jeannette Swahn are proud of John's life of service — both in the Army and as an educator.

Photo by Amy Ramirez.

# Editor's Note



*Happy Fourth of July!*

As we gear up to celebrate our nation's Independence Day with picnics, parades, barbecues and fireworks, may we all take a moment to be truly thankful for the sacrifices that have been made, and are being made still, so that we may enjoy our freedom.

This issue is full of stories of people celebrating their freedoms: freedom of religion at the Mansfield campus of Pantego Christian Academy; Diana Pfau's freedom of expression in her amazing paintings; and freedom to enjoy life, liberty and the pursuit of happiness in the beautiful home of Debra and Larry Stafford. Perhaps Colonel Swahn's life of service best illustrates why this holiday is one to be celebrated.

In another matter, let me extend a heartfelt apology to the Boys & Girls Clubs of Arlington for some statistical errors which were published in the article we did on them in our June issue and for inadvertently referring to them as the Mansfield Boys and Girls Club. A corrected version of the article has been posted on our Web site, [www.nowmagazines.com](http://www.nowmagazines.com).

Have a great Fourth!

*Jaime Ruark*  
MansfieldNOW Editor

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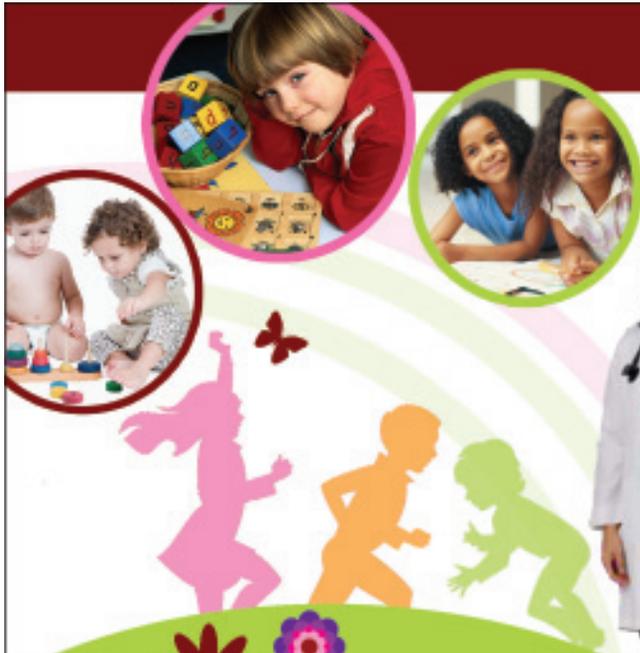
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# THE MAN BEHIND The MEDALS

— By Jaime Ruark

*Throughout the Swahn home, memorabilia of service days are displayed. Endless plaques, crests and Civil War sabers proudly bestowed by battalion men hang next to a beautiful German chandelier and Korean woodcarvings. While the tale of John Swahn and his lovely wife, Jeanette, may take some coaxing to told, the Swahn home, the lasting legacy John will leave behind at Mansfield High School and their family and many service friends tell the story of the man behind the medals.*

The story begins with young John listening to his father relate stories about his own Army days. “My father had two stints in the Army, one prior to the start of World War II, when he was honorably discharged, and then again when the war broke out and he enlisted. The second time, he went to officer candidate school and finished up as a first lieutenant,” John shared. “He never served in combat, but he served at training camps. He would write transfer letters — which he still had and would show me — but he was always

Cynthia McCallum, principal of Mansfield High School, recently presented Col. John Swahn with this flag. The flag was flown over the United States Capitol in honor of John and his service to Mansfield High School.



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told to stay where he was because the job he was doing was important.”

Thus, a spirit of service was in John’s blood, but first he wanted to attend college. “I went to [Texas] A&M, but I was also accepted at The University of Texas [at Austin] (UT). Most of my family had gone there, including my sister. She tried her best to entice me to go to UT,” he recalled, but to no avail. John joined the Aggie Corps his freshman year and began studies as a mechanical engineer. “I went under contract with the Army my junior year. I think back in those days, my monthly stipend was \$30,” he laughed. “When I

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John and Jeanette Swahn pose for a photo outside Mansfield High School.

graduated, I got my second lieutenant commission with a two-year obligation to serve on active duty.”

John’s second in command and partner in adventure came along his junior year, when the two met while John was visiting the Texas Woman’s University Houston Center, where Jeanette was attending the School of Nursing, on a Corps trip. “She was very understanding because I was so poor I didn’t have money to take her anywhere for a date the first time we met,” John remembered. “I started saving up all my money to fill up my Pontiac Tempest to drive to Houston on weekends when I could get away to visit her. We would go to the park or zoo, which were free back then.”

John proposed to Jeanette the summer before his senior year and married his sweetheart May 3, 1969, the same year he

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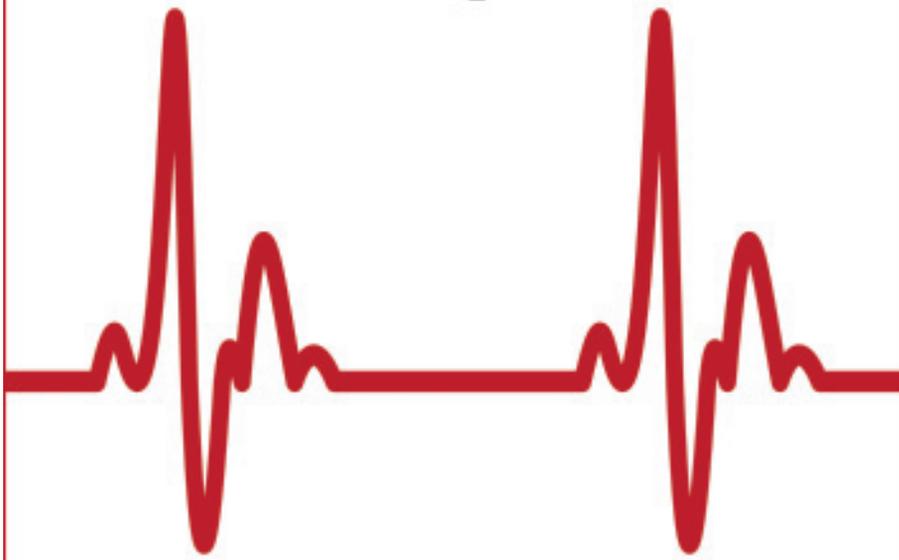


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graduated and received his commission. Two weeks later he was off to Fort Knox by himself, with his '68 Ford Mustang loaded with pots and pans, while Jeanette finished her schooling. The newlyweds then lived in Elizabethtown, Kentucky, for about three months before they were shipped off to Germany and John's years of service began. He would eventually earn the rank of colonel.

The honeymoon period was definitely put on hold, as the peaceful surroundings of Kentucky were eventually replaced with terrorist attacks and car bombs in the military housing areas, yet the Swahns somehow managed to bring their son, John Jr., who was destined to become a future JROTC cadet, and their daughter, Cherissa, into the world. "I just love adventure, and life with John has been an adventure," Jeanette expressed. "New places, new friends — we've moved 18 times in 26 years!"

With a proud smile, John added, "Jeanette had a big role to play, and she did it admirably. She has always been my partner in command."

A book would need to be written to list all of the colonel's accomplishments throughout his years of faithful and commendable service. "My early years in the military were spent as an armor officer. I trained with tanks for armored warfare. I had two long tours in Germany, where I commanded a tank company when the Cold War was still going on with the former Soviet Union," he said. Those experiences would come in handy years later, when, after serving a stint at Fort Hood, John was selected to attend the National War College in Washington, D.C., and then on to the Pentagon for his joint assignment. "I was on the Joint Staff from '89 to '92," he said. "During that time, I helped negotiate START [Strategic Arms Reduction Treaty] with the representatives of the former Soviet Union."

START was an attempt to reduce stockpiles of nuclear weapons. John traveled back and forth from Washington to Geneva, Switzerland, meeting with government agencies and representatives of all four services. "Some of them found it very interesting that a U.S. Army armor officer was working to reduce nuclear weapons," he laughed. "Growing up in Dallas, I have very vivid memories

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of a family on our block being the first to dig a fall-out shelter. We all lived under the threat of the dreaded mushroom cloud. So, when I had the opportunity to be assigned to help with START, I jumped at it. Just before I left, we came to a conclusion, called START I, and I saw President Bush sign it into law.”

When it came time for the colonel to retire in 1994, he spent much time considering his next move. After speaking with other retired officers who had gone into teaching JROTC (Junior Reserve Officer’s Training Corps), John felt he could continue to serve in that capacity. “Both Jeanette and I are from Texas, and we wanted to come back,” he said. Mansfield High School (MHS) had just



John and Cadet Cristina Cabrera shake hands.

approved a JROTC program; John was hired to be the one to begin it. “I’ve really been blessed to work with great people. I’ve definitely enjoyed what I’ve done here these past years,” John said, speaking of his teaching career and his second impending retirement.

While the colonel is reticent to brag on himself, he cannot speak enough of the necessity for, and the success of, the JROTC program and his cadets at MHS. “Our mission is not to turn them into little soldiers, but to make better citizens. We teach leadership. We teach citizenship and government. We teach history: how the founding fathers came up with the Constitution and the Bill of Rights — all the things that have gotten us where we are today. We talk about current events and encourage them to be a part of the world around them. We want these kids to be involved, informed citizens,” he expressed. “These kids are our future. I’m proud of them, and I hope I’ve instilled the same pride in them for our country that I feel.” **NOW**



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# The Adventurists

— By Jaime Ruark



At Home With  
**Larry and Debra Stafford**



*The picturesque brick and stone home of Larry and Debra Stafford, with its endless windows and happy flowers, is the perfect reflection of a family who enjoys the world around them. Transplants from California, the former military couple has filled their home with reminders of*

family and places they have been. These adventurers have been around the world and back, and their home is full of souvenir art and photos, which make this a truly picture-perfect home.

The Staffords found their home four years ago when they began exploring the Mansfield area because of the school system. "Our son, Scott, is 24 now and our daughter, Danielle, is 22, which means we were 12 years old when we had them," Larry joked. The couple has the easy camaraderie of 26 years of marriage, with jokes and laughter often flowing between them.



"We were both in the military. That's how we met," Debra shared.

Larry, an air-traffic controller, speaks with pride of his wife, a labor delivery nurse at Mansfield Hospital. "She loves her job. How can you not love bringing babies into the world? I'm very proud of her," he smiled.

The spacious 4,300-square-foot, four-bedroom, three-bath home, complete with media room and study, was about 60 days from being finished when Larry found it. "We got to pick out just about everything: the carpets, the light fixtures and fans, the paint. We'd been looking at some homes on Joe Pool Lake, but when I saw the houses in this area, I'd never seen this kind of woodwork. It was the finish and the details of the house that drew us. And we both really love the shower," he laughed. "They were working on it when I looked at the house."

Debra does not claim a decorating style, instead explaining while their

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**Before**

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esthetic sense has evolved over the years, the family mainly focuses on things that tell a story. "When we first started decorating, we would go to a store and buy a furniture set," Larry said. "The rooms looked like they were straight from a store. Then we decided we would just start buying what we liked." A massive stone fireplace, flanked by two light wood cabinets, lightens the living room filled with a dark mocha-colored leather couch and darker wood furniture. Debra added, "We pick stuff because it's comfortable or it fits us or our house, or it reminds us of places we've been or family members." Treasures such as a painting of a farmhouse scene, a representation of Larry's grandmother's house, done by Larry's father and a beautiful antique desk Debra refinished with her

uncle hold special meaning.

So much of the house is in the details. Throughout the home, the woodwork that drew the couple to the house provides gorgeous accents to each room, hallway, window and doorway. "The time and energy those guys put into the finishing touches just amazes us," Larry said. Hand-distressed hardwood floors in the living room lead to the tile work in the open kitchen area. "I watched the guys on their hands and knees, hand-distressing the wood with chisels," Larry recalled.

Art plays a big part in bringing the couple's travels and their family closer to home. A large colored etching over the mantle from the Fort Worth Main Street Arts Festival reminds Debra of where she grew up. "It just looks like California, all the

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trees and grass and nature,” she smiled. A curio cabinet is filled with angels, bears, butterflies and Precious Moments porcelain figurines, a candle from Debra’s induction to nursing ceremony and quite a few colorful rooster figurines.

“We lived in Portugal for a while when we were in the service. The roosters are said to bring good luck,” Larry explained. The world is represented throughout the Stafford home, from Germany and Russia to Austria, the Galapagos Islands and Alaska, all interspersed with pictures of family.

As the avid nature lover of the family, Debra has a special fondness for hummingbirds and has hung a feeder right outside their breakfast nook, where they eat most of their meals and enjoy the backyard view. “Sometimes she makes me turn off the lights because she thinks it scares them away, so we sit in the dark and eat,” Larry laughed. Debra’s love of birds is also

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obvious in the study, as is her natural talent with a camera. Pictures she has taken cover the walls.

The formal dining room looks out on the front yard. A hand-painted basin and pitcher from Portugal reside on top of a curio cabinet which holds their delicate wedding crystal, something Larry says is used about as much as the formal dining room itself. “We got the basin and pitcher from the Azores, which are a small group of islands off the coast of Portugal. We were stationed there for three years,” Larry explained.

A hallway of yet more pictures leads to the master bedroom, spacious with

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raised ceiling and a calming color palette of sage. More of Debra's favorite hummingbird art graces the walls, as well as more paintings, always with a focus on nature. Larry is quick to show off his wife's artistic photos of flowers taken at the Butchart Gardens in Victoria, British Columbia. The vibrant prints are just as exquisite as their purchased art, although Debra humbly claimed, "It's really just all about having a good camera."

The beloved walk-in shower in the master bath is indeed worthy of Larry's



praise. "There's never any waiting in line for a shower here," he laughed.

Upstairs is Larry's "man room," complete with fish tank, pool table and bar. Decked out in Dallas Stars' green, pictures of Larry's favorite team, many autographed and including him, hang next to endless souvenir photos of Larry's scuba diving trips. "I've been all over the world. I've been to the Galapagos Islands, Socorro and of course, all over the Caribbean. I usually take one trip a year. She lets me go by myself," he said, throwing an appreciative smile Debra's way. The pictures of baby sea lions, whales, sharks, dolphins and crazy fish are truly amazing.

While Larry is allowed his man room, Debra's personal space is a bit bigger. Her green thumb is apparent from the front yard to the back, where even the gardener herself is challenged to remember all the names of her myriad plants and flowers. Magnolia trees, rose bushes, irises, salvias, verbena, hydrangeas, azaleas, petunias, gardenias, rosemary, ornamental oregano — the list goes on and on in a riot of colors. A koi pond, full of exotic orange, black, white and yellow koi, melodic in the serene sounds of its running waterfall, makes the backyard truly an oasis. "We really love it here," Debra said. "We've definitely made it our home." **XXXXX**

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Dr. Culp graduated from Texas Christian University with a Bachelor of Science degree in biology. He earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He completed his three-year residency in foot and ankle surgery at Kaiser North Bay Consortium in Vallejo, California, where he served as chief resident his final year. A member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons, Dr. Culp has presented his research at professional conferences.

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*MISD students receive scholarships at the Rotary Club's luncheon held at Spring Creek Barbeque.*



*Mayor David Cook and Braden Allard enjoying the new Torpedo ride at Hawaiian Falls.*



*Steve Casteel, volunteer, Joe Boatman, FUMC coordinator and Matt Casteel, Stop Hunger Now Program Director out of Jackson, Mississippi, pause for a photo while volunteers package over 100,000 meals to be shipped to 79 different countries.*



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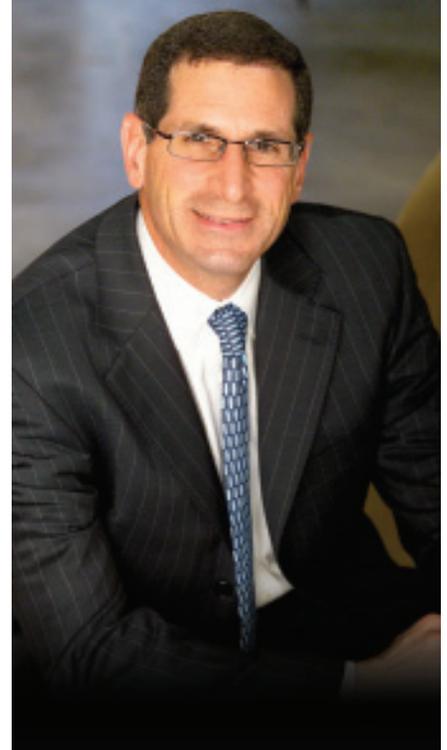
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The staff at the Mansfield Wienerschnitzel has plenty to smile about. They just donated a bunch of hot dogs to the DFW VisionWalk put on to raise funds for a cure for degenerative eye diseases.



Summer heat and road trips keeps these guys busy at Kwik Kar on Broad St.



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# ALL ABOUT THE Road Trip

— By Teresa Maddison

Diana Pfau, this year’s Decorative Painting Society’s “Outstanding Chapter Service Award” winner, revealed her world of decorative painting for a brief moment and blew the doors wide open with a whole new perspective. Most of Diana’s fabulous pieces are in the form of tole painting. With its roots in Scandinavia and Germany, tole painting began as an emulation of gorgeous painted furniture the rich were importing from the Orient. “What appeals to me is that we paint on useful things, things you can use,” Diana said, holding up a fabulous wine bucket painted a gorgeous iridescent finish emblazoned with grapes. “This used to be someone’s trophy cup, in fact, it

belonged to ‘Nebraska’s Strongest Man 1999.’ I picked it up at a flea market for \$7.00,” she laughed. “We comb tag sales and thrift shops for silver trays, coffee sets and unique wooden pieces — relics from the past no one wants to polish anymore.” With a grin she noted, “I have never painted on canvas and never intend to!”

Diana learned to excel in many things before painting became her passion. “I sew; I cook; I entertain. At one point I tried crocheting. I took lessons from a funny, old British lady who told me, ‘I think perhaps you should find something else to try,’” she remembered, laughing. “Well, you can’t be good at everything, and I eventually found

decorative painting, so what did it matter?”

When Diana began teaching 18 years ago, it was an instant fit. “I find my greatest joy teaching people who have never done anything artistic in their entire lives, and don’t think they can



... but they can!” This is actually how Diana started, too. “I really have no gift. I was not a good painter — I was just so pig-headed that I was going to get it if it killed me! I paint the way I paint because I have painted my heart out for 30 years,” she emphasized.

“It just made sense to me,” she said, “Looking at it, I told myself, *Shut up ... did I do that?* Decorative painting has really helped my focus, concentration, listening and organization — life skills that are so beneficial!”

A mesmerizing example of decorative painting is hanging in the guest bedroom — *Santa's Ride* shows in folk-art fashion a lively Santa in a long, German robe riding a reindeer with a swirl of old-fashioned toys scattered behind him through the night sky. The painting literally pulls you

**“I paint the way I paint because I have painted my heart out for 30 years.”**

in with its array of so many wonderful toys detailed over the wooden tray. “I have a very loyal following. People paint with me because they know they’re going to end up with a great piece and have a great time.”

Still, when the exceptional caliber of her pieces is realized, one has to wonder if this is something they, too, can succeed at. “It doesn’t matter how good you are; the point is to enjoy it. You don’t have to be a gifted artist, just willing to work hard,” Diana patiently explained. In decorative painting, there are very specific steps to follow. “It doesn’t have to be perfect, unless of course you are a perfectionist, then you have your own issues to deal with,” she laughed. “It’s a practical thing. You get instruction; you follow directions; and you end up with beautiful stuff.” And prizewinning “stuff” as well. *Russian Rooster* won a blue ribbon at the Texas State Fair. The painting looks like a photograph; literally every fiber in each feather is fantastically

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detailed in striking brushstrokes. Though it is not the only ribbon winner (there are many), it is Diana's favorite. "He goes in the closet under the stairs with me when the tornado warnings go off," Diana giggled, "with the cookbook my mom wrote for me and the wine."

When asked about her favorite part of it all, Diana gushed, "It's all about the road trip!" She and her friends from the Bluebonnet Chapter of the Decorative Painting Society go to three conventions per year. "Do you think we've missed a junk shop, flea market, Goodwill store or Dairy Queen [DQ] along the way? We know every DQ between here



and Eagle's Nest, New Mexico," she exclaimed passionately. "Four women in a car for three days — there's nothing we don't cover. Forget the painting, that's the reason we get to go. We just have to bring something we painted home so our husbands don't ask, 'You did what for three days?' It really is all about the road trip."

As for her advice to others, "I fell into this; it's what clicked. I don't care if it's decorative painting, but find something that feeds the creative part of your soul. It could be a book group, cooking class — just try something," Diana continued thoughtfully, "It's really for you because when you are in a dark place, and we all have them, you need something that makes you feel valuable. You cannot quit your job after all those years and come home to an empty house. You have to come home to something that's yours — that you do." Diana flashed a smile, "Of course, I'd love it to be decorative painting; bring your girlfriends. Come on and paint!" **NOW**

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# A Clear Victory

— By Carolyn Wills

At age 16, Julio Bocanegra knows his priorities in life; they are God, school and boxing, in that order. The soft-spoken Mansfield High School junior attends Crossroads Christian Church, enjoys and excels in school and chooses English as his favorite subject. Not long ago, Julio discovered his natural gift as a boxer and, after about six months of training, took his first challenge to prove his talent.

On Thursday, February 25, he stepped into the lightweight novice ring at the 2010 Fort Worth Regional Golden Gloves Tournament. His first tournament was the Regional Golden Gloves, a major one as boxing tournaments go. Like each of his teammates from The Gym in Arlington, he had hopes of winning; yet the odds were slim for someone so new to the sport.

Remarkably, about a year-and-a-half ago, Julio weighed over 160 pounds.



**“It’s the adrenalin and also seeing the other fighter and everybody in the crowd.”**

As a result of running and boxing, his current weight is around 138 pounds. As he continues to train and compete, it is likely that he will shed another three to five pounds. “Boxing is a competitive sport,” he said. “You don’t rely on teammates. It’s a one-man team.” He was attracted to such a physical and disciplined sport because his father had participated in boxing when he was young and had reared his two sons, Jose

and Julio, to also appreciate it. “We like boxing,” Julio said. “My dad has always wanted us to watch it on television, and we’ve been doing it together since we were kids.” Not surprisingly, last year when his youngest son expressed interest in learning to box, Julio’s father was thrilled, and with his encouragement, Julio’s training began.

“I go to the gym from Mondays through Thursdays,” Julio said. “On

the weekends, we rest.” In addition to practicing and training at the gym, he maintains a routine at home consisting mostly of running. “For boxing, you need to keep a lot of air in your body. Breathing, flexibility and footwork are all important, but it is most important to control your breathing.” Beyond helping with his lung capacity, running also helps Julio to stay loose and flexible.

“People in the gym are like a team,” he explained. “There are different coaches, but we all train in the same place.” Boxers also fight under the name of their gym, and as a result of belonging to The Gym, Julio accepted his first test. Since 1923, the Golden Gloves of America has been promoting amateur boxing in local and regional tournaments across the

**“You don’t rely on teammates. It’s a one-man team.”**

United States and in an annual National Tournament. Fort Worth is host to a Regional Golden Gloves Tournament at the John Justin Arena in the Will Rogers Complex, an event that typically attracts large crowds of enthusiastic fans, friends and families. The tournament is open to both male and female boxers from ages 8 to 34 from the Fort Worth area; and the competitions are divided into novice and open, by gender and weight.

As a first-time competitor weighing just under 140 pounds, Julio qualified to compete in the 15- to 16-year-old Novice Lightweight division. “Fights are judged by officials seated at different angles to the ring,” he explained, “and the fighter delivering the most hits and putting the most pressure on his opponent wins.”

On the evening of his first tournament fight, Julio, dressed in black and white boxing gear, fought three 45-second rounds against a contender from his age and weight division. At the sound of the bell, the judges signaled the boxer

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in black and white as the winner. By the process of elimination, Julio had qualified to move forward in his first and quite formative tournament and would return to fight the following evening.

The next evening he returned from his Mansfield home to meet a second opponent and, when all was said and done, he surfaced as the winner once again. Remarkably, by remaining undefeated, Julio had moved into contention for a championship title.

His final fight was on Saturday evening. "I woke up sore," he said, "but I knew it would go away once I got in the ring. It's the adrenalin and also seeing the other



**"Remarkably, by remaining undefeated, Julio had moved into contention for a championship title."**

fighter and everybody in the crowd." At the end of the third fight, Julio left no doubt for the judges. His opponent was knocked to the mat twice, and although he was able to get up and return to the fight, when it was all over, the victory clearly belonged to Julio.

Next year, Julio will enter his senior year in high school. He hopes to continue boxing and has not ruled out the possibility of going to the Olympics or of becoming a professional boxer. "Someday, if I get better," he said. Most importantly, though, he wants to continue with his education and plans to enroll in community college.

Today, a gold trophy accented with red and entitled 2010 Fort Worth Regional Golden Gloves Junior Olympics — Senior Novice Lightweight Champion enjoys the spotlight at the Bocanegra home — a spotlight that shortly and certainly will be shared. **NOW**



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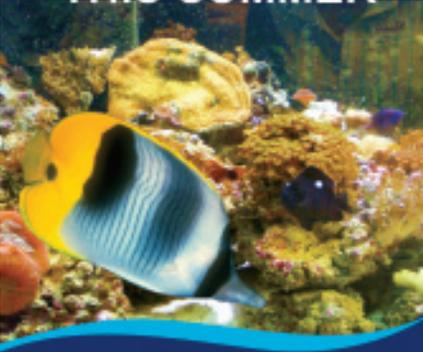
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# A Lasting Legacy

*At Alexander Portrait Designers, the focus is you. — By Jaime Ruark*

For the past 11 years, the Alexander Portrait Designers studio has been the premier place to capture the lives of Mansfield residents on film. A black Labrador in pearls, a little blond wisp of a girl dancing in a pink tutu, a proud family in matching shirts and smiles — these are the precious moments Glenda Beckwith has turned into a legacy that will last a lifetime.

“I started with photography when I was 18, and went to college for it. I’ve been in the business now for over 20 years,” Glenda said. For years, Glenda’s portraits were nothing more than a side job while she worked as a sales representative for other photographers. “My dad always said, ‘Stick your toe in and jump!’ So I did,” she shared. Thus, Alexander Portrait Designers was born. This past year, Glenda diversified her company, opening Gallery Imaging, a school division; Fellowship Directories, a church directory division; and a sport division called I Shot

The Game.com.

Glenda and her staff work to make senior portraits — the house specialty — a fun and interactive experience, each one personalized to reflect the subject’s unique personality. “Seniors are a ball because they’re up for anything,” Glenda said. “We really try to talk with them, ask them questions and get to know them. It’s amazing sometimes how they open up.”

Alexander Portrait Designers is about much more than just seniors; Glenda is a natural at capturing all of life’s special moments. Beautiful bridal and wedding pictures, as well as family, children and pet portraits are all given the same creative approach and attention to detail. “I love this job, working with the kids and the people, getting to know them and building relationships. I photographed a wedding of a girl I’ve been taking pictures of since she was 3 years old. That’s special,” Glenda shared. “Even more than that, though, for me it’s really about creating

**From left:**

April Vann, Glenda Beckwith and Dani Archuleta strive to make your next photo shoot a picture-perfect experience.

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that lasting legacy.”

Glenda has surrounded herself with a staff as capable and talented as she. Her backup photographer, April Vann, has a degree in photography from Sam Houston University and works well with the seniors and younger children. Dani Archuleta, a recent graduate from Mansfield High School, helps with the design aspect. Glenda’s husband, Pat Delgado, in charge of sales, marketing and IT, helps make the studio a family affair. “I couldn’t do it without them,” Glenda expressed.

Photography has brought Glenda many opportunities to give back to the community around her. Having grown up on a farm, Glenda has a special place in her heart for animals and works with many local organizations such as the Mansfield Animal Control and the SPCA. Her photos, capturing the sweet and gentle or fun and goofy nature of animals, help with the adoption process. “We just put a new display in Dr. Cannon’s office at the Mansfield Animal Clinic. We do a special where people can bring their dogs in and get a 5x7 photo if they bring a 20 pound bag of dog food, which is then donated to the animal shelter,” she explained.

While each moment she captures on film is priceless, one of her most beloved contributions is volunteering for the organization Now I Lay Me Down To Sleep, which specializes in remembrance photos for parents who suffer the loss of a baby. “This is one of the best things I do, and it’s also one of the hardest. To be there during those private moments can be heartbreaking but so beautiful,” she expressed. “It’s things like that — giving back — that makes my work even more worthwhile. Lives can change in the blink of an eye, and it can be amazing to be there and capture those moments.” **NOW**

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said. “There was our opportunity, and it’s worked out perfectly, because we were able to start small and grow.”

Cindy is a long-time PCA Panther, having taught kindergarten at the Arlington campus for 14 years, from which both of her children graduated. The move from teaching to principal was a bit unexpected, but the last three busy years have reinforced what she feels is a calling. “I heard someone say, ‘This is the hardest job I’ve ever loved.’ I think that says it perfectly,” she laughed.

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# Sounds of Learning

— By *Jaime Ruark*



Student-drawn monkeys, tigers and other jungle animals trek across the brightly colored halls of the Mansfield campus of Pantego Christian Academy (PCA), where the sounds of learning echo with what can only be described as fun. Perhaps it is the dedicated teachers, partnered with involved parents, resolved to bringing up children to stand on biblical faith. Perhaps it is the curriculum, with an Honorable Character Program, which rewards students based on character traits such as honor, obedience, wisdom, kindness, self-control and honesty. Or perhaps it is the students themselves, working hard and making their education a successful pathway to their future. Whatever the reason may be, the difference at Mansfield PCA is tangible, making it easy to see why every year, more and more students and families are joining the stampede.

Having just completed its third year, PCA’s second campus is growing by leaps

and bounds. Elementary Principal Cindy Sherrill explained, “We opened in 2007 with 37 students. This year we had right around 100, and we’re looking to have about 130 next year. We’re adding a grade level every year to get to fifth grade. Right now we have 3-year-olds through third grade, so this coming year we’ll add fourth and then fifth.” The current plan after students complete fifth grade is to send them on to the Arlington campus for middle school. “In years to come, it’d be grand to have all grade levels right here, but as for right now, that’s the plan,” she shared.

Currently, the school building and grounds are leased from Mansfield Bible Church. “It had been a desire of the school board for a number of years to go south and have a Christian school in this area. Mansfield Bible Church was buying this facility in 2007, but at the time it was too big for them, so they asked us to come here and start our school,” Cindy

methods and curriculum, has made the job of Mansfield PCA’s educators a bit easier. Plus, it never hurts to bring along some friends. “We brought some lead teachers from Arlington, who had been at that campus for several years, which was a huge help,” Cindy noted. “We also have some specialty teachers we share part time with the Arlington campus. That helps keep us connected as campuses and gives our kids more interaction.”

Contrary to some views on private schooling, Cindy is quick to point out her students are not removed from the “real world,” but are instead being equipped with skills which will help them make that world a better place. “Our intention from the very beginning with each child is college preparation, so we have very challenging academics. But we also teach everything from a biblical perspective and a Christian worldview,” she noted. “We bring the Lord into everything we teach to help our students stand on

# Education **NOW**

biblical knowledge and know why they believe what they believe, especially in subjects like science, so they can defend their faith. I tell parents, 'Yes, we are a Christian school and we teach the Bible, but it's bigger than that.'"

Rhonda Attaway, admissions director, praises the PCA parents for the school's success. "Our parents are very much involved. We want them to be on board



and understand our curriculum. We're a covenantal school; our purpose is to partner with Christian parents to raise up Christian children," she said. "We have very like-minded families, so there is a bonding that takes place. They really get to know each other, even in the classes above and below. There's just that family feel. Everybody plays a part." Smaller class sizes, with no more than 15 students per class, mean more individualized attention. "The parents get the sense that their child is noticed here and cared for, not just a number," Rhonda added.

Our community has been reaping the benefits of PCA Panther pride, as students learn to "do unto others" according to Matthew 7:12. The Children's Medical Center of Dallas, local nursing homes and food banks, Haiti earthquake survivors and the American Cancer Society are just a few of the recipients of the students' volunteerism. "We think that service and mission projects within the community are very important. We're raising community-minded children with the responsibility of service," Cindy said. "We all know, as parents, that you can't shelter your child completely from the world. But, by parents making the choice to have their children come here, I think they are giving them the support they need to be in the world." **NOW**



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# In The Kitchen With Jeannette McCally

— By Faith Browning

Over 50 years ago, Jeannette McCally's love for cooking began when she married her husband, Jim. She set out to learn all the old family recipes Jim was accustomed to eating. Over the years, she acquired over 200 cookbooks, but they were all lost over 15 years ago in a fire. "I've been replenishing my collection at half price bookstores and through friends," she explained. "It's amazing how so many different people are giving

me cookbooks I have lost."

Currently, Jeannette is in charge of the fundraising for Mansfield Methodist Hospital's annual Holly Days Gift Show and Raffle, being held on December 3, 2010. "We are going to have a large raffle this year. Someone has donated a 1989 Maserati, Cowboy tickets, jewelry and artwork," she expressed. "I'm having so much fun!" **NOW**



## CHICKEN SPAGHETTI

- 1 stalk celery, chopped
- 3 med. onions chopped
- 6 garlic cloves, minced
- 1 Tbsp. oil or butter
- 1 8-oz. can mushrooms
- 1 chicken, cooked and chopped
- 1 small can tomato paste
- 1 can golden mushroom soup
- 16 oz. spaghetti, cooked
- 1 lb. cheddar, shredded

1. In a large skillet, sauté celery onions and garlic in oil.
2. In a very large bowl, combine remaining ingredients, except cheese, with sautéed mixture; toss with your hands.
3. Fill one 8 x12-inch and one 9 x 9-inch pan; cover with cheese. Bake at 350 F for 30 minutes until cheese is melted and bubbly.

## BLACK RUSSIAN CAKE

- CAKE:**
- 1 pkg. yellow cake mix
  - 1 4-oz. pkg. chocolate instant pudding mix
  - 1 cup oil
  - 3/4 cup water
  - 1/4 cup vodka
  - 1/4 cup kaluha
  - 1 egg

- GLAZE:**
- 1/4 cup butter
  - 2 cups confectioner's sugar
  - 1/2 cup vanilla
  - Kaluha

1. Combine all cake ingredients on medium speed for 1 minute.
2. Place in a greased 10-inch Bunt pan. Bake at 350 F for 50 minutes; let cool.
3. Carefully invert cake onto a plate.
4. Prepare glaze, by combining butter, sugar and vanilla. Add kaluha to the batter until it mixes into a soft dribble.

## RUM CAKE - Hospital Favorite

- CAKE:**
- 1 cup pecans, chopped
  - 1 3/4 pkgs. vanilla instant pudding
  - 1 pkg. yellow cake mix
  - 4 eggs

- 1/2 cup cold water
- 1/2 cup vegetable oil
- 1/2 cup dark rum

**GLAZE:**

- 1/2 cup butter
- 1/2 cup sugar
- 2/3 cup rum

1. Preheat oven to 350 F. Grease and flour 10-inch Bunt pan.
2. Sprinkle nuts in the bottom of the pan.
3. Combine remaining cake ingredients until smooth; pour batter over the nuts.
4. Bake 1 hour or until inserted toothpick comes out clean.
5. Cool and invert on a serving plate. Score the top with toothpicks.
6. In a small pan, prepare glaze by bringing all ingredients to a boil for 2 minutes. With a brush, glaze the cake.

## CHOCOLATE PIE

- 2 Tbsp. cocoa
- 2 Tbsp. flour
- 1 1/2 cups sugar
- 3 egg yolks
- 2 cups milk
- 1 Tbsp. butter
- 1 1/4 tsp. vanilla
- 1 pie crust, baked
- 6 egg whites
- 1/4 tsp. cream of tartar

1. In a saucepan, combine cocoa, flour, sugar, egg yolks and milk. Bring to a boil and cook until very thick. Stir in butter and 1 tsp. vanilla; let cool. After mixture is cooled, place in piecrust.
2. In a separate bowl, beat together egg whites, 1/4 tsp. vanilla and cream of tartar; beat until frothy. Spoon topping onto chocolate mixture; place into a very hot oven until topping is lightly browned.

## BEST EVER CHOCOLATE CAKE

- 1 box Duncan Hines® devil's food cake mix
- 1 4-oz. box chocolate instant pudding mix
- 1 cup sour cream
- 1 cup milk
- 1/2 cup vegetable oil
- 1/2 cup water

## 4 eggs

- 3 cups chocolate chips, divided
- 6 Tbsp. butter

1. Preheat oven to 350 F. Grease and flour 10-inch Bunt pan.
2. In a large bowl, combine cake mix, pudding mix, sour cream, milk, oil, water and eggs; beat until well-blended. Mix in 2 cups chocolate chips; pour batter into the prepared pan.
3. Bake for 40 to 50 minutes until an inserted toothpick comes out clean. Cool for 15 minutes in the pan; turn onto a wire rack to cool completely
4. To make glaze, melt butter and 1 cup chocolate chips; stir until smooth. Drizzle over the cake.

## BLUEBERRY PIE

**PIECRUST:**

- 3 cups flour
- 1 stick Crisco
- 1/2 cup water

**FILLING:**

- 3/4 cup sugar
- 3 1/2 Tbsp. flour
- Pinch of salt
- 4 cups blueberries (if you use frozen they do not have to be thawed)
- 1 squeeze of lemon juice
- 1 Tbsp. butter

1. Prepare the piecrust by combining the flour and Crisco with a pastry cutter; add water.
2. Separate dough into two balls; roll out to fit your pie pan.
3. Preheat oven to 425 F. Line pie pan with one piecrust.
4. In a large bowl, mix sugar, flour and salt. Add the blueberries and lemon juice; toss well.
5. Pour mixture into piecrust and dot evenly with butter. Cover with top crust; crimp edges. Cut vents in the crust.
6. Bake 10 minutes at 425 F; lower heat to 325 for 40 to 50 minutes until top is brown.

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# Do Not Drink the Water

— By Betty Tryon, R.N.

Those happy days of summer spent splashing in the pool without a care in the world may not be so carefree. The



closing of public pools because of contamination brought Recreational Water Illnesses (RWI) to the forefront. RWIs occur when swallowing or having some contact with water that is contaminated with pathogens (germs). These pathogens may be bacteria such as shigella and E. coli, or parasites such as Cryptosporidium, Giardia or even some viruses. The most frequent symptom is diarrhea along with fever, vomiting and stomach cramps. After exposure to polluted water, skin, eye, ear and respiratory symptoms are all indicative of a possible infection.

One of the most common ways these germs are spread is from humans suffering with diarrhea entering the water. Even barring the occasional “accident,” anyone with recent diarrhea will have enough germs on their bottom to easily contaminate the water supply. To lessen the probability of becoming ill from RWIs, do not swallow the water! Even a small amount can be devastating. Many people think pool water is safe because it has been treated. On the contrary, some of these pathogens can live for several days in chlorinated water. Even with a perfectly maintained pool, it is impossible to prevent all RWIs because you cannot control every circumstance of what gets into the water.

Therefore, if swimming in a public pool, please remember that it is a communal venue. If someone is ill or

careless, you may not know it. It is not always evident when fecal material gets in the water. Water that is treated with chlorine is not a substitution for good personal hygiene. The CDC (Centers for Disease Control) recommends showering with soap and water before swimming. Wash your hands after using the bathroom. Please consider others and do not swim if you are ill with diarrhea. Parents of small children need to be especially vigilant and offer frequent potty breaks to avoid accidents in the water. Clean the bottom with soap and water before entering the pool.

Swimming pools are not the only water venues susceptible to this problem. Hot tubs and Jacuzzis are particularly vulnerable to the spread of waterborne diseases because the high temperature of the water causes the chlorine to evaporate more quickly. Lakes, rivers, springs or ponds carry an even higher risk. Any number of pollutants can foul the water such as sewage, animal waste or even a heavy runoff from a recent rain. It may be inconvenient to practice due diligence when the water and good times beckon. However, being careful may not only keep others from becoming ill, it will keep you safer, too. **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.*



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# July is Crape Myrtle Time

— By Nancy Fenton



Look around at all those gorgeous, blooming trees! If you do not have some crape myrtle trees, try them. There are varieties for every space, taste and color preference. They can run from 2 feet (miniatures) to 20-plus feet (tree size). They are all ultra-hardy and do very nicely on natural rainfall after the first year. The key is to pick your color and know the maximum height you can tolerate in the space you are considering for planting. Do not plant 20-plus foot trees under your power lines!

Texas A&M recommends some good varieties for our mid-Texas areas. Their sizes and names are as follows:

## RED

2-3 feet	Pocomoke
3-6 feet	Dwarf Low Flame
5-12 feet	Cheyenne, Tonto
10-20 feet	Comanche
20-plus feet	Arapaho

## PINK

3-6 feet	McFadden's Pinkie
5-12 feet	Caddo
10-20 feet	Osage
20-plus feet	Biloxi

## PURPLE

2-3 feet	Velma's Royal Delight
3-6 feet	Dwarf Royalty
5-12 feet	Zuni
10-20 feet	Lipan
20-plus feet	Muskogee, Wichita

## WHITE

5-12 feet	Acoma
10-20 feet	Byer's White
20-plus feet	Fantasy, Kiowa

You will notice not all sizes have all colors available. Take your pick of size and color. Buy from a reputable nursery. Ask if they will take it back if it is not the right size and color. Good nurseries will! Plant the tree in the full sun and water thoroughly each week until the days no longer hit 85 degrees or higher. All new plants need special care and crape myrtles are no different. Your investment in thought, time and money will bloom and bloom and bloom! **NOW**

*Nancy Fenton is a Master Gardener.*

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# COWBOY CAPITAL

— By *Becky Walker*

Nestled away in the beautiful, but rugged Texas Hill Country less than an hour west of San Antonio, is the little town of Bandera. Known as the “Cowboy Capital of the World,” it was the staging ground for the last of the great cattle drives in the 1800s, and is famous for its strong rodeo tradition, dude ranches and horseback riding. In fact, many national rodeo champions have called Bandera home.

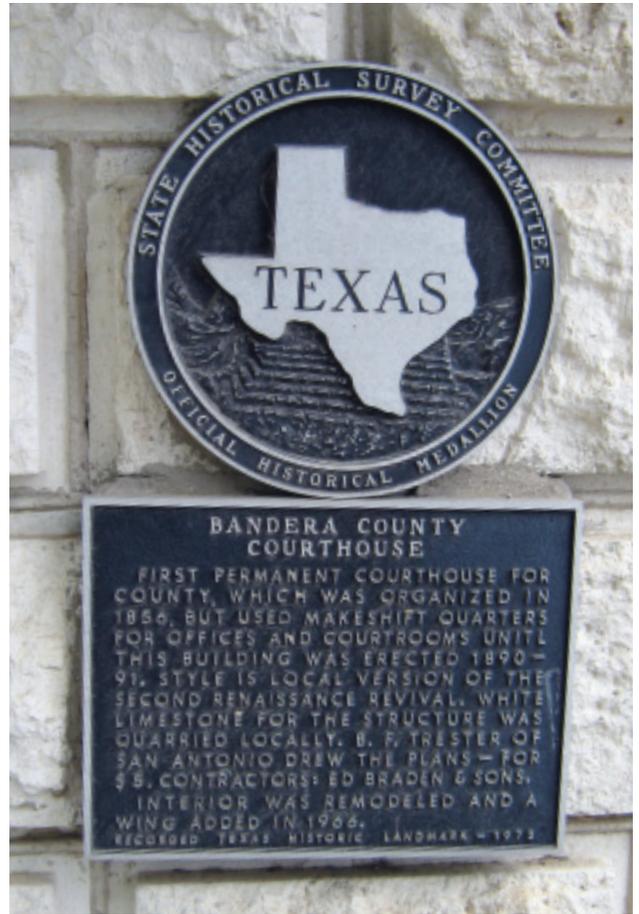
Here in this town, which prides itself in keeping the Wild West alive, it is not uncommon to see a horse tied to a hitching post or entertainers in period costume. Each Saturday, re-enactments of gunfights take place near the courthouse and horse-drawn wagons offer tours of the downtown area.

If music and dancing spark your interest, there are plenty of local honky-tonks, or you could drop in on an old-fashioned jam session, held every fourth Friday at the Silver Sage Corral. If apple picking is more to your liking, you might think about a mid-July visit to Love Creek Orchards located about 20 minutes away in Medina. (Call 830-589-2588 ahead of time to be sure the crop is ready for picking.)



Historical tours emphasize the area's unique blending of Indian, Mexican, Polish and Western cultures, and much of the local architecture is Polish — including St. Stanislaus Catholic Church, the second-oldest Polish Catholic church in the United States.

Scenic drives offer views of canyons, rivers, winding roads and wildlife. Over 200 species of birds have been identified in the area. The Lost Maples State Natural Area in northwestern Bandera County preserves the Big Tooth Maple, a variety of maple not normally found in other parts of the state. Axis deer, feral hogs and wild turkeys make Bandera a favorite place for hunting. Information regarding hunting leases may be obtained through the Bandera Visitors Center at (830) 796-3045 or (800) 364-3833. If you love the great outdoors, Bandera just might be the vacation spot for you! **NOW**



## All Month

Thinking about getting a pet? Check out the Mansfield Animal Control. New hours. Weekdays: 8:00 a.m.-4:30 p.m. No longer open on Saturdays.

## All Summer

“Catch the Reading Express” Summer 2010 reading program, presented by the Mansfield Public Library. Reading logs, book presentations, story and craft nights and more. Show reading logs to earn Texas Rangers game tickets. For more information, call (817) 473-4391.

## Through August 31

“Healing Waters” Exhibition at the Hue Art Gallery: 130 N. Main, Mansfield. Featuring the artworks of Emily Bently, Terri Berbel, Andrea Chudoba, Elena Chudoba, Kay Cohen, Rachel Cohen, Jayne Drusch, Nicole Drusch, Amalia El Masri, Riyad El Masri, Jennie Franz, Chuck Freeman, Valeska Fripp, Kim Grasso, Pilar Keptra, Raymond Keptra, Rhoda Keptra, Jasmine Mc Masters,

Marilyn Jonas, Ernesto Rodriguez, Sharon Nolan and Aleksandra Sveda. For more information, call (817) 477-5630.

## Monday-Friday

Young at Heart luncheon (for residents ages 55 plus): noon-12:30 p.m., Mansfield Activities Center. (817) 453-5420.

## Every Monday

Story Time for Tots, for infants to 3-year-olds: 10:30-11:00 a.m., Mansfield Public Library.

## Every Monday, Wednesday and Friday

Senior Bingo: 11:30 a.m.-noon, Mansfield Activities Center.

## First and Third Monday

Planning and Zoning Development Commission meeting: 6:30 p.m., Mansfield City Hall.

## Second and Fourth Mondays

City Council meeting: 7:00 p.m.,

Mansfield City Hall, 1200 Broad St.

## First and Third Tuesdays

Senior Dance: 7:00-9:30 p.m., Mansfield Activities Center. Bring a covered dish. Cost: \$5. For more information, contact Suzanne Newman at (817) 453-5420.

## Every Tuesday

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. By appointment only. (817) 473-0507.

Rotary Club meeting: noon, Spring Creek Bar-B-Q, 1724 Hwy. 287 N.

Crafters' Book Club meeting: 11:30 a.m.-3:00 p.m., Mansfield Public Library. Join other crafters (scrapbooking, knitting, quilting, beading, etc.) and listen to audio books during craft time.

## First Tuesday

Mansfield Economic Development



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Corporation meeting: 6:00 p.m.,  
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### First and Third Tuesday

Training Academy for Dental Assistants' free informational session: 5:30 p.m. (972) 842-2999.

### Third Tuesday

Park Facilities Development Corp. meeting: 7:00 p.m., Mansfield City Hall, 1200 E. Broad St.

### Every Wednesday

Children's Story Time for ages 3-6 years: 10:30-11:00 a.m., Mansfield Public Library.

### First Wednesday

Zoning Board of Adjustment meeting: 6:00 p.m., Mansfield City Hall.

### Second Wednesday

Library Advisory Board meeting: 6:00 p.m., Mansfield Public Library Community room, 104 S. Wisteria St.

### Third Wednesday

Lunch 'N Learn, sponsored by Charter Business: 11:30 a.m.-1:00 p.m., Mansfield Area Chamber of Commerce, 114 N. Main St.

### First Thursday

ABWA Empowering Women Express Network monthly meeting: 5:45 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. RSVP to Daphne Brewer at (972) 723-6551.

### Third Thursday

Mansfield Park Facilities Development Corporation meeting: 7:00 p.m., Mansfield City Hall, 1200 E. Broad St.

### Every Friday

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

### First and Third Fridays

Free blood pressure screenings by appointment only at the Huguley

Memorial Medical Center. To schedule your screening, call Dr. Meenu Sharma at (817) 615-8627.

### July 2

Quebe Sisters Band: 7:30 p.m. at Farr Best Theater, located downtown in the historic district at 109 N. Main St., Mansfield. Doors open at 7:00 p.m. Tickets: \$20.00. You may buy tickets at the theater on show nights or e-mail Sherry at info@quebesistersband.com. For more information, please call (817) 453-1700.

### July 4

Mansfield's Rockin' 4th of July: 7:00-11:00 p.m., Big League Dreams Mansfield, 500 Heritage Parkway South. No parking at location, but free parking and shuttle service from Newsom Stadium (Hwy. 360 at E. Broad St.) from 6:00-11:00 p.m. Bounce houses, carnival games, military appreciation, music and fireworks. No outside food, drinks or coolers in the park. For more information, visit [www.mansfield-tx.gov](http://www.mansfield-tx.gov).

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## July 9

After Hours Improv Theater presents Dance Hall Night: 7:30-10:30 p.m., 100 N. College St, Waxahachie. All types of dance music will be featured. \$10 cover charge. B.Y.O.B. For more information, call (972) 937-9839 or visit [www.afterhoursimprov.com](http://www.afterhoursimprov.com).

## July 10

Classical guitar concert with Stacy Arnold: 7:00 p.m., St. Paul's Episcopal Church, 624 Ovilla Rd., Waxahachie. Free to the public. [www.stacyarnold.com](http://www.stacyarnold.com).

## July 12

Senior Golf Challenge: 8:00 a.m. shotgun, Mansfield National Golf Club. Cost: \$44/golfer. Contact Dina Migchelbrink at [dinam@eaglegolf.com](mailto:dinam@eaglegolf.com) for more information.

## July 16-17

Creative Quilters Guild of Ellis County annual quilt show: 10:00 a.m.-5:00 p.m., Midlothian Conference Center, 1 Community Circle Dr., Midlothian. This year's theme is "Stitches Around the World." This will be a judged show where more than 100 quilts are expected to be displayed and available for judging. Contact Carol Sawyer at (972) 921-8576.

## July 16-18

*My Fair Lady*, presented by the Mansfield Community Theatre and directed by Marty Fredrick and Scott Ferrell: Kennedale Performing Arts Center, 901 Wildcat Way, Kennedale. Bring the whole family and share in the magic of a 36-piece orchestra, a cast of over 60 and beautiful sets and costumes. Show times: July 16: 7:00 p.m. July 17: 2:00 p.m. and 7:00 p.m. July 18: 2:00 p.m. Tickets: \$16-18. For more information, contact Marty Fredrick at (682) 518-1565 or [martyfredrick76@gmail.com](mailto:martyfredrick76@gmail.com) or visit the theatre Web site at [www.mansfieldcommunitytheatre.org](http://www.mansfieldcommunitytheatre.org).

## July 20

As the Page Turns adult book club meeting: 6:30 p.m., Mansfield Public Library. July's book: *Baking Cakes in Kigali* by Gail Parkin. Discussion leader: Beverly Frank.

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