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Mansfield NOW

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January 2008

**Putting Words
Into Action**

**The
Long
Ride**

**Building
Champions**

**All the
Way to the
Finish Line**

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**Lloyd and
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Photo by Terri Ozymy.

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



Mansfield NOW

Editor's Note

Happy New Year!

What is a New Year's resolution but a hopeful pledge of self-improvement? But for all our good intentions, how many of us really stick to that pledge? Statistically, it is pretty bleak. After just one week, only 75 percent of Americans remain faithful to their resolution. By the end of the first month, just 64 percent are still fully committed to the idea of a new and better self, and by the end of June, it drops to 46 percent.

Perhaps this is why so many people say, "Oh, why bother?" But scientists agree that making resolutions, even if they are later abandoned, is a healthy way to begin the year.

Maybe you need a little boost. Have you ever wanted to run a triathlon? Perhaps you resolve to be a more hands-on parent or have always dreamed of becoming a poet or riding the open roads on a motorcycle. As you will read in this issue, all things are possible. Dare to dream and definitely...resolve to make this your best year yet!

Alex Allred
MansfieldNOW Editor



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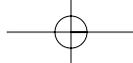
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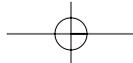
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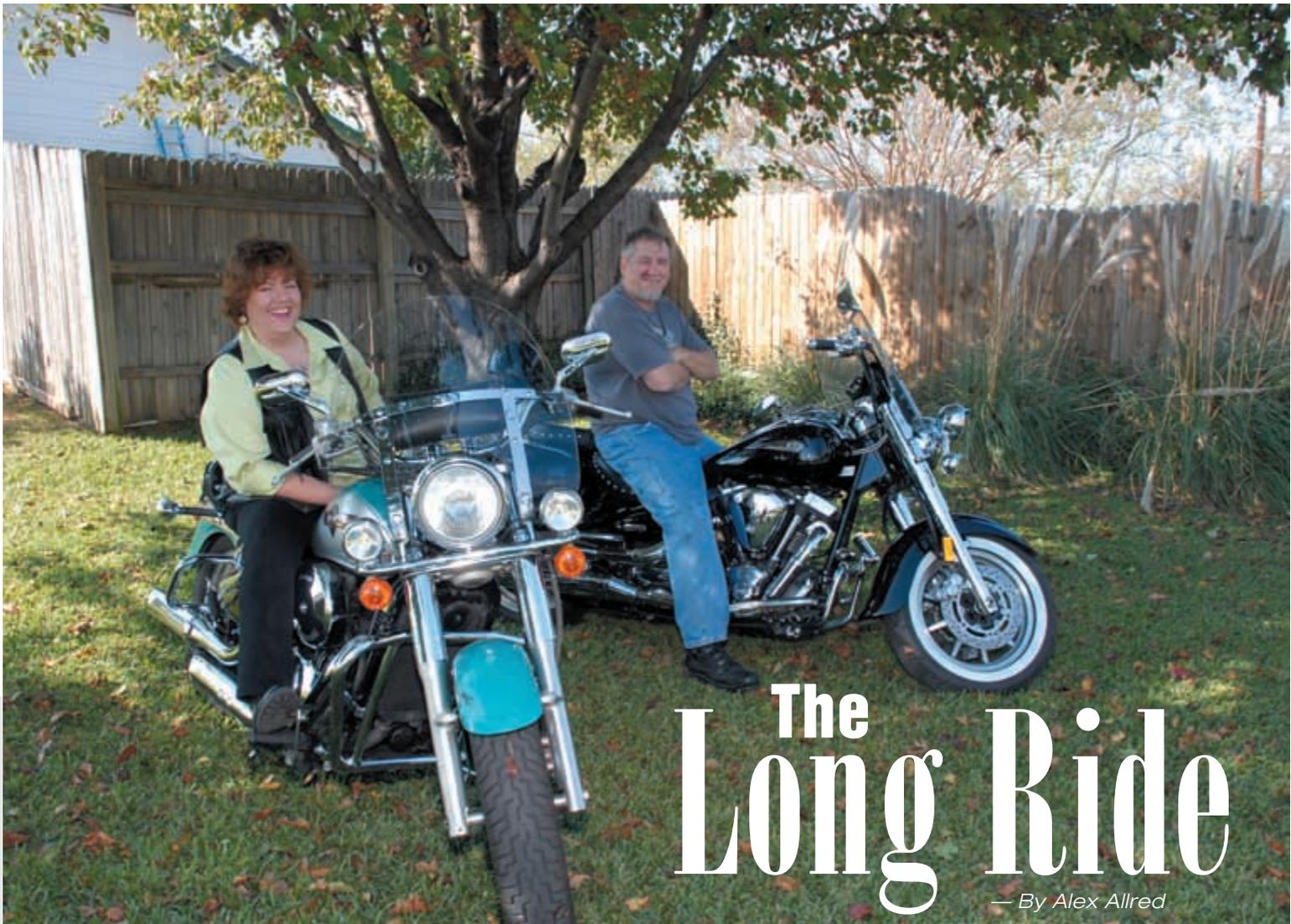


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The Long Ride

— By Alex Allred

Bill and Sharon Buck have an incredible balancing act both on and off the bike. Together, they have been working on it for 14 years, but it was put to the test two years ago when they made their first trip through Yellowstone on a Harley Davidson. Initially, Sharon had been nervous about making the long road trip on a motorcycle, but had quickly become enthralled with the breathtaking scenery, excitedly looking around, throwing the bike off-balance. Bill, who had been calm and confident about the journey had to struggle to keep them steady.

"I really didn't understand how the slightest movement could throw us off," Sharon said. "I had to learn how to ride." There was, she would later learn, much to be learned from being on a bike.

Today, they joke about their very

close encounter with a buffalo. Sharon had been looking through a camera lens to get the perfect shot, but as they drew nearer to the massive animal, she called out, "Don't get any closer; don't get any closer!" When Bill told her, "I'm not moving," Sharon realized it was the buffalo that was moving toward



them. Sitting completely unprotected and exposed, it was a very humbling moment. "Plus, he really stunk!"

Sharon had always been a strong,

independent woman, in charge of her own destiny. In fact, it was she who sought out Bill when she first met him. A self-described Cajun, Sharon grew up in rural Louisiana, working as a medical administration assistant. When Bill came into her office to check on medical equipment, Sharon knew she had to meet him.

"My heart just sank. I just had to know him."

Bill, on the other hand, was far more reserved. He had been through more than Sharon could have ever imagined. He was a Vietnam vet and recently divorced. After an injury on a construction job site, Bill made a career and life change.

"I knew I wanted to get into the health care industry," he said. After everything he had been through, he knew there was one thing he no longer wanted in a job description. "No weapons." Although he remains proud of his military background and patriotic sense, life after Vietnam was an adjustment.



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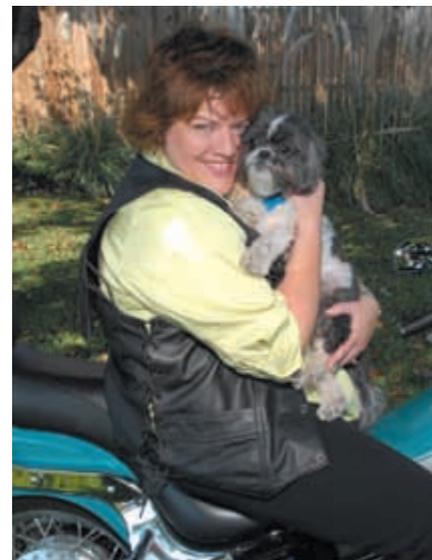
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“When I got back, I was spit on,” he said. “It’s still very emotional to this day.”

He had come from a long line of men who proudly served this country. His relatives served in WW II, and the Korean, Vietnam and Desert Storm wars. To come home to such a hostile environment was difficult for Bill. Then, he met Sharon.

“Being Cajun,” said Bill of his wife, “she has a whole different attitude. Hers is, ‘Well, if no one got hurt, it’s all good.’ She doesn’t sweat the small stuff.” But Bill is wired differently. Trained Naval Special Warfare Group, he received top-secret clearance to operate as what was termed a Beach Jumper during the Vietnam War. He was part of the Chieu Hoi campaign and orchestrated fake operations for the enemy to intercept and which they hoped would confuse them.

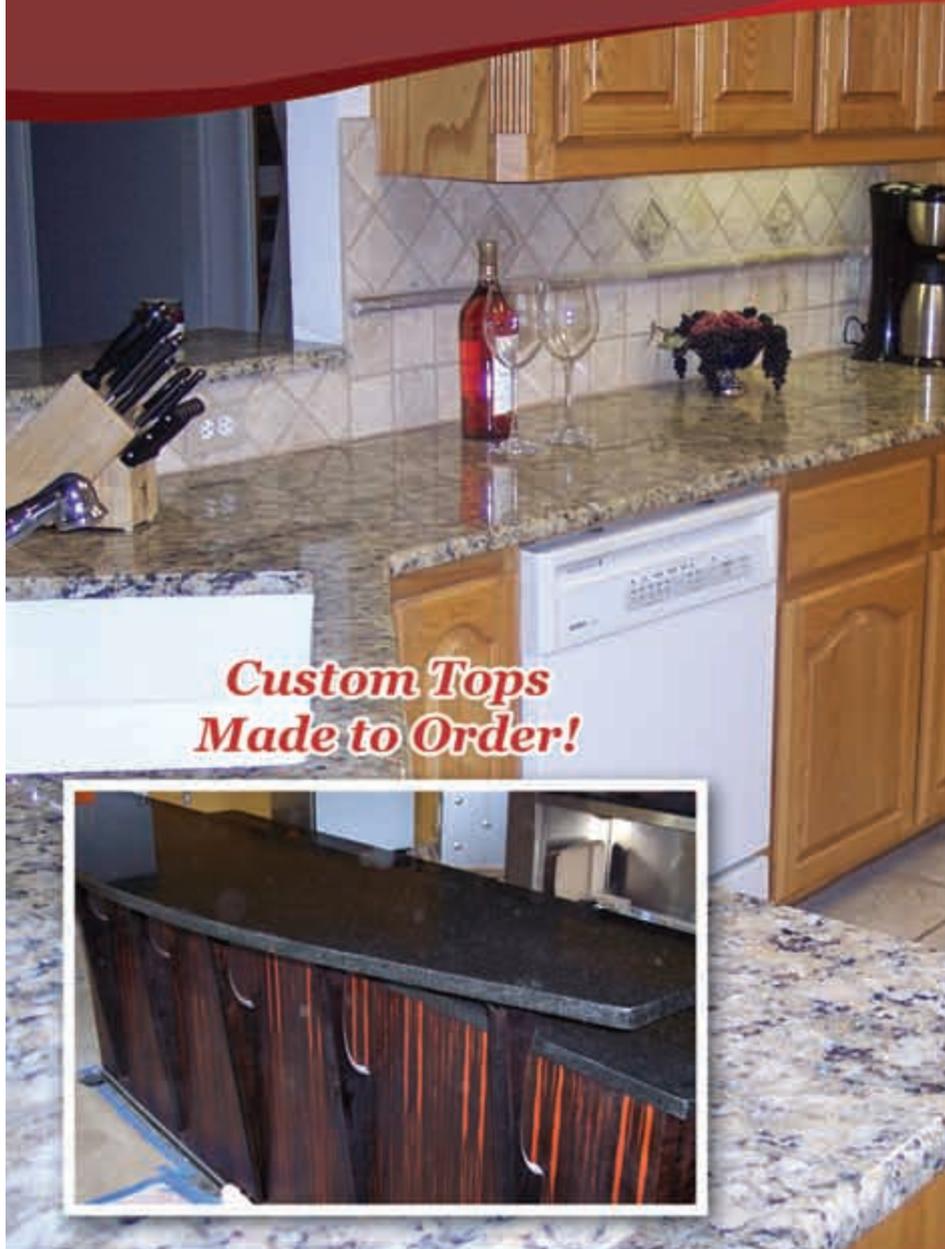
Wearing his “That’s Right, I’m Old School,” T-shirt, Bill recalled the two different nine-month tours he served overseas, working counter terrorism units and just trying to come home alive. He is intense, politically oriented, devoutly patriotic and, until recently, reclusive.

“Let’s put it this way,” Bill offered. “I wouldn’t go to parties or church if it wasn’t for Sharon.”

On their first date, Sharon took him to a Cajun restaurant, getting a speeding ticket along the way. She would refuse his marriage proposal for the first few

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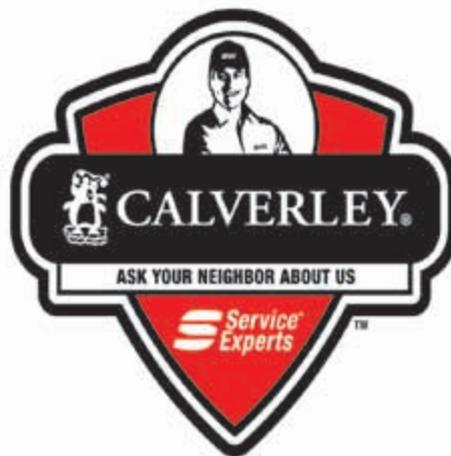
years with no explanation other than it was not right. A bright, bubbly woman with a no-holds-barred attitude, Sharon was very much in control of her life. But after marrying Bill and moving to Texas, she quickly learned there was so much more to life.

"It's all about balance," she said, making reference to the bike once more; but it is also a reflection of who they are as a couple. When they married, Bill's daughters from his previous marriage were not accepting of Sharon. Today, they come to her with their problems, and she is quick to tell anyone about her stepdaughters and how proud she is of them. While she has brought Bill out of his shell, encouraging his love of writing and music, she also encouraged him to ride again.

"I'd had a scare," Bill said, recalling a time when a motorist slammed on her brakes and Bill ended up in the backend of a pickup truck. "I had young children then and pretty much decided it was time to quit. Sharon forced me to ride again."

In turn, Bill got Sharon her own motorcycle; suddenly, the wild Cajun, who was late for everything and roared through life, now pulls over to smell the roses. She took a motorcycle safety course and has been steadily increasing her road trips on the bike, gaining confidence to ride solo.

Together, the couple has a New Year's resolution to make a trip on their bikes to the Wichita Mountains



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to camp and backpack for a weekend. Little by little, Sharon is putting up the miles.

In the classroom, Sharon still goes a hundred miles an hour. Working as a preschool teacher, she has amazed parents and fellow educators with her zest for history, life and children. "My 4-year-olds can name the first eight presidents and tell you a little something about each one. I'll ask, 'What president liked to swim in the Potomac River?' and the kids know it was John Quincy Adams!"

The bike, a machine known for its speed and power, has actually slowed Sharon. "I'll pull over to the side of the road," said Sharon, "walk over to the barbed wire fence just to look out into a pasture. You know, when you're standing there with the sun warming your leather and you can smell all the grass and trees, feel the breeze, it's such a great moment and I think, 'Ah, this is why God made this. That's why He did this.'"

For Bill, his bike has been liberating. When he returned from Vietnam in 1971, he began riding a Honda 550. "I rode it and rode it," Bill remembered. During a time of such turmoil, it had brought him peace. Through Sharon, he found it once again. He, on his Yamaha Roadstar and Sharon, on her Kawasaki Vulcan, have connected with neighbors and rediscovered the silent hand signals and culture of the biker community. A new spirit has awakened in Bill; it is so passionate, he was inspired to write, "A small voice that could barely be heard above the engine's rumble was saying, 'The grass needs mowing.' 'Yeah,' I thought, 'but I need this more.'"

"Speeding toward the unknown, we left behind my inner dialogue, as I concentrated on the interplay of skills needed to navigate quickly on two wheels. Out in the environment, I felt the wind, the season. I was not separated from the world by an envelope of glass, steel and plastic. My senses came alive to the stimuli of the world, as I sped toward the horizon and whatever adventures might lay in wait." **NOW**

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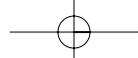


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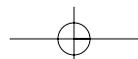
— By Sandra McIntosh

Once you venture through the front door of Lloyd and Tenna Scott's four-bedroom, three-and-one-half-bath home, you leave the traditional style, only to have it replaced with two stories completely decorated in the jungle theme. "I don't think sitting behind a desk in a downtown high rise was my true calling," Tenna said, referring to her natural love and ability for interior decorating. "Looking around, I'd have to say that the style of the home's interior is eclectic." Visitors would easily agree as they look from top to bottom and at all points in between. The home is colorful and fun, filled to overflowing with a "wild" kind of whimsy.

Come September, Lloyd and Tenna will have lived in their home located directly on the Walnut Creek Country Club Oak Golf Course for 12 years. "The golf course seemed like the perfect place for Lloyd to play golf



At Home With *Lloyd and Tenna Scott*



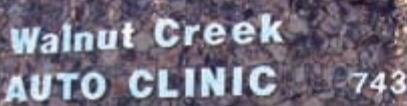


with his friends,” Tenna explained. “I simply fell in love with the open area the course had to offer.”

When they purchased the home, boasting 4,000 square feet of living space, it was decorated in a Southwest/Sante Fe theme, with blue carpet throughout and wall coverings that brought Indians to mind. “The wallpaper was the first thing to go,” Tenna remembered. “This chore took nearly two years to complete.” The reason being, it was difficult for Tenna to find just the right wallpaper to go with her jungle theme. “I think I was way ahead of the times,” she said. “I knew exactly what I was looking for, but finding it was more difficult than I imagined.”

The next large project was removing the blue carpet that until just recently was found throughout the home, and trading it for a white tile both upstairs and down. “We just had all the downstairs area tiled,” Lloyd added. “They’re much easier to maintain.” They both agreed it is amazing what a

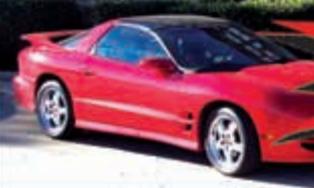




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few changes to the floors and walls can do. "I've always enjoyed bringing the outside in," Tenna said, "and taking the inside out." The way Tenna has been able to successfully master this feat is through decorating the "thrifty way." She is a woman who loves finding special items at flea markets, garage and estate sales. "Many times I've been lucky to

find treasures at First Monday in Canton," she said. "I also love real plants, so shopping at the Mansfield Nursery is something I do quite often, too."

Tenna is a collector of sorts. For the past 15 years, she has been able to find, purchase and now proudly display well over 500 zebras. "Zebras are beautiful," she said. "They are the most perfect



animal God put on earth." Her love for the black and white creature is found in all shapes and sizes from those hand painted, molded in ceramic and carved in wood to metal, wicker and those meticulously shaped from paper-maché. The formal dining room is a prime example of the beauty found in the unique stripes of the zebra, and it is

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also where the first zebra painting Tenna purchased hangs. In fact, the painting happens to be the only wall art in the entire room. The wallpaper is black with a zebra print border. A miniature zebra the size of a Shetland pony rests in the front window, as if watching in wonder at those passing by on the sidewalk.

The wallpaper in the dining room blends perfectly with the wallpaper in the entry hall and along the stairway wall leading to the guest bedrooms located upstairs. Striking, elegant and pristine are words that could easily describe the feeling Tenna has been able to create, but it would not do justice to the overall feeling of the African safari jungle she desired, and has successfully been able to achieve, when the decorating process first began. The family room also offers warmth with a floor-to-ceiling brick fireplace flanked on both sides



with built-in bookcases, which display a mix of family photographs, books, baskets, candles and, of course, zebras, large brass giraffes and another of Tenna's special collectibles — flamingos. "We love to curl up and watch movies," Tenna said. She has made movie watching easy and comfortable by draping soft, leopard-print throws over each leather chair, as well as the sofa.

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Anjani Amin, M.D., is board certified by the American Board of Family Medicine, and a member of the Texas Medical Association, Tarrant County Medical Association, Texas Academy of Family Physicians and the American Academy of Family Physicians.

Dr. Amin received her undergraduate degree in Biology from the University of Texas at Austin and her medical degree from the American University of the Caribbean.

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The large flamingo collection began about five years ago with only a few “pink” purchases. “I really got serious about my flamingos two years ago,” Tenna said, as Lloyd smiled at his wife, knowing all too well the truth of her statement. “I wish you could’ve seen my home when it was decorated for Christmas. I’m really fond of my zebra and flamingo trees.”

If their memories serve them correctly, it was about six years ago when Lloyd and Tenna had the back patio enclosed. “I was hoping to have



the sunroom I’d always wanted,” Tenna said, referring to the space that is now home to card games and big-screen TV watching for Lloyd and his four-legged Yorkie friend named Booger.

Meals prepared in the kitchen are shared in the breakfast room. The feeling here is one of peace and tranquility, as the waterfall in the corner creates the affect of being out in the jungle. Tenna was unable to part with the kitchen chairs, so she had them recovered. The

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glass table is dressed in red with zebra accents. The oversized hutch is Tenna's latest purchase. "I think it's really an entertainment center," she said, "but it's the perfect place to show off the crystal and china that Lloyd's mother gave me." All the rooms within the house carry out Tenna's jungle theme from the master suite with its African safari feel in rich shades of gold and khaki to the guest rooms that boast of more zebras and flamingos, as well as elephants, leopards, lions and a tiger or two.

While Lloyd finds many hours of pleasure in his room with its great view of the golf course, Tenna's favorite rooms are her home office and the patio turned sunroom located off the maser bedroom, also known as the "Flamingo Tea Room," with flamingo being the key word. It is common to see Angel, Tenna's Maltese baby girl, following close at her heels as she sits down to work at the computer or enjoys a diet Dr. Pepper along "Flamingo Alley," located outdoors beyond the tea room.

Loving the color pink makes collecting flamingos easy. Tenna's love of wild animals has made decorating with zebras, giraffes and leopards seem natural and effortless. As Lloyd so simply put it, "Everyone has a niche in life," he said. "If you do what you enjoy doing, then it's a good thing." Tenna's niche must surely be taking a walk on the wild side as she brings the jungle to Mansfield. ■■■■■

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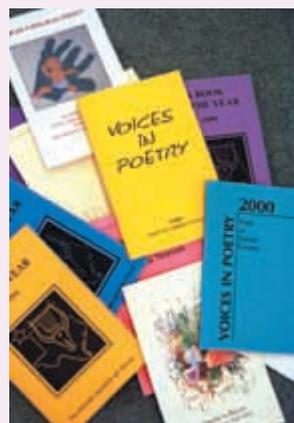
Putting Words Into Action

— By Mary Pritchard

Barbara Lewie Berry likes to say, “Poetry is the thing that blends feeling and philosophy into precise phrases.” She has the awards to prove that she can put those words into action. Her first publication, however, was not a poem, but a short story entitled “Lost Little Things” published when Barbara was 14 in *Upward*, a Baptist youth magazine. Obviously, inspiration to write came early in her life. “In second grade,” Barbara said, “I took ‘expression’ lessons. We recited poetry and performed in plays, and that kind of got me to love the rhyme and rhythm of verse. Then in fourth grade, I started writing poems like, ‘A Cow in the Zoo, Could it be True?’”

As a girl, Barbara suffered from severe asthma. Lying in bed, she read books penned by Robert Louis Stevenson; she also absorbed *The Best Loved Poems of the American People*, a thick volume given to her by her aunt. She still has that well-worn tome. “This book was a big influence on me,” Barbara said. “It just developed my love of poetry.”

This early ingestion of literature has



served Barbara well during periods when she felt inspired to write. When she lost her mother and two brothers within a short period of time, a flood of childhood memories were transformed into poetry during the grieving process. Another time the poetry flowed easily was in the late '80s when Barbara took up golf. The result was a group of poems about golf from a woman's point of view entitled, *Intimate Thoughts of a Lady Golfer*. One of those poems with a humorous twist is “Reunion.”



I admit
I treated you dirty
I even went off and left you
but I missed you
and I have come back to get you.

And although you think
I only use you when I need you
you are important to me
you have a certain place
and purpose in my life.

I bend
and lift you gently
and brush the sand from
your head
you are mine
and I do need you.
You are my only wedge.

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A special poem came in 1994 when her daughter and son-in-law decided to adopt a child. The following is an excerpt from "Triangle of Love."

Somewhere in the shadows a child waits
 cradled by the moon,
 comforted by the stars
 reaching out for a mother's lullaby.
 That child is mine. ...

God alone knows the ineradicable moment
 when you will be placed into my arms
 your gentle dreaming smile affirming us
 reaching out to bind our love portrait
 at last into a family.

Another poem, "For Sarah" was recorded after the body of a murdered child was discovered in Hood County.

How can you be angry at someone you don't know
 unless he takes one of the world's children ...
 Must we mourn all our days for children we love
 whose lives are worth nothing more
 than a moment's desire to men filled with hate?

Must we dress these children in armors of fear and
 silence their innocent play?
 Must we teach them that trust is a dangerous word?

"For Sarah" (in its entirety) was published in 2002 in *What Child is This? An Anthology of Poetry Opposing Child Abuse*, edited by Michael Guinn and Mike Baldwin. The proceeds from the sale of this anthology go to two area charities that help children: The Lena Pope Home and The Warm Place.

Such fine poetry would be enough, but Barbara also does other kinds of



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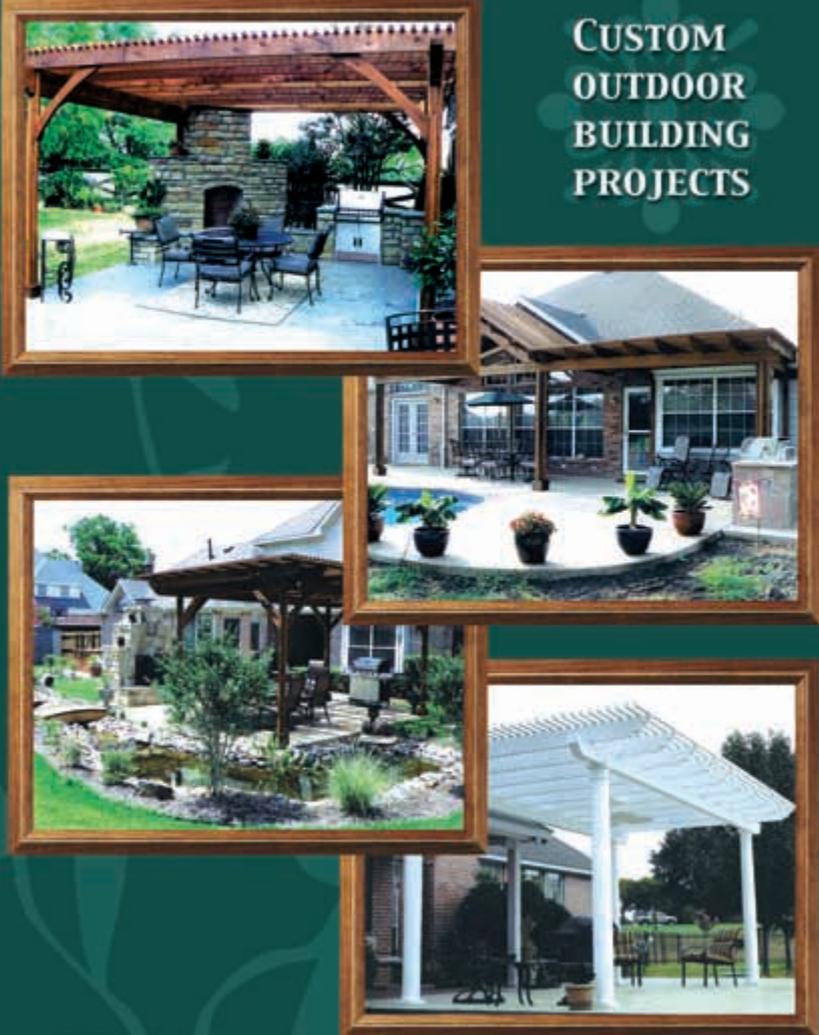
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writing. She authored the chapter "Churches" in *The History of Mansfield* (1996) and her book, *Twenty-Five Years of Fun & Friendship: The History of Walnut Creek Country Club* was published in 2000. She has had Christmas essay/tributes published in *The Fort Worth Star Telegram*, and in

"Poetry is the thing that blends feeling and philosophy into precise phrases."

1990, Barbara produced *'Tis the Season: A Christmas Collection*, a booklet of poems and essays for people in the office where she worked and for her family.

In order to spend more time writing, Barbara retired in 1993 from a private law firm where she had served as director of finance and administration for 30 years. Since retirement, besides writing and publishing, Barbara has earned a Certificate of Theological Studies from Brite Divinity School at TCU in Fort Worth. She and her husband, Louin, are both active in the First United Methodist Church of Mansfield and both serve as lay ministers.

Barbara is president of Poets of Tarrant County. She has won numerous awards from the Poetry Society of Texas of which she is a member. Her winning poem in 1998 was "Timeless Gift," a poem about a little basket of stones brought to her by her grandson. She also had a first-place poem in 1993 and 2006. She has just recently been notified of her win in 2007, as well.

Not long ago, Barbara also discovered she inherited poetic genes. "When my sister died two years ago," she explained, "my nieces brought me a box of things that had been our mother's." Inside the box, she discovered an envelope full of poems her mother had written, but had never mentioned. "One was written on my wedding day in 1956," Barbara said. Needless to say, Barbara's next project will be the publication of her mother's poems. **NOW**



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Building Champions

“We always say this is the last year, but before we know it, we’re already planning for next season.”

— By Alex Allred

For most people, a trip to the dentist office involves reading old magazines, over-waiting in the waiting room and, if you are lucky, no cavities. But for one Mansfield couple, it was all about track and field. It was destiny — by way of a dentist appointment.

Henry Anderson had been coaching recreational sports at the local YMCA for many years along with his wife, Gina, acting as his manager. When they met 20 years ago, both were single parents and equally committed to the role of hands-on parenting. It was not enough to enroll their children in all different sports. They wanted to be a part of every aspect of their children’s development. Together, they had another son, and the his-hers-ours combination cemented another decade of coaching.

When their youngest, Derrick,

showed a real talent for track, Henry moved quickly. The Andersons began researching local track clubs and recreation centers to solicit a coach. What he found, however, was that he, himself, was the best man for the job.



He required no exorbitant fees and was ready to invest himself fully in the lives of anyone who wanted to learn to run.

“For Henry,” said Gina, “sports, and the coaching of it, are his big passions.”

So much so that the family encouraged him to go back to school to earn his undergraduate degree in kinesiology. “It’s time for him to realize his dream of becoming a professional coach,” Gina said.

Already, the Andersons live their lives as a professional sports family. There is no downtime. They travel the state to compete, and arrange their schedules around the track world. “We don’t even take vacations, because summer track is our vacation time,” added Gina. “We always say this is the last year, but before we know it, we’re already planning for next season.”

It is a labor of love. Almost immediately, there was tremendous interest among parents in Mansfield and the surrounding areas when the Andersons created Mansfield Express Track, under the guidance of Mike Hennech, athletic special events

Sports NOW

coordinator at the Mansfield Athletic Center. Coach Gary Williams, a man with whom Henry had coached in Arlington, joined up. Gary is both a commanding and demanding presence at the track, always reminding his athletes, "You do not get chased down!" It is the Mansfield Express



Track battle cry. Always push forward. But the coaching staff was completed when Gina arranged for a dentist appointment. That was how she met the former track scholar Lanece Lisenby. Heralded from Miami, Texas, Lanece was awarded the rare, full-ride track scholarship to Western State in Colorado. There she quickly made a name for herself and her alma mater in the triple jump, long jump and 400-meter dash events. With a major in exercise sports science, track had become her life. But as so often happens, her life took a turn in another direction. At the end of a failed relationship, Lanece became interested in dentistry.

"We loved her from the beginning," Gina said. "Her personality is so strong and she has such high energy."

With Henry as the "father figure," Gina as manager and team mom, Gary as "the big voice," Lanece took on the role of head coach for the girls' team, while also being "the big kid." She exudes passion for both the sport and the young athletes, often unable to contain herself from running alongside them and doing silly, victory dances when they do well.

All of them hold down full-time jobs and regard their roles as parents/coaches

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as both an honor and a duty. All have sacrificed personal time for children who are not even their own.

Undoubtedly, this winning attitude and devotion is what is driving their young charges forward. Their results are impressive. When the track club began in Mansfield five years ago, they had just over a dozen athletes. Today,

"We really are a family."

they have 65 competitors, with over half having gone on to compete at the state level. Recently, Mansfield Express Track had the distinction of honoring their own Elizabeth May and Nicolas Thomas as the Texas Amateur Athletic Federation (TAAF) Region IV Athletes of the Year. Nicolas was also awarded at the state level.

As the coaches kid among themselves, there is no missing the camaraderie. They have spent countless hours together, in all kinds of weather, without pay. "We'll work a long time on coming out of the blocks," said Henry, "just the blocks — over and over." It can be tedious work, teaching a young sprinter how to set up and push off the starting blocks for a better time. It can be backbreaking work. But for Henry, Gina, Gary and Lanece, it is not about a winning time. It is about building a strong foundation and building confidence.

"I've had a runner say, 'But, Coach, I got last place!' and I remind them, 'Yeah, but you shaved off three seconds from your last time.' As long as they get a personal best."

"You know what's amazing, is after a meet when we've all been together all weekend long, everyone still wants to hang out together. We really are a family," Lanece said.

While they may not get paid, there are certainly benefits. "When their faces light up," said Lanece, "that's it! That's all we ask for." **NOW**

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Hometown Hospitality

— By Sandra McIntosh

Are you having trouble with your vehicle? Is it missing, knocking or making strange noises under the hood? If you are looking for a place to take it for necessary repairs, look no farther than the Car Care Center of Mansfield, conveniently located at 930A North Main Street. Lynn and Angela Hampton, owners of the Christian-based, vehicle-repair business, offer so much more than an educated mechanic and reasonable, affordable pricing. “Customer service is so important,” Angela said, “because we are always looking for a return customer instead of a one-time customer.”

Good service comes with more than a smile at the Car Care Center. It includes answers, phone calls and mechanical work, completed efficiently and on time. When a customer comes in on his lunch hour to drop his car off for brake problems, the first thing Angela, as the office manager, will do after cordially greeting him, is ask him what kind of problems he has been having. After listening to what the customer has to say, Angela then jots down the personal information needed to give the customer a call back. “We always call them back [to identify] the problem, and let

them know what the repairs costs will be. We don’t do the work until we receive their approval,” Angela said.

On rare occasions, the customer will want to know what the repair entails. “I can take out a book and show them exactly what we’re going to do and why we’re going to do it,” Angela explained. “We want them to feel comfortable leaving their car with us.” They accomplish this feeling of comfort by treating each customer fairly. Lynn and Angela, as well as Ricky Keener, a mechanic who has been with the Hamptons for seven years, know that sometimes “word of mouth” can make or break a small, family-owned business, so treating all customers with the utmost respect is paramount, regardless of the size of the repair job.

The way in which the Hamptons came to own the Car Care Center followed a bittersweet time in the previous owner’s life. Lynn had been employed with Jerry Reed since 1992, following his graduation from Lincoln Technical Institute the year before. “I graduated with a degree as an automotive specialist,” Lynn recalled.



Business NOW

“When Jerry’s wife passed away, he decided to sell the company and begin his retirement.” It was during this time in 2001, that Lynn and Angela decided to purchase the well-established car care business that came with a full-customer base in place. “Owning your own business is hard work,” Angela affirmed, “so having established repeat customers was a blessing.”

“We are always looking for a return customer instead of a one-time customer.”

When asked what all Car Care Center offered in the way of mechanical repairs, Angela just laughed. “It will be easier to tell you what we don’t offer,” she said. “We don’t do automatic transmissions, vehicle inspections or work on the exhaust.” A large portion of their business comes from referrals, so when they are unable to make a repair, the Hamptons do not mind making referrals, too. “We don’t try to fix it all,” Angela said. “What we can’t repair, we refer out to another reputable business.”

As business owners and parents of two children, Lynn and Angela give back to the community in a multitude of ways from hosting a booth during the Fall Festival and advertising in the high school yearbook to offering special discounts. “We offer a 10-percent discount to people in the military,” Angela explained, “and also to anyone who brings in a church bulletin.”

Business hours are Monday through Friday from 7:30 a.m. - 5:30 p.m. If you are looking for a place where customer service is the number one priority, just call (817) 473-1739. **NOW**

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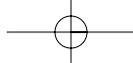
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All the Way to the Finish Line

—By Amanda Pitt

Even without the ability to leap tall buildings in a single bound, Mary Schenkelberg is an amazing woman. Like many of us, her day begins before sunrise and ends after dark. Unlike most, Mary is a third-grade teacher, a 24 Hour Fitness trainer, a triathlete, a marathon runner and most recently, a fiancée. Her feats include running 25 marathons, competing in triathlons for the last four years, finishing several half-Ironman competitions and helping Martha Reid Elementary School third-graders prepare for their first year of TAKS testing. The athletic win Mary is most proud of is finishing second in the nation for her age group at the 2006 Tri-America Championship Olympic-distance triathlon in Miami, Florida — 1500-meter ocean swim, 10K run and a 40K (24 mile) bike ride. The educational wins she treasures are the 1999 Elementary Teacher of the Year award for the state of Texas, as well as a 2006 nomination by a student for the Disney Teacher Award. “Even though I didn’t win,” Mary said, “it was such an honor to be nominated by a kid who said I’d touched their life.”

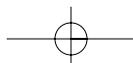
How does she do it all? That is a question that even her

close friends ask. “I’m just that kind of person,” Mary said. “Even as a child, I never required much sleep.” Though she believes there is a fine line between enough and too much motivation, she said, “Fear holds people back from so many things. The more someone is challenged, the more they’ll live up to that challenge.”

Mary’s type-A personality and endless energy drive her

accomplishments, but she carries her greatest inspiration inside — the memory of her late father, Stan Waldron, who passed away in 2005. Mary has run marathons in San Francisco, San Diego, New York, Nashville and Texas, and at every race her dad could not attend, she called him after crossing the finish line. The night before he passed away, he told his daughter, “Mary, you know all those finish lines I couldn’t be at? I’ll be at every single one now.”

Mary grew up the youngest of seven children in the small town of Keokuk, Iowa. Much of her motivation to inspire others stems from her dad’s example. Stan coached his kids in sports and was Mary’s biggest fan. “I was the epitome of a daddy’s little girl,” she said. Eventually, encouraging and



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motivating others to reach their goals became a love that father and daughter shared. Stan was known in Keokuk for 40 years of fundraising for Easter Seals, and in 1993 he asked Mary to design the course for an Easter Seals' fundraising race he founded. "My dad always used to say, 'The success isn't that you cross the finish line. The success is that you



The more someone is challenged, the more they'll live up to that challenge.

had the courage to even try." Ironically, Mary was the first female to finish the 5K marathon named after her father.

The strategy Mary uses in athletic training translates to the classroom — it is just as much about the process as it is about the end result. Mary has taught in Grand Prairie and Abilene, but Martha Reid Elementary in Arlington is her favorite. "It's a lot like a family," she said. Martha Reid is K - fourth grade with over 700 students. There are 163 third-graders and 21 of them make up Mary's class. Third grade is also her favorite age group, because eight and nine year olds "still love their teacher, but are independent learners."

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"I know where I want them to be at the end of the year," she added, "but I give them little mini successes along the way to keep them inspired and wanting to do more." On the first day of class, Mary challenges students by asking, "Why is there an eraser on a pencil? It's because we're going to make mistakes." She is a firm believer in giving students the liberty to learn to overcome their barriers and grow. "The face of a kid when they finally get something that I've been teaching them – that's what keeps me going as a teacher," she said. She views teaching from a life-coaching perspective. "I think good teachers really motivate kids to want to learn," she added.

When asked what her New Year holds, Mary said, "Sometimes people set themselves up for failure with New Year's resolutions, because they set this ultimate goal without any benchmarks. I like to set little mini goals all along the way." She followed this comment up with an amazing story about her fiancé, a triathlete from Lewisville, who proposed to her at the finish line of a triathlon. They were in the bike race together and he beat her to the finish line by a minute-and-a-half to display a banner that said, "Mary, will you marry me? I want to spend the rest of my life with you." For Mary, the New Year is about living life fully, loving and remembering family and setting little goals for herself and others, all the way to the finish line. **NOW**

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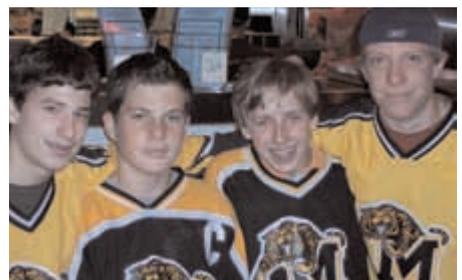
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ARTS NOW



Face painting was popular with the children, top left, who attended the Christmas parade. The Mansfield marching band, top center, played as they marched in the parade. An elf came out of hiding, top right, to help parade goers. One of the many floats seen during the parade, left center. Nick Wirsdorfer, middle center, director at the Mansfield Animal Control, spent time with a young Yorkshire Terrier. There was a posting of the colors, middle right, during the Christmas parade. The Mansfield Hockey Association, bottom right, met for dinner. A Cowboys game watching party, bottom left, was held at the Lone Star Building.

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Mounted police officers, Jesus Valles atop Stretch, top left on the left and Monty Roberts on Chief of the Mansfield Police Department served as protectors to the community. Texas Road House, top right, offered freebies during their recent grand opening. Marqise Givens, middle left, a senior at Summit High School, donated her time to the math Ready-Set-Teach program and Kenneth Davis Elementary School. Kassie and Chris, middle right, took a break at the Starbucks on Debbie Lane and Matlock. Line dancing was also part of the fun, bottom right, at the Texas Road House.



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Look Who's Cooking

— By Melinda Hines

IN THE KITCHEN WITH SHANEE CHARLES

Shanee's mom began teaching her to cook when she was 5. "My mom taught us girls and we made different meals every week. I could not wait until Saturday mornings to cook with my mom," Shanee said. Shanee's mom taught her how to make everything from doughnuts to curry chicken. "My favorite food is Italian, so I quickly learned to make fettuccine Alfredo and mostaccioli," Shanee said.

Now Shanee loves to host theme parties at home, so she can practice making different foods. "I'm just as passionate about the ingredients I'm working with as I am about the people I am preparing my meals for," she said. "I love it. Honestly, cooking is as relaxing to me as reading, so I just enjoy doing it." **NOW**

CHICKEN FETTUCCINE ALFREDO

1 lb. fettuccine noodles
1 lb. boneless chicken breast
1 1/2 cups half-and-half
8 oz. cream cheese, cut into small pieces
5 Tbsp. butter, cut into pieces
pinch of nutmeg
1/4 tsp. salt
1/4 tsp. ground pepper 3/4 cup grated
Parmesan and Monterey Jack cheeses
(mixed together)

Cook fettuccine noodles following package directions. Meanwhile, in a large skillet, grill seasoned (garlic, salt and pepper to taste) chicken breast in butter; cut into thin slices and let cool. In small pot, bring half-and-half just to a boil. Slowly add cream cheese pieces while stirring. Reduce heat and simmer, stirring constantly, for 4 minutes. Remove from heat. Drain fettuccine well and add to half-and-half in skillet. Cook over medium heat, making sure to stir well. Add

butter pieces, nutmeg, salt, pepper, and 3/4 cup of the Parmesan/Monterey Jack cheeses. Stir while heating through. Serve with a green vegetable or salad and more grated Parmesan cheese. Serves 4.

CHICKEN ENCHILADAS

6 boneless chicken breast halves
2 green onions, chopped
3 Tbsp. vegetable oil
1 14.5-oz. can chopped tomatoes
1 4-oz. can chopped mild green chili peppers
1/2 tsp. salt
12 flour tortillas
1 cup grated cheddar cheese
1 cup grated Monterey Jack cheese
1 cup sliced ripe olives
2 cups sour cream
1 tsp. sugar
2 8-oz. cans of green enchilada sauce
1 8-oz. can of white queso

Cook chicken until tender, cool and shred meat. In a skillet over medium-low heat, sauté onion in the vegetable oil; add chopped tomato, peppers and seasonings; simmer 10 - 15 minutes. To assemble enchiladas, soften tortilla in sauce. Place some of the chicken, pinch of both cheeses, olives and a tablespoon of sauce in the center of the tortilla. Roll up. Place rolls seam side down in a 9x13-inch pan. Repeat for the remaining tortillas. Stir sour cream, sugar, Monterey Jack cheese into remaining sauce, stirring until melted. Top enchiladas with white queso sauce and remaining cheese sauce mixture. Bake at 350 F until cheese melts and sauce begins to bubble. Serves 6 - 8.

TASTY BEEF TIPS

2 lbs. premium beef stew meat
(cut most of fat off)
1 tsp. Lawry's season salt
1 tsp. black pepper

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Who's Cooking NOW

- 1 Tbsp. canola oil or olive oil
- 1 whole onion, diced
- 2 10-oz. cans cream of mushroom sauce
(can use low fat)

For a quick 30-minute meal, season raw meat with spices; add canola oil or olive oil to a large heated pot; brown the meat (meaning, add meat to hot oil, stir for about 3 minutes); then add diced onion and mushroom soup. Cover pot; let cook on medium-to-high heat for 30 minutes.

For convenience and extra-tender meat, season raw meat with spices, then layer in Crock-Pot with diced onions and cream of mushroom soup. Cook on low for 6 - 8 hours. This can be set before leaving for work and ready when you return home. Serve these tasty beef tips over rice or egg noodles. I use white rice, but whole grain is okay.

CREAMY PASTA SALAD

- 2 12-oz. bags of colorful vegetable pasta
- 1 green bell pepper, diced
- 1 cucumber, chopped
- 1 8-oz. can black olives, sliced
- 2 ripe red tomatoes, chopped
- 2 cups shredded Italian cheese mixture
- 1 cup zesty Italian salad dressing
- 1 cup creamy Italian salad dressing
- 1 tsp. salt
- 1 tsp. pepper

In large pot boil noodles, until just before finished (al dente), let cool for 10 minutes. Then in large bowl, mix all ingredients. This dish tastes best when prepared the night before serving, because ingredients have set. Also, this is great with grilled chicken, grilled with smoked salmon or tuna.

YUMMY PEACH COBBLER

- 2 cups all-purpose flour
 - 1 Tbsp. baking powder
 - 1/2 tsp. salt
 - 8 Tbsp. unsalted chilled butter
 - 1/2 cup white sugar
 - 1 cup heavy cream
 - 6 cups peeled fresh or frozen peaches
 - 2 Tbsp. cornstarch
 - 1/2 cup dark brown sugar
 - 1/2 tsp. ground cinnamon
 - pinch grated nutmeg
- Preheat oven to 375 F. Mix flour, baking powder and salt in large mixing bowl. Cut in butter with pastry cutter or hands until it resembles coarse meal. Add white sugar and cream. Knead approximately 3 minutes and let rest. Toss fruit with cornstarch, dark brown sugar and spices. Place fruit mixture in a 9 x 13-inch glass or ceramic baking dish. Cover with gobs of the cobbler dough. Bake 35 minutes or until lightly browned.

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And Baby Makes Three...

The Time to Think About Life Insurance is Before You Need It



—By Leslie Liljenberg

In the blink of an eye, life can pass you by. But that does not mean that the hardship of your death should compound your family's grief with financial ruin. Most experts will agree that life insurance is an important component of any solid financial plan. There are several situations in life

when a parent should think about life insurance, especially before they need it.

There are two types of insurance — term and permanent. Term insurance is a good option for someone who simply wants to make sure that their life is covered for a certain amount of time such as five, 10 or 20 years. Permanent insurance is a good option for someone who wants to protect their life for a lifetime, and perhaps take advantage of investment options available on a permanent contract. Permanent insurance is typically more expensive than term insurance, but both provide security to ensure that your loved ones will be cared for following your death. The following are situations when parents may want to review their life insurance path to make sure they are headed in the right direction.

While expecting parents prepare for their bundle of joy by purchasing baby clothes, decorating the nursery, selecting a name and even establishing a

college savings account, they often overlook protecting their children should the unthinkable happen in the future. Most U.S. households are not sufficiently prepared for a loss of one or both parents.

Twenty-five percent of household heads feel they do not have a plan in place to provide a decent standard of living should anything happen to them.¹ U.S. households believe they have enough life insurance to sustain their current lifestyle for up to six years in the event the primary breadwinner passes away. In reality, most households only have enough life insurance for 2.98 years.²

A single parent is often the sole breadwinner and caregiver for their children. As such, life insurance can help provide peace of mind that children will be cared for in the event of that parent's untimely death.

A common misconception is that stay-at-home parents do not need life



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insurance coverage. Although many families cover only main breadwinners, a recent study conducted by salary.com estimated the services of the stay-at-home parent typically exceed \$130,000 a year. The survey accounts for the tasks that would need to be replaced in the event that the stay-at-home parent dies. These tasks include: child care, house-keeper, cook, bookkeeper, chauffeur and health care provider. Life insurance can help provide peace of mind to you and your loved ones that regardless of what happens to you, they will always be cared for. **NOW**

Source:

1. "Facts About Life." LIMRA, September 2006.
2. Ibid.

Lezlee Liljenberg is an Allstate representative based in Arlington.

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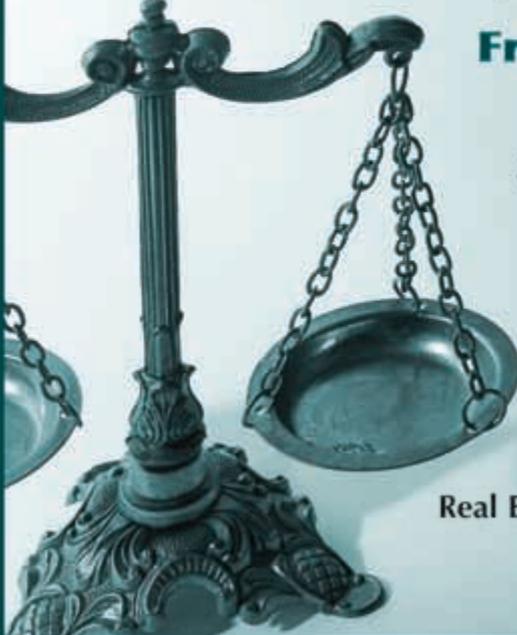
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Health
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Walking Into the New Year

— By Sandra McIntosh

As defined in the Webster's Collegiate Dictionary, a resolution is a noun that simply means a firm decision. With a new year fully underway, many individuals will be making resolutions that pertain to more sound financial planning, putting family first or getting their lives organized from the home to the office. Many others will be deciding the most efficient way in which to shed those unwanted pounds they put on during the holidays. One sure way to begin the journey to a healthier, happier and thinner you is by walking.

There are several levels of walking that range from a fast, regimented schedule to just being conscious of your surroundings. "How much does it help to take the stairs, rather than ride the escalator or elevator?" asked Wendy Bumgardner, author of "Your Guide to Walking." Explaining

further, Wendy said a 140-pound person will burn about four more calories per minute by taking the stairs compared to standing or riding. Over the course of one year, the person may only lose half a pound, but climbing stairs will have challenged more muscles than standing still or walking on a level surface.¹

Are you one of those night owls who counts sheep instead of getting a restful night's sleep? Well, guess what? Walking can turn a restless night into a night filled with restful, rejuvenating sleep. Millions of Americans, as stated on the iVillage Total Health Web site, suffer from poor sleep. Being active throughout the day is a key way to bring about a sleep that makes walking worth the extra effort.² The rewards which come from a good night's sleep include:



clearer thoughts, more energy, a positive mindset, healthy weight maintenance, muscle strength, stress relief, the ability to make better decisions and a much stronger immune system.³



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Being active during the day helps relieve stress and tension, reducing the symptoms of depression and anxiety. By walking, you not only help relieve insomnia, but you improve your overall well-being. Walking helps you sleep, so you do not feel as sluggish with exercise being the least of your concerns. With that in mind, why not break the cycle of negativity that would cause you to break this year's resolution? Keep the right balance between sleep and exercise, and walk your way into the New Year! **NOW**

Sources:

1. Bumgardner, Wendy. "Your Guide to Walking." www.walking.about.com.
2. iVillage Total Health. www.yourttotalhealth.ivillage.com.
3. "Forget Counting Sheep, Walk Your Way to Better Sleep." AARP. aarp.org/health/fitness/walking.
4. Ibid.

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'08 Resolution — Save a Tree!

— By Nancy Fenton

Are you planning some remodeling or new construction for your home this year? Let us consider how to do it while protecting those big trees you love. If you are thinking about expanding your home or your driveway this year, consider looking at it from the tree's point of view. Our gracious, old trees have had a lifetime to put out those roots past the edges of their drip line using them to absorb water and

14 essential nutrients. When we pave or add soil, it really fouls up the absorption. Protect the tree from those big machines by creating a barrier with that ugly, but effective, orange fence as far out from the trunk as you can. A four- to six-inch layer of mulch over the area will protect it from the compacting of large machinery that knocks down your fence. Avoid the fill dirt around the tree as much as possible since it will slowly strangle the tree over a period of several years. Those pavers with holes in them offer some help in getting the moisture and air down to the roots if you must cover part of the area.

If you are putting in irrigation or underground lines, tunnel two to four feet below the surface rather than trenching. It will avoid most of the feeding roots. Root pruning is a last-gap measure, but necessary if you want a

level surface area. It will promote a rush of new growth and reduce the chance of root rot.

The tree canopy of the earth is quickly diminishing. We can see it as we drive down the highway and notice the dozers knocking down second growth trees in preparation for yet another shopping mall or housing addition. When the rains have no place to be absorbed, they tend to run into our homes, etc. Not a pretty thought! Less noticeable is the oxygen that those destroyed trees were producing and the CO2 they were taking out of the atmosphere. Let us all do our share by planting trees, taking care of the ones we have, and encouraging the builders to think before bulldozing building sites with trees. **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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January 2008 Community Calendar

Every Tuesday

Small business counseling provided by SCORE (Service Corps of Retired Executives). Learn about business startup, cash flow management, marketing and the development of advisors or board directors. 9:00 a.m. - 1:00 p.m. at Mansfield Chamber offices, 114 North Main Street. To set an appointment, call (817) 473-0507.

Mansfield Public Library hosts Bouncing Babies Story Time for infants up to 2 year olds from 10:30 - 11:00 a.m. and 11:30 a.m. - noon.

Every Wednesday

Mansfield Public Library hosts On My Own Story Time for 3 to 5 year olds from 10:30 - 11:00 a.m. For more information, call (817) 473-4391.

Every Thursday

Mansfield Public Library hosts Special Kids' Story Time from 10:00 - 10:30 a.m. Please register for this special-needs program in advance by contacting Annette at the library at (817) 473-4391.

Mansfield Public Library hosts Toddler Story Time for 2 year olds from 11:00 - 11:30 a.m.

Every Friday

Every Friday, the Kiwanis Club of Mansfield meets at 7:00 a.m. at Fire Mountain Grill. Membership and other information can be obtained by calling (817) 473-9886.

January 3

First United Methodist Church celebrates the Mission

Wesley Center's 10th birthday. Any and all donations of canned foods and clothing are welcome! For more information, call (817) 477-2340.

MISD classes resume.

Mansfield Child Care will discuss "Is your playground safe?" at the Mansfield Library meeting room at 7:00 p.m. Meetings are located at 106 Wisteria Street in the community room. For more information about this or any upcoming events, check the Web site: www.mansfieldchildcare.com

January 7

The Mansfield Activities Center will be hosting a Seniors dance from 7:00 - 9:00 p.m. For more information call (817) 453-5420.

January 7 and 21

The Planning and Zoning Development Commission meets at 6:30 p.m. in the Mansfield City Hall on the first and third Monday of every month.

January 9

The Library Advisory Board meets at 6:00 p.m. at the Mansfield Public Library Community room at 104 Wisteria Street.

January 14 and 28

Texas Ladies Networking meets from 11:45 a.m. - 1:00 p.m. at Ryan's Grill in Waxahachie. For more information, call (214) 587-1221.

Kiwanis Afternoon Club meets at Ryan's Grill on Hwy. 287

in Mansfield. Visitors welcome. (817) 453-0872

Mansfield City Council meeting begins at 7:00 p.m. at Mansfield City Hall, 1200 East Broad Street.

January 15

Training Academy for Dental Assistants holds a free informational session at 5:30 p.m. For details, call (972) 842-2999.

January 17

The Mansfield Park Facilities Development Corp. meets at 7 p.m. at Mansfield City Hall at 1200 East Broad Street.

January 18

MISD staff development/student holiday for all Mansfield public education students.

January 22

MISD begins the second semester of the MISD calendar school year.

January 26

The MAC will be hosting the Winter Walk as part of their Step-Up-To-Health program. The walk will begin at 10:00 a.m. For more information about the walk, please contact the MAC at (817) 453-5420.

Monday - Friday

The Young At Heart is for residents ages 55 plus. Join your neighbors at the MAC between 9:00 a.m. and 2:00 p.m. For more information, call (817) 453-5420, ext. 2227. We are always looking for volunteers!



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