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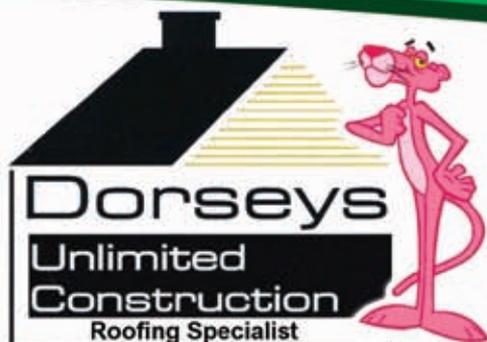


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Contents

January 2009, Volume 4, Issue 1

6



Team Takedown: A Family of Fighters

14



Home is Where the Art Is

At Home With Tom and Heather Buckley

22

ArtsNOW
All-around Winner

26

SportsNOW
A New Year, a New Life

30

BusinessNOW
Business as Usual

32

EducationNOW
The Boys are Back



*On the Cover:
From light camel to eggplant,
Tom and Heather Buckley
used 28 different shades
when decorating their home.*

Photo by Ivey Photography.

34 Around TownNOW

40 HealthNOW

38 Who's CookingNOW

41 OutdoorsNOW

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Editor's Note

Happy New Year!

As each new year is always full of promise and potential, what better time to share my story of board breaking? Yes, board breaking.

Recently, I was with a group of friends, and we were all presented the challenge of breaking a wooden board with our hands. The instructions were simple: look beyond the board and believe! By staring directly at the board, you stop yourself, but when looking beyond the challenge, you can break through.

How often have we all stopped short of doing something because it seemed too difficult, too arduous, too challenging? Let this be the year you fulfill your New Year's resolutions by looking long-term. Whether it is losing weight, running a marathon, paying off your debts or making time for community service, make this your year to shine. Oh, and by the way, we all broke our boards. Some of us had bruises on our hands, but nothing worth having ever comes easy, right?

Alex Allred
MansfieldNOW Editor
(and certified board breaker)



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"I needed flexibility and wanted a Christ-centered university. I found both at DBU."

Jennifer Maddox
Wife and "Professional" Mom
BAS '08

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Photo by Baqi Kopelman.

Juggling your professional life and family while earning a degree can be daunting for anyone. But pro quarterback Tommy Maddox and his wife Jennifer, a "professional" mom, faced the added challenge of living in multiple cities.

To earn their degrees, they needed a university that was flexible enough to fit their busy schedules. And they wanted a Christian university that would support their faith. They found both at the home of the Patriots—Dallas Baptist University.

"As my kids got older and into school, I felt that I wanted to be an example to them and needed to finish my degree," says Jennifer. "I needed flexibility and wanted a Christ-centered university. I found both at DBU."

"I took my first test the same week we played in the Super Bowl," says Tommy. "My professors genuinely cared about me at

DBU, and they worked with me to earn my degree. If it weren't for football, I probably wouldn't have gone to college. If it weren't for DBU, I would not have finished."

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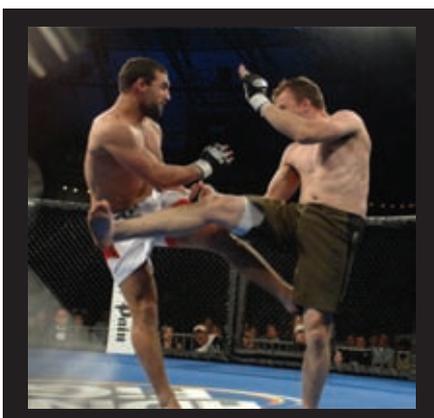
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TEAM TAKEDOWN:

A FAMILY OF FIGHTERS

— By Alex Allred



Most fans of reality television and sporting competitions share one thing in common. While sitting on their couch at home, they are apt to say, “I could do that!” Yet, few do.

Meet brothers, Doug and Ted Ehrhardt, and their friend and business partner, Tim McBride. For more than three decades, these entrepreneurs have established themselves as a successful fire sprinkler installation business with nary an argument between them. As teenagers, they worked in the business that once belonged to Doug and Ted’s father, eventually taking it over and expanding it beyond their dreams. Originally from Kansas, their move to Mansfield was based on the needs of the business but also family. With nine children between them, all are devoted husbands and fathers. But the common thread between these men, which began their friendship and cemented their latest venture, is wrestling.

While they loved spending time with their families and put long hours into the business, they were looking for something else. “We were huge fight fans,” Tim said. “We always watched the pay-per-view fights. We were big Mike Tyson and UFC [Ultimate Fighting Champion] fans.” But when the boxing commission accepted mixed martial arts as a new fighting genre and its popularity became more mainstream, old feelings of competition emerged.

Although the trio never actually entered the fighting cage of mixed martial arts, they did do more than just talk about it.

“Ted knew a wrestler,” Tim smiled. Indeed, a wrestler named Jake Rosholt, who holds the unprecedented record of three-time national champion and four-time All-American.

As the story goes, after many years of coaching football and wrestling for his own boys, “I was burned out from coaching,” Ted said. He then found out

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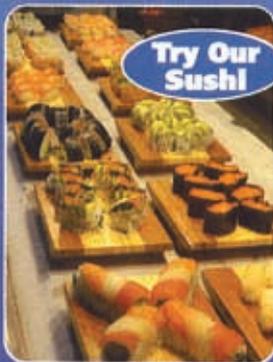
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Jake had missed a deadline to qualify for the Olympic wrestling team and, in discouragement, had decided to leave the sport to work full time. "I talked him into coming down [to Mansfield] to coach the youth club."

Meantime, Doug, Tim and Ted had begun talking on the side. Their days of wrestling were over, but they had spent many hours studying wrestling and mixed martial arts. They were convinced the best fighters were wrestlers. Over time, Ted had begun to tease Jake about his potential as a fighter. "I kept telling him that he would be a good fighter and I could manage him." The joking and sports chatter turned to reality on the day Jake asked, "Are you serious?"

"We were in a position to turn a hobby into a business," Tim said. They quickly devised a feasibility report and business plan. Suddenly, Team Takedown, drawing initials from their three names, was born. "My only regret," Doug said, "was that we didn't get into [it] earlier."

Team Takedown offered something that no other sports management team has ever done. "We put our fighters on the payroll," Ted said. "Everything is taken care of. Most fighters are alone, but we take care of our guys." From housing and food allowance to cars and the all-important training, Team Takedown quickly signed on two more impressive fighters: Johnny Hendricks, a two-time national champion and four-time All-American; and Shane Roller, a three-time All-American and Big 12 Conference champion.

"When they called me," Johnny said, "I was over wrestling. I thought I wanted to try something new." But after meeting Ted, Tim and Doug, Johnny was sold. "They're letting me live my dream. It's awesome. I don't have to worry about work and bills. Every day, I get to wake up and say, 'It's another day of training!' and I'm so thankful for that!"

"It's a huge benefit," Jake said. "I know I wouldn't be here without this opportunity. I'm definitely blessed and



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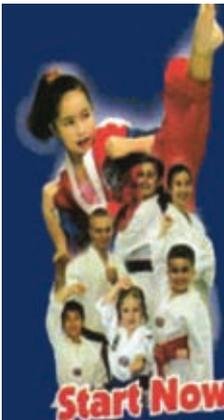
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I take it very seriously.”

In fact, because the team of Ted, Tim and Doug are so seriously committed to family, they made allowances for Jake’s wife and Shane’s wife and children to be with them while they train.

“I always watched the UFC,” Shane said, “and I knew I could be good at it, but I had to support my family. When Team Takedown supported me, it allowed me to chase a dream.”

As businessmen, Team Takedown created their own dream team, including UFC fighting coach and strategist Mark Layman, who Ted declares is “one of the best in the world.” But for the Team



Takedown fighters, the experience of training in Las Vegas with such fighting greats as Randy Couture, Forrest Griffin and BJ Penn is immeasurable. In turn, Doug said, “It’s awesome to watch them train and prepare for a fight.” Even as his voice trails off, he is smiling like a big kid. This is his payback. While the fighters continue to train, Ted, Tim and Doug pour over the statistics, training and fighting styles of competitors. They are living their own dream.

Still, the cost has been significant. Each fighter costs Team Takedown roughly \$150 K, not including individual fights. With a care package including health and dental insurance, the fighters of Team Takedown are



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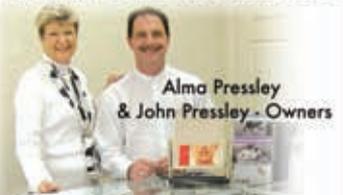


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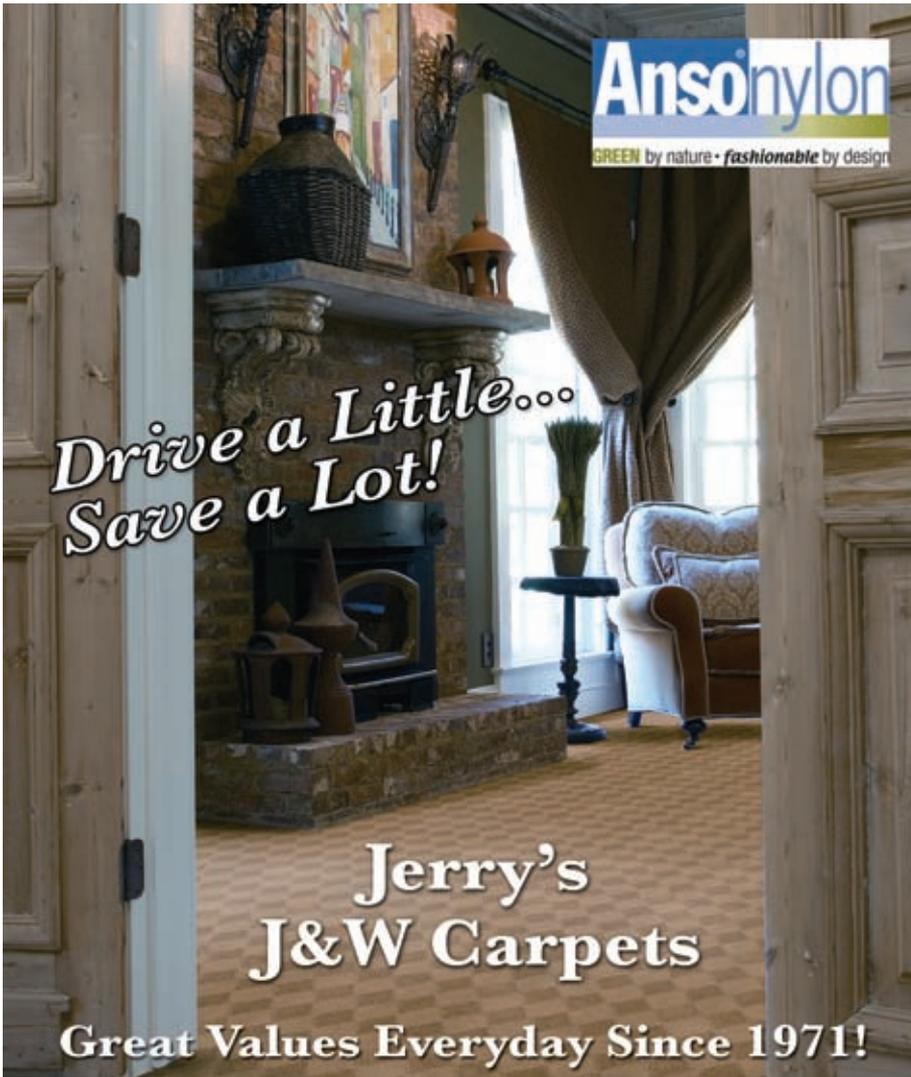
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perhaps some of the best cared for fighters in the world. But for Tim, Ted and Doug, it is not about money.

In the infamous scene of a movie about the intricate relationships between agent and athlete, between greed and relationships, actor/athlete Cuba Gooding Jr. demands, "Show me the money!"

"But it's not about the money," Johnny said. "I'm doing this because its fun and I want to hold a belt someday, but I also think about my managers, every day. I don't want to let them down. They're doing this for me, so I have to train my hardest every day."

"It's more of a friendship deal," Shane said. "They call and we just talk



about nothing. Sometimes they ask about training, but mostly, they just call to check to see how we're doing."

The management team of Team Takedown, is also forward looking. They also have dreams. "We want to create a state-of-the-art facility right here in Mansfield," Ted confessed.

Already the fighters are lining up, "but we won't sign a street fighter," Tim said. Instead, they are only focused on wrestlers with a proven record and a great work ethic, but they are also looking for something else.

"Before we sign a fighter, he has to meet the family," Ted said.

"That's just how they are," Jake laughed. "They are big into family." **NOW**

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Home is Where the Art Is

— By Sandra McIntosh

Tom and Heather Buckley are no longer newcomers to the neighborhood. Just last month they celebrated four years in their modern Mediterranean-style home with its eclectic twist. “We lived in Waco before we both decided it was time for a change,” Tom said, further explaining their need to be on the south side of the metroplex to make his commute to and from The Dwyer Group in Waco a bit easier. “We’re 30 minutes from everything,” Heather interjected.

The couple found the prime lot in the Kings Mill Addition after five hours of aimless driving and a bit of discouragement their first weekend looking. Headed back to Waco, they



ended up on the corner of Matlock and Country Club roads. "We just happened upon this neighborhood," Tom said. "It was love at first sight." The rest, as they say, is history.

The three-bedroom, three-and-a-half bath home is the first abode they built together in their 10-year marriage. From the very beginning, Heather had a plan — what Tom lovingly refers to as a "vision." Even the home's position on the lot was no mistake. "It's totally private, but we're still very much a part of the neighborhood," he said. "It's the best of both worlds."

After pulling in the circular driveway, visitors are greeted by several small cherub statues along the front walkway. The sound of the oversized water fountain in the neighboring pond prepares you for the peaceful feeling soon to be experienced indoors. The calm, comfortable atmosphere Heather successfully created may have taken a year, from start to finish, but what the couple ended up with is a haven from the stresses of the outside world — their own oasis. "We are having a great time here," Tom said, introducing their two dogs, Gizmo and Stripe. "Heather and I do travel a lot, but staying home can also be a vacation."

"It takes so many people to build a place like this," Heather quickly added, mainly referring to Michael Hamil, the architect with Michael



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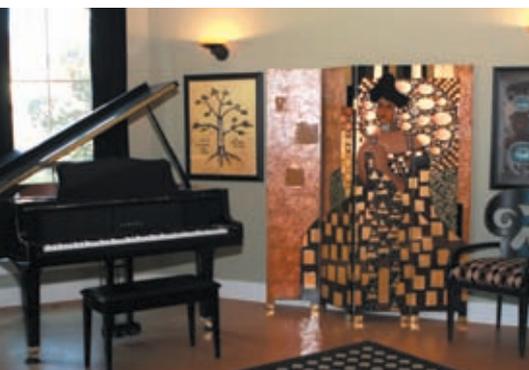
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The unusual started when Heather began to put her vision on paper. Most

people grab a ruler to draw boxed rooms, but Heather drew circles, one flowing into another and another. The plans for the house came from a vision within. "What I envisioned inside just had to get out," she stated. "The architect was also able to visualize the flow from the scribbled drawings."

To say the home is a work of art in and of itself would be the whole truth, but to refer to Heather as just another

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artist would be a fallacy. If creativity took on a human form, it would probably embody Heather. The home quickly became the showcase for her visions, which include, but are definitely not limited to, detailed mosaic tiling found in the entryway, the master bathroom and along the entire back wall of the bar area. These mosaics, as well as several others found embedded in the stucco walls surrounding the totally private courtyard, are visions of art that will remain with the home if the couple should ever decide to leave.

The mosaic tiling in the bar area is well worth a second mention. The bar top gives the illusion of oversized raindrops, while the large tree Heather created on the wall



lends to the natural, outdoor feeling she was hoping for when she started the project. The powder room, located directly behind the wall of the bar, is circular. "I wanted guests to feel as if they were inside the trunk of a tree," she said, explaining the deep chocolate brown color and rough appearance, yet smooth texture of the walls.

Another unusual element of design not found in the majority of new homes was Heather's use of color. She chose 28 different, yet complementary, wall colors ranging from the lightest shade of camel to the richest hue of eggplant. Each color

blends perfectly into the next, thus adding to the overall flow of the home. "Heather is just amazing," Tom said proudly of

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his wife's uncanny ability to visualize the finished product. Heather is the first to admit her gift is not a learned skill. "I see things three-dimensionally," she said. "Before we ever start a new project, I already know what it's going to look like." The reason for so many paint colors, Heather added, was to give the illusion of shadows, regardless of the time of day.



The sunken lounge solved another dilemma, which occasionally occurs in the Buckley home, especially during football season. "It allows the women to have a place to chit chat while the men watch sports," she explained. "The fireplace is shared between the two rooms, as well."



A second room, which Heather finds equally relaxing, is her meditation room. She used three separate colors in this one room, but the acrylic painting displayed on the east wall always brings a smile to her face. "This is called Abbie's Tree," she said, mentioning

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that Abbie is her only niece, and the tree itself was found in the front yard of the Buckleys' old home in Waco. "See the white areas? We dipped her hands in paint to allow her to express her own energy." Heather vaguely remembers telling Abbie the painting would be hers when she turned 21, but Heather "might have to rethink that one."

Heather has definitely left her mark in every room in the home. The double front doors with their glass insets were her idea. The stained glass windows high above the front entrance are also a credit to her creative spirit. The abstract, mixed-media acrylic paintings tell their own stories, based on the perception of those looking. Her poetry reflects the couple's philosophy on life, the music played on the piano in the music room, as well as the jewelry crafted by hand in the art studio and the oversized hot tub in the courtyard are all products of Heather's heart and soul.

As much as she enjoys creating things of great beauty, Tom equally enjoys coming home to whatever she may have created. "Between the two of us," he said, "we have all the bases covered. I have a good sense for numbers, but Heather is the creative one." **NOW**



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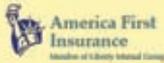
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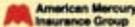
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All-around

— By Mary Pritchard

“I like charcoal because I can get my fingers in it. I don’t like to have to follow a lot of rules.”

In the spring of 2008, when Jasmine McMasters was a freshman at Mansfield’s Legacy High School, she won a gold award at state competition for a charcoal rendition of her brother and herself. This portrait is now touring venues across the state of Texas. “I was the first student in MISD to win a gold award,” Jasmine said. “My art teacher, Mr. Mason, was excited.” Of 17,000 entries from across the state of Texas, Jasmine’s composition was in the top 40. Following the Houston event, Jasmine entered charcoal and oil compositions in the MISD art contest, in which all the district’s high schools and middle schools participate. She was awarded one first place and two honorable mentions.

Just over a year ago, Jasmine’s seventh and eighth grade interest in art turned serious. “When I first came to Legacy,” Jasmine said, “I was in Art I, but I didn’t want to be there. I wanted to move on, so I showed my portfolio to Mr. Mason.” He allowed her to move up to his AP junior-senior level art class, a program where a student does 12 teacher- and 12 self-assigned projects. Jasmine’s participation in the program began last year and will continue until she has completed all 24 projects. Judges will then grade the pieces on a 1-5 scale, with 5 being the best grade. Students send five actual pieces to the judges along with slides of the other 19. Getting college credit for the work

is a good possibility. Besides the gold award at state level, Jasmine won two bronze medals for perfect scores in charcoal and photography. (Only perfect scores are considered for any award.) The winning photograph is of her eye. “I woke up one morning,” Jasmine explained, “with an eye irritation that caused it to be bloodshot. I thought it looked interesting so I took a picture of it.” That interesting-looking eye won her a bronze medal. Because Jasmine is as avid a photographer as she is an oil and charcoal artist, her portfolio of photographs earned her a place on the yearbook staff as a freshman. “I just took my pictures in and showed them to Mr. Mallett,”

she said. This year as a sophomore, she is still shooting for the yearbook and is also the photo editor for the school newspaper.

To date, Jasmine has worked mainly in black and white. "I like high-contrast black and white portraits," she said. A 40 x 30-inch face oil portrait of her longtime best friend shows the girl from both her left and right sides. Oil is Jasmine's favorite medium, though she admits, charcoal runs a close second. "I like charcoal because I can get my fingers in it," she explained. "I don't like to have to follow a lot of rules." Jasmine explained her earlier works in pencil cannot be entered in contests, because she used her fingers to blend edges. That rule does not hold for charcoal.

At Arlington's Front Street Art Festival the weekend of September 27, Jasmine entered the large oil portrait of her friend along with other pieces. The portrait received first place as well as \$75 from the Arlington Historical Society. The same portrait also took the Mayor's Choice Award and another \$25 in the Student Category. A smaller, mixed-media portrait took an honorable mention. This was the Art Festival's second annual juried show with professional and student categories. Jasmine said she intends to enter as many shows and contests as she can.

Jasmine also works consistently on her second love — photography. Last summer, Mr. Mallett took Jasmine and another photography student to a three-day workshop for approximately 20 students in Dallas. They took pictures at Fair Park and other Dallas locations. On the last day of the workshop, her photography won one of three awards given for best photographer in the class.

Then Jasmine and her mother, Delilah McMasters, went on a week's trip through small towns and back roads of East Texas, Western Louisiana and Arkansas, photographing cemeteries, old buildings and whatever looked



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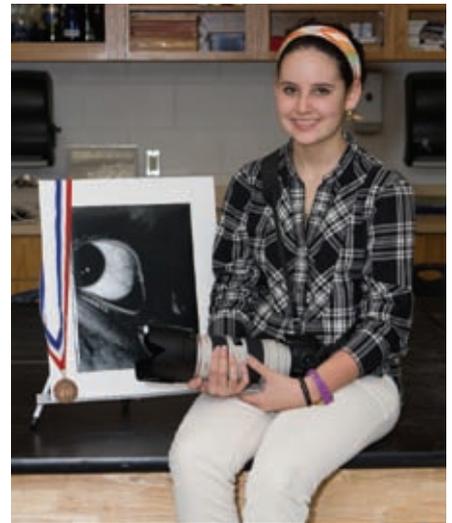
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good through the lens of the camera. They visited antique stores, where Jasmine added to her collection of vintage cameras and she and her mother both shopped for mementos of the trip. They stayed in bed-and-breakfasts, and let each day provide its own schedule. The perfect mother-daughter getaway allowed Jasmine to enlarge her photography portfolio. Jasmine arranged a collage of pictures taken during the trip for her



“I woke up one morning, with an eye irritation that caused it to be bloodshot. I thought it looked interesting so I took a picture of it.”

father, James McMasters; it now hangs in his office at work.

Truly, hers is a talent to be shared with the world. Happily, others agree. While she was at the state competition in Houston last spring, Jasmine showed her photography portfolio to a representative of the College for Creative Studies in Detroit, Michigan, and was told if she were a junior or senior, she could have been offered a four-year scholarship. No doubt, she is already drawing her own future. **ARTS NOW**

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A New Year, a New Life

— By Alex Allred

January is here, and you know what that means! Time to make a declaration to a new fitness routine, lose weight and stress out over the number of weeks you have to fulfill this resolution. Or, you can take the approach that Stacy and Dave Dockins did several years ago.

At first glance, Stacy and Dave are the “all-American” couple, living a fairy-tale life. They are good looking, healthy and vibrant. They have three beautiful children and live in a nice home surrounded by loving family. In truth, they really were the typical American couple — they carried all the stress and self-doubt so many couples do today. Both were Type-A personalities, having high expectations for everything. They were operating at warp speed, often trying to accomplish the impossible, with little to no time for each other, let alone themselves. But no longer — everything changed

when Stacy hurt her back.

Disc problems in her back began to flare as she trained for, and competed in, several 100-mile bike races. When yoga was suggested as a way to help her relax and reduce the pain, Stacy decided to try it out, “to straighten my back out.”

Dave, still an avid cyclist, had his own problems. While his wife was taking on the physical strain of extreme competition, Dave carried the burden of stress from work on his shoulders. However, when Stacy began

to practice yoga, Dave was suspect.

“I had this idea,” Dave laughed, “that yoga was very feminine, gentle, soft and slow.” While he supported his wife, even noting a marked change in her demeanor, he had no intention of practicing yoga. He watched as Stacy began studying with the world-renowned Baron Baptiste, as she began an amazing transformation from “stressed out and self-limiting,” to a more easygoing, happy person.

Eventually, Dave tried a class and “quickly figured out that it was



extremely physical." As it turns out, Baron Baptiste was once a conditioning coach for the NFL's Philadelphia Eagles. Yoga, Dave discovered, was anything but soft and gentle. "I could be as physical as I wanted to push it," he said. "And, physically, I could really see the strength and flexibility." However, there was something else. Suddenly, he understood what Stacy had been trying to express to him. The

"Learning to listen to your body, learning how to breathe and relax."

conditioning was both beneficial and challenging as an athlete, "but there is a different kind of calmness and inner peace you get with yoga," Dave said.

"It also made me realize how I was living my life," Stacy said. Although she excelled as a cyclist, thriving on the challenges, she needed balance in her life. With a growing family and active lifestyle, the rigorous workouts were becoming less and less beneficial to everyone.

"With yoga," she said, "sure, we're going to stretch, but it's also about learning to listen to your body, learning how to breathe and relax; learning how to quiet that running commentary or chatter in our heads." It allowed her to better appreciate her family, her home and herself.

One word that helps to quiet the noise and is frequently used in the practice of yoga is namaste. Originally spoken in the Indian subcontinent and literally translated as "I bow to you," it has become a form of appreciation in the practice of yoga. "It acknowledges the light in you," Stacy said. For her, it is as important a greeting as it is an invitation to realize your own potential and to love oneself.

What began as a quest to straighten out her back has sent Stacy around the

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world, as she travels with Baron Baptiste and participates in his training camps. In 2005, Stacy was just one of 35 certified instructors in the world. Today, she is a certified Baptiste instructor and registered yoga teacher (RYT). The number of certified Baptiste instructors has nearly tripled, including Dave.

Together, Dave and Stacy opened their own studio, The Yoga Project, but Stacy is quick to point out that yoga "is not just a fitness routine. Don't get me wrong. It's power yoga! It's



tough. But it's a whole new lifestyle."

For Stacy and Dave, there are no more New Year's resolutions to be made. They live each day as a reward to themselves. "Resolutions should be about making a commitment to yourself," Stacy said. "That is very powerful ... to make a commitment to yourself. We often show off to others or do things for others but rarely commit to ourselves. That," Stacy said, "should be your declaration. That is huge!"

"Life is stressful," she said, "and yoga won't get rid of that, but it can teach people how to deal with it. I don't think stress ever goes away but we can change how we respond to it." Much of that, she says, is learning to stand up for yourself. It is about learning to love and respect yourself. "And if you can't do that, you can't do that for anyone else either." She should know. Today, Stacy embodies both strength and peace; both power and gentleness. She has never been happier. *Namaste.* **NOW**

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Business as Usual

— By Alex Allred



Drawing a large customer base built solely on three principles: quality work, honesty and family, it is business as usual for Walnut Creek Auto Clinic. For more than 25 years, the privately owned auto shop has serviced all of Mansfield. As a full-service auto facility, they offer everything except bodywork, including the unusual, but popular, service of picking up or dropping off customers.

However, when owner Gary Brentlinger decided to retire and sold his business to a man named Javeed Ahmad, both his employees and customers were nervous. Javeed, originally from Pakistan, had earned his MBA in finance at Southeastern University in Washington, D.C., and had worked inside the Capital Beltway as an entrepreneur before returning to his homeland to teach at the college level. What could he know about Texas or, more importantly, Walnut Creek Auto Clinic?

"There were concerns when he came in," said Customer Service Agent

Sharon Carter. "But when he came in, he was good as gold. He was so good to us."

Javeed wanted to make changes and take a hands-on approach to grow his business. Almost instantly, he added two new technicians, remodeled the customer service area and began updating all the equipment. He also decided to change carriers for his employee's health insurance.

"But I had to have back surgery," Sharon explained. Javeed was going to change the policy, but when he found out Sharon needed medical attention, he left everything as it was so that she could get the medical help she needed.

"He's a very good person," Sharon said. "We've always been like family here, and we really stressed that to Javeed when he came in. We wanted it to stay a family atmosphere." The employees of Walnut Creek Auto Clinic soon realized they had no need to worry. When any of his employees had a problem, Javeed was quick to intervene. Beyond remodeling the business, he paid special attention to

his staff, understanding the value of having happy employees.

“He has a great outlook on things. He understands the importance of good customer service and good management,” Sharon said.

Most auto shops have a service writer to take notes on what is wrong with a vehicle; Sharon also serves as a customer service agent, “and she does an excellent job listening to our customers,” Javeed said. In fact, all the employees do an excellent job listening to their customers at the auto clinic.

“Our mechanics will talk directly to the customer,” Sharon said, “and walk them through whatever the problem was with the car. We do our best to make sure everyone is happy.”

“We’re not a ‘fast-food’ kind of service,” Javeed added. “We take our time, addressing all the issues with your car.”

In addition to customer service, Javeed is a huge advocate of continued education and pays to send his technicians to school for new certifications. With a new computer system, state-of-the-art equipment, including the new “12-month/12,000-mile nationwide warranty,” Javeed is hoping to expand, as Mansfield grows — and he wants his staff to grow with him. His goal seems to be working. Since taking ownership of the business just one year ago, sales have almost doubled, and his employees could not be happier.

Walnut Creek Auto Clinic was a perfect fit for Javeed and his family. “The people here are very friendly and welcoming,” he said, a far cry from the tremendous congestion, hustle and bustle of Washington, D.C. “Mansfield is a small town where everyone knows everyone.” It is the perfect place for Javeed to settle down and build a business.

Walnut Creek Auto Clinic is located at 743 U.S. Hwy. 287 in Mansfield. For more information, call (817) 473-6901 or visit www.walnutcreekautoclinic.com. **NOW**



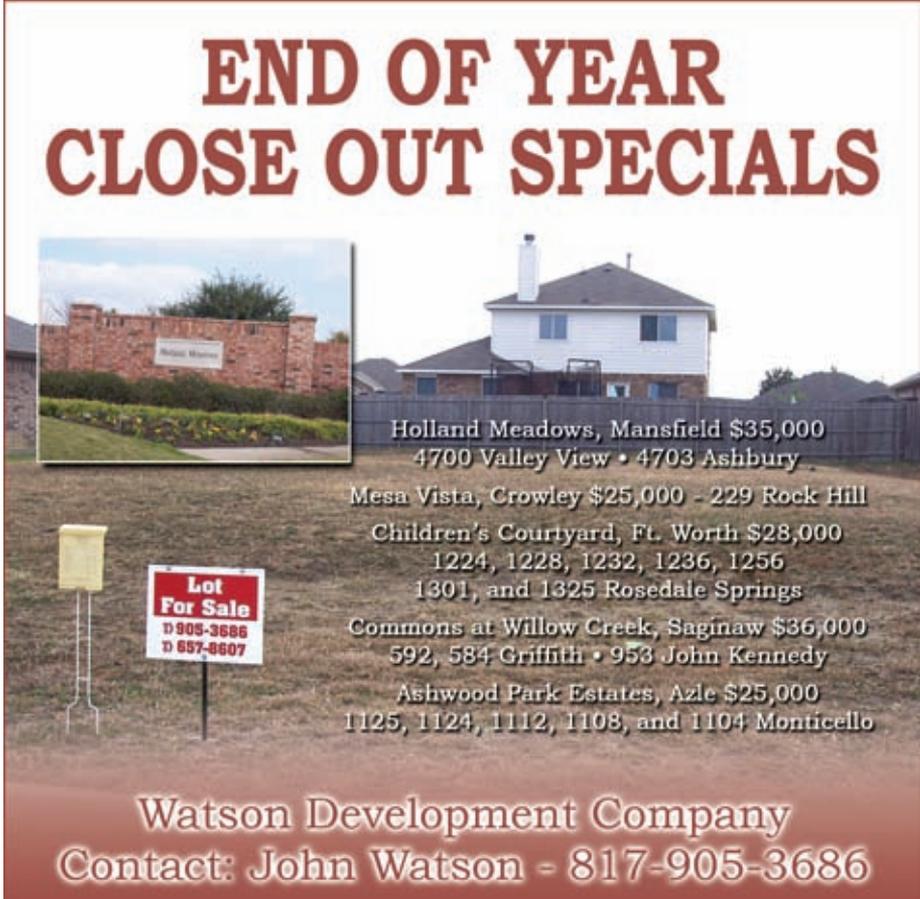
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The Boys are Back

— By Alex Allred

The boys are back, and Jerry Cantu could not be more pleased. When he was a teenager, a high school teacher introduced him to the world of media production and technology, which changed his life. After college, “I went into the private industry,” Jerry said. He worked as a graphic editor and later produced legal depositions and videos of medical surgeries, but when his “old high school teacher called about expanding the media/tech department,” Jerry went back to school.

Through that experience, Jerry realized what he truly wanted to do. “I wanted to pass my knowledge on to students.” In 1998, four years into his new career, Mansfield ISD came calling. “They were looking to create a media/tech program.” Without any set curriculum or equipment, “it was a challenge,” Jerry said. “Not many teachers have the opportunity to start a program from the ground up and create it in a way you think would most benefit the kids in the district.”

Jerry did just that. From 1998 to 2002, he created a program with Mansfield High School, which offered three levels of media technology, from introductory level to the most advanced. In the fall of 2006, he moved to the Ben Barber Tech School, teaching all forms of multimedia in television, graphics, editing and 3-D animation. In fact, in 2006, Jerry was included in the redesigning of the media/tech department, allowing input into the new media lab and radio studios. “We even got our own radio transmitter, so that the students have their own radio broadcast on campus.”

Under partnership with Dee McGowan, the program flourished. “Without Dee, this would have been impossible!” While Jerry’s talent was more technical, he concedes Dee was most effective in “working with the intro kids and getting them hooked!”

In 2008, an opportunity arose for Jerry to move into an administrative position as a multimedia specialist for the school district. “I love teaching. The only life I knew was in



Jerry Cantu and “the boys,”
John Tarrant and Justin Dearing.

the classroom,” Jerry said. Still, he understood the importance of working within the entire school district. “But I didn’t want to turn my back on the program,” Jerry remarked. Two students instantly came to mind. “I knew ‘the boys’ would bring new motivation to the program,” he said proudly.

“The boys” were Mansfield High graduates, John Tarrant and Justin Dearing. Both had made their way in their respective professions. John worked as a sports anchor in San Angelo, and Justin worked for the UNT campus radio and later at Channel 11 in Fort Worth, but it came full circle when their former high school teacher called and invited them to teach at Ben Barber.

“I knew I wanted to give back,” Justin said, noting how perfect the timing of Jerry’s phone call had been.

“They already had a foothold here in the community with family and friends,” Jerry said of the boys. “They were the perfect fit. I knew they would take the program to the next level.”

“Justin pushes the students to show him something different every day. He’s teaching them to listen to different kinds of music and learn about the history and the different eras music comes from. He opens up their horizons,” Jerry said.

“John likes to let the kids create their own projects and moves them to the next level.” It is John, Jerry said, who



Drake Bowman and Jalee'cia
Jiron work the school radio.

Education **NOW**

gets his students thinking about community spirit through projects, such as public service announcements. "He gets them thinking about other people besides themselves."

Together, the boys are just what the school district needed. "Dee can now concentrate on the advanced kids and she's happy," Jerry said, "and I'm happy right now because the boys are doing so well."

As for the boys, they have found their true calling. While they push the envelope almost every day with their students, teaching new and inventive ways to create, edit and produce material, they are also teaching life skills.

"They [students] have so much talent," John said, "and don't even realize it." Reaching his students and making them understand their own potential is his final goal. However, to truly appreciate their gifts and pursue their dreams, students must possess one quality.

"Respect," Justin said. "I've said 'respect' more than I have used the word 'radio' in my class."

"Respect covers so much," John added. "Respect of partners, fellow students, of our equipment, of each others' dreams and of their own."

The boys should know. "Honestly, if it weren't for media/tech and [Jerry] Cantu, I don't know where I would be," Justin said. "It's why I want this to be such a success. I want to see students fighting to get into our classes; just knocking the door down to get in."

"It's cliché," John smiled, "but I honestly feel that this is what I was supposed to be doing."

Cliché? Perhaps, but no less impressive. "The boys could have stayed in the industry," Dee said. "They have so much potential, but instead, they came back to Mansfield to share with the kids, and I'm just so proud of them. It just says so much about them." **NOW**

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The self-checkout system at Mansfield Public Library, top left, made it easy for patrons to check out their own books. Computers with Internet access, top right, are also available at the library. The MHS community service class, second row left, helped decorate the Mansfield Nursing Center for the holidays. Study tables, second row center, make research and homework fun. Even the youngest children, bottom left, enjoy fun activities on the computers. The children's area, bottom right, is easy to find because of the popular purple tree that reaches to the ceiling.

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Around Town **NOW**



The grand opening event at the Mansfield Surgery Center, top left and bottom left, saw several people in attendance. The Mansfield Hometown Holiday Parade, top center, was filled with many happy, smiling faces. The Mansfield Public Library, top right, has everything to read including newspapers, magazines and information on the computers. A big kick-off ribbon cutting, second row left, was held at the new Imagine Nation Learning Center. Youth services librarian Annette Weber, bottom center, handed out pet safety stickers. D.P. Morris Elementary students, bottom right, represented themselves well during the holiday parade.

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Dr. Fikkert is also at the Mansfield office one day a week (Wed.)
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Look Who's Cooking

— By Faith Browning



A positive outlook is what makes Elayne a joy to be around at work and at home cooking for her family. “I believe that more love goes into cooking when you cook at home,” she said. “I pray over it while I prepare it, and I take my time and do it right.” Her love for cooking started around age 14, and she has acquired most of her recipes from family members and through experimentation. “I really enjoy baking,” she expressed. “My favorite recipe is my Cornish Hens.”

Working at the local super store and as a registered massage therapist, Elayne still makes plenty of time for family and activities. In addition to cooking, her talents include writing, poetry and singing jazz music. **BY VV**

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

IN THE KITCHEN WITH ELAYNE MILES

BAKED SHRIMP

- 1/4 cup butter
- 1 8-oz. bottle Italian dressing
- 2 lemons, juiced
- 1/4 tsp. freshly ground pepper
- 3 lbs. large shrimp, peeled with tails intact

Melt butter in a 13 x 9 x 2-inch baking dish. Add dressing, lemon juice and pepper. Add shrimp to sauce, mixing well. Bake for 25 to 30 minutes at 325 F, stirring several times.

SUPER SPINACH DIP

- 1 10-oz. pkg. frozen chopped spinach, thawed and squeezed almost dry
- 1 8-oz. pkg. cream cheese, cubed
- 1/3 cup Pace Picante Sauce
- 1/4 cup green onions with tops, chopped

- 1/4 tsp. ground cumin
- 1 medium tomato, seeded and chopped
- 4 bacon slices, crisply cooked and crumbled
- 1/2 cup Monterey Jack or cheddar cheese, shredded

Combine spinach, cream cheese, picante sauce, green onions and cumin in saucepan; cook over low heat until cheese is melted and mixture is hot. Stir in tomato and bacon; heat through. Transfer to heated shallow serving dish, chafing dish or fondue pot. Sprinkle with shredded cheese. Serve with crackers or chips. Makes about 3 cups.

WILD RICE WITH MUSHROOMS

- 1 cup wild rice
- 1/4 cup green onions, sliced
- 1 cup fresh mushrooms, sliced

- 2 Tbsp. oil
- 1 Tbsp. margarine
- freshly ground pepper

Cook rice according to package directions. Sauté onion and mushrooms in oil. Stir in margarine and pepper. Combine with cooked rice. Serve hot.

BUTTERMILK CAKE

- 3 cups sugar
- 1 cup butter
- 6 eggs, separated
- 1 cup buttermilk
- 1/3 tsp. soda
- 3 cups flour
- 2 Tbsp. lemon juice
- 1 Tbsp. vanilla

Cream sugar and butter, add egg yolks and



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Who's Cooking **NOW**

mix well. In separate bowl, beat 1/2 cup buttermilk; add soda. Mix in other 1/2 cup of buttermilk and stir. To cake mixture, add flour, buttermilk mixture and lemon juice alternately. Add vanilla; fold in beaten egg whites. Bake in tube pan for 1 1/2 hours at 325 F.

CRANBERRY COOLER

- 6 ice cubes
- fresh strawberries, halved
- 1 qt. cranberry juice cocktail
- 2 cups lemon-lime soda, chilled

Place ice cubes in a large pitcher. Add a few strawberries, and then pour in cranberry juice. Carefully pour lemon-lime soda down the sides of the pitcher.

TACO SOUP

- 2 lbs. ground turkey
- 1 medium onion, chopped
- 1 pkg. powdered ranch salad dressing mix
- 1 pkg. taco seasoning mix
- 2-3 12-oz. cans stewed tomatoes (including juice)
- 2 12-oz. cans Ro-Tel tomatoes
- 3 14-oz. cans ranch style pinto beans with jalapeños
- 2 16-oz. cans whole kernel corn (including juice)

Brown meat with onions; drain. Add all other ingredients in a huge stew pot and simmer for one hour. Top with tortilla chips, green onions, cheese, avocados, etc. You can substitute chopped chicken for the turkey!

SEAFOOD CASSEROLE

- 1/4 cup butter
- 1 cup celery, chopped
- 1/2 cup onion, chopped
- 1/2 cup bell pepper, chopped
- 2 4-oz. cans button mushrooms
- 2 10-oz. cans cream of mushroom soup
- 2 cups shrimp, cooked and diced
- 4 lobster tails, cooked and diced (approximately 5 ounces each)
- 1 cup wild rice, cooked

Melt butter; sauté celery, onion and green pepper. Add mushrooms with liquid. Stir in soup, seafood and rice. Pour into a greased casserole dish. Bake 1 1/2 hours at 350 F.



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Going Too Fast

— By Betty Tryon, R.N.

Do you sometimes feel as if your world is moving at a frantic speed? If you looked up the word *hyper* in the dictionary, would your face be there in lieu of words? Everyone feels this way at some point in his or her life, but for those who have hyperthyroidism, their internal speed is taken to the extreme and their body pays the price. The thyroid hormones are in charge of the metabolism of the cells. They determine whether the body has too little of the hormones (hypothyroidism), too much (hyperthyroidism) or produces a normal output.

Hyperthyroidism is caused by an overactive thyroid gland secreting an overabundance of the thyroid hormone. This hormone greatly affects the metabolic rate in the body. While the promise of weight loss with an increased metabolism may be seductive, unfortunately one does not get to pick and choose all of the side effects which come with the disorder. The glut of hormone being secreted into the body manifests itself in many signs and symptoms such as: nervousness and

agitation, excessive sweating, palpitations (rapid heart beat), increased bowel movements, tremors (usually in the hands), insomnia, hair loss and of course — weight loss.

Diagnosis is an easy matter. The physician is initially clued to the possibility by clinical presentation of the person. Blood tests can confirm the diagnosis. The blood tests will test the levels of TSH (thyroid stimulating hormone), T3, T4 and T7. Once the blood tests have confirmed the diagnosis, the physician will want to examine the cause of the abnormality. A radioactive iodine uptake test measures how much of the iodine tracer the thyroid gland absorbs from the blood. Another useful tool is a thyroid scan, used to check the gland's shape, size and the presence of lumps or any other abnormalities.

Treatment for hyperthyroidism can be very effective, and there are several options. Medication aimed at relieving the symptoms is sometimes prescribed. Anti-thyroid drug therapy can be administered to block the production of hormones in the gland. Radioactive iodine proves to be very successful as part of the treatment plan. It works by stopping the function of some of the cells in the thyroid. If the cells no longer produce the thyroid hormone, the symptoms lessen and/or disappear. The most drastic treatment is surgical removal of part of the thyroid. This treatment is usually reserved for those who are not candidates for the other treatments, such as a pregnant woman or those with very large glands. Although hyperthyroidism can be disruptive to everyday life, this disease can be easily diagnosed and treated. **WWW**

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

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Leaves and More Leaves

— By Nancy Fenton

The leaves just keep falling! If you are as allergic to raking as I am, I have some thoughts on what to do with those leaves. The easiest is to run your mower over them with the mulching blade working away. I set the height on the mower one level down from where I usually mow, so it gets all the bits and pieces. Even if you do not have a mulching mower, just block the throw vent or let it spread the chopped leaves for you. These bits and pieces will compost themselves over the winter keeping your grass roots warm and feeding them, too! The mowing part speeds up the decomposition and keeps the bigger leaves from forming a water repellant mat on your lawn and beds.

I do use my rake to pull the bigger leaves from my beds onto the yard so I can get at them with my mower. I do not catch my own leaves, but I do chop and catch my neighbor's

bagged ones to put back on my flowerbeds! I throw them out on my driveway, set my mower down as low as it will go and chop away. The chopped leaves go straight onto the flowerbeds or into an old 30-gallon trash can to end up as part of my compost pile. I have even been known to pick up a few extra bags from good looking (leaf-free) yards around town to put beside my out buildings for future use. If the leaves are bagged, they can be chopped and used any time.

If chopping is not your thing and you want to make compost, try the "bag method." Add one cup of high nitrogen fertilizer (21/0/0) and one to two gallons of water to a black bag of leaves (heavy duty sacks only). Tie up the bag, place it out of the way and let nature work wonders through the winter! The leaves will begin to compost, and can be used come spring on most new beds by digging them in or just dropping them on top. Using leaf compost is important because the leaves themselves contain most of the missing nutrient elements, providing the reasoning that local composts and mulches are the best kind for our plants. Think about the forest and how well it uses its leaves for compost! **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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Community Calendar

Thinking about getting a pet? Check out the city of Mansfield Animal Control. Weekdays: 8:00 a.m. - 4:30 p.m. Saturdays: 8:00 a.m. - 4:00 p.m. Always looking for volunteers to walk, bathe, brush the animals and clean cages.

Monday - Friday

Young at Heart (for residents ages 55 plus): 9:00 a.m. and 2:00 p.m., Mansfield Activities Center. (817) 453-5420, ext. 2227. We are always looking for volunteers!

First and Third Monday

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

First and Third Tuesday

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

Every Tuesday

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

Every Thursday

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

Every Friday

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

January 5, 12, 26

Service Corps of Retired Executives (SCORE) small business counseling: 9:00 a.m. - 1:00 p.m., Mansfield Chamber offices, 114 North Main St. Learn about business start-up, cash flow management, marketing and the development of advisors or board directors. (817) 473-0507.

January 7

Christmas tree recycling. Put your tree curbside by 7:00 a.m. for pick up.

January 8

Mansfield Child Care meeting: 7:00 p.m., Mansfield Library community meeting room, 104 S. Wisteria St. www.mansfieldchildcare.com.

January 12, 26

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

January 14

Library Advisory Board meeting: 6:00 p.m.,

Mansfield Public Library community room, 104 Wisteria St.

January 15

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

January 20

Mansfield Economic Development Commission meeting: 6:00 p.m., Mansfield City Hall.

Adult book club meeting: 6:30 p.m., Mansfield Public Library. We will be reading and discussing *A Single Shard* by Linda Sue Park.

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

January 29 - February 2

Mansfield High School Theater presents *Honk!* All performances: 7:00 p.m. except February 1 Sunday matinee: 2:00 p.m. \$5 for students, \$7 for adults.

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



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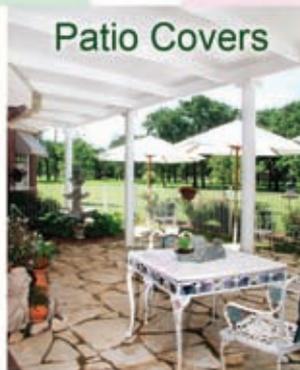
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YOU... **SATURDAY, JAN. 31, 2009.**

For Women, For Life™ offers women time to focus on their health. So plan on inviting other women you would like to share a day with – your mother, daughter, or friends – and come enjoy this special day at Baylor. Attendees will receive free screenings, assessments, and first come, first served free 5-minute chair massages, as well as an opportunity to attend health education presentations. A professional chef will provide complimentary tastings of delicious and healthy foods. There is no charge for admission, but registration is required. To register for this popular event for women, contact **1.800.4BAYLOR** or register online at **www.BaylorHealth.com**. Limited seating available, so please respond as soon as possible.



FOR WOMEN, FOR LIFE
SATURDAY, JAN. 31, 2009
9:00 AM - NOON

LOCATION: BaylorWorx Rehabilitation and Fitness Center, 507 North Hwy. 77
(in Northgate Shopping Center behind Applebee's)

TIMES: 9:00 AM – NOON > Check-in, Health presentations and screenings