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February 2009

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

Mansfield
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Editor's Note

Dear Friends,



It is February! For some, this is the month to celebrate Valentine's Day. For others, it is time for reflection and honor of Black History Month. During the ancient Roman times, February was the month that celebrated purification. It was a time to cleanse the soul, build bridges with neighbors and reconnect to the community. What a fabulous month indeed.

While we do reflect on our nation's history and remind our loved ones how special they are to us, why not also reach out to strangers? With the rush of the holiday season and celebration of the New Year behind us, it is so easy to slip into old routines. Take this month to reconnect with old friends, discover a new passion and give back to your community. Sometimes, it may be as simple as walking across the street to talk to a neighbor and lend a helping hand. As they say, "When in Mansfield ... do as the Romans!"

Yours truly,
Alex Allred
MansfieldNOW Editor

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Self-made Man

— By Alex Allred

This great nation was based on the idea that with hard work, true grit and perseverance, anything is possible. Overton Brooks is a living testament to the American dream. Though a deeply humble man with a quiet nature, Overton is not shy about his accomplishments. He is a self-made man and he knows it.

“My family was real poor,” he said, talking about his early years as a child in Wichita Falls, Texas. “I had no role models.” Yet by the time he was 9 years old, Overton understood and appreciated the value of a dollar. He would mow lawns, sell newspapers and do whatever he could to earn money.

Then I met this old gentleman at a trading post,” Overton recalled. The gentleman proved to be the role model Overton needed. T. Guy Willis, born in 1892, was known throughout Wichita Falls for trading animals. “He traded dogs, cows, pigs — if it was livestock, he traded it,” Overton said. Mr. Willis employed young Overton to cut grass for 25 cents a bale, and when he needed someone to show his Shetland ponies, Mr. Willis chose Overton. “Every Friday night, he would sell wild Shetland ponies, but what he needed was someone to break them and ride them,” Overton explained. At an offer of 50 cents per horse per day, the money seemed too good to be true.

“I wanted that 50 cents,” Overton smiled at the memory,

“but I didn’t know how to ride. He told me he would teach me how to ride.” What the old man did not tell Overton was

that he saw something special in the boy. Overton had a true gift for riding horses and “selling them” in the arena. In fact, Overton was so entertaining, Mr. Willis took to passing a hat around the arena and people would put in a dollar as they watched the young boy ride his heart out. After a good showing, Mr. Willis would give the hat full of cash to Overton.

By the time Overton was 13 years old, his skills had improved. As Mr. Willis eased out of the trading business, Overton was virtually adopted by the well-respected Watts family. Suddenly, Overton went from making 50 cents on wild ponies to 10 dollars a day, plus meals, working the Watts’ ranch. By the age of 14, Overton was working cattle, riding and breaking horses, driving trucks, picking up the manifest and acting as F.M. Watts’ right-hand man.

Mr. Watts, Overton said, “was an exceptional mentor. He taught me to have a firm handshake, how to look people in the eye and to be punctual.” There were adverse affects of

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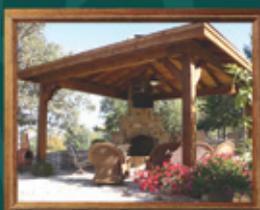
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this special treatment, however. “I really couldn’t communicate with other kids,” Overton admitted. Much of his childhood had been spent working with and for two older white gentlemen who saw tremendous potential in him. “But when I went back to my own culture [African-American],” Overton said, “well, kids can be so cruel. I was accused of wanting to leave my culture. I never lost sight of who I am,” but he always knew he wanted to be successful.

During the 1960s, it must have been quite a sight to see an older white couple in constant company of a young black man, “but no one ever talked

Overton had a true gift for riding horses and “selling them” in the arena.

about it,” Overton mused. Although there were a few instances, Overton is remarkably positive about his memories, including the time he attended a livestock show in rural Texas. While he prepared the animals, he could hear some white boys close to his own age talking about him. They had never seen a boy of color before. “But there was no racism or hatred,” Overton said. “They were just curious.” As one of the boys eased over to greet Overton, it was quickly determined that Overton was “OK.”

“Just a little bit of communication was all we needed,” Overton smiled. Unwittingly, while Overton had been in search for role models early in his life, he served as one himself. Throughout his life, he has continued to break down barriers, defying the odds and taking on new challenges that few people would have the courage to do.



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By the age of 18, Overton took a leap of faith and traveled to Fort Worth, Texas, to meet a man he barely knew — his father. His father had arranged for Overton to work as a roofer with his company. Nervous about the boy's work ethic, he had lectured his son extensively about punctuality and discipline, but within the first hour of being on the job, there was a new concern: Overton was making everyone else look bad.

As it happened, the roof Overton worked on belonged to the General Motors (GM) plant. GM had a boxing program that enticed the energetic



Overton. When he began winning bout after bout, garnering great publicity for the company, Overton was hired by GM. He would go on to compete in three national lightweight competitions before he turned his focus back to his real passion — training horses.

At the tender age of 19, Overton had earned such a tremendous reputation as a horse trainer, a waiting list was created of horse owners in need of his talent. "But the funny thing was," Overton almost laughed, "I wasn't even looking to do that anymore." While working as a roofer and training for the boxing team, his old mentor contacted Overton. "Mr. Watts had these two prized horses that he wanted me to train," he remembered. Although Overton tried to argue with the man that perhaps there was another trainer



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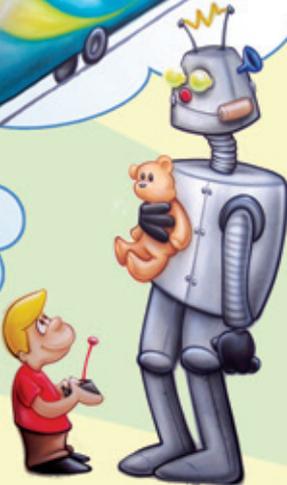
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closer to his Wichita Falls' ranch, Mr. Watts was insistent. He wanted Overton. A horse stable was rented and the horses were sent to Overton to train. As fellow boarders looked on, more and more horse owners signed up for the waiting list that Overton had not even known existed.

It was the beginning of a lucrative career and temporarily, Overton was juggling three jobs. Mr. Watts did not intend to overwhelm his young friend, "He wanted me to be all that I can be!" Overton expressed.

The list of awards bestowed upon him is long; perhaps the award he is most proud of was one given by the



"A horse stable was rented and the horses were sent to Overton to train."

United Auto Workers National Civil Rights Department. Overton "Cowboy" Brooks was given tribute for his "community involvement and dedication to the cause of Civil Rights and Human Rights."

On October 1, 2007, Overton retired from GM after 35 years of service to turn his full attention back to horse training. The irony, of course, is that Overton has come full circle to where he started over 40 years ago, but this time around, he has both given and received the greatest gift there is — respect. **NOW**



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AT HOME WITH

Brad and Sherry Pilling

The home and lives of Brad and Sherry Pilling tell a story of faith, family and friends. Their story reveals a network of close relationships that have carried them and their three children from the beaches of Florida and South Texas to a quiet neighborhood and cul-de-sac in Mansfield. Before moving to the area, Sherry recalled, “I was in a Bible study, and we were praying about where we should move. We were considering all of the popular areas in the metroplex like Grapevine and Colleyville.”

Moving was not that easy for the Pillings. “We lived in Waco, owned a home in Houston and ended up moving to Mansfield, into a little house just a few miles from this one,” Sherry said. After five years in their first Mansfield home, which they had grown to love, the couple began looking for a spot to build a larger home with the help of



Sherry's interior decorator and close friend, Irene Titera. They had another friend, a Creekoid builder from Keller, who asked if they were interested in buying a lot. They jokingly said, "Sure, this one," and mentioned the lot they currently live on. Both were surprised at the developer's response. "OK, I'll save it for you," he said. The rest is history, and in 2003, the Pilling's four-bedroom, three-and-a-half bath home with an upstairs media room was complete. This was only the beginning,



as the home tells a much deeper story, one that is written on its walls.

Brad is an account executive for the New Jersey based national property management company that moved him to Mansfield, and Sherry is a spa director at Planet Beach Contempo. They spend much of their free time entertaining friends and lots of children. Of their three children — Austin, 18, Bryce, 15 and Alexa, 12 — the two youngest still live at home. Sherry mentioned, "With Austin gone to college, it feels like we're in the beginning stages of being empty nesters." A stay-at-home mother when the kids were young, Sherry has captured memories of those days through artwork displayed in the front sitting room. Three hand-sketched pictures hang on the walls, one of each of the children at the ages they were when the family first moved to

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Mansfield 10 years earlier. It serves as a time capsule of their lives since relocating to the area.

The backyard is its own luxurious getaway. It is built to look like a boat dock. Brad designed it using inspiration from their Florida days as a young couple. "You really have to be a visionary to see what we're seeing now," Brad said about the large pond nestled virtually in the Pilling's backyard. "It was like a mud pit before," said Sherry, about the

project to turn the empty land into a community park that borders their deck and pool. There is a large fountain in the middle of the pond and wildlife includes egrets, ducks and fish that can be caught and released by community residents. "I love it in the early mornings when I can look out at the fountain from our kitchen and it's all lit up," Sherry said.

In addition to a picturesque waterfront view, grandiose arches and Mediterranean

architecture greet visitors at the door. "We wanted our home to feel like a retreat," Brad said. They definitely accomplished that goal, with a floor plan they picked out in Florida. Brad had a custom homebuilder in Keller adapt the plan, Texas style. To make it their own, they added a fireplace and huge archways throughout the house. Wall-to-wall windows face the deck. From some angles it looks like the natural stone pool is spilling over into

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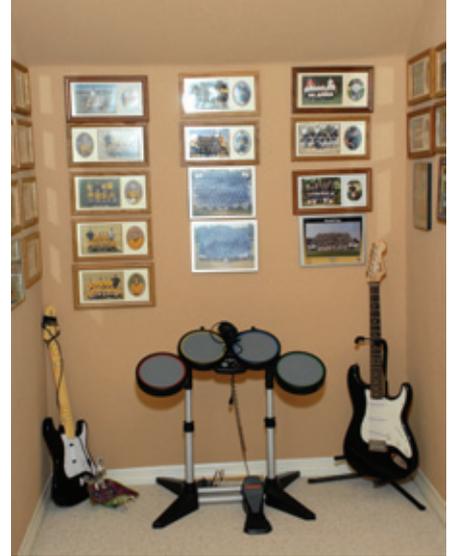


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buildings line the seashore and ascend up the side of a painted mountain. "Just around the bend is our villa," Sherry joked, pointing to a detail in the artwork. "She even put palm trees in it for us," Brad said. Three compiled photographs inspired the mural, and, Sherry opined, "It is one of the best pieces she's ever done."



Sherry's friendship with Irene began when the designer helped the Pillings decorate their first Creekoid home. For Sherry, the mural is a picture of hope painted during a time of sadness in the artist's personal life. "While Irene was working on this piece, her 18-year-old son, Christian, was in the hospital with a brain tumor," Sherry said. "He would tell his mom that she needed to go paint, to get away from it all for a while."



Christian knew it was Irene's passion. One of Sherry's prayers was that God would give hope in every situation, and Irene's hope was for the future.

Today, the artist and mother of five sons has a grandson named in memory and honor of Christian. The mural, not just a painting, but a piece of herself, will remain in the Pilling's

home and hearts for a long time to come.

Brad and Sherry's three children each have custom murals in their bedrooms as well.

Austin, who journeyed to college this fall and loves to surf, has a mural in shades of blue of a surfer embraced by sea and sky on all four sides. Alexa's room has a painting of a puppy and horses detailed on her bathroom wall,



while Bryce's room is a jungle scene with glow-in-the-dark eyes lurking out from the forest. The family room's ceiling captures a design inspired by the kitchen tiles and also pulls in the nautical theme from the outside deck.

Each room is unique, with so much meaning for Brad and Sherry. Perhaps their Mansfield beach house is a teaser for an actual Florida beach home one day when their empty nesting is complete. **NOW**

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Stepping Stones *to* Creativity

— By Mary Pritchard

At the Mansfield Activity Center (MAC), men and women stand or sit at tables in Carolee Neuman's class on Monday and Thursday mornings, happily engaged in creating stained glass mosaics that will eventually become stepping stones or even wall hangings. "Stepping stones are just part of what we do here," Carolee explained. "Most of the people who come here are very creative, or become creative. We make a lot of porcelain dolls and ceramics, too."

Carolee continued, "The MAC is a great place. This class started out as a senior activity, but anyone who wants to work can come to my classes. One summer, a 9-year-old boy came with his grandmother. He made a beautiful stepping stone of an eagle and the American flag. We also had a quite, elderly man who did a great job on a stepping stone of Texas with bluebonnets on it."

When the youngster took his creation home, his mother placed it in a flower bed near the front door. Sadly, it was stolen that night. Even though he lost his stepping stone,

Carolee holds great satisfaction in knowing that the young boy walked away with a talent. All too often, people are afraid to test their own creativity. Helping them to do that, is one of Carolee's gifts.

Carolee has been at the MAC for seven years as a volunteer. In the spring of 2008, she received the Volunteer Award of the Year at a Parks Department reception honoring volunteers. "I don't know why," she said modestly. "There are lots of people around here who do as much as I do."

She has made many stepping stones for friends. "Someone comes to my house and sees one of mine and asks me to make one like it for them. 'Just take that one,' I say," Carolee laughed.

A 4-foot by 4-foot stone of the state of Texas with the PGA golf symbol in the middle was another major project she tackled for a friend. "My friend, Fran Henry, and I got a piece of plywood and cut it in the form of the state of Texas. Then we purchased plastic flower bed edging and nailed it to the plywood to make the sides of the mold," she explained.

“Once the completed stained glass design was laid in the bottom of the mold, we got a small cement mixer, mixed 250 pounds of cement and poured it into the mold over the glass design. We did this on the sidewalk near the bed where the stone was to be placed.” The large piece was reinforced with rebar, while chicken wire reinforced the smaller stones. “We let it cure for three days, then got three strong men to flip it into place near the front door of the house. It worked great,” Carolee smiled.

“Most of the people who come here are very creative, or become creative.”

Most stepping stones are much smaller than the PGA Texas stone; usually 12 inches across, with the largest being 18 inches. Carolee explained that all stepping stones have to be made upside down; therefore, the creator has to be sure of the design placement before pouring it in cement so it will look right when it comes out of the mold. “We have one state mold, Texas, and we have rectangular, round and cross-shaped molds,” she said.

“At the MAC,” Carolee went on, “we’ve made stepping stones for most Texas colleges including Texas A&M and UTA (University of Texas at Arlington).” In addition, they have completed stones for colleges in Oklahoma, one in New Mexico and for the University of Colorado. “We even made one for a person in Vermont,” she noted.

Interestingly, several people have made stepping stones as grave markers for loved ones. “I tell people who are making markers to put in the name of the person being honored. If they put ‘Mother’ or ‘Father,’ it will soon be stolen,” Carolee said. “People also make

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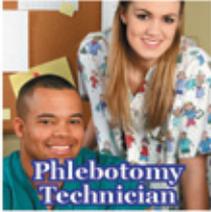
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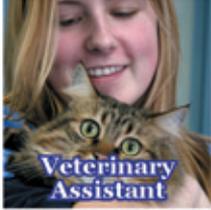


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markers for deceased pets," she added.

The class also has shapes for making mosaic edging for flower beds. "I have mosaic edging around my bird bath," Carolee said. Experience has proven how endless the possibilities are. Once people start working, they realize they are creative. "Stepping stones are cemented," Carolee pointed out, "but



some people who come here want to make stained glass mosaics for table tops. Those are grouted."

When she retired from her nursing career, Carolee began taking a ceramics class at the old Senior Center which was a house with a big porch. "A woman came in one day and asked if we would like to learn to make stepping stones. There wasn't enough space in our ceramics room, so we had to work on the stepping stones on the porch. We've learned our current methods and tricks by trial and error," she explained.

When the new MAC building opened seven years ago, the group was given a room with plenty of space, although they share it with other groups on the days when Carolee's class does not meet. "For a small fee," Carolee smiled, "you, too, can make your first stone." After seeing the results, who would pass up such an opportunity to create? **NO WAY!**

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The Power of Believing

— By Alex Allred

As Richard Rendon speaks about his team, there is no missing the pride he feels about them. As a seasoned athlete himself, Richard understands the dedication and strength required to be a powerlifter. In high school, Richard was introduced to the sport as a junior and excelled so much that after he graduated from Texas Tech University, earning his teaching degree in sports science, he returned to his high school alma mater to coach.

“My old coach hired me on as a powerlifting and football coach,” Richard said. It was the beginning of many great things to come. When he and his wife, Melissa, began looking around at other school districts, they found Timberview

High School in Mansfield, Texas. “Melissa’s parents live in Houston and my parents live in Lubbock, so we knew we wanted something in between,” he explained. Richard and Melissa, both Spanish teachers, hoped to teach in the same school district.

The timing was perfect. As Timberview was opening its doors, Melissa and Richard were hired to teach Spanish. Today, Melissa is head of the Spanish department, while Richard works as the assistant coach for the boys junior varsity and varsity football team “for the defensive line” as well as a powerlifting coach.

During his first year, Richard worked as an assistant powerlifting coach, diligently recruiting students and trying to get the word out. With just nine students, Richard went to work, busily teaching proper techniques and dispelling old myths about powerlifting and bulking up.

“The second year,” Richard said, “I took over and made announcements to the students. For anyone interested, there was a meeting in my room, and before you knew it, we had the biggest team in the metroplex!”

Indeed, it was exciting news as his powerlifters are not male, but female. “We were 26 [team members] strong. Every time we would go to meets, we took two teams,” he explained.

While Timberview was busy making a name for itself in the sports world, more important things were happening among the students. “The girls started to see how strong they really are,” Richard said proudly. “A lot of these girls would come in and think they couldn’t lift the bar, which weighs 45

pounds. They just aren't aware of how strong their bodies really are, but once they realize they can lift it, the sky is the limit."

Although he had been aware of female powerlifters in high school, Richard conceded that he has learned many things from his female athletes. Laughing, he admitted that learning patience tops the list. Because so many females have been conditioned to think that weight lifting is only for boys, Richard not only had to teach the girls how and what to lift, but also make them believe in themselves. As their coach, mentor and cheerleader, incredible things began to happen with his "guys." In the program's second year, Timberview took third at regionals, "and the next year, we had our first state champion," Richard said. In fact, when his powerlifter Kaunica Byrd won the state championship, she was Timberview High School's first state champion in any sport.

Last year, under Richard's leadership, the Timberview girls' powerlifting team went on to finish first in the region with one state champion, Tia Mann, and two runners up. What is most astounding are the numbers his athletes are putting up. Senior Tia Mann bench pressed 220 pounds, while Senior Ottavia Wilson squatted 400 pounds and performed a deadlift with 420 pounds.

"The thing that amazes me so much about these girls," he said, "is the amount of dedication they have. They put so much into this sport."

While many male coaches might have walked away from the prospect of coaching girls' powerlifting, Richard has broken down barriers and made his young charges believe in themselves. "It's great to see how much self-esteem and confidence they have now," Richard said, adding, "and, it's funny — a lot of the boys are surprised by how strong some of these girls are! The boys have a lot of respect for these girls."

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The girls' confident attitudes most certainly carry over to everyday life. While powerlifting does not offer the kind of athletic scholarship opportunities as basketball or volleyball, girls are lining up to compete. "It keeps them out of trouble," Richard laughed humbly. The truth, however, is that Coach Rendon has taught the girls how strong they can be and the long-term ramifications are amazing.

Relationships among friends and family, respect given to teachers and even how one walks down a crowded high school hallway, according to Richard, have everything to do with



the self-esteem that comes from believing in oneself. With his two state champion runners up, Canisha Hill and Nakoya Jones, rejoining the squad for their senior year, "I think this is going to be another good year," Richard predicted.

Now entering his fifth year with Timberview, Richard is also coaching the boys' powerlifting team for the first time as head coach. Instead of the typical divisive boys versus girls attitude, Richard's coaching philosophy is simple: Our strength is our unity. **NOW**

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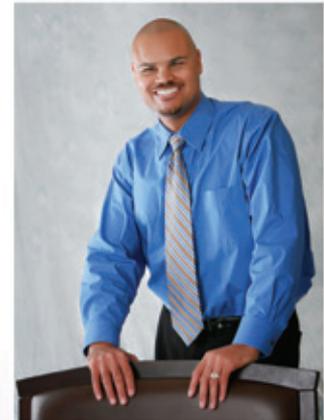
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The Business of Caring

— By Alex Allred

When Marsha Proctor attended the University of Texas at Austin, the goal had been to earn her degree in chemistry with a special emphasis on medicinal chemistry. Never had she believed she would one day be sitting on the front porch of a near stranger, treating him for a serious foot infection and discussing cornfields and the changing of seasons.

“Once I was out in the work field,” Marsha said, “it was a lot different from what you learn in theory or practice in school, and I knew there had to be something better.”

After changing majors and earning a degree in pharmaceutical science, Marsha worked as what she terms a “floating pharmacist” around the Dallas/Fort Worth metroplex, working with a variety of hospitals and clinics. She quickly became disenchanted with how “patient care has fallen through the cracks.” All too often, patients were

secondary to business models and insurance paperwork.

Her concern grew as she saw a large number of patients who already had a compromised immune system through infection or disease further expose themselves to other germs each time they made a hospital visit that could have been easily avoided. For patients in need of an infusion or injection, fighting anything from a staph infection, diabetes or multiple sclerosis to battling cancer, “I wanted to offer an alternative, a better kind of service,” Marsha said. Enter Infusion Services.

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to provide the highest quality health care and most cost effective services “for you to recover in your own environment,” and it is more than just lip service. Since the company’s inception, Marsha has spent countless hours meeting patients when and where she can.

It was when a college friend teasingly challenged Marsha to take a few pharmaceutical courses that she discovered her passion. This incredibly intelligent but once introverted chemist realized that she could do so much more with chemistry and the health care industry working with people, “rather than behind the machines,” she said.

Today, Marsha continues to work in the Fort Worth area as she builds a reputation among physicians and local hospitals in Mansfield. However, word of mouth among patients has been her greatest recourse as her patients see firsthand how far Marsha will go to

bring them comfort and treatment.

With her husband, Ha Vo, working alongside her as office manager, Marsha and her staff of five have already experienced wonderful success stories. In celebration of Infusion Services' first anniversary, Marsha proudly watched as a favorite client went from a wheelchair to a cane to the promise that he would one day run. "Whenever they [patients] need me," Marsha smiled, "I want them to know I will be there."

According to Marsha, true care giving can be something as simple as sitting on one's porch, watching corn from



across the street. While one of her patients received an infusion, corn was the topic of conversation, yet the message Marsha sent was far more meaningful. The health and welfare of her patients are her greatest passion.

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Making History ... as a Loser

— By Alex Allred

The premise behind the mega-hit television show *The Biggest Loser* was to have a group of clinically obese people burn calories, lose inches and transform their bodies through exhaustive exercise and physical challenges while a nation cheered them on. It is a television show that has changed the way we see weight loss in America. Well, before the show ever made its debut, Dr. Lewis Pincus was railing against soaring obesity rates in the U.S.

Today, Dr. Pincus is the medical director of the Methodist Weight Management Institute and one of the more exciting, innovative professionals working at the Methodist Mansfield Medical Center. While he is humble about his own contributions to the weight loss movement, his passion for people and better health cannot be denied.

“He has already helped more than 1,000 patients with lifelong weight loss,” said Angel Biasatti, director of community relations and marketing for Methodist Mansfield Medical Center. “Working with people to help them become healthier is his gift.”

In fact, Dr. Pincus had always known he wanted to work in the medical field. By the early 1980s, as he began working as an internist in Fort Worth, he began to notice a trend. “More and more people were getting bigger and bigger,” he said. However, it was when his own father had a heart attack at the age of 55, that Dr. Pincus took a closer look at the typical American lifestyle. He began to research and create a weight loss program that treated the whole body,

including education about nutrition, exercise, medicine and what he calls, “the molecular basis for inner healing.”

His fellow doctors, however, did not understand this new interest. “The men and women who trained me,” Dr. Pincus laughed at the memory, “thought it was a waste of a good



internist, and they threw up their arms.”

In actuality, Dr. Pincus is a pioneer. In the '80s, when liquid diets, fasting and trendy workouts that required an embarrassing amount of spandex were all the rage, Dr. Pincus applied his training as an internist to the idea of treating the whole person. “Obesity was on the rise,” he said. “We were, and still are, conditioned to think that obesity is our fault, but when you have an epidemic, there comes a point where blaming people is counterproductive. We must look at what causes this.”

“Our culture has changed,” he continued. “Biology has not. We were designed to live and eat and move in the Garden of Eden. Now, we live in the Olive Garden.”



Fortunately, the medical community has caught up to Dr. Pincus and has joined him in treating the whole person, but there are new issues that concern the doctor. While he is quick to point out that there are certainly times when surgical procedures are both beneficial and required for lifestyle changes and recovery,

“non-surgical weight loss is the most ideal solution,” he noted. Because a lifestyle change is needed, Dr. Pincus demands that the whole body is treated. Personal habits, exercise routines, dietary needs and self-worth cannot be fully addressed through surgical procedures.

It is for this reason that Dr. Pincus is a big fan of *The Biggest Loser*. While America picks and chooses favorite contestants on the reality show, “we are watching role models,” he said. It is also for this reason that Dr. Pincus, with the help of Methodist Mansfield Medical Center, inspired coaches from four Mansfield High Schools to participate in their very own Biggest Loser contest.

“We thought it would be a great

Education **NOW**

place to make a statement to young people,” he said of the coaches. While students watched their coaches lose weight, it became a community cause as one high school was pitted against another. Four representatives from each high school went through a battery of tests, checking cholesterol levels, body mass index (BMI) and blood pressure, as well as the required weekly weigh-ins. While the ultimate prize was \$3,500 worth of student scholarships, the long-term ramifications cannot be measured. During the 10-week competition, students were able to watch their coaches take control of such serious issues as high blood pressure, diabetes and elevated cholesterol. “What they [the students] are seeing is that there is no quick fix,” Dr. Pincus said.

As is his nature, Dr. Pincus is quick to credit others for their successes. “None of this would be possible,” he said, “without the MISD [Mansfield Independent School District] coaches and the hospital. I see some exciting things happening for Mansfield!”

“That’s Dr. Pincus,” Angel said. “He won’t tell you how much time, energy and passion he has invested in the Coaches’ Weight Loss Challenge. The reason he has such a phenomenal success rate is because he individualizes his programs for people. He genuinely cares about them and their health.”

In fact, along with his wife, Ellen, a registered dietitian with the MISD, the Pincus’ have published the weight loss and wellness program, *To Live!*, and conduct workshops for those serious about losing weight and taking charge of their lives again.

Although Dr. Pincus may not have been the one to coin the phrase “Biggest Loser,” he has been a foremost pioneer in the medical community and a great champion for the future.

*Editor’s Note: To see photos and results of the coaches’ weight loss challenge, visit www.coacheschallenge.org. **NOW***

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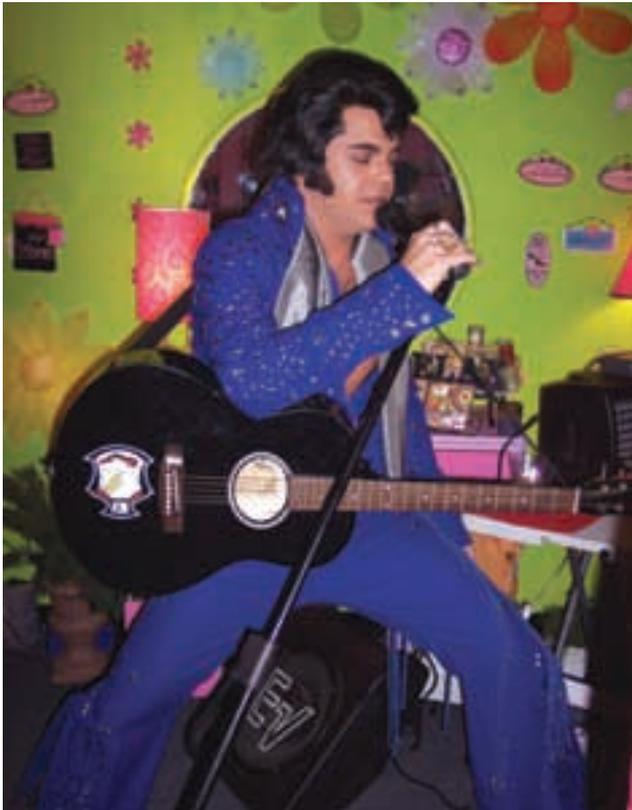
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Ribbon cuttings were held at: Scholotzky's, top left; Conrad Creative, third row right; and American National Bank of Texas, bottom right. Cub Scouts from Pack 534, top right, braved the cold to make their pinewood derby cars. Elvis impersonator David Allen, bottom left, recently performed at Pink Kisses Boutique. David Allen, as Elvis, second row right, posed with a group from Pink Kisses Boutique.



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Girl Scouts Shannon Scott, Kenzie Mullins and Audrey White, top left, from Troop 2181 sold cookies in the cold weather. Mansfield Legacy's girls varsity basketball team, top right, posed for a photo along with Coach Amy Tennyson. Second-graders from team Mansfield Heat, bottom left, posed with Coach Carlisle and Coach Rogan. Katlyn Marie, bottom center, played hopscotch at Wester Middle School. Several individuals, second row right, attended the Elvis "Alive and Kicking" event. Kristan Long (scooping popcorn), Kayla Whitley and Art Guerrero, bottom right, dole out popcorn at C's Popcorn.



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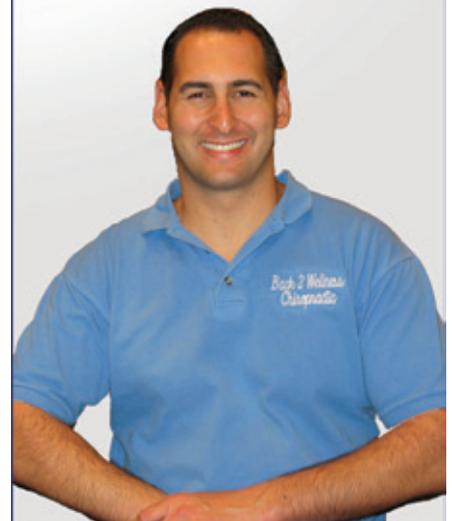


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Look Who's Cooking

— By Faith Browning



IN THE KITCHEN WITH MELISSA PENCE

Cooking has always been of great interest to Melissa, and now she has taken her interest to a completely new level. “I am attending The Culinary School of Fort Worth,” she explained. “Hopefully, I will get my certificate early next year.” With this bold endeavor, Melissa has the loving support of her husband, Wade, and their three children, Lauren, David and Tori. “My family loves it when I cook,” she said. “They especially love to taste the result of my hard work in the kitchen.”

When Melissa is not creating wonderful dishes and memories in her kitchen, she is outside enjoying time with friends and family. “I love to go boating, skiing and tubing with my family and friends,” she stated. “I also play coed volleyball and I trained to walk the White Rock half marathon in December.” **NOW**

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

GUACAMOLE

4 - 5 Haas avocados
cilantro, to taste
1/2 purple onion, chopped finely
1/2 - whole jalapeño pepper (depending on how hot you like it)
fresh lemon, to taste
salt and pepper, to taste

Scoop out avocados in large bowl. Chop up enough cilantro to your taste; I happen to love cilantro so the more the better. Chop onion. Seed jalapeño; chop fine. Add all to avocados; squeeze fresh lemon and add salt and pepper to your liking. Mash all together to desired consistency.

BAKED GERMAN CHOCOLATE LAYERED BROWNIES

BATTER:

1 lb. semisweet chocolate
1 lb. 4. oz. butter

.05 fl. oz. good vanilla extract
12 eggs
1/2 tsp. salt
2 lbs. granulated sugar
2 oz. cocoa powder
14 oz. all-purpose flour
1 lb. pecans, chopped
TOPPING:
12 oz. unsalted butter
12 oz. shredded coconut
4 tsp. coconut flavoring
4 tsp. good vanilla extract
1 lb. 4 oz. powdered sugar
1 lb. 8 oz. cream cheese, softened

Melt the chocolate and butter together. Stir in the vanilla extract, set aside. Beat eggs, salt and granulated sugar together in another bowl. In a large bowl, stir together the cocoa powder, flour and pecans. Add the egg mixture to the flour; stir in melted chocolate. Pour the batter into a greased and floured sheet pan, spreading evenly. To make the topping, melt the butter in a large

saucepan; stir in coconut, coconut flavoring, vanilla and powdered sugar. Cook over low heat until the sugar has dissolved and the mixture is creamy. Cream the cream cheese in a mixer or food processor. Add the hot butter mixture and blend until no lumps of cheese remain. Immediately spoon the topping over the unbaked chocolate batter. Spread the topping into a thin layer using an offset spatula. Bake at 300 F until the center has set and the surface is golden brown, approximately 1 hour. Cool, then wrap and chill overnight before cutting into 2-inch squares. Yields 8 dozen.

SAVORY HAM CHEESECAKE

3 cups oyster crackers, crushed
1 cup grated Parmesan cheese
1/3 cup butter, melted

FILLING:

4 8-oz. pkg. cream cheese, softened

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Who's Cooking **NOW**

- 4 eggs, lightly beaten
- 2 cups fully cooked ham, finely chopped
- 2 cups Swiss cheese, shredded
- 1/3 cup chives, snipped
- 1/4 cup fresh basil, minced
- 1/4 tsp. salt
- 1/4 tsp. white pepper
- assorted crackers

In a large bowl, combine the oyster cracker crumbs, Parmesan cheese and butter. Set aside 1/4 cup for topping. Press remaining crumb mixture onto the bottom of a greased 9-inch spring form pan and 2 inches up the sides. Cover and refrigerate for at least 30 minutes. In a large bowl, beat cream cheese and eggs on low speed just until combined (mixture will be thick). Add ham, Swiss cheese, chives, basil, salt and pepper; beat just until combined. Pour into crust mixture. Place pan on a baking sheet. Bake for 60-70 minutes at 325 F, or until filling is almost set. Turn oven off. Leave cheesecake in oven with the door ajar for 30 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool for 1 hour longer. Refrigerate overnight. Remove sides of pan. Serve chilled or at room temperature with crackers.

TRIPLE TOMATO PENNE

- 1 lb. penne pasta
- 2 medium tomatoes, diced
- 4 oil-packed sun-dried tomatoes
- 2 Tbsp. tomato paste
- 4 large basil leaves
- 1 garlic clove
- 1/3 cup extra-virgin olive oil
- Kosher salt and freshly ground pepper, to taste

In large pot of boiling water, cook penne pasta until al dente. In a blender, puree the diced and sun-dried tomatoes with tomato paste, basil, garlic and olive oil. Pour the sauce into a large bowl; season with salt and pepper. Drain pasta; add to sauce and toss well to coat. Serve hot.

WATERMELON SALAD WITH FETA

- 1/4 cup extra-virgin olive oil
- 1 1/2 Tbsp. fresh lemon juice
- salt and freshly ground pepper, to taste
- 1 1/2 lbs. seedless watermelon, rind removed, sliced 1/4-inch thick
- 1/2 small red onion, chopped
- 1/4 cup parsley, coarsely chopped
- 1/4 cup pitted black olives, coarsely chopped
- 1/2 cup feta cheese, crumbled

For the dressing, whisk olive oil with lemon juice in a small bowl and season with salt and pepper. Arrange the watermelon slices on a platter; sprinkle with onion, parsley, olives and feta. Drizzle the dressing on top and serve.

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Children's Dental Health

— By Betty Tryon, R.N.

Is there anything sweeter than the sight of a child with a big smile on his or her face? Even if the smile has a few empty holes, it is still a beautiful thing to behold. If the empty spaces in the mouth are because of the normal growing process — no problem. However, if the empty spaces are because of tooth decay, there is a big problem. Dental care for children starts as soon as that first tooth proudly pushes its way to light. This does not mean parents need to rush their babies to the dentist; it means there is another element to childcare that needs to be addressed.

The American Dental Association recommends dental appointments begin when your child is 1 year old.

In the beginning, a moist washcloth cleans those tiny pearls just fine. When more teeth emerge, switch to a child's toothbrush with soft bristles. Do not use toothpaste until you are confident your child will not swallow it. This usually happens around 2 years of age. Only a very small amount of toothpaste is necessary. Toothbrushes should be replaced every three months. When your child is older, teach them how to floss. Include this as part of the overall dental health regime. Starting this routine when the child is very young habituates them to a lifetime of good health practices.

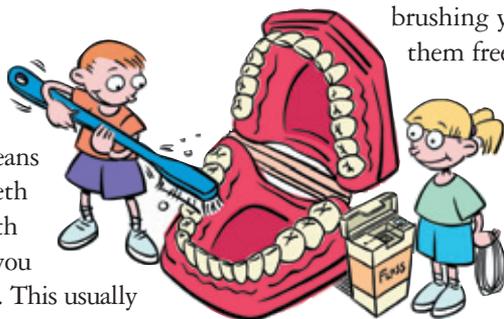
Dental health is important to avoid decay of the teeth. Tooth decay is the most common childhood disease, and the

percentage of children who fall prey to this is on the upswing. Some parents may think that decay in baby teeth is not as important as in permanent teeth because baby teeth will fall out eventually. There are a couple of flaws in this line of thinking. For one, some of the baby teeth will stay with the child for many years. Also, cavities are painful and will influence how your child thinks, behaves and eats during this time.

There is a simple preventative to tooth decay — brushing your teeth (and your children's) to keep them free of plaque. Plaque sticks to teeth and attracts bacteria, which in turn feeds on the sugar in food, turning it into acid. The acid breaks down the tooth enamel causing cavities. Diet plays an important role in dental health. A child's intake of sugar should be monitored and limited. That includes drinks with sugar in them.

Encourage snacks such as fresh vegetables and fruits, cheese and crackers, whole-wheat pretzels, trail mix and popcorn. Giving your child's teeth the attention they deserve can ensure many years of a beautiful smile. **NOW**

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



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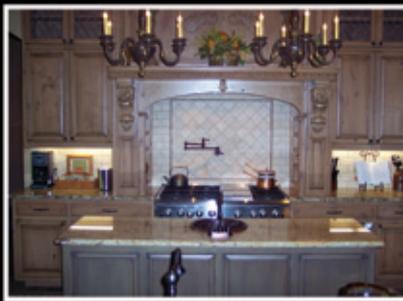


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February 2009

Community Calendar

Monday – Friday

The Young at Heart (ages 55-plus) meeting: 9:00 a.m.-2:00 p.m. at the MAC. (817) 453-5420, ext. 2227.

First and Third Mondays

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

Second and Fourth Mondays

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

First and Third Tuesdays

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

Third Tuesday

Adult book club: 6:30 p.m., Mansfield Public Library. This month's discussion will be on *Story of Edgar Sawtelle*.

Every Tuesday

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

Every Thursday

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

Every Friday

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

First Saturday

Mansfield Fire Department offers free CPR classes: 8:00 a.m. Class size is limited to 20 people. CPR classes are held at Station 3, located at 3100 E. Broad Street. All participants must register in advance by contacting the training lieutenant, Steve Gutierrez, at (817) 804-5772.

Every Saturday

Thinking about getting a pet? Check out the city of Mansfield Animal Control. Saturday hours: 8:00 a.m.-4:00 p.m. They are also open weekdays from 8:00 a.m.-4:30 p.m. Volunteers always needed to walk, bathe, brush the animals and clean cages.

February 1 and 2

Mansfield High School Theater presents *Honk!* Sunday matinee on Feb. 1: 2:00 p.m. Feb. 2 performance: 7:00 p.m. \$5 for students. \$7 for adults.

February 2, 9 and 23

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

February 5

ABWA – Empowering Women Express Network monthly meeting, 5:45 p.m., Midlothian Conference Center, 1

Community Circle, Midlothian. Please RSVP to www.abwa-empoweringwomen.org.

February 11

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

February 12

Mansfield Child Care discussion: 7:00 p.m., Mansfield Library meeting room. Meetings are located at 104 S. Wisteria Street in the community room. www.mansfieldchildcare.com.

February 17

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

The Mansfield Park Facilities Development Corp. meeting: 7:00 p.m., Mansfield City Hall, 1200 East Broad Street.

February 21

The 8th Annual Little Sweetheart Dance at the Mansfield Activities Center for fathers and daughters. Dance and refreshments will be offered to 150 couples. Contact the MAC at (817) 453-5420.

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



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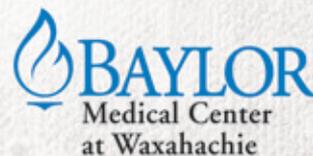
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