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NOW
The Community Magazine
Serving Mansfield and
the Surrounding Area
MAGAZINE

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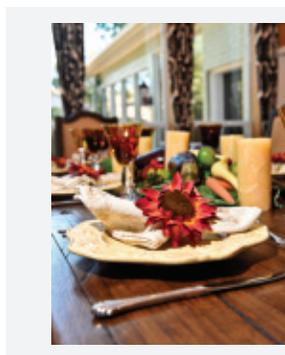
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On The Cover

Lance and Cindi Walker set a cheerful Thanksgiving dinner table.

Photo by Shana Woods.

Editor's Note



Hello Friends,

This month as cool temperatures and hot turkeys heighten my hopes, I am pleased to introduce you to folks who are on red alert for Mansfield. Lisa Crane, a former assistant principal in the Mansfield ISD, has gone back to her original dream of teaching students aged 4-17 who struggle with learning difficulties. Danny Wilson volunteers to help young and old alike achieve their potential. Michelyne Watson is sewing her way into self-actualization! Adventure racer Krys Davis highlights for us the importance of exercising before, during and after pregnancy. Lance and Cindi Walker show you around their home — which they have designed for relaxation! Finally, Allison Libby-Thesing provides a vegetarian/vegan Thanksgiving menu.

As always, if you know a good person about whom I should write a good story, feel free to call or e-mail me at the following: (817) 629-3888 or Melissa.nowmag@sbcglobal.net

Happy November, Mansfield!
Melissa Rawlins
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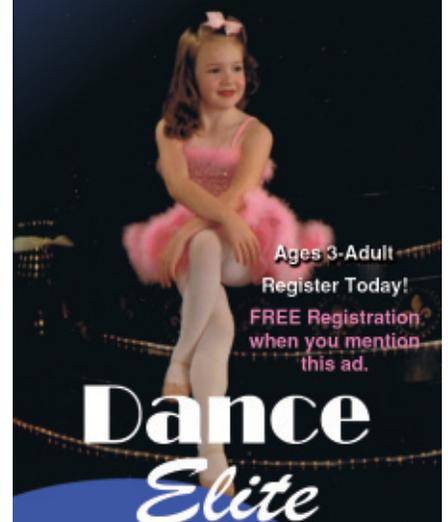
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Winning Together

— By Melissa Rawlins

This holiday season, Danny Wilson might be busier than most full-fledged dads although he has no children — unless you count his two chocolate labs. Not yet married, the cattle-raising community relations officer at Texas Trust Credit Union has always been family-oriented and enjoys interacting with youth. He is using his time wisely to help coordinate the Eighth Annual Mansfield Rotary Invitational Basketball Tournament, which takes place at Christmas break.

Between now and then, Danny and his team of Rotarians are putting in 40 hours each in meetings and on the phone, signing up competitors and getting sponsors. During tournament week, they will give a combined total of another 200 hours of their time.

Even at the national level, people are talking about this tournament as *the* high school girls' basketball tournament to be in. This year, 32 of the top-rated teams from all across the state and even some from out of state will play. The proceeds from this tournament go to

various service projects in which both the Mansfield Sunrise Rotary Club and the Mansfield Rotary Club are involved, including: the Mansfield Independent School District (MISD) Education Foundation, The Meredith Hatch Foundation, the All-Star Equestrian Pancake Breakfast, eight different MISD scholarships, one to two international projects, plus the purchase of dictionaries for every third-grader in the school district.

That dictionary program is one of Danny's favorite reasons to work so hard. "I used to coach little league soccer. Those kids are a fun age," said Danny, who is this year's president of





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the Mansfield Rotary Club. "It's a part of our plan to try to impact people of all ages. The main mission of a Rotary Club is 'service above self.' We Rotarians have a four-way test for our actions. We ask: '1) Is it the truth? 2) Is it fair to all concerned? 3) Will it build goodwill and better friendships? and 4) Is it beneficial to all concerned?' Really, if the answer is no to any of those questions, we believe you're doing something wrong. It goes back to the old-time characteristics we used to live by but we've all, sadly, gotten away from these days.

"We talk to the kids when we're delivering the dictionaries. We ask them,



"It's a part of our plan to try to impact people of all ages."

"When you're thinking of anything, is it the truth?" and we show them how to look it up in the dictionary. Afterwards, they kind of get the big picture," said Danny. He also analyzed the basketball tournament in light of the four-way test. "Our tournament is very truthful. We do what we say we'll do with the proceeds. On top of that, our tournament is one of the top around; all the top girls' teams in the state are competing.

"Our tournament is fair to all concerned. We have some of the top officials come in to referee the games," Danny said. "Even though it's hosted in four of Mansfield's high school gyms, the brackets are evenly placed to where there is no favoritism. A Mansfield team has only won four out of the seven tournaments so far.

"Absolutely, this tournament will build



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Boo Bash



WCCC Lone Star Park Outing

My family joined Walnut Creek Country Club in the fall of 2006. We primarily joined so my husband, Patrick, and my son, Jackson, could play golf. Jackson, 10, has attended numerous golf clinics, camps and summer play days, along with entering several junior/parent tournaments. In fact, this year he chose to continue golf over baseball, big change. I began taking tennis lessons, playing on Tuesdays with the Ladies Tennis Association, and joined a USTA league team. My daughter Reagan, 8, enjoyed that first summer at the pool. So much so in fact that she begins the countdown to Memorial Day weekend because that is when the pool opens. She is looking forward to joining the Crocodiles swim team this summer. Our family enjoys Creek Fever, Chili Cook-Off, Tuesday \$1 Taco Night and look forward every year to Boo Bash. We have met some wonderful families at WCCC and look forward to meeting more. We did not know if the club would be a good fit for us at first and now four years later I can't imagine our life without it. See you at the club.

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goodwill and better friendships,” Danny said. “I’ll give you an example. We had a team come out of New Mexico. They are all from an Indian reservation, so these girls have never seen anything like this. On the reservation, they were still considered second-class because they were female. That coach has called us several times telling us the life experience for those girls was an amazing thing. Those girls were bonding with other girls from other teams, making lifelong friendships to help them prosper.

“Finally, this tournament is beneficial to all concerned,” said Danny, who played basketball until middle school and then helped referee and run the boards for youth basketball in Mansfield. “Usually, a state champion team comes out of our tournament. They’re playing against the top teams in the state, so they’re able to get their team better prepared and more experienced to play against these other teams.”

Danny remembers his own Mansfield High School days, and the time when his football team made the playoffs for the first time. “The parents and community threw us a parade! They closed down Walnut Creek, and that’s when I learned that people working together can really make one idea grow and become something phenomenal. It was pretty neat to see people pull together for something they believe in. We were a tight-knit community and everyone always was helping out,” Danny said, “and that’s one of the reasons I stay involved in community service.”

Giving his time and energy to multiple service organizations, including the MISD Education Foundation, Mansfield Chamber of Commerce and National Endowment for Financial Education (NEFE), Danny has learned that there is always someone who could use assistance. “It is very gratifying when you help someone or give someone something that they had no clue they were getting,” Danny said. “I wish that everyone could see the joy on teachers’ faces when the MISD Education Foundation delivers grants.”

Danny’s passion to help has fueled the free financial literacy workshops he offers in the community. “One thing that’s really neat is when I talk to a class, and a kid comes to me several years later and tells me how much that helped him along

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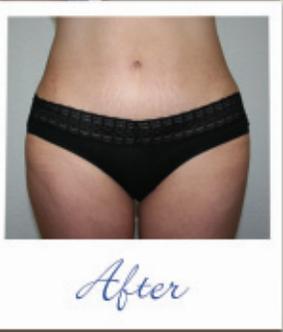
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the way,” said Danny, who credits his mother, Marylan Gilliland, with turning him on to helping others. “I was 10, and my mother let somebody who was very hard on their luck move into one of her rental properties. We helped them move in, and my mom made adjustments for them so they could live rent-free for a few months until they could get on their feet. She said, ‘Things work out if you’re helping in the right frame of mind.’ The tenants ended up being able to pull everything together! It makes complete

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sense, looking back, that you had every good intention and you’ll still be gratified in what you did, even if the result isn’t what you hoped for.”

His habits of mercy and responsibility were developed in early childhood, while Danny cared for the animals on the farm, where he grew up. “I needed to get up and get the job done; the chores needed to be done before 7:00 a.m. The thing with animals is they cannot talk back to you. They can’t tell you what they need, you just have to know what to do and get the job done. It’s kind of the same way with some people,” Danny grinned. “There will always be situations to take care of for somebody’s sake, and you need to get them taken care of as quickly as you can.”

Danny is a perfect example that a person can live, work and play in Mansfield, and his love for his hometown overflows. “Mansfield has given me so much, and as long as we all strive to make it a better place for us, as well as the youth to prosper, then we’re all going to win!” **NOW**

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Vacationing!

— By Carolyn Wills



Even Lance and Cindi Walker need a vacation every now and then. At the end of their busy days working and volunteering, the Walkers needed a home that gives them that “on-vacation” feeling whenever they step through their front door. Lance and Cindi clearly care about community and children. In 1999, they helped to establish Mansfield Cares, a nonprofit organization dedicated to assisting economically challenged families. “Each February, we host a charity ball,” Cindi said. “We wanted to raise \$3,000 in our first year



AT HOME WITH
**LANCE
 AND CINDI
 WALKER**

and were thrilled to have raised \$7,000. Last year, we raised \$125,000."

In 2003, the group launched a project to serve a need for medical, dental and eye care for people without insurance. "We opened a part-time clinic while raising money to build a full-time clinic," Lance explained. "In 2009, under the direction of Dr. Wendy Collini, the Linda Nix Family Caring Place opened." In addition to his involvement with Mansfield Cares, Lance serves on the Caring Place board and is a Rotary member and past chairman of the Chamber of Commerce.

Cindi participates in another organization called the Alliance for Children. "The focus is on fighting child abuse, and the major event is on February 19, 2011, the same day as the Mansfield

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Cares Charity Ball,” she said. “The Alliance for Children event is a ladies ‘Let’s Play Bingo’ luncheon at Fort Worth’s Omni Hotel and the Charity Ball is in Mansfield from 7:00 p.m. to midnight. Both events are for such great purposes.”

As impressive as their commitments to community are, volunteerism is only part of the Walkers’ story. Lance is the president of Mansfield Community Bank and Cindi owns Just Imagine Decorating, an interior decorating business. They are longtime members of First United Methodist Church of Mansfield and the proud parents of 17-year-old Hamilton and 13-year-old Madison. Hamilton is a junior at Mansfield High School where he plays varsity tennis, and Madison attends Worley Middle School and is on the volleyball team. Oh, and there’s Daisy and her son, Beau, two cute and well-behaved Westies (West Highland White Terriers.)

With such active lifestyles, the Walkers have designed their home to be comfortable and welcoming. “We want to feel like we’re on vacation all the time,” Cindi said, “and that’s why the experience of our travels is our inspiration.”

Seven years ago, they traveled to the French West Indies and

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have continued to return every year. "It's our paradise," Lance explained. "We go in the low season, which is August through November, when there are not as many tourists. It's a very small and beautiful island. Paris chefs tend to send their interns there, and we love the French food. Our kids really like the beaches in Mexico," he added. "Mexico is more their style, so that's where we vacation as a family."

The Walkers live in an area of Mansfield known as The Arbors at Creekwood, a lovely neighborhood of winding streets with large brick homes and mature trees.

"We moved here in 2000," Lance said. "Another couple had owned the house, and it had been vacant for a year. Our kids were young at the time, so we liked the fact that the house sits on a cul-de-sac and that it offered the larger space we were looking for."

The 3,800-square-foot home was built in 1992, and when the Walkers purchased it, it was a traditional two-story, redbrick home. "We wanted it to reflect more of a European style, a combination of English and French," Cindi said. "So, we had it painted and embellished with medallions. "Hardly anything about the house is the

same as when we bought it. We replaced most of the floor surfaces and had one of the double staircases removed."

The first impression of the home's interior, beyond the front entry and past the staircase and Cindi's office, is the "great room" which is bordered by tall windows framed with striking black and white tied-back drapes. One side of the room is a formal sitting area and the other is for formal dining. "Originally, white 12 x 12-inch tiles ran like a track from the front door," Cindi said. "By replacing the floor with wood parquet, we were able to open the space visually and

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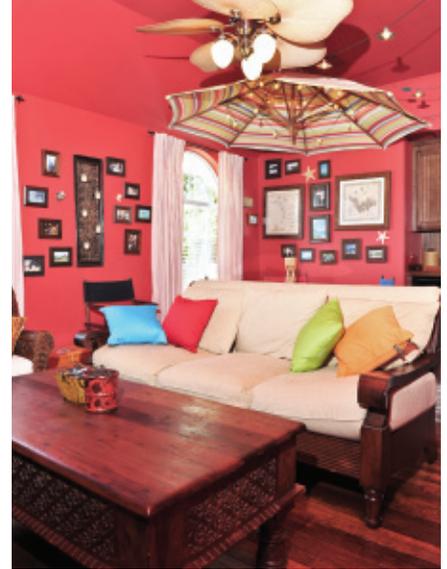
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connect the two formal areas. When we entertain, guests can now gather in both places.” The decor of the great room fits the European style. “I love auctions, antiques, reclaimed stuff, finding deals and mixing old and new,” Cindi said. “The dining table was made from the floor of a railroad car. The red sofa in the sitting area is an auction piece from an old hotel, the chairs are reupholstered antiques and the beautiful 150-year-old cabinet came from a neighbor of my mother’s.”

To the right of the great room is the kitchen, family room and breakfast nook; to the left is the master suite. “I use a lot of neutrals,” Cindi explained, “and accent



with vibrant colors so there is boldness and continuity.” Moving from room to room, it is easy to see the English-French influence and how each room complements the next. “Lance has a lot of input,” she added. “And we like to do much of the work ourselves. We climbed scaffolds to put the borders up on the walls in the great room and we laid the reclaimed wood floor in the game room. That flooring came from two old bars and is at least 40 years old.”

The game room is especially reminiscent of St. Barths Island. “It is patterned after a restaurant we go to where the diners eat



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outside on the beach,” Cindi said. “We adopted the concept by painting the room a deep red, adding a big umbrella and ceiling fan and stringing lights. Under the glass covering on the table, we inserted photos from our travels.”

Lance and Cindi appreciate the fact that there is ample common space in the house. Yet, at the end of the day, everyone has an area to where they may retreat. The master suite is on the main



floor and the kids’ and guest rooms are upstairs. “We love the layout,” Cindi said, “but if I could add something, it would be an activity room now that the kids are older — a place where they could play pool, foosball and pinball. We like our kids to be home versus out roaming, and it’s nice to know your children’s friends.”



Madison wants to be a wedding or event planner some day. She loves to cook, and the Walkers’ kitchen, with its aged and red-washed cabinets, tumbled-marble tiles and slate floor, is often a gathering place for her and her friends. “Sometimes the girls like to treat us to breakfast and desserts,” Cindi said, “which for Lance and me, is much like being on vacation!” **NOW**



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The Mansfield Music Festival offers fun for everyone under the sun. From top left: The Mansfield Police Department stand ready to help; Dru Oglesby and his team help organize and put on the car show; Jessica Neal shows off her face painting while clowning around with the Panda bear from Panda Express Restaurant; Team Hawaii -Fire-O (fire rescue administration team) pose after winning the trophy for Braggin Rights and booth showmanship at the chili cook-off.

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Physicians from left to right:
Dr. Phan, Dr. Fikkert, Dr. Meyer, Dr. Gibson-Hull and Dr. Wallace.



Melissa Mitchell studies at America's Best Coffee for her Associate Nursing degree.



Stephanie Ross and Charrise McWhorter discuss plans for their business, Blew Concierge Services.



India Bradley enjoys a sunny day in the park with her children Jovanna and Adell.



The Antique Mall on Main Street enjoyed a great turnout at their yard sale held the first weekend of October. From left: Young and old alike enjoy the weather and the good buys; visitors look through merchandise.



Nathaniel and Isabella Martin and their little friend Abby VanHoof go down the slide with help from their moms.



Out for a day on the town, Larry "Grampa" and Christopher Lewis enjoy their time together!



Dr. Bob Morrison, Mansfield ISD's superintendent, speaks about the changes taking place in this fast-growing district and what they are doing to keep up with and to improve the educational experience for our students; Kiwanis Local President, Cheryl Litke, welcomed Laura Lammons, District Secretary from the OK-TX District office, and Innocent Ugochukwu, of KAN in Lagos, Nigeria, to their meeting.



Anna takes her pick of the pumpkins.



"Andy" Andreas Ortiz-Mercado grills up an excellent lunch for Vincent Aligned and Thi Phung at Ghengis Grill.



The Mansfield Chamber of Commerce welcomes businesses with ribbon cutting ceremonies. From left: Outreach Pastor Truston Baba, Mary Margaret Rangel, and Pastor Dan Hunter at the ribbon cutting for the Living Church; Lucretia Mills welcomes Jenny Conrad, owner of Conrad Creative, to the Mansfield Chamber of Commerce with an open house and ribbon cutting.



2010 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.

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JUMP IN *and Try*

— By Janice C. Johnson

Michelyne Watson-Strange is nothing if not a multitasker. Her mind bubbles over with color combinations, design ideas and joy. In fact, her motto is “*Créer la joie!*” which means “Create joy!” A stay-at-home mom with an eye for fashion, Michelyne creates unique handbags and other accessories. It all started when she found herself disappointed with some commercially made accessories she had bought. Though they looked good, many had

some shortcomings, such as a handbag with too few pockets, or a hat whose fastener pinched. She decided she could do a better job herself.

Armed only with basic sewing skills and untrained artistic talent, Michelyne took a good look at one of the offending handbags. “I could see how it was put together; I just picked out some fabrics and started cutting.” Inside she secured pockets for her keys, cell phone and pens. “You never find bags with pen pockets,” she said. “I hate scrambling for a pen. So now I put pen pockets in all my bags.” The practical bags won over several friends. Word spread, and now she makes her creations available online and in boutiques.

Michelyne had first learned to sew in her youth, because her height made it hard to find clothes that fit. Her mother, an accomplished seamstress, got her started. “But I was too impatient,” she admitted. “Mom would tell me that I needed to

[reinforce] a seam, but I just rushed to finish.” Then her garments began, literally, to come apart at the seams. “She was right — I’ve learned now that patience really helps with sewing; to do it the right way the first time.”

In her earlier years, Michelyne had tried painting and other artistic endeavors, without success. “I’ve always liked design, but

“CRÉER
LA JOIE!”

when I put it with sewing, everything just clicked.” As for her sewing skills, she said, “I’ve learned a lot online! You can do a search for whatever you want to make, and there are crafting forums, too.” She now uses both a regular sewing machine and a serger. “I make sure those seams won’t come apart,” she said with a smile.

When her mother-in-law in England learned that Michelyne had started designing handmade bags and caps, she gave the younger woman jars of decorative buttons and other

“I have to ask, ‘What can I do with this if I only have the tiniest little bit of it?’”

embellishments that she had found and collected over the years. “I’ve used lots of it already — my favorites are these retro buttons from the ’30s. And she swears this is just the tip of the iceberg,” Michelyne added, pouring a colorful pile of various ornaments from a jar.

Michelyne uses vintage fabrics and trims for many of her designs. She also repurposes things, cutting up jeans, jackets or other garments, often from thrift stores. Another source for materials is remnants, the last unsold length from a bolt of fabric, priced at a discount. These may be a yard or more, or only a few inches long. “With remnants I can get higher quality fabrics for less,” she said. Using these limited-size pieces of fabric, whether from remnants or old clothing, lends an unexpected advantage. Michelyne explained, “It makes me more creative. I have to ask, ‘What can I do with this if I only have the tiniest little bit of it?’”

When it comes to design ideas, inspiration beckons from all around. Michelyne follows fashion news but also notices colors, patterns and textures everywhere. She is drawn toward surprising combinations, whimsically mixing different fabrics and prints. “I like asymmetry, unexpected things — nothing too perfect or ‘prim and proper,’” she said.

This ability to notice everything at once can be a designer’s boon, to some extent — but also a challenge. Michelyne, recently diagnosed with ADHD, said that

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having too many things at once in her head makes it hard to get a design from concept to materials to finished project. Sketching out her ideas helps her to focus that abundance of thoughts.

In creating a new exterior design for a handbag, Michelyne tries different fabric layouts in what she calls “the thought stage.” But she spends more time experimenting with function and convenience in the form of such things as pockets, hardware and adjustable straps. “A lot of [the design] is just things



that I need as far as the workings of the bag,” she added. Michelyne still considers herself a student. She researches techniques and then simply jumps in and tries them out. “I don’t think I ever want to stop learning,” she said.

Michelyne’s days are full, thanks to designing, keeping house with her husband, Lew, and caring for their daughters, Lauren, 3, and Leah, 6. “I’m very thankful I can be at home with the girls, but still have an opportunity to branch out on another level as well,” she said. She credits Lew with being the number one supporter of her sewing. “He was also the person who encouraged me to get the testing for ADHD, after seeing me struggle with so many responsibilities and tasks. He knew how much I loved and needed my sewing and creative outlet. I’m very blessed to be surrounded by such love, freedom and happiness.” **NOW**

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getting mommies Fit

— By *Sydni Thomas*

Henry, founded Metroplex Boot Camp over four years ago. They specialize in women's fitness and health, but also have a few coed classes. Women who have found it difficult to get pregnant have turned to Krys and the camp's team for help. "We have had

women come to boot camp who have been trying to get pregnant for years," Krys said. "Once they lost the extra weight and their attitudes changed it became a lot easier to get pregnant."

During the first trimester, exercise routines and intensities can remain relatively the same as they were before pregnancy, but as the body begins to change, so will the level of exercise. Each trimester the workouts need to scale down. (Always consult with a doctor before doing any fitness routine.) Balance may become an issue so it is important to not over extend yourself. It is unlikely that women will want to run in the second trimester, but it is still an option for some. Instead, try walking on an inclined treadmill with three to five pound dumbbells. When the third trimester approaches, moving workouts to the pool will help alleviate any pressure to the joints and belly. "I'm still out there



As her 30th birthday drew closer, Krys Davis created a plan to enter the new decade the fittest she had ever been. As a certified personal trainer, Krys knew the importance of being physically fit was not only a benefit for her, but was setting an example of a healthy lifestyle for her daughter, Jada. In the middle of the plan, Krys became pregnant with her second child and knew she had to make some adjustments. Her new goal was to become the fittest she could be while pregnant so that her baby could start its life strong and healthy.

Krys, her husband, Sam, and close friend, Dee

running,” Kryz admitted. “It’s a lot slower and probably looks funny, but I’m still able to do it.”

At any stage of pregnancy, building the abdominal muscles can have numerous benefits like lessened lower back pain and prevention of abdominal muscle tearing. Kryz knows firsthand recovery after birth can be expedited when the core muscles are already strong. Attempting sit-ups while pregnant is not ideal and is one of the least effective forms of abdominal strengthening for any woman. Kryz’ alternative is the plank. There are around 15 variations to the plank that will keep the exercises fresh. “During the day you can be working on your abdominal

“Making your baby a part of your fitness routine is so important.”

muscles without anybody knowing it,” Kryz said. “Tighten your abdominal muscles starting with your back and wrapping all the way around to the front of your belly as if you are trying to hug your baby.”

Typically four to six weeks after the baby is born, with your doctor’s approval, it is time to gradually get back to a fitness routine. After the birth of her first daughter, Kryz founded Super Mommies Fitness, a resource help that teaches mothers how to exercise while using strollers. Groups of mothers get together for a low impact walk with short stops of squats, lunges and other moves that involve the strollers. It gives them a family and fitness support group. “I saw a need for helping women utilize what they had,” Kryz explained. “Making your baby a part of your fitness routine is so important. As they get older they will see the good habits you have started and think it’s a

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normal part of life.”

Adopting a consistent workout routine and healthy eating habits will impact a baby’s life forever. Typically a woman needs to add 100 to 300 extra calories a day when they become pregnant and 200 to 400 extra calories after birth while breastfeeding. For some, this means an extra value meal at McDonalds, but Krys suggests an extra handful of nuts or a banana because the baby eats what the mother eats. Switching to organic foods free from pesticides and hormones is one of the first things an expecting mother

Labor times can also be reduced by two hours when the body is physically fit.

should do according to Krys. “Our grandmothers wouldn’t even recognize what we have on the shelves of our grocery stores today,” Krys said. “They would be appalled at how long beef stays red or that a loaf of bread can have a shelf life of two weeks. Eating local food from farmers markets and buying local meats not only benefits you and your baby’s health, but it contributes to your community.”

Many pregnancy and labor complications, like gestational diabetes and preeclampsia, can be prevented through diet and exercise. Labor times can also be reduced by two hours when the body is physically fit. Working out and feeling great while pregnant are the first steps a mother can take to benefit her and her child’s safety and wellness. “Not exercising and maintaining your nutrition is a disservice to you and your child,” Krys stated. “It’s never too late to start caring.” **NOW**

Editor’s Note: For more information on becoming a healthy expecting mom visit www.SuperMommiesFitness.com, www.FitPregnancy.com or www.SeeMommyRun.com.



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A Mission for Prosperity

Karen Schroeder, Attorney and Counselor at Law, is your trusted neighborhood attorney and in-house counsel to the small business owner. — By Melissa Rawlins

Karen Schroeder is on a mission to help everyone in this community. She is showing people how they can avert devastation through advance business and estate planning. When she speaks this month for the Women's Division of the Chamber Lunch 'n Learn, Karen's topic will be "Passport to Prosperity: Wills, Trusts and Estate Planning." Karen calls Mansfield "a gem of Tarrant County," and gladly gives her time polishing the community through the Mansfield Chamber of Commerce the Business Alliance Group with the Walnut Creek Country Club. She is also active in the formation of two organizations: the Boys & Girls Club of Mansfield and Our Community, Our Kids.

Karen opened her law firm in Mansfield nearly two years ago with the help of her husband, Brian Evans, whom she calls her greatest source of strength. "I have four great kids, and in my

life, family is first." But Karen cares about everyone's family. In her law practice, Karen focuses on practical family matters: wills, trusts/estate planning and solid counsel for the small-businessperson. Full of empathy, Karen is a good listener. "I'm motivated by making a difference in people's lives, contributing to their success," said Karen, who thrives on solving problems. "One of my best assets is I'll dig my heels in and fix the problem. I like the challenge of seeing things through to the end, and that's especially helpful with small businesses."

For the small business that cannot afford their own attorney, Karen counsels people in everything from how to incorporate to contract needs to collections to employment issues. With both a finance degree and a law degree from St. Mary's University in San Antonio, and almost 17 years experience representing a multitude

Business **NOW**

of companies, including national corporations, Karen Schroeder, Attorney at Law and Counselor, brings all the pertinent experience to the table — plus compassion. “My goals are to help small-business owners actualize their dreams, to improve the community in which I live, to better the lives of those with whom I interact and to help those who need my services to find justice, equality and respect,” Karen said. She grew up in Arlington and located her business in Mansfield because the community is strong-knit and family-oriented.

“I realized in my former banking career that people were unprepared and did not want to deal with what happened with their finances and assets after they have passed,” Karen said. She remembers watching her own cousin, a young mom living out-of-state, struggle with all sorts of tough decisions after her father died

“I like the challenge of seeing things through to the end, and that’s especially helpful with small businesses.”

unexpectedly, leaving no will or legal documents. “She didn’t know where his accounts were, didn’t know his wishes, didn’t know if he wanted to be cremated or buried, so she felt guilty,” Karen said. “You can take care of your loved ones by leaving a living will or putting in a good estate plan. That’s one less thing for your heirs to worry about in the grieving process.” Karen is offering a buy-one-get-one-free will and estate package in the months of November and December 2010 to help families protect the ones they love the most.

Combining estate planning with smart business planning is another specialty of Karen Schroeder, Attorney at Law and Counselor. “Beginning January 1, 2011, estate taxes are going to be 55 percent in estates worth over one million dollars,” Karen reminds people in those money ranges. “They should consider trusts. That’s especially a warning to small family businesses; some families might be forced to sell the small business in order to pay the tax man.” Wise advice from a woman who understands that sleeping well at night is important to everyone. **NOW**



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Once and For All

— By *Melissa Rawlins*



Bob stands sternly in the corner by the window, wearing nothing but a white T-shirt. The teenaged boy faces him and, on command from his learning therapist, calls out, “Shoulder,” and then hauls back his right fist and hits Bob squarely on his left pectoral. Bob teeters and then stands upright. Before the boy has a chance to catch his breath, he yells, “Stomach,” and hits Bob on the right hand side of his torso.

A special kind of teaching goes on in Lisa Crane’s schoolrooms. It is one-on-one. It is fun. It is intense. “I think there’s real value in sitting across from someone who’s watching how you’re thinking. I’m not a tutor. What I do is brain neuros,” said Lisa, who runs a center called Re-Wired to Learn where students of all ages come to Lisa for one-on-one activities, which will lessen or eliminate whatever learning problem holds the student back from living a richer life. While boxing Bob, the four-foot-tall mannequin, the teenage boy is actually strengthening his cognitive skills, remedying a math or reading problem.

“Athletes who aren’t thinking quickly, aren’t on their toes, can be helped with the work I do here. By boxing Bob’s bust, my older students move in at least four different directions while making their brain call out body parts,” said Lisa, pointing out the four quadrants of Bob’s torso that all meet at his sternum. “Here in the sensory motor integration lab, the smaller children also work on activities, which feel like play, but are allowing the information coming in through their senses to integrate better in their brains through movement: balance, coordination, attention, focus — all activities needed in order not to struggle.”



Ever since her youth in Wichita Falls, Lisa has followed her desire to help people with learning difficulties. “I remember in seventh grade, I would sneak out of the cafeteria to peek into Ms. Jesse Jackson’s special education room to watch her teach. When I got into high school, I asked her if I could be her cadet teacher, and so I taught alongside her,” said Lisa, adding, “The Lord had really laid it on my heart by the time I was probably 6, in the ’60s. I remember going to Six Flags, and a bus from the state school pulled up, and a little boy was looking at me. He stretched his hand out the window, and I walked up to touch

him. My mother yanked me away, told me never to speak to these people. I didn’t understand her reaction; this was just a little boy to me.”

Now, Lisa takes great joy in helping her students overcome their learning difficulties. Lisa’s three-step program reaches into the core of children, teens and also older adults, who are doing brain fitness activities. With help from her sister, Debbie Stone, Lisa started her learning center with the inspiration of Psalm 139. “Our motto is that you are fearfully and wonderfully made. God might have to fine-tune some stuff in order to help you take that gift into the world,” said Lisa, who gives the same activities to every age group — even to couples — but packages them in a way which everybody stays engaged.

The third part of learning therapy with Lisa is a trip to the sensory integration lab (where Bob waits by the window). Before that, the student spends not-so-quiet time in one-on-one sessions with Lisa, doing what she calls academic therapy. “What I’m doing is almost a lost art,” said Lisa, picking up a stop watch and a single sheet of paper covered with red and blue, up and down arrows each containing

Education **NOW**

one of two words: left or right. She gets her students to scan across the page while calling out the words or the directions or the colors, quickly. "It is not that I'm trying to teach the words or the directions, I'm trying to get your brain to start laying down neuro-pathways and take in information differently."

Before she can do that, Lisa finds out how her student's brain is currently working by testing her student's short-term memory, long-term memory, auditory processing, visual processing, processing speed, knowledge and comprehension, logic/reasoning and sensory-motor integration skills. "After the assessment, I develop a little plan to help the child develop into a lifelong learner."



After nurturing her own family during a 30-year career as an educator, school counselor and administrator in Mansfield and other Texas cities, Lisa is still challenging herself to learn! On fire to know more about how our brains sort information, Lisa just finished reading a book called *The Other Brain*. "In this book, a brain researcher at University of California Berkeley figures out that Einstein didn't have more brain cells than the rest of us, but he had more glia," Lisa said. "Most of us used to think the neurons and synapses were what mattered. But now we're seeing that chemical impulses are being carried around by the glia. Reading this book is so hopeful!"

Armed with experience, information and colorful tools like Bob, Lisa fulfills her passion every day in her learning center. "Now I have gone back to my roots, special education, and am really helping kids overcome weaknesses, hopefully once and for all." **NOW**



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In The Kitchen With Allison Libby-Thesing

— By Adam Walker

Allison Libby-Thesing is a mother and a photographer, who enjoys cooking “because it is something I can do to ensure my family is getting the best nutrition possible.” She likes to use fresh, organic ingredients from her produce co-op. She enjoys using garlic, especially paired with olive oil because it “is wonderful and adds great flavor to meals” and cumin because it has

that “wonderful smokey flavor you can add to almost anything.” She also loves basil. “We use it on almost everything — from salads to pasta. You can’t go wrong with fresh basil.” She likes to try different kinds of foods so life does not get boring. Allison enjoys letting her children help out measuring, pouring and making “sandwiches only a kid could love!” **NOW**



STUFFED ACORN SQUASH

2 acorn squash, each cut in half and seeded
Water (just enough to steam the squash)

2 1/2 tsp. olive oil

1 small onion, finely chopped

2 large stalks celery, finely chopped

1/8 tsp. crushed red pepper

Salt and pepper

1 can white kidney (cannellini) beans rinsed and drained

1 pkg. heat and serve precooked wild rice or 1 cup cooked brown rice

4 tsp. pine nuts

1/2 cup fresh basil leaves thinly sliced

1. Preheat oven to 375 F.
2. Line a 15 1/2 X 10 1/2 jelly roll pan with foil.
3. In a large microwave-safe dish, arrange squash halves in single layer, cut sides down. Pour water into bottom of pan. Microwave on high 9 to 11 minutes or until knife pierces flesh easily.
4. In a 12-in. skillet, heat 1 tsp. oil on medium-high until hot. Add onion, celery, crushed red pepper, and salt and pepper. Cook 4 to 5 minutes or until vegetables are tender and golden brown, stirring frequently. Remove from heat.
5. In a small bowl, mash 1/4 cup of beans with water.
6. Into vegetables in skillet, stir rice, mashed beans, whole beans, 2 tsp. of pine nuts and half of basil.
7. In prepared jelly-roll pan, arrange squash halves in single layer, cut side up. Brush with olive oil; salt and pepper each half. Divide bean mixture among squash cavities, pressing firmly into cavities and mounding on top.
8. Cover pan with foil; bake 15 minutes. Uncover and bake 5 to 7 minutes longer or until squash and vegetables are golden on top.
9. Garnish with remaining pine nuts and basil.

VEGAN AUTUMN HARVEST CASSEROLE

2 cups creamy Portobello mushroom soup

4 Tbsp. nutritional yeast flakes

1/4 tsp. salt

1/4 tsp. cayenne pepper

1/4 tsp. black pepper

1 zucchini

1 yellow squash

1 1/2 cups sliced mushrooms

1/2 cup corn

2 cups bulgur wheat

1 small can sliced black olives

1 eggplant

1 1/2 cups hot water

1 cup shredded vegan cheese

1. Preheat oven to 350 F.
2. Heat the Portobello mushroom soup on medium; add nutritional yeast flakes, salt, cayenne and black pepper.
3. While simmering, dice the zucchini and yellow squash; toss in a mixing bowl with mushrooms, corn, bulgur and olives. Slice eggplant. Place the mixture into 9 x 9-inch glass baking dish, layer with slices of eggplant.
4. Add hot water to the soup. Mix well and immediately pour over the mixture in the baking dish.
5. Cover the dish with aluminum foil and bake for 40-45 minutes. Remove dish from oven; reset oven to broil (high).
6. Top with vegan cheese. Place the dish back in the oven and broil for 5 minutes, or until the vegan cheese is bubbling. Let stand for 10 minutes before serving.

BUTTERNUT SQUASH AND CARROT SOUP

3 cups peeled, diced butternut squash

2 cups thinly sliced carrots

3/4 cup thinly sliced leeks or chopped onion

1 Tbsp. butter/margarine

2 14-oz. cans vegetable broth (or 1 box)

1/4 tsp. pepper

1/4 tsp. nutmeg

1/4 cup soy creamer

Sour cream (optional)

Toasted pumpkin seeds (optional)

Fresh tarragon or basil (optional)

1. In a large covered saucepan, cook squash, carrots and leeks in hot butter over medium heat, stirring occasionally.
2. Add broth. Bring to a boil; reduce heat; simmer covered for about 25-35 minutes or until vegetables are tender.
3. Place one-third of the squash mixture in a food processor or blender. Cover and process or blend until almost smooth. Repeat with remaining squash mixture, return to saucepan. Add pepper and nutmeg, bring just to boiling.
4. Add soy creamer, heat through.

5. If desired, garnish with sour cream, pumpkin seeds or herbs.

PUMPKIN HUMMUS

2 Tbsp. tahini

2 Tbsp. fresh lemon juice

1 tsp. ground cumin

1 tsp. olive oil

3/4 tsp. salt

1/8 tsp. ground pepper

1 15-oz. can pumpkin

1 garlic clove chopped

1 Tbsp. pumpkin seeds toasted (optional)

2 Tbsp. chopped flat leaf parsley

1. Place all ingredients except parsley into food processor; process until smooth.
2. Add parsley, pulse until blended.
3. Spoon hummus into a serving bowl, sprinkle with pumpkin seeds if desired. Serve with your favorite dipping food.

PUMPKIN DIP

1 1/2 cups powdered sugar

8 oz. Toffuti cream cheese (soy based)

15-oz. can of pumpkin pie filling

1 tsp. cinnamon

1 tsp. ginger

1. Cream together sugar and cream cheese.
2. Add remaining ingredients, blend well.
3. Store in refrigerator. Serve with dried green apple slices, graham crackers or apples.

MASHED CAULIFLOWER

1 head cauliflower

Soy milk, to taste

Butter, to taste

Salt, to taste

Pepper, to taste

Fresh basil or parsley

1. Cook cauliflower until very well done. Place 3/4 cooked cauliflower in blender with milk and butter, blend until smooth.
 2. Place in dish with remaining cauliflower and herbs. Salt and pepper to taste.
- NOTE: This is just like mashed potatoes but with cauliflower.*

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PROTECT YOUR SIGHT

— By Betty Tryon

Having diabetes may be difficult enough, but having complications from a disease that threatens your vision is far worse. People with diabetes face the possibility of having to manage complications resulting from that disease. One set of complications comes in the form of diabetic eye diseases. The most common one is diabetic retinopathy. Retinopathy refers to damage to the blood vessels in the retina. In diabetic retinopathy, those blood vessels become damaged because of high levels of glucose or sugar in the blood. Because the integrity of the blood vessels is no longer intact, they can leak fluid or bleed. In advanced cases, there is an abnormal growth of weak and fragile blood vessels on the retina. As the symptoms increase, light is prevented from reaching the retina; it is no longer able to function properly, and a healthy retina is necessary for you to see normally.

In the early stages, symptoms are mild, or they may not be noticeable at all. Some of the symptoms you may experience as the disease progresses are spots or floaters in the eye. As soon as you notice them in your vision, see your eye care specialist as quickly as possible. Blurred vision, a shadow in the visual field and poor night vision are all signs that the condition is progressing. If left untreated to advance to proliferative retinopathy [advanced stage], blindness can result.

If you have diabetes, awareness of any abnormal symptoms and a comprehensive dilated eye exam at least once a year is crucial to your visual health. A dilated eye exam allows the practitioner to have a closer inspection of the inside of your eyes. They can examine your retina and optic nerve for any problem areas. Other tests common to a yearly eye exam are, a test to measure your visual acuity at near and far distances using an eye chart and a tonometry test, which uses an instrument to



measure pressure inside the eye.

Anyone with diabetes is at risk for eye disease. If you have uncontrolled blood sugar levels, hypertension, high cholesterol, smoke or if you are pregnant, your risk is increased. The best way to treat this is to monitor your blood sugar level closely, watch your diet and eat healthy. Do not smoke and be sure to control your blood pressure. If you have diabetic retinopathy, there are a number of solutions to prevent blindness. Your eye care specialist can help. Seek their assistance early. Inaction may have dire consequences. Make sure you make decisions that you can live with. **NOW**

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



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Women Must Focus on Retirement Income

— By *Tim Bordelon*

Whether they are the breadwinner in their household or not, preparing for retirement should be extremely important to women. One item of planning that must be considered is the financial situation of the surviving spouse and what can be done to prepare for a potential shortfall.

Women survive their spouses more often than men. The Administration on Aging estimates that seven of 10 women will outlive their husbands¹, highlighting the need for retirement planning even more. Unfortunately, women are often at a disadvantage when it comes to resources available for retirement. The average woman spends nearly 15 years away from the workforce, while the average man will be away for 1.6 years. This translates into lower benefits from company pensions, 401(k) plans and Social Security.

Various estimates indicate expenses after the death of a husband will be 80 percent of what they had been when he was

alive. Unfortunately, a widow's income may likely be much less than that. Of all elderly persons with income below the poverty level, over 70 percent are women.¹ More than half were much better off financially before their husbands died.

Less time in the workforce may also mean fewer women qualify for health benefits. This can put an even greater burden on their retirement income. It is imperative for women to start saving now for their retirement, which can be accomplished through several savings vehicles. It is equally important to protect your nest egg through adequate life insurance coverage and insurance options should your health care needs change. Adequate planning for retirement and surviving a spouse can be a deciding factor in living comfortably.

Taking the time to examine household finances and planning carefully will help to ensure there are adequate means of support for either spouse during the golden years. Talk to a qualified individual about your retirement needs to prepare for and enjoy a comfortable retirement. **NOW**



Source:

1. "Older Women." Administration on Aging, 2000.

Tim Bordelon is a State Farm agent based in Mansfield.

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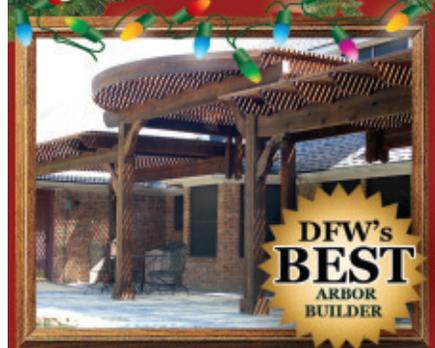
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READY TO PUT THOSE PERENNIALS TO BED?

— By Nancy Fenton



Now is the time to seriously think about fall and cooler weather. Central Texas usually gets its first freeze between the 15th of November and Thanksgiving. Those great perennials (plants that come back each year) will be even better next year with a little care now. Those that bloom in the spring need to be checked to make sure they are not too crowded. If so, they need to be thinned so they can grow to be large and luscious again.

Our most common perennial is the iris. Although it is tough, it can always benefit from a little care. Three to four years is about the longest they can just sit without care if you want them to thrive and bloom heavily. They do not die, but have to struggle for every drop of water

and food. A small handful of slow-release nitrogen on the irises will feed them through the winter and make them ready to “burst out” come spring. Be sure to pull the dead leaves and mulch back from the iris rhizomes to avoid rot and/or disease, which are typical for irises.

Brown “sticks” of much-loved blooming plants that freeze at the first cold snap need to be cut back severely — like into the ground. Leaving the dead foliage encourages disease, and you do not want that! Daisies, phlox and salvias can all be cut back without fear. A little balanced fertilizer and a light covering of mulch will protect the roots from cold and stimulate great growth next spring.

Crepe myrtles and other blooming

shrubs should have been trimmed just for shaping in late September. They can also benefit from a check on their mulches. Make sure your sprinkler system is winterized or drained and turned off. You may need to water just a little bit in the driest winters, but not enough to merit the chance of frozen systems. The ice fountains are lovely, but only if they are in someone else’s yard!

Enjoy the cooler weather! Get your cameras ready and start taking pictures now — the Master Gardener photo contest is coming. More information will be provided next month on how to enter. **NOW**

Nancy Fenton is a Master Gardener.

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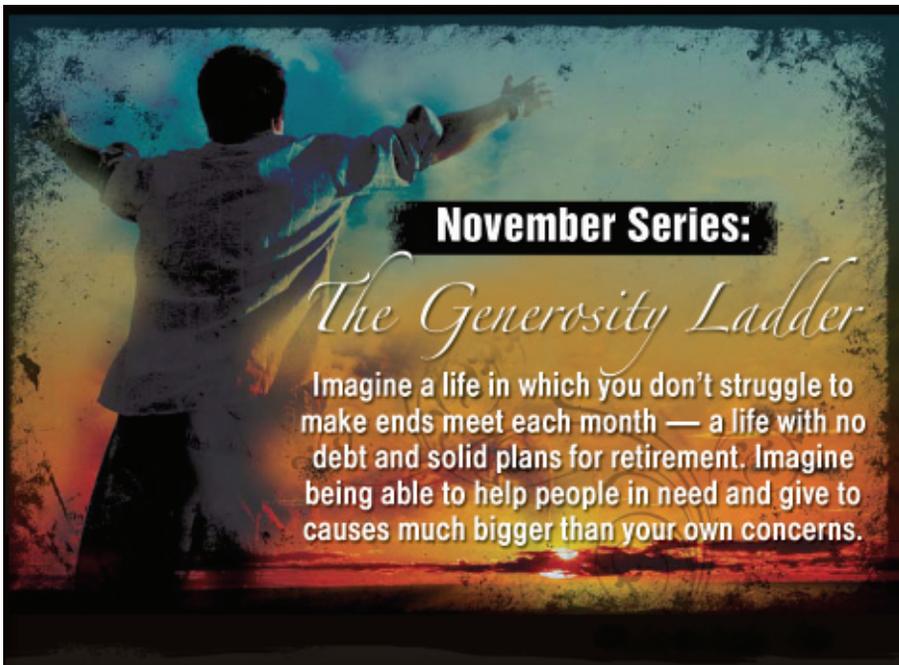
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AN OUTDOOR ADVENTURE

— By *Becky Walker*

The great outdoors! Something about autumn simply beckons nature lovers. Perhaps it is the cooler temperatures, coming as a pleasant relief to the extreme heat of Texas summers that draws people to pack up their camping gear and head for the country. Or maybe it is the nostalgia of sitting around a campfire and reliving childhood pleasures like roasting hot dogs and marshmallows and listening to someone play the guitar. If the idea of a weekend retreat or vacation in the wilderness appeals to you, you might want to consider Cleburne State Park. Sitting on 528 wooded acres, the park is rustic and beautiful, boasting cedar, oak, elm, mesquite, redbud, cottonwood, sycamore, ash and sumac trees. With so many varieties of trees, what better place to take your children to hunt for leaves to add to their collections or use as part of their school projects?

Spring-fed Cedar Lake provides many opportunities for fun and relaxation: swimming, fishing and boating. Fishermen will find crappie, bass, catfish, blue gill and red ear sunfish in the cool waters. The boating speed limit is five miles per hour and personal watercraft such as jet skis are not allowed, but paddleboats are available for rent. Or if photography is more to your liking, the scenery will provide ample opportunity

for being a shutter bug. The area is full of wildlife, including: white-tailed deer, turkey, duck, armadillo, squirrel, skunk, bobcat, coyote and beaver, to name a few species. A hike on one of the trails just might land you a once-in-a-lifetime photograph! If you prefer a more athletic activity, be sure to bring your mountain bike. The park offers five-and-a-half miles of mountain bike trails with varying levels of difficulty.

Cabins, RV hookups and tent campsites are available. Picnic tables, grills and fire rings are located at each campsite as well. A large up-to-date playground offers hours of fun for the children. And there is an amphitheater perfect for group sing-a-longs.

Cleburne State Park is located 10 miles southwest of Cleburne, Texas. From Hwy. 67, turn left onto Park Road 21 and go six miles. The park sits on land that was once a favorite hunting ground for American Indians. Cowboys used it as a camp site while driving cattle along the Chisholm Trail. As you enjoy the peaceful beauty of the area, allow your imagination to take you back to the days when the Indians hunted in the woods and the cowboys played *their* guitars by the campfire. **NOW**

Editor's Note: For more information, visit www.stateparks.com/Cleburne.html.



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Second Monday

Metro Beekeepers meeting: 6:30 – 8:30 p.m. United Cooperative Services Building, 2601 South I-35 W., Burleson. Items of interest to both novice and expert beekeepers in Texas will be presented. Contact Terry Botkin, (214) 837-7256, or visit www.metrobeekeepers.net.

Second and Fourth Mondays

Kiwanis Mansfield Afternoon Club meeting: 11:30 a.m. – 1:30 p.m. Fat Daddy's on Debbie Lane. For more information, contact Cheryl Litke, Secretary, (817) 453-5106.

Mansfield City Council meetings: 7:00 – 9:00 p.m. City Hall, 1200 East Broad Street. Call Vicki Collins at (817) 276-4204.

First and Third Tuesdays

Senior Dance: 7:00 – 9:30 p.m. Mansfield Activity Center gymnasium, 106 S. Wisteria. A different live band plays every week. Snacks are served during the fun. For more information, please call Suzanne Newman at (817) 453-5420.

Every Tuesday

The Rotary Club of Mansfield meeting: noon – 2:00 p.m. Springcreek BBQ, 1724 N. Hwy. 287. For more information, contact Danny Wilson, president, (972) 595-1778.

First and Third Wednesdays

Mansfield Network Group meeting: 9:00-10:00 a.m. The Tuscan Executive Suites, 601 Strada Circle, Mansfield. Contact John Boguski, (817) 939-5884.

Second Wednesday

Common Ground Network: 10:00 -11:00 a.m. Mansfield Chamber of Commerce, 114 N. Main Street. Monthly meeting of hearts and minds to coordinate local benevolence programs. For more information, call Susan Luttrell at (817) 473-6650, ext. 204, or visit www.commongroundmansfield.com.

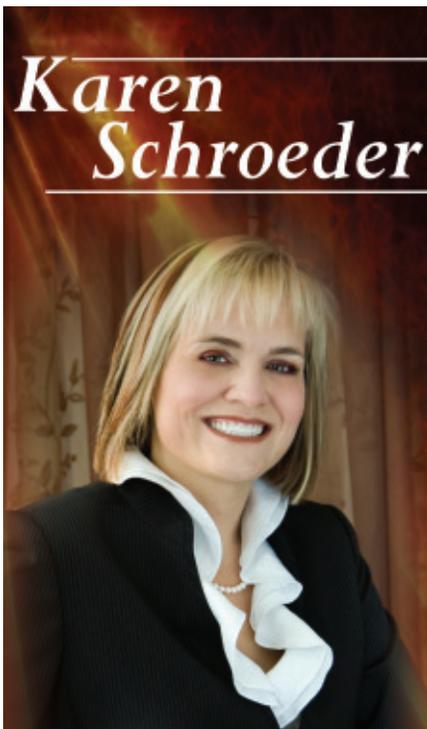
Third Wednesday

Ellis County Christian Women's Connection luncheon: 11:30 a.m.-1:00 p.m. Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost is \$13, inclusive. Nursery vouchers available for young children. Reservations preferred, but walk-ins welcome. Contact Kay at (972) 937-2807 or windchime423@yahoo.com.

Every Thursday

The Mansfield Sunrise Rotary meeting: 7:00 – 9:00 a.m. First United Methodist Church, 777 N. Walnut Creek Dr. For more information, contact Robert Putman, president, (817) 453-1616.

Food Distribution: Devotional at 10:30 a.m.; Serving begins at 11:00 a.m. – 1:00 p.m. Bisbee Baptist Church, 3001 Gertie Barrett Road



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Every Friday

Kiwanis Club of Mansfield meeting: 6:45 - 8:00 a.m. Methodist Mansfield Medical Center. For more information, contact Todd Simmons, past president, (817) 473-9645.

Every Saturday

Food Distribution: 9:00 a.m.-noon; St. Jude Catholic Church, 301 Graves Street, Mansfield. Accepting donations throughout the month. For more information, contact (682) 518-0366.

Improv Comedy Night: 8:00 p.m., After Hours Improv Theater, 100 N. College Street, Waxahachie. Local clubs are invited to utilize AHI Charity Nights to raise funds for their organization. Call (972) 937-9839 or visit www.AfterHoursImprov.com.

November 5-7

12th Annual Bob Noel Classic Tennis Tournament: Walnut Creek Country Club. Sponsored by The Kiwanis Club of Mansfield, proceeds from all entries benefit the Feed the Kids program and the Alzheimers Association. The Kiwanis Club of Mansfield will donate a \$1,000 Scholarship to a 2011 graduating senior of Mansfield ISD. Registration fees are: Singles \$28, Doubles & Mixed Doubles \$52 per team. For more information, contact Tournament Director Ernie Abraham, (817) 473-1311.

November 6

Lunch With Shauna Niequist: 12:30 to 2:00 p.m. Community of Hope United Methodist Church, 1800 E. Debbie Lane. Shauna Niequist shares thoughts on change, grace and learning the hard way from her book, *Bittersweet*. Lunch costs \$5. For information, e-mail kellie@communityofhope.com.



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November 16

Board Meeting for Mansfield Independent School District: 7:00 – 9:00 p.m., 605 E. Broad Street, Mansfield. Call Julie Moye at (817) 299-6382 for more information.

November 18

Rise n Shine Networking Event: 7:25 – 9:00 a.m. E-mail Tami at frontdesk@mansfieldchamber.org to reserve your \$2.00 spot and to learn where the networking event will be hosted.

Women's Division Networking Luncheon: 11:30 a.m. – 1:00 p.m. Walnut Creek Country Club, 1151 Country Club Drive. Hosted by Mansfield Chamber of Commerce, gives members an opportunity to network with other members and community guests plus enjoy informative and entertaining speakers and programs. Register via <http://www.mansfieldwomenschamber.com/lunches.php>.

November 24

Wake Up North Texas: 7:00 a.m. – 9:00 a.m. Aristide Event & Conference Center, 601 Strada, Suite 109, Mansfield. A Mansfield Chamber of Commerce networking event that only costs \$2.00 per person, for businesspeople from all around the DFW Metroplex. Contact Tami at frontdesk@mansfieldchamber.org for more information.

November 22-26

Thanksgiving Holiday: Schools in the Mansfield Independent School District will be closed.

December 3

Methodist Mansfield Auxiliary's Annual Holly Days: 8:30 a.m.-7:00 p.m. Methodist Mansfield Medical Center. Holly Days is the annual fundraising event sponsored by the Methodist Mansfield Auxiliary, benefiting the hospital. Dozens of vendors will turn the hospital's lobby and gift shop into a holiday shopping extravaganza. Proceeds from Holly Days benefit women's health. With the proceeds, the Auxiliary will purchase equipment for the OB-GYN doctors who deliver and operate at the hospital. For more information, call (682) 622-2085.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbcglobal.net.

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