

The Community Magazine Serving Mansfield and the Surrounding Area

Mansfield NOW

M A G A Z I N E

October 2008

Singing
Her Praises

Bound to
Shine

Passing
the **Baton**

The **Business**
of **Birth**

At Home With

Cassandra
Jones

PSRST STD
U.S. POSTAGE PAID
FT. WORTH, TX
PERMIT NO. 1016



We have nine new sets of eyes and ears.

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 nine 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.)

LEFT TO RIGHT, BACK:

Danny Ray
Tony Moohan
MCB President Lance Walker
Bob Brown
MCB EVP Harri Adkison
Roger Liebelt
Kevin Cato

CENTER:

Kim Schlieker
Michael Evans, Sr.
MCB EVP Debbie Koenneke
MCB EVP Chuck Wilson

FRONT:

Tom Ritter, Jr.
Dee Davy

Mansfield Community Bank

A Branch of Woodhaven National Bank



817.473.5979 • 1700 E. Broad Street • www.mansfieldbank.com



MEMBER FDIC
INDEPENDENT
LOCALLY OWNED

Has your home sustained

HAIL DAMAGE?

Roofing Specialist

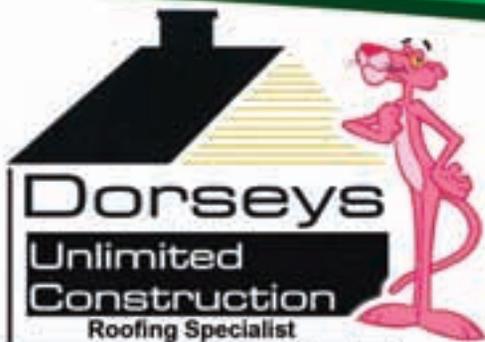


Call Dorsey's Unlimited Construction,

Mansfield's reputable roofing specialists with more than 18 years of experience.

We were here before the storms and we will be here after the storms to help you with all of your construction needs ...

Gutters • Windows • Skylights • Solar Screens



Insurance claims handled promptly.



Don't wait — call for your **FREE** damage report!

817-516-0669

214-320-3332

We are fully insured.



Check before you buy!

Contents

October 2008, Volume 3, Issue 10

6



Bound to Shine

14



Home, Hope and Helping Hands

At Home With Cassandra Jones

22

ArtsNOW
Singing Her Praises

26

SportsNOW
Passing the Baton

30

BusinessNOW
Catch a Tiger

32

EducationNOW
The Business of Birth



*On the Cover:
Jeanette Strother has a hat
for every occasion!*

Photo by Ivey Photography.

36 Around TownNOW

44 FinanceNOW

42 Who's CookingNOW

46 HealthNOW

Publisher, Connie Poirier
General Manager, Rick Hensley
Managing Editor, Becky Walker
Editorial Coordinator, Sandra McIntosh
Creative Director, Jami Navarro
Art Director, Chris McCalla
Office Manager, Lauren Poirier

Mansfield Editor, Alex Allred
Contributing Writers, Faith Browning . Todd Simmons . Betty Tryon
Photography, Ivey Photography . Natalie Busch Terri Ozymy . Monica J. Pechal
Contributing Editors/Proofreaders, Pat Anthony Jaime Ruark . Beverly Shay

Advertising Representatives, Steve Randle Rick Ausmus . Linda Dean . Will Epps . Carolyn Mixon . Linda Moffett . Eddie Yates . Terri Yates
Graphic Designers/Production, Julie Carpenter Allee Brand . Jana Jennings . Marshall Hinsley Arlene Honza . Brande Morgan . Pamela Parisi Jennifer Wylie

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2008. All rights reserved. MansfieldNOW is published monthly and individually mailed free of charge to homes and businesses in the Mansfield zip codes.

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



Mansfield NOW

Editor's Note

Dear Friends and Neighbors,

Here I go again — bragging on the residents of Mansfield. As an editor, it is a personal thrill for me to meet so many wonderful people within one community. Each month, I have the honor of highlighting the stories of our citizens who give back to their neighbors, while fulfilling personal goals. Our October issue is no different.



Tremendous community spirit built a third Habitat for Humanity home in Mansfield this summer. Cassandra Jones proudly takes us on a tour of her new home, while artists Rachael Grissel and Jeanette Strother share their talents. October is "Child Health" month so it is fitting that stories of Coach Cinda Bauer, who teaches self-esteem and girl power, and Donna Ryan, a certified childbirth educator, share their passion for our children.

As always, take care of yourselves!

Alex Alfred
MansfieldNOW Editor

Are Martial Arts Right for You? Find Out FREE!

- Our Adult MMA students enjoy the physical conditioning and stress relief of our program.
- Parents love the Respect, Self-Discipline and Confidence our program gives our kids ages 7yrs and up.
- Our 4,5 and 6 year olds have a blast! We teach them basic motor skills, respect and how to pay attention.

**Free Trial Lesson
& A FREE Uniform
upon Enrollment**

Call Now for Your First Free Lesson
First 25 callers Receive a FREE
Martial Arts Uniform simply for
enrolling on their first visit!

We realize that choosing a martial arts program is a
great decision, so to help you understand what the
martial arts is all about we are offering your first
Lesson FREE!
(No strings attached)

BRADIAN JINDISH
Black Belt Leadership Academy

MANSFIELD
ELITE **817-453-7783**
BLACK BELT LEADERSHIP ACADEMY **2300 Matlock Rd Suite 33**

**FREE
GIFT**
while supply last
(with \$20 Purchase or more)

* Shortest Wait Time in Town!
* Voted Best Nail Spa in Mansfield
* Back-to-School Savings
* Threading Available

Autumn Special
\$8 Off Pedicure
(Pedicure must be \$30 or more)
Cannot be combined with any other offer.
Exp. 10/31/08. Limit one coupon per visit.

We will match
any competitors
coupon
Must bring coupon
Exp. 10/31/08. Limit one coupon per customer.

\$10 Off
with purchase of
\$65 or more
Solar fill not included.
Cannot be combined with any other offer.
Exp. 10/31/08. Limit one coupon per visit.

Solar Set
\$30
Cannot be combined with any other offer.
Exp. 10/31/08. Limit one coupon per visit.

Walk-ins or By Appointment
Mon - Fri: 10am - 8pm
Sat: 9am-7pm Sun: 12pm-5pm

*FREE soft drink, hot tea,
champagne or water while
you are here.*

2041 Hwy 287 N. #815
Between Best Buy & Cinemark Theaters
682-518-5400



Arriving Fall 2008

call 214.333.5900 or e-mail DBUmansfield@dbu.edu for details

Bound to Shine

— By Alex Allred



When Jeanette and John Strother married, theirs had been a short engagement, but Jeanette had not worried about the whirlwind romance. “Three sisters married three brothers,” she laughed. After Jeanette’s oldest sister married a Strother, her youngest sister met and fell in love with yet another Strother brother. Jeanette met and fell in love with John during a visit over the holidays, “When my sister, Tina, got engaged to John’s brother, Richard,” she commented. She returned to her home in West Virginia, packed her belongings and moved to Texas, where she and John began a new life together.

For 29 years, John dedicated his life to the U.S. Army and

for 26 of those years, he was married to his first wife. While stationed in Germany, they adopted two daughters and eventually adopted a son while living in San Antonio. After his wife succumbed to cancer, John and his grown children found Jeanette.

It is how they formed as a family. Today, she spends as much time as she can with John’s daughters, Felicia and Carmen, whom she calls, “my girls.” John’s son, John Jr., is every bit Jeanette’s son as is evident by the pictures of her children and now grandchildren displayed throughout her home. Her biological son, Timothy, is her only child currently living out of state. With the birth of his second child, Jeanette proudly boasts having six grandchildren.

The growing family is something Janette wishes John was still here to see. He passed away in July of 2000, yet, like the pictures on her walls, his spirit still exists in her house. “John

Your Indoor Comfort Should Be Perfect, Especially When the Outdoor Weather Isn't.



RECEIVE UP TO A \$1,200 REBATE plus 6 months same as cash when you purchase any qualifying Trane XLi system.



While you can't control the elements outside your home, inside the control is yours. Make your indoor environment perfect with Trane heating, cooling and beyond. And when you purchase a Trane system, you can get up to \$1,200 back and 6 months same as cash. Just purchase a qualifying system, and get Trane reliability, Trane energy efficiency, Trane air quality, and be rewarded with a Trane rebate.

Trane ... Heating. Cooling. And Beyond.



J & S Air, Inc.
 Arlington, Tx
 817-695-1840
 www.jsair.com
 TA CLB009018E



Financing available on qualifying systems and accessories only and may vary depending on models purchased August 29th through October 29th, 2008. Available through participating dealers only. All eligible sales and installations must be located in the contiguous United States. Void where prohibited. Finance Charges accrue from the date of sale unless the Same As Cash plan balance is paid in full prior to the Same As Cash expiration date, in which case they are waived. Regular credit terms apply after the Same As Cash period expires. Annual Percentage Rate 17.90%. Minimum Finance Charge: \$2.50. (APR and Minimum Finance Charge may be lower in some states.) Terms subject to change without notice. Subject to credit approval. See Account Agreement for complete information and important disclosures. Other open-end and closed-end credit plans may be available. Ask seller for details. All credit plans subject to normal credit policies.

China King SUPER BUFFET

All You Can Eat Buffet!

Large Variety of Handmade Sushi

SENIOR CITIZEN DISCOUNTS!

Seafood Crawfish

Sushi Prime Rib

Now Introducing FROG LEGS & CRAWFISH!!!

We Serve Mongolian Grill

Take-out Welcome • Mongolian Grill • Hand-rolled Sushi
Seafood • Oysters • Prime Rib • Catfish • Salad • Dessert
Seating for Large Groups

**920 N. Hwy 287 Ste. #100
Mansfield
817-453-2488**

199 Food Items Daily!

MSG

10% Off Lunch Buffet
Draw-in only. Excludes holidays. Cannot be combined with any other offer. Expires 10-31-08

10% Off Dinner Buffet
Draw-in only. Excludes holidays. Cannot be combined with any other offer. Expires 10-31-08

**South Arlington
4515 Matlock Rd.
Ste. 111
817-375-9988**

was fun! Together, we danced. We danced in the hallway. We danced in the kitchen. We danced in the living room.”

When John became ill, Jeanette devoted herself fully to his care. As a registered nurse, not only was she qualified to do so, but she also felt that it was her calling. After his death, however, Jeanette fell into what she can only describe as a depression. Briefly, her life seemed to lose purpose and she floundered. When, at last, she picked up her pen, the words flowed and there was purpose once more. Suddenly, she saw art in the home where John once danced, in the many friends she embraced and in the beauty of her children. Even the silly antics of

“With her velvet-smooth voice and natural acting abilities, she not only recited her poetry to attentive audiences, she brought it to life.”

a pet or a butterfly in an open field were worthy of commentary. Even stronger was the need to share her feelings with those around her. She knew she needed to have her works published and performed.

In her office, Jeanette has created hundreds of poems, which have been published both nationally and internationally. As of May 2008, she is the President of the Poetry Society of Texas, the oldest poetry society in the United States, and is an active member of the Poets of Tarrant County, the Ft. Worth Poetry Society and the National Federation of State Poetry Societies.

With her velvet-smooth voice and natural acting abilities, she not only recited her poetry to attentive audiences, she brought it to life. She has developed a following around the state, since her readings are not just words spoken, but are also great performances of raw, human emotions.

It is appropriate, then, that the picture



Plan on good health every day.

Let us help manage your hypertension and diabetes starting today.

Schedule some relief from chronic illnesses at your neighborhood Methodist Family Health Center. We'll give you the education and support you need to manage your hypertension and diabetes instead of letting it manage you. Today's as good a day as any to schedule an appointment. So call us now and start planning for a healthier, happier you.



Cedar Hill West
326 Cooper St.
972-291-7863
8 a.m.-5 p.m. M-F

Cedar Hill East
950 E. Belt Line Rd.
Suite 100
972-291-7863
8 a.m.-5 p.m. M-F



Central Grand Prairie
820 S. Carrier Pkwy.
972-262-1425
8:30 a.m.-5 p.m. M-F



Midlothian
2220 Bryan Place
Suite 104
972-775-4132
8:30 a.m.-4:30 p.m. Tu-Sa.



Mansfield
2800 E. Broad St.
Suite 318
817-473-7184
8 a.m.-5 p.m. M-F



South Grand Prairie
4116 S. Carrier Pkwy.
Suite 250
972-263-5272
8 a.m.-5 p.m. M-F



Lake Prairie
5224 S. State Hwy. 360
Suite 230
972-522-0691
8 a.m.-5 p.m. M-F

Opening Nov. 24 at Charlton!
3450 W. Wheatland Rd., POB II, Suite 340 • 972-780-1796 • 8:30 a.m.-5 p.m. M-F

Appointments are encouraged, but most patients can be seen the same day and most insurance plans are accepted.

All Methodist Family Health Centers are staffed by independently practicing physicians employed by Methodist.



Fall Into Fun
Autumn Days in Ennis Fall Festival
Saturday, Oct. 18, 2008
10 am - 5 pm - Downtown Ennis

Arts & Crafts • Tasty Treats
 Railroad Museum • Fish Fry
 Live Entertainment • Fall Photos
 Children's Activities

www.visitennis.org • 972.878.4748

*Offering Exceptional Healthcare
 to the Mansfield community.*

**Family Health
 Center of
 Mansfield**



Anjani Amin, M.D.
 Specialty
 Family Medicine



Randall Wagman, M.D.
 Specialty
 Family Medicine

Office Hours
 8 am - 5 pm
 Monday - Friday
 Closed @ 12 pm
 Wednesday

Our Comprehensive Services

- + General Adult Medicine
- + Wellness and Prevention
- + Women's Health and Gynecology
- + Pediatric Medicine / Well-child Exams
- + Adolescent Medicine
- + Annual Exams / Sports Physicals
- + Immunizations / Injections
- + Flu screenings / Injections
- + Minor Surgical Care

All major insurances accepted.
 Same-day appointments.

920 US Hwy 287 North
 Suite 300 • Mansfield
 Phone: 817-539-0770

hanging above the computer in her office reads: *She's Bound to Shine*.

Indeed. Though she earned the nickname, "Love Poet," for her many romance poems, Jeanette cannot be categorized; her poetry is an expression of all her moods. She is brutally honest. She is funny, compassionate, sweet, daring and bold. She can be demonstrative and demure. There is no topic she is unwilling to write about if so moved.

When Jeanette received word that she was elected the new president of the Poetry Society of Texas, she was both honored and humbled. However, the nomination came as no surprise to those who know her.

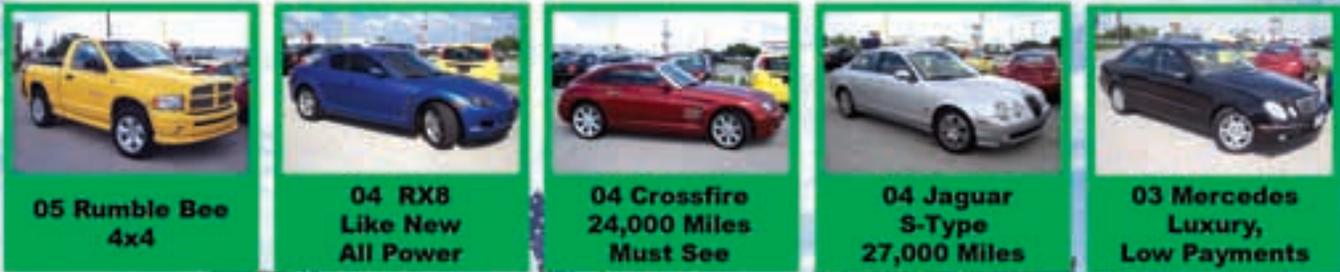
She is both a prolific poet and a vibrant reader, but she is also "the hat lady." In Jeanette's house, she has what she calls her "blue room." It is where she hangs her hats — all 80 plus of



"In Jeanette's house, she has what she calls her 'blue room.' It is where she hangs her hats — all 80 plus of them."

them. Also a member of the Red Hat Society, Jeanette is known throughout the community and the state's poetry society, for her colorful, fun and flamboyant hats.

A room, which once served as a guest room, now holds hats of all shapes and sizes. On the guest bed there are more than three-dozen hats, suitable for any occasion imaginable.



05 Rumble Bee 4x4

04 RX8 Like New All Power

04 Crossfire 24,000 Miles Must See

04 Jaguar S-Type 27,000 Miles

03 Mercedes Luxury, Low Payments



AUTO MAX of Mansfield
FINANCING AVAILABLE

At the corner of 157 & Debbie Lane in Mansfield	
157	287
Debbie Lane	
★	

1577 Hwy 157 N • Mansfield TX • Se Habla Español
877-912-4700
Monday-Friday 9am-8pm • Saturday 9am-7pm



*Drive a Little...
Save a Lot!*

**Jerry's
J&W Carpets**

Great Values
Everyday
Since 1971!

305 E. Main • Midlothian
972-723-8312
Metro 972-299-6106

Financing Available • 12 months
No Interest - Upon approval




Repairing Cars & Trucks
for over 20 Years
From Classics to Modern



ACDelco
CAR CARE CENTER

Bonus Value Discount
\$15 OFF Any service over \$100
\$25 OFF Any service over \$200
\$35 OFF Any service over \$300

COOLING SYSTEM FLUSH
ONLY \$24⁹⁵
 Exp. 10-31-08

One Block North of Post Office

Map to us	Map to us
Map to us	Map to us
Map to us	Map to us

930-A N. Main St. • Mansfield
817.473.1739

BBB A+ ASE



ADVANCED VISION CARE
 "QUALITY EYECARE IS OUR PROMISE"
 ARLINGTON MANSFIELD
 817-275-0655 817-539-8033
 www.avceyes.com

\$50 SAVINGS IN YOUR PURCHASE OF A COACH FRAME WITH ALIZE ANTI-GLARE LENSES*

*Discount can not be combined with insurance benefits - other restrictions may apply.

Against the far wall, a showcase table holds a number of antique hats, each with a history of its own. But her favorite ones are four very different hats, complete with different stories.

"This hat is very special," Jeanette said, holding up a cream-colored hat dotted with bright blue, yellow and red. It is from a 93-year-old friend, who wanted Jeanette to have the hat she wore on her very first date more than 70 years ago.

After another friend's mother died and Jeanette wrote a poem as a tribute to his mother, "He sent me this," she said, looking fondly at the elegant black hat with a partial veil. "He said it was his mother's favorite hat."

Jeanette describes another favorite as an "African tribute hat" which she has worn during Black History Month performances, but far and away her best hat is one she personally designed. The bright red and purple-feathered hat with a broad, sweeping brim depicts the woman who wears it. Passionate. Expressive. Without boundaries, yet distinguished.

Reared in West Virginia by her paternal grandmother, Jeanette is of another era. "I was raised in the country," Jeanette said proudly, remembering her modest beginnings. "We made everything ourselves." At a young age, she knew how to sew, knit, crochet and do intricate patchwork. She was also taught a deep love of books, embracing the works of Longfellow, Thoreau and Edgar Allan Poe. Beyond her passion for poetry and wordplay, she hopes to make audiences step away from the television and pick up books.

"There is," she said, "so much more power in words!"

As Jeanette performed perhaps one of her greatest pieces, "Mistress Eliza Jane," it is clear why she must wear so many hats. Devoted mother, friend and wife, she is an artist and the ultimate performer. She is a survivor, and through her poetry, a healer and giver. Just as the picture above her desk promises, she's bound to shine — again and again. **NOW**

Total Kitchen and Bath Makeovers in One Stop!



- Serving DFW Metroplex, Arlington, Mansfield, Colleyville, Southlake and North Texas since 1976
- Custom cabinets for new construction (builders welcome)
- All wood cabinets custom finished at our facility

*Chip's
Kitchens & Baths*

Chip Hornbeek, Owner
7503 U.S. Hwy. 287 South • Arlington, TX 76001

Call 1-817-478-2447

See full photo gallery at www.chipscabinets.com

At Home With Cassandra Jones



Home, Hope and Helping Hands

— By Alex Allred



“Bus driver! Move that bus!”

Every Sunday, millions of people watch the television show *Extreme Home Makeover*, in which new homes are built from the ground up for families who are both wonderfully deserving and in need. At the climax of each show, the host calls for a large bus to be moved, thus revealing the new home to its astonished homeowners.

Cassandra Jones will never know that feeling “because I’ve been part of the entire process.” Her smile is electric.

For Cassandra, a single mother of two girls and full-time employee of a small church, finding suitable housing for her children had become her only focus. “What I could afford was not conducive for my children,” and the bills were mounting.



Habitat for Humanity volunteers came together to make Cassandra’s dream come true.



When she applied for loans, “What I would hear was, ‘Well, Ms. Jones, do you foresee getting a raise or changing jobs in the future?’ I couldn’t answer that question.” Her job, she said, was something she knew she was called to do.

“The entire process was devastating,” Cassandra said, adding that all she could do was pray, wait and cry. That is, until she attended a single parents group at the First Baptist Church and was handed a flyer about Habitat for Humanity. By reputation, Habitat for Humanity is one of the most rigorous homeownership programs in existence. “They have a sweat equity commitment,” said Diane Wolfe of



the Trinity Habitat for Humanity in Ft. Worth, detailing how future homeowners with Trinity Habitat are expected to put in 200 hours of community service before they then put 100 hours of service into their own home.

It changed Cassandra’s life. “Not knowing what could come out of it, I gave them a call,” she said. After a lengthy interview process, two things happened. The first was that Habitat for Humanity determined that Cassandra

Photo by Diane Haines Photography
www.dianehaines.com

Fall Fashions Arriving NOW
20% Off

A Single Item with this Ad (Excludes Sale and Clearance Items)

Pink Kisses

Cooper Street @ Turner Street Road
Here in Mansfield • 817-512-1605

SIMPLY SKIN
Medical Spa

121 W DEBBIE LN SUITE 115
MANSFIELD 817.477.9191
SIMPLYSKINMANSFIELD.COM

October Special

**Crystal Free Microdermabrasion
Yours Free - With purchase of any
Laser Hair Removal Package**

Start now to be hair free
for next summer

CareCredit
0% Financing Available
*for those who qualify



was a deserving homeowner. “She is an outstanding person,” Diane said. “Everyone has been so impressed by her enthusiasm and willingness to work. When the home is completed, Cassandra can then buy the home on an interest-free mortgage.” The homeowners are expected to make monthly payments. “So, not only is she buying the home,” Diane said, “she helped build it!”

This is where Pastor Don Miller, from her church, has been so instrumental in making dreams come true and continuing the vision of Trinity Habitat. “There is no task that is too big for him,” Diane said.

Working off the Trinity Habitat motto: We build homes and hope, Don learned of an opening for a home in Mansfield,

and leapt into action, marking the second big event in Cassandra’s life.

“It was just what I had been praying for,” she said. “Now I have a hand up and not a hand out. I am so overjoyed and overwhelmed.” After years of moving from one place to the next, “I can put an address on my license! People cannot understand what it is like not knowing what your future will hold. I’m just trying to make us a better life.”

With Don at the helm, volunteers from all over Mansfield turned out, each taking their turn with hammer and nails, saws and paint brushes. “They’ve come from every corner of Mansfield,” Cassandra beamed.

From the first day of construction, Cassandra has been present

MANSFIELD BIBLE CHURCH

invites you to join us for our

Fall Festival

October 18th from 9:00am to 7:00pm

Things to See:
 Arts and Crafts • Car Show • Silent Auction
 Free Health Fair • Community Theater
 Dance Performing Organizations
 Gymnastics and Martial Arts Demonstrations
 Christian Music Bands

Things to Do:
 Carnival Games • Bounce House
 Amusement Ride • Hay Ride
 Mansfield Fire • Mansfield Police
 EMT • Care Flight Helicopter

Things to Eat:
 Kettle Corn • Sausage on a stick
 Brisket • Chicken • Hotdogs

Don't miss this wonderful day of fun! Mansfield Bible Church is located at 2351 Country Club Drive Mansfield, TX 76063. For more information about Mansfield Bible Church go to www.mansfieldbible.org or call 817-473-8900.




MINIMALLY INVASIVE BARIATRICS

Are you considering Weight-loss Surgery?



Glenn M. Ihde, MD

Author of
CONSIDERING WEIGHT-LOSS SURGERY
BOARD CERTIFIED
BARIATRIC PROGRAM DIRECTOR

Now opening a new office in Waxahachie.

Baylor Medical Center at Waxahachie

1305 W. Jefferson, Suite 120
Waxahachie, Texas 75165
Call for appointment
972-230-2517

Arlington Office

515 W. Mayfield, Suite 402
Arlington, Texas
Call for appointment
817-467-3000

Call for appointment
817-467-3000
972-230-2517

Meet with a Bariatric Surgeon

- Board Certified
- Director of Bariatric Program in Arlington
- Review surgical and non-surgical weight loss

Insurance Information

- Will my insurance cover it?
- Do I qualify for surgery?
- What are the other requirements?

Advice on Weight-loss Strategies

- Nutrition & avoiding excess calories
- Exercise
- Eating habits

Support Group Meetings Included

- Talk with others who have had surgery
- Talk with others considering surgery
- Share ideas on eating right
- Handouts
- BMI and ideal weight charts
- Share recipies
- Nutritional guidelines
- Exercise guidelines
- Dietician presentations
- Personal trainers

BEFORE AND AFTER PICTURES OF ACTUAL PATIENTS





for every nail pounded, every wall built, every cabinet hung. "She's a good homeowner," said Carl Sims, project manager from Trinity Habitat for Humanity. "But this is also a really great place to build," Carl said. "The entire community comes out. Mansfield is so supportive." In fact, just weeks before its completion, Cassandra watched as hurricane brackets were placed in all the windows, foam was installed as insulation between the treated boards and quality bricks were laid once the final caulking was completed. "Everyone and everything has been top notch," she said.

On the day of the caulking, teachers from her daughter's school helped with Cassandra's house. "I'm a single mother, too," said Valerie Campos, a sixth-grade language arts teacher,

"so this is a blessing for me to help her." Turning to Cassandra, Valerie smiled. "You're blessing me."

"Is there such an award as Community of the Year?" Cassandra suddenly asked. "If there were a Community of the Year award, it would have to go to Mansfield. Mansfield needs to be #1."

Throughout the building process, dozens of church congregations, businesses and schools came by to lend a helping hand. They came in droves, every Saturday, working from sunup to sundown. Throughout the week, Cassandra would drive out to her house during her lunch hour and, sitting in her car, simply stare at what was to belong to her and her daughters.

TOTAL EYE CARE



Dr. Smith practices complete vision care, including:

- Glaucoma Management, Cataract Evaluations & Diabetic Eye Exams
- Comprehensive Eye Exams & Contact Lens Fittings

Save Over \$200 on Eyewear!*

Offer valid on ALL frames, lenses and contact lenses
Hurry! Offer expires 10/16/08.

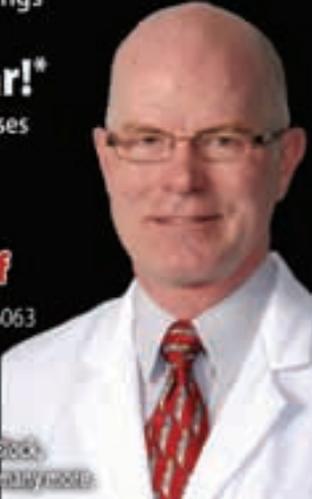
* Mail-in cash rebate. The more you buy, the more you save.
Some restrictions apply. Ask us for details.

Cameron Smith, OD and Staff

121 W. Debbie Lane, #117 (next to Lowe's) • Mansfield, TX 76063

682.518.1177

We accept VSP/Cigna, Spectera/United Healthcare, EyeMed/Aetna, Blue Cross BCBS, CompBenefits, Superior, Medicare, Humana Choice PPO, and many more!



If you need insurance built better for Texas



MetLife Auto & Home® can match your needs step for two step with outstanding homeowners protection, including Full Replacement Cost and Water Damage Coverages, built Texas-style. Call today to learn more or receive a quote.



Brenda K. Stuart,
Property & Casualty Specialist
800 Strada Circle
Mansfield, TX 76063
bstuart@gsfmetagent.com
www.bstuart.metlife.com
(817) 842-0047

Guarantees for the If in Life™ MetLife

Guarantees are subject to product terms, exclusions, and limitations and the insurer's claims paying ability and financial strength. MetLife Auto & Home is a brand of Metropolitan Property and Casualty Insurance Company and its affiliates: Metropolitan Casualty Insurance Company, Metropolitan Direct Property and Casualty Insurance Company, Metropolitan General Insurance Company, Metropolitan Group Property and Casualty Insurance Company, and Metropolitan Lloyd's Insurance Company of Texas, all with administrative home offices in Warwick, RI. Coverage, rates, and discounts are available in most states to those who qualify. See policy for restrictions. © 2007 MetLife Auto & Home L120778207/000110010711 6362 © UPS



Make a Splash!

With Your Swimming Pool

Remodel Today!
Tile ~ Plaster ~ Coping
Deck Resurfacing ~ Deck-O-Seal

After



Before

FREE \$200
LOWES
GIFT CARD

FREE IN-HOME
EVALUATION!

There are many reasons to love your pool. Whether it's spending a relaxing Saturday afternoon poolside with the kids or entertaining guests. Your pool is your own personal vacation destination right outside your door. At **MALIBU POOL RENOVATION SPECIALISTS** we understand that over time, elements and neglect can leave your pool looking dated, tired and old. Renovating your pool may be just what you need to make your pool and deck spectacular again. New tile, plaster, decking even a new design can transform your outdoor living into your own private paradise.

MALIBU POOL RENOVATION SPECIALISTS* experienced experts will make renovating your pool and deck a simple process. **MALIBU POOL RENOVATION SPECIALISTS** is a family owned and operated business which has over 10 years experience renovating and remodeling pools and decks. Our reliability, quality and expertise will have you spending your next vacation at the most exotic place you can dream of...your home.

Explore all the exciting and affordable options available when enhancing your existing pool. Call us today for your **FREE!** No Obligation Estimate. See how easy and affordable your pool renovation can be.



malibupoolrenovations.com

Office 682-518-0820 Cell 817-269-7118
WOBE- A WOMAN OWNED BUSINESS ENTERPRISE

Spooky Specials
MISC
 Custom Paper for all high schools
 15% Off Halloween & Fall Items
 Supplying all Your Scrapbooking Needs
Memory Creations Scrapbooking
 Classes Available! Beginner, Advanced, Open Crops
 Bringing together the women of the community to celebrate family.
 404 W. F Street • Midlothian • 972-775-7599



THE ARBOR STORE
 DECKS • PONDS • OUTDOOR KITCHENS
CUSTOM OUTDOOR BUILDING PROJECTS
 1773 NORTH MAIN ST. • MANSFIELD
 682-518-8700 • CELL 817-821-6142

“What is so incredible about this process,” said Diane, “is once the home is built, anything becomes possible for these families. They see hard work paid off and begin to think of all the things they can do!”

It used to be that Cassandra and her daughters would drive around on Sundays “and point out dream houses.”



Cassandra and her daughters pose with Jeff Grady and Pastor Don Miller.

When the house was nothing but a slab of concrete, the girls argued over where their rooms would be. “When we got the roof picked out,” Cassandra laughed, “the girls were already planning a sleepover.” When walls appeared, “they started asking for a dog.” Slowly,



as her house formed into a home, Cassandra also began to dream.

“When I was out there, sometimes with total strangers who were working on my house, I realized this is what it is all about: People coming together for one cause to help a person get to where they are supposed to be going! We’re not supposed to be selfish. We are supposed to give back. Habitat has taught me this.”

For the Trinity Habitat, Pastor Don Miller and his crew, this is the third

“When we got the roof picked out the girls were already planning a sleepover.”

Habitat home in Mansfield. For Cassandra, it is the beginning of a new life. On the surface, it is a beautiful three-bedroom home with two full baths and a two-car garage. Sitting on an acre lot, the large, fenced-in yard offers endless possibilities for swing sets, backyard games and, of course, a dog. When asked about her home décor, Cassandra said she loved the Mediterranean, Tuscan style. “I’m saving up for that next!” In the meantime, she is more philosophical. “Loving hands — everything in this house was created by loving hands.”

“What I’m most looking forward to,” she broke into a wide smile, “is to sit on my front porch and wave to all the people who drive by,” to all the people who lent a helping hand. **NOW**



Really Hungry?

Handmade
fresh right before your eyes
exactly how you want it.

Home Baked
to perfection hot,
ready when you are.

Conveniently located at 1211 E. Debbie Lane,
Mansfield, 1/2 block west of Matlock Road

817-453-1414

People love our pizzas! The dough is mixed daily and the ingredients are fresh. You will taste the difference.

Jack-O-Lantern Pizza

Large cheese pizza with Jack-O-Lantern face.

\$6.99

Available Oct. 22 thru Oct. 31

Scream of a Deal

Jack-O-Lantern Pizza, Cookie Dough and any 2-liter Soft Drink.

\$12.99

See store for available dates

<p>Double deLITE Meal <small>Thin crust</small> Two 14" 2-topping pizzas Choose one of cheesy bread, cinnamon wheel or cookie dough. One 2-liter soda.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$18.99</p>	<p>Family Pak 16" Family 2-topping pizza 14" Large cheese pizza One 2-liter soda.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$19.99</p>	<p>Any Large Thin Crust 1-topping deLITE Pizza Our Exclusive Thin Crispy Crust with one of your favorite toppings.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$5.99</p>
<p>Any Large Gourmet Pizza Choose from Gourmet Vegetarian, Gourmet Classic Italian or Gourmet Chicken Garlic.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$10.99</p>	<p>Any 2 Family Size Pizzas Receive \$5 off any two Family Size pizzas purchased at regular menu price (Excludes Thin Crust deLITEs).</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$5 OFF</p>	<p>Large Hawaiian or 2-topping Pizza Three 100% Real cheeses with Canadian bacon and juicy Dole pineapple or two of your favorite toppings.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$8.99</p>
<p>Any Large Combination Pizza Choose from Papa's All Meat, Cowboy, Murphy's Combo or Specialty of the House.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$10.99</p>	<p>Any 2 Side Items Choose from: Cheesy Bread, Cookie Dough or Cinnamon Wheel.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$5.00</p>	<p>Large 1-topping Pizza Three 100% Real cheeses with your favorite topping.</p> <p style="font-size: 1.2em; color: red; font-weight: bold;">\$7.99</p>

Offer expires 10-31-08. Must bring in coupon. Not valid with any other offer. Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. 051-097108-010



Singing Her Praises

— By Alex Allred

They sing her praises. Literally. Throughout her 30-year career as a high school choir director, Alicia Owens has won the hearts of hundreds of teenagers. Today, she teaches at Mansfield's Legacy High School, where she created the first choir program. In fact, Mansfield is her fourth school district, but the fifth choir program she has developed from the ground up.

"I love what I do," Alicia said contentedly. She understands she is a rarity; she has known what she wanted to do since she was in the second grade. When she was a young child, her family moved from Dallas to Cedar Hill. "Elaine Jones," Alicia said recalling her second grade teacher, "was so loving and caring. She made sure I was well received by the other students. She took time with each of us and taught us the importance of respect and honor." At the tender age of 8, Alicia knew two things. She knew what Ms. Jones was teaching was of great importance, and she knew that one day she wanted to do the same.

Her initial intent was to inspire through coaching. "I thought

I wanted to be a basketball coach," Alicia laughed. "But I really don't like running." However, what she does love, and has always loved, is music.

"In college, they taught that music is the universal language, and it really is. Whether it's classical or country, everyone understands and responds to music." As proof of this, Alicia offers stories of foreign exchange students who signed up for her class because "it was the one place they could relate to everyone else." Students who could not speak one word of English and felt horribly misplaced in the hustle and bustle of crowded hallways and energized classrooms could find peace while singing. Because of the manner in which Alicia teaches music, these students could also learn the language.

"I teach interpretation," she said of her music. "Whenever I introduce new music, I always tell the kids not to judge it until we've learned all about it." As she introduces a composer from the 1800s, Alicia relates the meaning of that music and the historical references



**ARTS
NOW**

of that time frame to her own students, relating it to what is happening in our lives today.

Choir with Alicia is not just about music. It is about pop culture, history, friends and family. To help her students better understand the origin of the music, they also study Latin and French.

After earning her degree from Dallas Baptist University in music education, Alicia also began her new life with



“In college, they taught that music is the universal language, and it really is.

Whether it’s classical or country, everyone understands and responds to music.”

husband, Mike, and together they had two boys, Jeff and Kyle. Her boys are now grown, but they grew up with choir students as extended family members. Just as she taught her own children to believe in themselves, she also inspired her students.

When a student with severe speech problems was enrolled in her program, Alicia did not hesitate. As she does with each child, she made sure the new student was well received, and then slowly guided her. Through music, friendship and trust, not only did the girl respond, she also excelled. “We were going to a UIL competition,” Alicia said, remembering how this particular student approached her with a most unusual request. “She wanted

ALL TEX INSURANCE

YOUR FULL-SERVICE INSURANCE AGENCY.

500 E. BROAD STREET • MANSFIELD • 817-477-4221
 Visit our Web site www.alltexinsuranceagency.com

Small Town Life with Modern Luxury Conveniences

- Brand new apartments
- Prices starting in the mid 600s
- 1, 2 and 3 bedrooms
- Spacious living areas
- Gourmet kitchens
- Mansfield ISD
- Fitness center with state-of-the-art equipment and cardio theater
- Resort-style pool with tanning ledge and lap lane
- Playground

BROADSTONE

LOWE'S FARM
 1400 N State Highway 360
 817-477-1200
www.broadstonelowesfarm.com

Get \$500 Off! Call for Details.

COLDWELL BANKER

5959 Waterford, Grand Prairie



WILL LEASE FOR \$1550 — Great Location for this well kept home in Mansfield schools & close to 360, new shopping & restaurants. Features 2 lg areas, formal dining with nice accent wall & great kitchen has breakfast bar & beautifully stained cabinetry, nice gas log fireplace, wall of windows & view into kitchen area, large master bath with garden tub & separate shower. Don't Miss This One! \$165,000.

1223 Lake Forest, Grand Prairie



LEASE/PURCHASE — Open, lite & bright kit, comes complete with tile flooring, backsplash, stainless steel applia & extra lg bkst bar, roomy living area features lots of windows, updated light fixtures, pretty fireplace & view into the kit & din areas, mstr bath includes nice garden tub, separate shower, walk-in closet & lg linen closet, split bdrm arrangement makes this home very flexible for all family sizes. On the Barnett Shale! \$165,000.

Buy or Sell with Me & Move for FREE!



Donna Lasater
#1 Sales Agent
817-899-0232
www.dLasater.com





dedicated to families

Blessing Funeral Home

401 Elm Street • Mansfield, TX 76063
817-473-1555 • Fax 817-473-3548
blessing@familyowned.net • www.familyowned.net

ARTS NOW

to do a solo.” With tears of joy, Alicia recalled how flawlessly the girl sang. “To subject herself to be openly critiqued,” Alicia shook her head with pride. “And she mastered it.” To Alicia’s way of thinking, “It just proves that every child is reachable — and teachable.”

Under her wing, hundreds of students have competed in UIL competitions, traveled to such places as Boston, New York, Los Angeles, Houston and Galveston. “Some of these kids have never been on a plane or seen the coast.” But one of her most proud moments was when she took the Summit High School choir to London to sing in St. Paul’s Cathedral. “To think about its history, the people who have been there before us . . . it was incredible.” So much so, Alicia is already working to take her next choir to Ireland and Scotland.

The awards and nominations she has received over the years are too numerous to count. She has won local and state competitions, including the prestigious Bayhard H. Friedman Hummer Hero Award, but the honors she most covets are those handwritten by her students. One such note, now framed, embodies the relationship Alicia has developed with her students. It reads: “You helped me through things that I honestly believe no one else could have helped me through. You taught me it is okay to have dreams. You taught me it is okay to believe in them, too.”

As the school year began with new hopes, dreams and aspirations, Alicia did something quite unusual. Just as she did last year, she handed out a one dollar bill, plus a dime to students, telling them that she wanted 110 percent effort. At the end of last year’s choir, three students gave back their money with a smile and confidence they had never known.

“You get back what you give,” Alicia smiled. After 30 years of amazing service to our children, Alicia is getting exactly what she deserves. **ARTS NOW**

Lowest Prices in the Metroplex!

ROCKY'S

LARGEST SELECTION OF STONE AROUND

Stones & More, Inc.

Friendly Service • Low Prices • Quality Products

**Retail & Wholesale • Bulk-Bag-Pallet
Delivery Available • One Piece or Truckload**



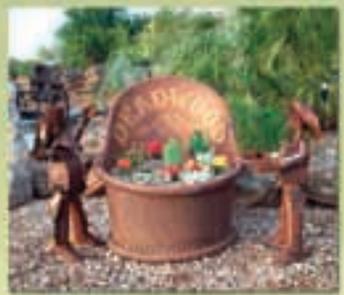
Mulch

- Landscapers Mix • Kiddie Cushion • Cedar • Pecan Shells
- Hardwood, Native, Pine, Tan, Red • Black



Soil & Compost

- Organic Compost • Mixed and Top Soils
- Bedding Soil



Stone

- Boulders
- Building Stone
- Chopped Stone
- Cobble Stone
- Decorative Rock & Gravel
- Flagstone
- Stone Veneer & Flooring



Outdoor Stone Works

- Fireplaces • Pizza Ovens • Statuary
- Fountains • Fire Pits • Yard Ornaments

Water Garden Supplies

- Pond Liners • Pumps • Bridges • Koi Fish



NOW EXPANDING EVEN BIGGER



817-473-3110

7973 FM 1187

(Rendon Bloodworth Rd.)

Mansfield, TX 76063

Open 7 days a week

1 1/2 Miles West of Business 287

Mon.-Sat. 7:30-6:00 • Sun. 11:00-5:00



The Timberview High School Girls' Varsity Track team poses with Coach Cinda Baer, who has led them to their second consecutive district championship.

— By Alex Allred

Passing the Baton

Under the direction and leadership of Coach Cinda Baer, Timberview High School has quietly been making history. As the head coach for the girls' varsity track team, Cinda and her varsity girls have won their second consecutive district championship and set eight new school and two regional records with four of the athletes qualifying for state. "They are amazing," Cinda said proudly of her athletes.

After the 4x100 meter relay team set a new regional record, teammates Darkeisha Tryon, Richanda Hall, Nian Anderson and LaKeidra Stewart placed fourth in the state. The entire team earned enough points to place an impressive sixth place overall, following the 2007 distinction of having its 4x200 team named the "fastest team in the nation," by DyeStat, a national track

and field publication.

In addition, senior LaKeidra Stewart placed second in the 100-meter dash and third in the 200-meter dash in the state in the 5A school category. Subsequently, she was named All-State and Track Athlete of the Year in the state of Texas by the Texas Girls Coaches Association. Sophomore Richanda Hall placed fourth overall in the 100-meter

"No excuses. You just have to work harder."

dash and was named All-State. Only 15 athletes are selected each year from each conference. "This is a prestigious honor," Cinda said, "to say the least."

If the girls are amazing (and they are), the coach is outstanding. Working with 45 track athletes from all disciplines, 16 lettered, but all were part of Cinda's

coaching program, which includes so much more than style and technique on the track. Cinda talks to her athletes about morality and ethics, both on and off the track. She talks about the importance of being a role model and the consequences of cheating. Specifically, when news that Marion Jones, once dubbed 'the fastest woman in the world,' admitted to steroid use,

Cinda used this as a teaching tool to her students. "Oh, yeah," Cinda shook her head unhappily, "we've talked about that a lot!"

"No excuses," Richanda said, "You just have to work harder. She [Marion Jones] took the easy way out." This is a sentiment shared by all the athletes.

Sports NOW

Again and again, Cinda has pounded home the point that as representatives of their school and ambassadors to their sport, "we are role models," sophomore Aldresha Bailey said.

The irony to Cinda's tremendous success as a track coach is that "I tried not to be a coach." Although Cinda was a natural athlete, even receiving the rare full-ride scholarship in basketball to Texas Christian University, she resisted the idea of teaching and coaching. Her mother was a teacher and had not been shy about revealing the less satisfying aspects of the profession. So, once in college, Cinda explored all her options. "I tried geology, speech, journalism, urban studies, physical therapy, and finally," she said, "the little voice inside that kept nagging at me to be a coach and teacher finally won." Cinda was always meant to be a coach, educator and role model.

Vastly undersized for a collegiate basketball player, her indomitable spirit and hard work ethic would never allow her to be stopped. When she talks to her athletes about "digging in" and refusing to give up, she knows what she is talking about. Cinda has lived what she now teaches and her athletes intuitively understand this.

When asked about her coaching style, the girls all smile. Cinda is tough and demanding but she gets the results everyone wants. "You learn to train no matter how you feel," said long distance runner, Janeeka Montgomery. "That's how champions are built."

Sitting in a circle, all the athletes talk about timing, precision, expectations and the need for team building. For Cinda, their words are like music. "Athletics gave me so much. Really ... everything: my self-esteem, my self-confidence, my willingness to fight through adversity, my education, the important people in my life and my profession," Cinda said thoughtfully. For her, giving back to a new generation

iGo...Student Shuttle
 877-444-4shuttle www.studentshuttle.com
 (Formerly Lollipop Kid Shuttle)

Safe & Reliable Transportation Service

Accepting Driver Applications

Mansfield * Midlothian * Warahachie * Red Oak * Cedar Hill * Arlington

A J Passini's Hair Salon & Spa

Featuring
Danielle Newby & Kathy Mueller
 817.528.2581 • 817.807.1088
 Mother & daughter team 21 years combined exp., styles, colors, & treatments. We are happy to be together at A J Passini's

10% OFF
 with this ad.



Judy Passini
 Owner • Master Cosmetologist
 Hair Extension Specialist
 817.988.2043



Becca Butler
 Hair Stylist
 817.494.5679



Jenna McDermott
 Stylist, Color Specialist
 817.477.9085



Gina Therley
 Color Specialist, Stylist, Nail
 214.912.5197



Marsi Kelly
 Skin Care, Nails & Permanent Cosmetics
 817.933.2821



Jessica Burke
 Massage Therapist
 817.899.4547



Chanda Kelly
 Master Color Specialist
 Nails, Education, Cosmetics
 817.991.8864

Perms • Colors • Highlights • Hair Extensions • Braids • Facials, Peels & Waxing • Holiday Up Dos
 Eyelash Extensions • Artificial Nails • Manicures • Pedicures • Microdermabrasion • Bikini Wax
 Yoga • Massage Therapy • Private & Personal Training • Weight Management • Nutrition

911 East Broad Street • Mansfield
 817.453.9989 • 817.988.2615

We have space available. Call Now!

Sports **NOW**

and offering that kind of hope was critically important. Now, 26 years later, having coached all levels of basketball, cross country and track and field, Cinda said, "I'm the luckiest coach in the world!"

After 16 years of coaching in Irving, Cinda made the move to Mansfield, first teaching and coaching at Howard Middle School until, "I got the call I was praying for!" she enthused. Today, she is the proud coach of a growing legacy. She is proud to tell how her



"The entire team earned enough points to place an impressive sixth place overall, following the 2007 distinction of having its 4x200 team named the fastest team in the nation."

girls have excelled as athletes and teammates. They have traveled together and learned to respect one another. As a coach, she has seen her girls perform both on and off the field. As athletes, they have set new records. As her charges, they have honored all that Cinda preaches.

When school ended in June 2008, a few students sprayed shaving cream on school windows. To Cinda's surprise, her own athletes insisted on helping the janitors clean the mess, saying, "This is our school, too!" Later, when Cinda watched graduating senior, LeKeidra, accept the honor of Athlete of the Year, she knew, with great pride, that "the baton had already passed" to the next championship team at Timberview. **NOW**

Got Kids?

Serving you in two locations. Providing uncommon care to the children & their families of Mansfield & surrounding areas.

Same day appointments are **ALWAYS** available when your child is ill. Early morning & after hour appointments available, Monday thru Thursday. Regular office hours offered on Friday.

• Access to all Pediatric Services • 24 hour Emergency Care



Robert W. Mann, MD
2851 Matlock Road, Ste 600
Mansfield, TX - 817.453.KIDS (5437)



Clive G. Daniels, MD
2851 Matlock Road, Ste 600
Mansfield, TX - 817.453.KIDS (5437)



Melvin T. Joki, MD
980 N. Walnut Creek Dr. Ste 100
Mansfield, TX - 817.453.2924



Spiritwear and Embroidery

**School spiritwear
embroidery
screenprinting
Company apparel
mums, webkinz
school gifts**

100 Van Worth
Downtown Mansfield
817-453-8386
www.dbstigertails.com



The Picture of Recovery Infusion Services & Specialty Pharmacy

Home Health IV-Compounding Therapies & Personalized Services

1724 East Broad Street, Suite 136, Mansfield
817-453-5022 • www.infusionservicesrx.com



Catch a Tiger

— By Alex Allred



Brenda Scarborough and her staff are ready to meet your needs for school spirit wear.

You cannot catch this tiger by the tail because it is always changing with the times. True entrepreneurship is said to be a difficult undertaking. Despite great ideas and intentions, business often fails. But Brenda Scarborough knows what people want. In fact, hers was recently awarded as an outstanding business by the U.S. local business associations.

In 1998, she founded Tiger Tails in downtown Mansfield to fill a need. "We have school spirit wear," she said. Spirit key chains, pom-poms, T-shirts and hats with individual high school logos, stuffed animals and even rear view mirror accessories are all part of her retail, but screen printing, embroidery and letter jackets are Brenda's main focus. Most of their manufacturing is done in-house with a staff of just seven people.

What started all of this, however,

was not football fever or school spirit, but the need to have a proper fitting shirt at her son's soccer games. "I have three sons who played college soccer," Brenda explained, "but there was never anything cute for us moms to wear and we got stuck in the daddy's polo shirts."

It got her to thinking ... "Those shirts never fit right," Brenda laughed. As the Scarborough family traveled around the state and country, "We would see people wearing their kids school T-shirts and they just looked terrible."

Beyond the need to "look cute," she had inadvertently stumbled onto something much bigger. The clothing industry had not yet caught onto the fact that women both wanted and needed casual Polo shirts made for women. "It wasn't just about a team shirt anymore," Brenda said. "Women needed clothing in the workplace, but

they didn't have women's polo shirts. The industry had to pay attention." When she told her husband, David, a corporate recruiter, of her plans to create her own line of shirts, "He laughed at me and said, 'Honey, whatever you want to do.'"

Not too long before Brenda recognized the need for a form-fitting polo, another out-of-the-box woman had seen the need for something new and exciting. Debbi Fields of Mrs. Fields shocked the crunchy cookie-loving world with an oversized soft cookie, and almost overnight, Mrs. Fields revolutionized the cookie industry. But when Brenda is compared to Mrs. Fields for revolutionizing the clothing industry, she only laughed. "Oh, I don't know about that!" she said. "I was just the soccer mom who has been on every bleacher in the U.S.," she joked, adding

Business NOW

that she simply understands what busy parents want. Still, the industry took notice, and as more clothing lines began adding women's sports apparel, Brenda easily transitioned into screen printing and embroidery for schools, businesses and churches.

True to her entrepreneurial roots and the very premise of the Tiger Tails store, Brenda understands the meaning of teamwork. "The business community really means a lot to us. There are so many local business owners that I can call and say, 'Oh, my gosh. Help!' And they will help you out.



"... screen printing, embroidery and letter jackets are Brenda's main focus."

"We have so many small business owners and citizens here who are wonderful. We have so much talent in this city that people don't even realize," Brenda said.

Historically, Tiger Tails was founded for a need. Economically, it morphed into a spirit wear store, but today it is so much more. Brenda has created a business that encompasses community spirit, pride and enduring friendships.

Give me an 'M' and an 'A,' a 'N,' 'S,' 'E,' 'I,' 'E,' 'L' and a 'D'! What does it spell? Tiger Tails, Tiger Tails ... go Tiger Tails!

Tiger Tails is located at 100 Van Worth. For more information, log on to www.dbstigertails.com, or call (817) 453-8386. **NOW**

*A new surgeon
for a new you!*

Mansfield Cosmetic Surgery Center – NOW OPEN!

Facial Cosmetic Surgery
Cosmetic Breast Surgery
Body Contouring Surgery
Bariaesthetics™ After Weight Loss Surgery
Non-Surgical Aesthetics



Michael L. Thornton, D.O., FACOS
Fellowship Trained, Cosmetic Surgeon



Named 2008 "TopDoc" in
Fort Worth, Texas magazine for
Cosmetic Surgery



MANSFIELD
cosmetic surgery center

Call today!

601 Strada Circle, Suite 108 • Mansfield, TX 76063
www.mansfieldcosmeticsurgery.com
817.477.9000

Education NOW

The Business

of Birth

— By Alex
Allred

Donna Ryan subscribes to the theory that knowledge is power. It is how and why she became a certified instructor and, she believes, why she is a better mother.

It began with the birth of her first child and the threat a C-section. Eventually, with the help of her sister-in-law, a labor assistant, Donna had a healthy baby boy, and everyone was happy. “My husband, David, looked at me,” Donna recalled, “and said, ‘You’ve just given birth.’ He had this awe and wonder in his voice.” But Donna, though happy to have avoided the surgical procedure of a caesarean, felt unsettled. “I didn’t feel like I did this amazing thing because I was not an active participant.” She worried about the amount of medication both she and her baby received and wondered how it would be to give birth naturally.

As her son thrived, Donna began reading about natural childbirth, but when a friend called her about her own experience, Donna was sold. “I will never forget how she sounded. She said, ‘I did it!’ She had had this great unmedicated birth and she was so proud.” With the culmination of her friend’s ecstatic news and her own deflating birth experience, “I just felt like I’d dropped the ball,” Donna confided.

Really, it was a series of events that pushed Donna in a new direction. As she read and learned more about the history of childbirth in America, “It made a huge impact on me,” she said. “I felt like women have too much trust in the medical system and have forgotten that they are capable of doing this and are really cheating themselves from this experience.” When she learned there is a strong link between post partum depression and epidurals and C-sections, she grew more concerned. Mothers, she said, also do not typically breastfeed immediately after a C-section “because the baby is being checked because of the medications, and the mother is still sluggish.” But what alarmed her most was the rising numbers of C-sections performed. According to the World Health Organization, caesareans should occur only in 10 – 15 percent of births. In the U.S., the C-section rate is over 30 percent, and the fear among many is that our rates will one day match those in South America at over an astounding 70 percent. “Some North Dallas hospitals are already at 60 percent!” Donna said.

According to Donna, the problem is misinformation and myths. “Women are being told their pelvis is too small to



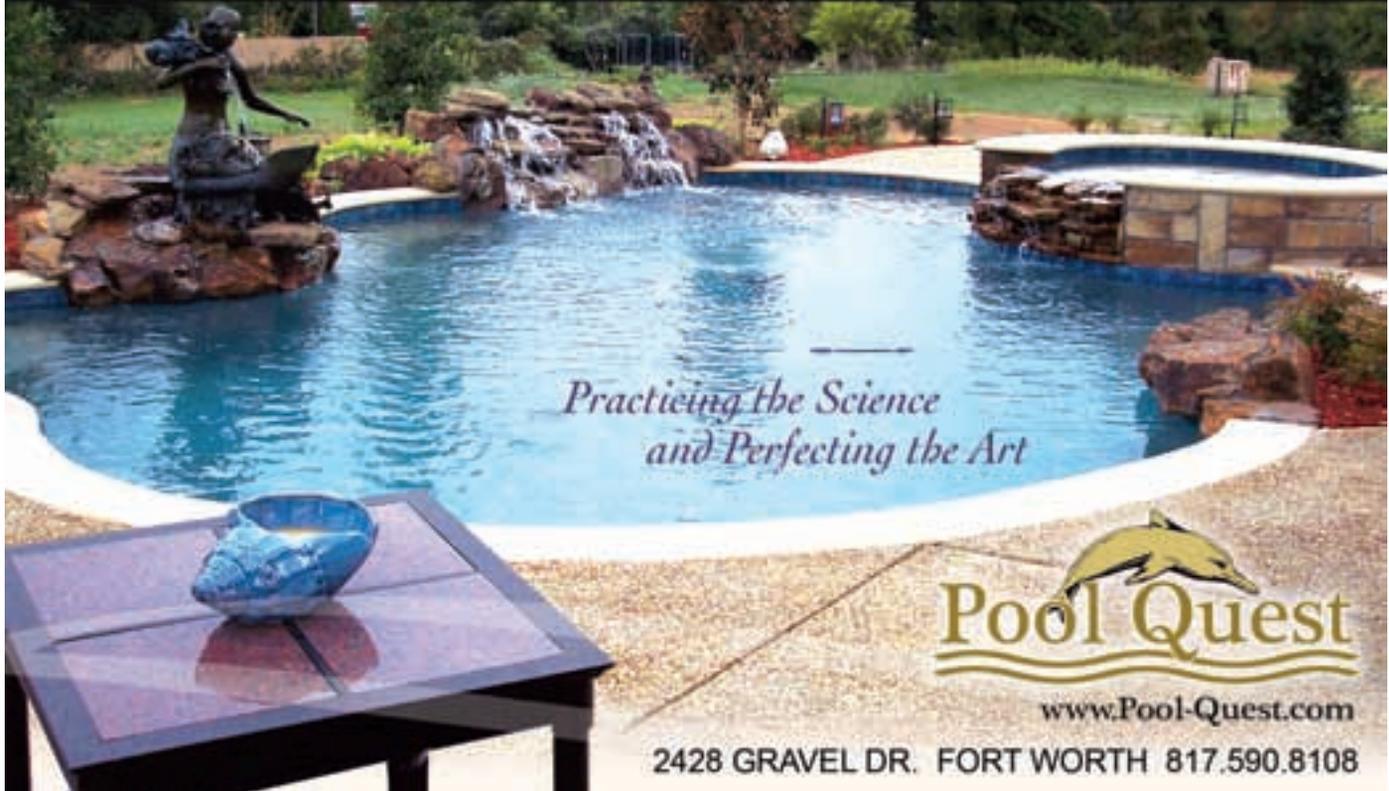
give birth. In truth, only one in 2,500 women have this condition. But it is the number three reason for having a C-section.” While Donna is quick to point out that this growing problem is a result of business and no one individual, it is a problem all the same. “The truth is, the body knows what to do,” she said of the preparation of childbirth, “so when you mettle with it, with drugs, it truly messes up the entire system.”

Donna’s next three children were all born naturally and, like her friend, she was elated. Immediately after her first natural childbirth experience with her second baby, “I couldn’t wait to do it again. I was so emotional, so happy.”

She became a certified childbirth educator and a great advocate for natural childbirth. What she wanted most was to provide information outside the traditional “childbirth with a pain medication in a hospital atmosphere.” For Donna, “there is so much more information that women simply aren’t getting.” This includes out-of-hospital births.

But not everyone shares her opinions. “When people hear the words natural childbirth,” Donna said, “they don’t even want to talk. They shut down. People think it’s a hippy

DISCOVER A PLACE OF *beauty AND tranquility ...*



*Practicing the Science
and Perfecting the Art*



www.Pool-Quest.com

2428 GRAVEL DR. FORT WORTH 817.590.8108

Inspirations

Call Now for
Your Holiday
Decorations.

Home or Office
You Deserve It!

10% Off
Holiday Decorating
Installation
and Installation
Services. Valid 10/1/08 - 10/31/08

Custom Permanent Florals
Home Design/Consultation

Kristene Toledo 682-429-9400
Exclusive Floral Designer for
Creekside Collections

**HAVE YOU BEEN
IN AN ACCIDENT?
CHRONIC BACK PAIN?**

WE ARE YOUR ACCIDENT SPECIALISTS

**CALL NOW FOR A
FREE EXAM &
CONSULTATION**

VOTED BEST
CHIROPRACTOR
IN MANSFIELD
2008

**BACK 2 WELLNESS
CHIROPRACTIC**

DR. MICHAEL BANK, D.C.
2860 FM 157 STE. 112
MANSFIELD, TEXAS 76063
(817) 453-9339



ESCOBAR
PLUMBING

Free Estimates! 817-477-0490
WE DO IT ALL!

Residential **Se Habla Español** **Commercial**
200 S. Walnut Creek
Master Plumber License #M35454

Give your little pumpkin the smile they deserve.

Medicaid, PPO, Cash, and Insurance Accepted
MEDICAID PAYS 100% OF BRACES



SMILECARE™
ORTHODONTICS

Call us today.
214-333-9800
www.smilecareortho.com



FREE TEETH WHITENING
With Coupon. Adults Only

FREE ORTHODONTIC EXAM & CONSULTATION
X-Rays Included (A \$200 Value)
Some restrictions may apply. Offer Expires Soon. Call Today!

Dr. Christopher Swayden DMD
Dr. Jason Tennison DMD, MS
4390 I-30 Suite 200 • Dallas, Texas 75211

Education **NOW**

thing to do, but it's not. I'm the All-American girl. I'm in the Tim McGraw fan club!" While Donna jokes about her conservative roots, she is quite serious about the business of birth. "This is about being a woman." In fact, she teaches her students that "childbirth is 90 percent in your head and only 10 percent what happens to you in birth.

"Today, sitcoms all make fun of birth, about taking drugs and how childbirth is so scary so women go into it full of apprehension. But childbirth is really a beautiful thing."

"The truth is, the body knows what to do, so when you mettle with it, with drugs, it truly messes up the entire system."

Donna has begun teaching classes at the Mansfield Activity Center about "Birth Matters," in the hope of enlightening and educating both men and women about childbirth and the overall health of the baby, and people are starting to listen. Tracking the rising number of C-sections, insurance companies are rethinking their coverage policies and even the March of Dimes is "pushing to stop early inductions and C-sections because of the rise in premature babies," Donna said.

For Donna, a stay-at-home mom turned certified instructor, her passion has always been about the babies. For her, the greatest teaching moments come when she sees another woman suddenly believe in her own abilities. "It is," Donna said, "the ultimate girl-power experience."

"I don't do this to say, 'I had my baby naturally' or to toot my own horn. I teach women to embrace womanhood. You will feel better about yourself, your baby and your husband because you achieved this." **NOW**

Midlothian Fall FESTIVAL

**Saturday
October 18**
9 AM to 4 PM
Corner of 14th St
& Hwy 287 Bypass
FREE Admission!
Live Entertainment!
Car Show!



*Presented
By*
MIDLOTHIAN
Chamber of Commerce

Call 972-723-8600
for more information
or to reserve booth space

Delicious Food • Arts & Crafts Booths • Train & Pony Rides



5K Check-in 7 am
5K Start Time 8 am
*Registration forms are
available now. Sign up early.*

4 PM to 9 PM
Live Entertainment
provided by the City of Midlothian
Check Web site for more information
www.midlothianchamber.org

Your neighborhood
hardware store

Westlake
ACE
Hardware



2000 Matlock Rd. • Mansfield
817-473-0045
Mon-Sat 8am - 5pm • Sun 9am-5pm

- Electrical
- Paint
- Hardware
- Spring Plans
- Lawn & Garden

- Tools
- Plumbing
- Housewares

VALUE CERTIFICATE

\$50off

Any Purchase of \$20 or more.
Not valid with any other offer. Expires 11/30/08

FIVE DOLLARS

Easy to Start

Min Hur's Tae Kwon Do

Fall Special
Only **\$995** *Includes*
Two Semi-private Lessons

We Teach All Ages

- Learn Self-defense
- Build Discipline
- Increase Confidence
- Physical Fitness
- Build Leadership
- Positive Attitude
- Increase Concentration for Better School Grades

817-453-2002

2851 MATLOCK & DEBBIE LN.
MANSFIELD



Start Now

Mansfield
817-453-2002

Irving
214-441-9229

Fort Worth
817-263-8080

Weatherford
817-598-9000

Appt. on _____ Day _____ / _____ / _____ at _____ AM/PM

Around Town **NOW**



Future firefighters, top left, checked out Station No. 3 and they all agreed it was a cool experience. The '97 Boys, second row left, finished as the runner-up team in the Arlington Labor Day Shootout. A groundbreaking ceremony, second row right, was recently held for Good Neighbor Pharmacy. Ribbon cuttings were held at the following locations: ABC Bank, second row center; Main Street Chiropractic, third row left; JKJ Benefits, LLC, bottom left; and Darryl Lucky Roofing, bottom right.

Pediatrics in *Arlington & Mansfield*

*Board Certified by the American Board of Pediatrics



Medical Clinic of North Texas, P.A.

Arlington
811 W. I-20, Suite 214
Arlington, Tx 76017
(817) 557-5437

Mansfield
2800 E. Broad, Suite 204
Mansfield, Tx 76063
(817) 539-0982



For more information about the doctors, please visit www.MCNT.com

The Gardens Town Center
Now Leasing

Pleasant Ridge
Bowen
I-20

Watson Development Company
Contact: John Watson
817-905-3686

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



- heartburn
- indigestion
- chronic diarrhea
- constipation
- abdominal pain
- colon cancer screening
- swallowing disorders
- liver disorders
- rectal bleeding
- poor appetite/weight loss
- anemia

For an appointment,
please call our office at
(972) 875-1800

Most insurance plans accepted

Now in 3 Locations!

1441 Midlothian Pkwy., Ste. 110
Midlothian, TX

2800 E. Broadstreet, Ste. 318
Mansfield, TX

Southwestern Digestive
Health Physicians
601 South Clay Street,
Ste. 108 (at Lampasas), Ennis

Born & raised in Mansfield, graduated in '81

FREE
KARATE UNIFORM
with Introductory Program
\$19.95

World Champion Troy Dorsey's
KARATE

FREE

• DISCIPLINE
• RESPECT
• SELF-CONTROL
• ATTITUDE

MEN, WOMEN
AND CHILDREN

CLASSES STARTING NOW
817-477-5523

1 MONTH
KICKBOXING
• NO GYM
• NO WEIGHTS
• NO TREADMILL
• NO MACHINES

Call for a **FREE**
class today!

115 N. Main
Historic Downtown Mansfield

Around Town

NOW



Customer Appreciation Day, top left, was held at AJ Passini Designs. The dog days of summer, top center, also belonged to John McNamara and his friends, Rusty, Rocky, Buddy and Tuffy. Children and their parents, top right, enjoyed the Fourth of July celebration at the Mansfield Nursery, NOW! freelance writer, Michelle Powe, second row left, took a stroll with her dog, Nadia. Four generations, second row center, took part in the groundbreaking ceremony for Ray's Pharmacy. They included Lee Roy Ray, Danny and Suzanne Ray, Mandy DeJohn and new baby, Brandon DeJohn. Hot dogs, second row right, were also served at the Mansfield Nursery event. The Gold Duster Dancers from MHS, bottom left, pose for a photo. Summer, bottom right, meant going fishing for several area children.

**Boarding
Training
Day Spa**

*We Have
The Space
Dogs Need!*

Country Acres Kennels

Since 1972

Visit & Compare!

Doggie Day Spa with Professional Grooming

7817 S. Cooper St. • Arlington, TX

5 Acre Dog Park

Metro **817-467-2511**

www.countryacreskennels.com

Give your home a Great new Fall makeover

Let Us Inspire
You with a
New Fall Look

Get the Hard-to-find
Decorations Before
They're Gone

Home Decor
Lamps • Pictures • Accessories
Custom Florals by Inspirations

Gift Needs
Candles by Fleur de Liz
Baby Gifts
Designer Jewelry
Vera Bradley
Willow Tree Angels
Mark Roberts Faizies
Arthur Court Designs
Brighton Accessories
Food on the Word Tableware



CREEKSIDE COLLECTIONS

IN-HOME CONSULTATIONS
120 W. Debbie Lane • Ste. 334 • Mansfield • 817-473-2206
In the Target Center • Hours: Mon-Fri: 10-6 • Sat: 10-5

SURVIVE CANCER

WITH A TOP ONCOLOGY CENTER NEAR YOU, YOU CAN BEAT CANCER.

Texas Oncology has a statewide network of more than 90 locations — including one in your community. Texas Oncology — Mansfield provides local access to national clinical trials and features the same leading-edge technology found at major medical meccas across the globe. We're here — around the corner — to help you fight, win and survive cancer. www.TexasOncology.com




TEXAS ONCOLOGY
Texas Oncology — Mansfield
2800 East Broad Street, Suite 218
Mansfield, Texas 76063
817-276-3300

Alex (Lixin) Liao, M.D., Ph.D. S. M. Diggikar, M.D.

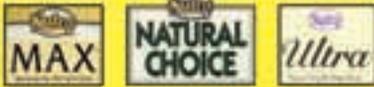
Come See Our Newly Remodeled & Expanded Store!



*We have more
puppies & pets
than ever!*

PET RAMA

Mansfield
2090A Hwy 157
817-453-2043



Painting Mansfield's new homes for 25 years.

Now repainting Mansfield for the next 25!



CW RAY CONTRACTING, INC.

Mansfield's Premier Paint Company

Cabinets

Kitchen & bathroom make-overs that can save thousands of dollars. New techniques which are unique to our company. Must see to believe.

- We can make existing cabinets look like what is seen in new homes today.
- Bring a photo, and we'll match it. No job is too challenging for us!

Exterior/Interior

Exterior painting to update the outside of your home.

- Featuring Kelly Moose high-build exterior satin acrylic finish.
- Professional quality to the last detail.
- Interior color consultant available for assistance to update all area of your home.

Thousands of samples to choose from!

Come see our new showroom at

104 S Walnut Creek Drive • 817-473-6333

References available

LOCK IN A GUARANTEE: FIXED RATES UP TO **6.40%**

We can't control gas prices, house prices or the market but we can provide you with a great guarantee regardless of market conditions. ING Guarantee Choice is a single premium deferred annuity offering a guaranteed interest rate for up to 10 years.

ING GUARANTEE CHOICE ANNUITY RATES ¹					
	\$15,000 Band			\$75,000 Band	
10-Year	5.40% 1st Year	5.40% Years 2-10	6.40% 1st Year	5.40% Years 2-10	
7 Year	5.30% 1st Year	5.30% Years 2-7	6.30% 1st Year	5.30% Years 2-7	
5-Year	5.00% 1st Year	5.00% Years 2-5	6.00% 1st Year	5.00% Years 2-5	

¹Interest rates as of 8/18/2008; subject to change.

²Contract is issued by ING USA Annuity and Life Insurance Company.

³Guarantees are based on the claims-paying ability of ING USA Annuity and Life Insurance Company.

⁴This is a summary only. Read the contract for complete details. The product and its features may not be available in all states and are subject to change.

⁵Withdrawals may be subject to federal/state income tax and, if taken prior to age 59 1/2, an additional 10% federal penalty tax.

⁶Risks and other qualified plans already provide tax-deferred tax that provided by an annuity. Additional features and benefits, such as contract guarantees, death benefits and the ability to receive a lifetime income are outlined within the contract for a fee. Please be sure the features and costs of the annuity are right for you when considering the purchase of the annuity.

⁷Neither the company nor its agents or representatives can provide tax, legal or accounting advice. Please consult your attorney or tax advisor about your specific circumstances.

Contract Form Number: 01-08-0028

To learn more about the ING Guarantee Choice Annuity, please contact:

**James McKelvain today for
your investment and insurance needs!**
800-445-9286 • 817-426-2741

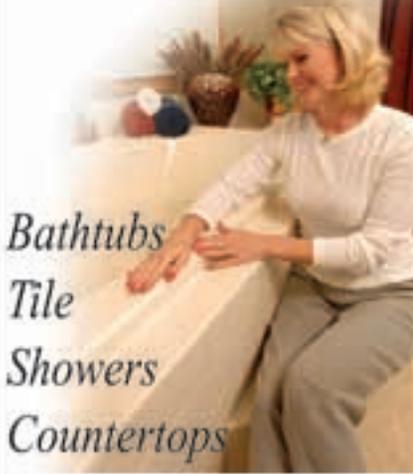
ANNUITIES

100001 08/18/2008



Your future. Made easier.™

Don't Replace...
Refinish!



Bathtubs
Tile
Showers
Countertops

682-465-6731
www.miraclemethod.com



Miracle Method
SURFACE RESTORATION

Meet the future of bouquets, gift-giving and party centerpieces



Edible
ARRANGEMENTS

Now Open!

Orange Blossom*



Save \$3

when you pick-up your order.*
*Valid for pick-up orders only. Offer valid on select products. Cannot be combined with any other offers. Offer ends 10/31/08. Code: WWSW029

To order, please call or visit:
972-293-2848
617 Uptown Blvd, Suite 105
Cedar Hill, TX 75104

EdibleArrangements.com

Copyright © 2008 Edible Arrangements, LLC

Houston, TX 77056 • Call 1-800-731-4288

Come ride with Santa in his sleigh!



November 15 and December 5 & 6
No Session Fee • Package Pricing
Call for an appointment!
Ivey Photography • 972.723.2464

LEZLEE MARTIN LILJENBERG
(817) 417-5087
8021 Matlock Rd., Ste. 145
Arlington
lliljenberg@allstate.com



© 2007 Allstate Insurance Company
allstate.com

The Medical
Clinic



that Cares.

Make the office of Carol A. Wood DO, PA,
your new health care home. Dr. Wood takes the time
to thoroughly interview each patient and discuss
his or her needs. We provide a friendly and
welcoming environment with patients' needs as our
priority. Our technologically advanced office offers
electronic medical records.

1751 BROAD PARK CIR. S. STE. 203 • MANSFIELD



Same day
appointments available



Monday - Friday 8 am - 5 pm
Board Certified
Family Medicine
817-539-7377



Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH TAYLOR FARRIS

On the outside, Taylor looks like an average young woman getting ready to start college this fall. She loves to swim, hang out with friends and spend time with family, but Taylor is not your average young woman. Her giving heart reaches out to brighten the days of several special-needs children. She plans to expand her desire of helping others by studying nursing at Tarrant County College.

Cooking is another one of Taylor's favorite things to do. "I love to bake desserts and cook Italian dishes," she expressed. "My closest friends and family love my cooking and always ask me to cook." She watches cooking shows to get recipe ideas, but coming up with her own recipes is what she enjoys most. **NOW**

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

THE ITALIAN MEAT BALL

- 8 bread slices
- 8 tsp. dried oregano
- 8 tsp. parsley
- 4 tsp. dried basil
- 4 tsp. margarine
- 3 tsp. garlic powder
- 2 tsp. seasoned salt
- 2 eggs
- 1/2 cup milk
- 1/2 cup grated Parmesan
- 1 garlic clove, minced
- 1/8 tsp. pepper
- 1 lb. ground beef cooked
- 2 Tbsp. vegetable oil

Bake bread for 2 minutes at 200 F. Turn and bake for 15 - 20 minutes until dried. Crumble toasted bread in food processor; add seasonings. In a bowl combine egg,

milk, 1 cup of the seasoned bread crumbs, Parmesan, garlic, pepper and beef. Mix together. Shape into 1 1/2-inch balls. Brown meatballs in oil.

THREE CHEESE PESTO PIZZA

- 1/2 cup red onion, chopped
- 1/2 cup sweet red pepper, chopped
- 1 Tbsp. olive oil
- 1/2 cup pesto
- 1 pre-baked pizza crust
- 1/2 cup olives, chopped
- 1 cup feta cheese, crumbled
- 1 cup mozzarella, shredded
- 1 cup Parmesan, shredded
- 2 plum tomatoes, thinly sliced

Sauté onion and red pepper in olive oil. Spread pesto on crust; top with onion mix,

olives and cheeses. Top with tomatoes. Bake for 15 - 20 minutes at 400 F.

GRILLED CHICKEN IN CILANTRO BUTTER

- 1 Tbsp. garlic, chopped
- 1 tsp. salt (divided)
- 1/2 tsp. pepper (divided)
- 2 tsp. grated lime peel
- 4 chicken breasts, with skin
- 8 sprigs fresh cilantro
- 1/4 cup cilantro, chopped
- 1/4 cup butter, melted
- 2 Tbsp. olive oil
- 2 Tbsp. fresh lime juice

In a bowl combine garlic, 1/2 teaspoon salt, 1/4 teaspoon pepper and mash into paste; add lime peel. Loosen skin of chicken and spread 1/4 of the garlic mixture and 2



OMEGA OB-GYN PRESENTS DR. KEITH R. STORTS AND STAFF

Dr. Storts is accepting new patients at our main office, as well as our Mansfield location. Please call 817-468-3255 for the Arlington location or in Mansfield 817-473-2988, to schedule your appointment today.

Physicians and Nurse Practitioners:
John Pickett, Jr., MD, FACOG
Steven I. Seligman, MD, FACOG
Keith R. Storts, MD, FACOG
Jeffrey L. Morgan, MD, FACOG
Kevin B. Gordon, MD, FACOG
Mindy B. Lusk, MD, FACOG
Nan Davies, RNC, WHNP
Kathy Cook-Porter, RNC, WHNP



OMEGA OB-GYN

Mansfield Office
1200 US Hwy. 287, Ste. 103 • 817-473-2988
Main Arlington Office
505 Omega Dr • 817-468-3255
Grand Prairie Clinic
2912 Kraft St., Ste. 30 • 817-640-0771

Who's Cooking **NOW**

sprigs of the cilantro under the skin. Combine chopped cilantro, butter, oil and lime juice. Brush chicken skin lightly with mixture. Sprinkle 1/2 teaspoon salt and 1/4 teaspoon pepper on top of chicken. Place on grill, skin side down, brush with cilantro butter. Grill for 15 minutes; turn and brush with butter; cook for 10 minutes; brush again and cook for 5 minutes.

SHORESIDE SALSA

- 1 mango, diced
- 1 jalapeño pepper, diced (no seeds)
- 1/2 red bell pepper, diced (no seeds)
- chopped chives, to taste
- 1 inch fresh ginger root, grated
- 1/4 cucumber, diced
- salt, to taste

Mix all together. Add salt to taste.

SOUTHERN MADE MUD PIE

- 1 stick butter
- 1 pkg. Oreos, crushed
- 2 3-oz. pkgs. instant vanilla pudding
- 3 cups milk
- 1 8-oz. pkg. cream cheese
- 1 6-oz. tub Cool Whip
- 1 cup powdered sugar

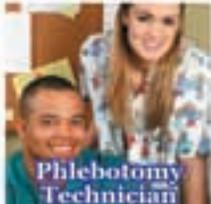
Melt butter; pour into 13 x 9-inch pan. Press 2/3 of crushed Oreos into the butter and spread evenly. Mix pudding packages and milk until thick; set aside. Mix cream cheese, Cool Whip and powdered sugar. Blend mixture into pudding. Pour mixture over the Oreo and butter previously spread on the bottom. Put the remaining 1/3 of the Oreos over the top. Refrigerate until ready to serve.

BASIL TOMATO SOUP

- 2 28-oz. cans crushed tomatoes
- 1 14-oz. can chicken broth
- 18 - 20 fresh basil leaves, minced
- 1 tsp. sugar
- 1 cup whipping cream
- 1/2 cup butter

In large saucepan, bring tomatoes and broth to a boil. Reduce heat, cover and simmer for 10 minutes. Add basil and sugar; reduce heat to low. Stir in whipping cream and butter until the butter is melted.

What do these people have in common?



Phlebotomy Technician

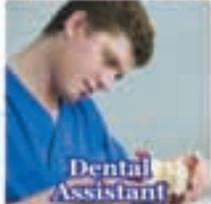


Pharmacy Technician

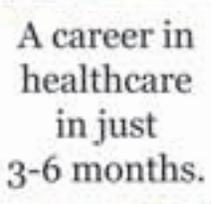


Patient Care Technician

A career in healthcare in just 3-6 months.



Dental Assistant



Sterile Compounding



EKG



ARE YOU READY FOR SUCCESS? CALL TODAY!

www.uta.edu/ced
EDUCATION
(817) 272-2581

A Truly Different Soccer Experience.
Come in for a trial class with no obligation!

Register NOW For Fall 2008 Classes!!
Now at APEX indoor in Mansfield.

SoccerTots
Ages 18 months - 10 yrs

- Child Physical Development Program
- 9:1 Student to Instructor Ratio
- All Registered Kids Engage in our Games
- Over 80 Fun Games & Activities
- Structured Curriculum

Develops
Soccer Skills, Social Behavior, Motor Skills

15 Indoor Facilities & Birthday Parties



Building athletic skills, fitness & soccer skills
Fun, confidence & social interaction

Non-Competitive Environment

Check Out our Baseball Program for Kids 2-6!



SoccerTots SoccerTouch
www.allstargsoftball.com

#1 Youth Soccer Development in DFW Metroplex!
ENROLL ANYTIME! (Prorated Fees)

Register Online At: www.soccertotsdallas.com
Or Call West of 340 East of 340
972-974-6257 469-834-8450

Know Objectives of Mutual Funds Before Investing

— By Todd Simmons

With thousands of mutual funds on the market, how can you choose the ones that are right for your individual needs? For starters, you need to know the objective of each mutual fund in which you plan to invest.

Let's take a look at the investment objectives of some of the most popular types of mutual funds:

• Growth Funds

These funds invest in the stocks of growing companies, with the goal of providing investors with capital appreciation. In plain English, you invest in these funds for the potential to make your money grow. If you invest in these funds, you will almost certainly experience the "ups and downs" of the market, but if you hold your funds long enough, and they are well managed, you may increase your investment's potential return.

• Growth-and-income Funds

As its name suggests, a growth-and-income fund is structured to provide the potential for both growth in value and current income payments, in the form of dividends. Generally speaking, these funds are less risky than growth funds, yet offer lower growth potential. But if you are interested in adding an income stream to your portfolio, these funds may be suitable for your long-term investment goals. Dividends can be increased, decreased or totally eliminated at any time without notice.

• International Funds

You can choose from several types of international funds: global funds, which invest in both U.S. and international stocks; international funds, which invest primarily outside the U.S.; country-specific funds, which focus on one country

or region; and emerging market funds, which concentrate on small, developing countries. These funds generally invest for growth, but they involve special types of risk, such as currency fluctuations and the prospect of investments being affected by political or economic turmoil.

• Bond Funds

When you invest in a bond fund, you are seeking current income, in the form of interest payments, and the chance to help stabilize a portfolio that might be heavily weighted toward stocks. You can choose from municipal bond funds, corporate bond funds, mortgage-backed securities funds and U.S. government bond funds. Although bond funds generally contain less investment risk than stock funds, they carry a different type of risk: purchasing power risk. In other words, the interest payments you receive from your bond funds may not always keep up with inflation. Keep in mind that bond funds are subject to interest rate risk and fund values may decline as interest rates rise.

• Money Market Funds

These funds invest in short-term debt instruments and are managed to maintain a stable net asset value of \$1 per share. However, the value of funds can fluctuate and it's possible to lose money. Many people invest in money market funds if they want to "park" funds for a short time before investing it elsewhere. You might also use a money market fund as an "emergency fund" containing six to 12 months worth of living expenses. While these types of mutual funds have some obvious differences, they also share two important

Mansfield Internal Medicine



John M. Willis, D.O.

Board Certified

Services: Internal Medicine & Medical Acupuncture

Hours: Monday - Friday 8am-5pm

2800 E. Broad St., Ste. 512

Located in the Mansfield Methodist Center Professional Building

817-473-6867

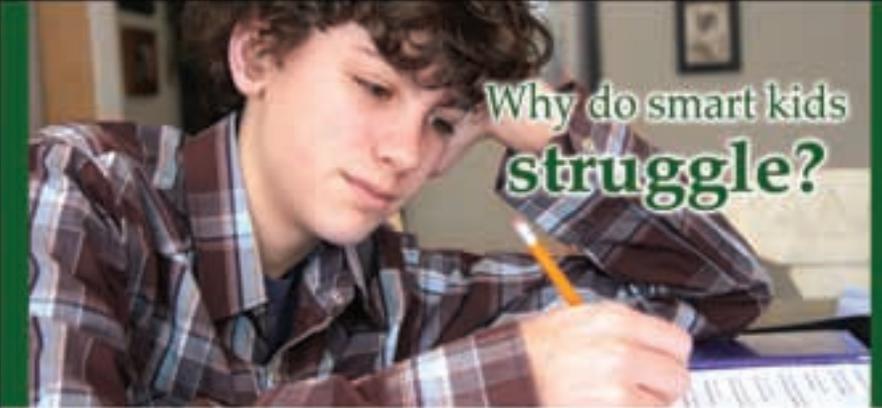
www.mansfieldinternalmedicine.com

Finance **NOW**

traits in common. First, financial professionals choose the investments, which is obviously a benefit to you. Second, mutual funds, by owning many different types of securities, offer the advantage of diversification. (Diversification, by itself, cannot guarantee a profit or protect against a loss in a declining market).

A financial advisor can help you choose those mutual funds that are appropriate for your needs. But it is still your responsibility to know about the funds in which you invest — so, before writing a check, read a fund's prospectus which can be obtained from your financial advisor. The prospectus contains more complete information, including the funds' investment objectives, risks, charges and expenses that should be carefully considered. **NOW**

Todd Simmons is an Edward Jones representative based in Mansfield.



Why do smart kids struggle?

If your child is struggling with schoolwork this year, take action now to make his or her grades better. Huntington Learning Center can help.
Our certified teachers can pinpoint your child's strengths and weaknesses and tailor a program of instruction to meet his or her needs. Just a few hours a week can improve your child's skills, confidence, and motivation.

Call Huntington today. Your child can learn.

reading writing	math spelling	phonics study skills
confidence motivation	state testing prep	self-esteem SAT & ACT

Huntington LEARNING CENTER 1219 E Debbie Ln. Mansfield, TX
1-800-CAN LEARN

Independently owned and operated. © 2003 Huntington Learning Centers, Inc.

FREE RETIREMENT PLAN REVIEWS

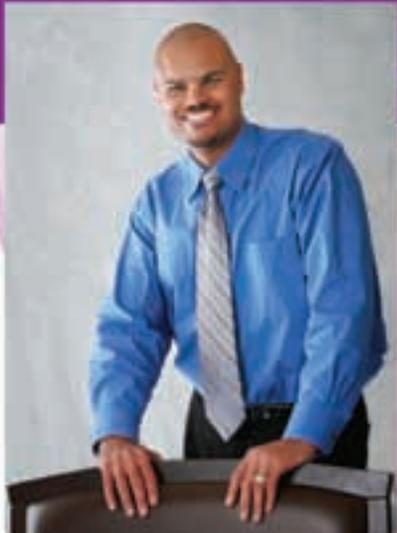


Todd A. Simmons
Financial Advisor

2851 Mallock Rd Suite 444
Mansfield, TX 76063
817-473-9645

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



Roderick P. Diggs, III, MD. PA. FACOG
Board Certified in Obstetrics & Gynecology

Obstetrics, Gynecology, Infertility
Office-based Surgery and Minimally Invasive Surgery

Accepting most insurances

Office Hours
Monday-Thursday: 8:30 am - 5:00 pm
Friday: 8:30 am till noon

817-539-7240



GRACE
Women's Center

Located in the Mansfield Methodist Hospital Professional Building ste. 214
2800 East Broad St. • Mansfield, TX • www.gracewomenscenter.com

"Listening, Educating, Healing ... One Woman At A Time."

The Amazing Liver

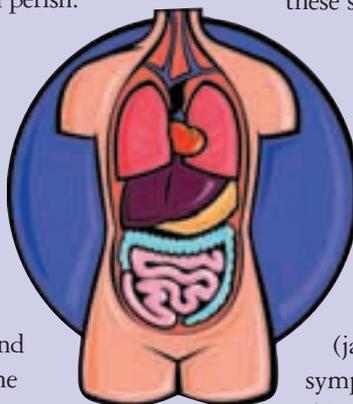
— By Betty Tryon

The largest organ inside the body reveals remarkable regenerative properties. You can lose a majority portion of your liver and the remaining tissue can grow into a whole organ once again. Amazing. This vital organ performs numerous functions and without it, the body would perish.

It is located in the upper right side of the abdomen and below the diaphragm. One of its more important jobs is to remove waste products from the bloodstream by performing as a filter. Drugs, alcohol and environmental substances are just a few of the substances removed or neutralized by the liver. The liver produces and regulates cholesterol, manufactures clotting factors for the blood and other proteins. It helps to maintain the balance of hormones. Making and secreting bile and storing some vitamins and minerals are some of the more well-known functions. The liver also helps to regulate blood sugar levels by storing glycogen.

There are many things you can do to keep your liver healthy. Excessive intake of alcohol is the leading cause of liver disease, so drink in moderation. Use over-the-counter medications and herbal or natural remedies with caution. Your liver still has to process it whether it is man-made or “natural.” Even high doses of certain vitamins can be harmful. Follow your physician’s instructions on any prescribed

medication. Limit or avoid any exposure to environmental hazards and toxins such as certain cleaners and insecticides. If you can breathe it, consume it or have it penetrate your skin, it will eventually reach your liver. So, use gloves and a mask in a well-ventilated area when handling hazardous chemicals. Try to avoid foods that are high in unhealthy fats. The diseases of Hepatitis A, B and C can cause significant damage to the liver, but there are vaccines available for Hepatitis A and B. Since the virus is spread by contact with another’s bodily fluids or blood, try to avoid contact with these substances.



Although it can regenerate itself, the liver is not indestructible. Some of the signs and symptoms that your liver may be headed for trouble may at first be too vague for a diagnosis. Nausea, weakness, lack of energy and a change in appetite can be attributed to a host of diseases. The more specific indications that are cause for alarm are yellowing of the skin, eyes and urine (jaundice). Advanced cases would present with symptoms such as unexplained itching of the skin, abdominal pain and swelling, in addition to the previous presenting symptoms.

These symptoms are cause for concern and warrant monitoring by your physician. Many liver ailments can be treated. The best course of action is to protect yourself and keep you and your liver safe. **NOW**

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



Vella V. Chancellor, M.D.
 Board Certified Obstetrics
 & Gynecology
 24 Years in Solo Private Practice
 at Charlton Methodist

We Have Arrived!

Methodist Mansfield Medical Center

*Most P.P.O. Plans Accepted
 United Healthcare and Aetna HMO's Accepted
 Office Hours by Appointment at Either Location
 Call 817-477-9292*

Methodist Mansfield Medical Center
 Professional Office Building
 2800 E. Broad Street, Suite 400
 Mansfield, TX 76063

Midlothian Location
 2220 Bryan Place
 Suite 100
 Midlothian, TX 76065



We give our best so you can have your best smile for life!

\$50⁰⁰ off

On a new patient visit or any cosmetic or restorative treatment!



**Kathy S. Hevrin
DDS**

1788 Highway 157,
Suite 101, Mansfield
817.477.4185 • www.Kathydds.com

General & Cosmetic Dentistry
Most Insurance Accepted

Not just an Ordinary Florist!

Fresh & Silk Arrangements for all Occasions
Weddings, Funerals, Anniversaries, Birthdays, Births & Special Events.

We offer a wide variety of Gift items and Decorative Accessories



Grand Opening
Oct. 15th - 18th
Give aways, Special Deals, Food and Fun!

Come in for your
Free Gift!
While supplies last

Flower Trends
"Your Full-service Florist"

Mon-Fri 9:00AM - 6:00PM
Saturday 9:00AM - 3:00PM
Sunday Closed

2860 Hwy 157 N. Ste 120
Mansfield 817-467-2525

Life *is better in the* Shade

**We specialize in custom
Patio Covers to match
any home**

Custom Balconies

Wooden Decks

FREE ESTIMATES!

*Right in your backyard
with lots of our previous
job photos to see!*



A Truly **Shady
Business**

Premier Patio & Deck Specialists

If you can dream it ... We can build it.

817-344-0897 & 214-384-0048

Financing Available



Thinking of something *special* for your family this year?
 Create a *custom* wall collection of family images!




Christmas sessions
 now available.

Book your session
 by November 7th
 to ensure
 Christmas delivery.

*And receive one
 free 8x10 gift portrait
 (\$25 value)*

diana raines
 PHOTOGRAPHY

www.dianaraines.com
 817.360.4724
 seniors | children | families

Introducing CurvesSmart.™

A workout that keeps you motivated like never before to get the results you want.

PERSONAL COACHING SYSTEM



DETAILED PROGRESS REPORT



**COME EXPERIENCE CURVESSMART™
 & GET A FREE BREAST SELF-EXAM KIT***

Curves

817-375-0073 817-453-0447

130 E. Bardin Road Suite 122 911 E. Broad Street Suite 100
 Arlington, Texas 76018 Mansfield, Texas 76063

curves.com

*Free breast exam kit valued at \$29.95. No purchase necessary. Must complete a Consentment documentation. ©2008 Curves International, Inc. 10/08

Carnitas Michocan
 Carnicería • Taquería • Panderia



Rico (delicious) menudo y barbacoa en Sab/Dom (Sat/Sun)

Carnitas/Chicharron frescos diariamente (fresh daily)

Tortillas de maiz y tamales hechos a mano diario (handmade corn tortillas/tamales daily)



Bakery • Meat Market Panderia • Taquería

Carnitas Michoacan
 1016 E. Broad Street
 Mansfield 817-473-1059
 Open 7 days a week 6am - 10pm

October 2008 Community Calendar

Every Friday

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

October 2

Mansfield Child Care will discuss "How do I relate and share?" at 7:00 p.m. in the Mansfield Library community meeting room, 104 S. Wisteria St. www.mansfieldchildcare.com.

October 3 and 4

Women's Conference at the Mansfield Bible Church. "The God of All Comfort — Seeking God and Comforting Others." www.mansfieldbible.org.

October 6

Mansfield's 4th Annual "Guns, Hoses and Friends" Golf Tournament will be held at the Walnut Creek Country Club. The golf tournament is a joint tournament with the Friends of the Police, Police Department and Fire Department. Format: 4 player/team scramble. Registration Fee: \$125 per player. Registration due September 12. Registration and Putting Contest: 10:00 a.m. Lunch: Noon. Tee Off: 1:00 p.m. Dinner following Tournament. All proceeds benefit the Friends of

Police and the Mansfield Police and Fire Department. For more information, contact Officer Curtis Phillip at (817) 276-4757 or Tom Ritter at (817) 473-9393.

October 6 and 20

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

October 7

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

October 13 and 27

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

October 18

Historic Mansfield Music and Wine Fest, 12:00 - 11:00 p.m., on Main Street in downtown.

Bike Ride for Babies, sponsored by Mansfield Bible Church. Registration starts at 9:00 a.m. at 2351 Country Club Drive in Mansfield. The first bike goes out at 10:00 a.m. The ride fee is \$5.00 or one new baby item. Proceeds benefit the Arlington Pregnancy Center. The ride ends with

food, vendors and entertainment. For more information call (817) 473-8980 or go to www.mansfieldbible.org.

October 21

Adult book club at the Mansfield Public Library will be reading and discussing *Goodbye to a River* by John Graves. Contact the library for further details.

October 25

Looking for a safe alternative to trick or treating? The Mansfield Police Dept. is sponsoring the Fall Festival at the Katherine Rose Memorial Park from 6:00 - 9:00 p.m. Booths, candy and fun events will be offered.

October 31

Join the staff at the Mansfield Activities Center for a Halloween party. Bring the family for a fun way to celebrate and enter a Halloween contest. For more information, contact the MAC at (817) 453-5420.

For more community events, visit our online calendar at www.nowmagazines.com.



Family Dentist

Full Service Family Dental

FREE Braces Consultation • Low Monthly Payments

Friendly • Motivated Staff

Preferred Providers:

- Aetna PPO • Delta Dental • Metlife PPO
- Guardian PPO • Cigna PPO • Fortis-DHA
- QCD • United Health Care PPO
- Any Traditional Insurance

Walk - Ins Welcome

GM Family Dental
972-988-3333
 2507 Medical Row #104
 Grand Prairie, TX 75051



Rose Park Dental
817-473-1159
 217 N. Walnut Creek
 Mansfield, TX 76063







M - F 9 am - 6 pm • or by appt.
 Se Habla Español • Vietnamese Spoken
 "Under Same Ownership"



\$5.00 OFF COMBO TICKET

TERRORPLEX

HAUNTED THEME PARK
A HAUNTED HOUSES, COOKS LIGHT BEER GARDEN AND A HAUNTED MIDWAY

OPEN
 September 19 - November 2
 Fridays, Saturdays &
 Thursday October 30*
 7:30 pm to Midnight
 *The only Thursday we are open!
 Sundays 7:30 pm to 10:00

Midnight Manor
 THE LABYRINTH OF THE MARSEUR
 HAUNTED EGYPTIAN TEMPLE OF INJERS
 NIGHTMARE IN THE HOUSE OF WAX

ADMISSION
 BEST DEAL IN TEXAS! \$24 COMBO
 ticket per person. Admission to
 all 4 haunted houses! This is a
 savings of over \$15!
 Group discounts available — Check
 web for more information

**November 2 is a special
 BLACKOUT/FLASHLIGHT night
 ONE NIGHT ONLY!!
 Last COMBO ticket sold 15 mins
 before close
 INDIVIDUAL SPECIAL
 STUDENT NIGHT
 Sunday, October 12th**

www.TERRORPLEX.COM (817)707-9038



*Alma and her grandson Thomas III
 pictured in front of the coliseum
 in Rome, where they spent a 10-day
 adventure shopping and visiting the
 homeplace of Alma's heritage.
 Come by Mansfield Fine
 Jewelry to visit with Alma
 and view the beautiful
 pictures of their trip.*

- Custom Designs
- Loose Diamonds
- Watch Repair
- Remounts and Castings
- Layaway

Repair and Appraisals done on premises



*Mansfield
 Fine Jewelry*

25 yrs of Trusted Service

**Free Ring
 Inspection
 and Cleaning**
 One Per Customer

1292-A Hwy 157 N.
 Mansfield, TX • 817-473-4008
 www.mansfieldfinejewelry.com

LAW OFFICE OF
KENNETH D. HARTLESS PC
Has moved its local office to a newly, expanded Mansfield location.

Criminal, Family Law, Wills & Probate

Free Consultation
by appointment only

817.453.2473

105 East Oak Street
 Suite 101
 Mansfield, Texas
Principle Office Bedford, Texas

*Still offering service in
 Real Estate and Title Insurance*

SENDERA 
 TITLE

ImagineNation
CENTER OF LEARNING

On-site Classes Offered:

- Dance
- Gymnastics
- Karate
- Music

Let Your Imagination Run Wild!
A safe, clean facility staffed with exceptionally gifted people who will love your child and encourage them to use their imagination while performing activities that are educational and fun.

Arlington: 4815 Arborgate Dr. 817-483-1103
Mansfield: 260 N. Miller Rd. 817-539-0133

Toll Free: 877-2KIDZONE

OBSTETRICAL & GYNECOLOGICAL ASSOCIATES

We Deliver

Arlington OB/GYN
809 W. Randol Mill Road
Arlington, Texas 76012

Arlington South OB/GYN
811 W. I-20, Suite 218
Arlington, Texas 76017

(817) 277-7133

From left to right: Martin Fielder, M.D., Robin Johnston, M.D., David Russell, M.D., John Jeffers, M.D., Barron Atkins, M.D., Keryn Dias, M.D., Ellen Parrill, M.D., Russell Dickey, M.D., Byron Kallam, M.D., John Paul Wood, Jr., M.D., Mary Finke, M.D.

Medical Clinic of North Texas, P.A. www.MCNT.com



Experience Luxury Living in your backyard

Organic Landscaping & Landscape Design • Custom Patios
Outdoor Structures • Stonework • Outdoor Kitchens • Decks • Fireplaces
Putting Greens & Waterless Grass • Water Features • Outdoor Lighting



972.938.0407 • 972.938.1787

*Specialist in creative outdoor living
at an affordable price.*

www.patioscapesusa.com



Certified Outdoor Living
Partner



It is your life. **Live it free of pain.**

The new Baylor Medical Center at Waxahachie Pain Management Center is here to treat your chronic pain and give you a step forward in taking back your life. We don't take a cookie-cutter approach to your course of treatment; we develop a strategy that will best work for you as an individual taking into account your issues, needs and lifestyle.

The center specializes in an interdisciplinary team of healthcare professionals combining their talents in medical education, scientific research and clinical experience.

Together, we create a treatment plan designed to:

- identify and treat your pain at its source;
- improve your emotional well-being;
- minimize your suffering; and
- help you return to a more productive life.

If pain is limiting the freedom you have to live life the way you want, then the new Baylor Medical Center at Waxahachie Pain Management Center may have what you need to end the sentence that pain has put on your life.

For more information about the new Baylor Waxahachie Pain Management Center, please call 1.800.4BAYLOR or visit www.BaylorHealth.com.

1.800.4BAYLOR BaylorHealth.com
305 East Ovilla Road, Red Oak, TX 75154

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System.
 ©2008 Baylor Health Care System. MOO 08138. 9/08

 **BAYLOR**
 Medical Center
 at Waxahachie
 Pain Management Center