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May 2010

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**When
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**At Home With
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One night, Laurie Reynolds was awakened by a bad dream. Not all that uncommon, except she dreamed she had breast cancer. Understandably startled, Reynolds immediately performed a self exam, and what she thought was a figment of her imagination turned out to be an eye-opening reality. "There in my bed, in the middle of the night, I found the lump," she says.

Test results later revealed that Reynolds had an aggressive type of breast cancer. Given that her mom and sister were both diagnosed with cancer, she was all too familiar with the situation in which she now found herself.

Reynolds' physician search led her to the healing hands of the doctors at Methodist Mansfield Medical Center. "The doctors made me feel comfortable. They were compassionate and thoroughly explained everything," Reynolds confidently recalls. Being a carrier of the BRCA1 gene (which increases the risk of getting both breast and ovarian cancers), Reynolds chose to follow her physicians' advice and have a double mastectomy, reconstructive surgery, and a hysterectomy — all at the same time.

"I chose to do a double mastectomy and hysterectomy because of the link between breast and ovarian cancers and the fact that my family is at very high risk for these."

"My experience with my doctors and Methodist was extraordinary."

"Choosing this option reduced my risk of recurrence by about 80 percent," explains Reynolds. The nine-hour operation involved three different surgeons and took place at Methodist Mansfield.

"They helped me coordinate all of my procedures," she says, referring to the OB/GYN and plastic surgeon — also on staff at Methodist Mansfield. "I feel I've been blessed with fantastic surgeons," says Reynolds. "And thanks to my doctors at Methodist Mansfield, I can honestly say that I've had a really good experience with cancer."

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—Laurie Reynolds
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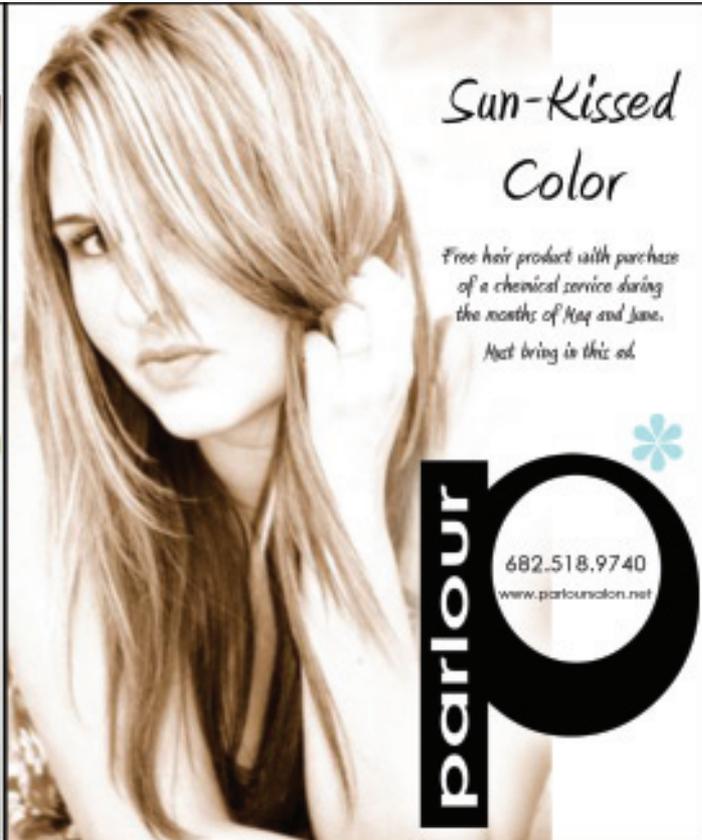
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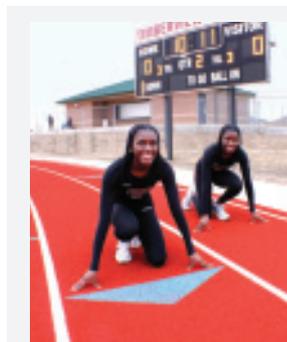
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On The Cover

The Timberview twins, Kaitlyn and Kristyn Williams, are as fast as lightning!

Photo by Ashley Kinney.

Editor's Note



Dear Readers,

I can remember a time when my nose did not run and my eyes did not water as I played outside, pretending I helped in my mother's garden. Unfortunately, it seems the older I get, the worse my allergies become. Thanks to Mansfield Methodist Medical Center's Mary Anne Moore and Jeannette McCally, I plan on staying indoors with my new cookbook, *A Taste of the Auxiliary*.

This month, our own amazing runners, Kristyn and Kaitlyn Williams, will be tearing up the tracks at the state meet in Austin. I cannot wait to see if they break even more records. You go, girls!

Thank you so much for the story ideas, and keep them coming. I encourage you to tell on your neighbor when they do something good! For all my community-minded friends, a quote from Irish dramatist Charles Macklin, "You are as welcome as the flowers in May."

Jaime Ruark
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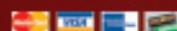


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They Call It *Home* — By Carolyn Wills



Pastor Clay Wilkinson first spotted the vacant building on Matlock Road while searching for a permanent home for his congregation. As a temporary home for the Life Family Church, the Cinemark Theater had allowed for comfortable seating, lots of space and the occasional movie trailer popping on screen in the course of a sermon. Yet as the church approached its second year, the congregation and its pastor wanted a permanent place to worship, to spend time together and to welcome members. “Healthy things grow,” said Pastor Wilkinson, indicating the time had come for the young church to find a home.



How did it happen, then, that one man’s dream of building a sports bar became another man’s vision of a new church home? For the Life Family Church, it happened through a maze of circumstances, luck and divine inspiration.

For Pastor Clay, the inspiration was sparked years earlier as he worked for the Christian men’s ministry organization known as

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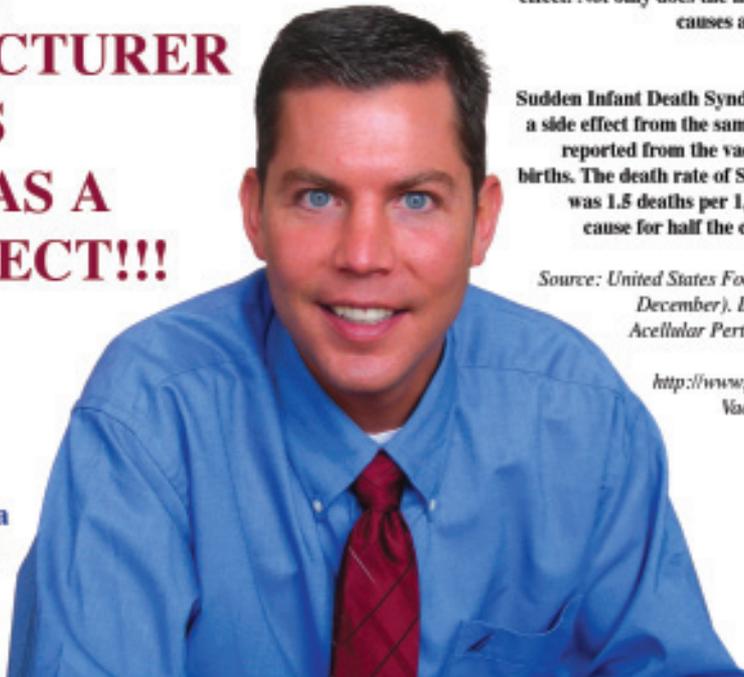
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Promise Keepers and, ultimately, while he was developing Camp Eagle, an outdoor Christian adventure camp in the Texas Hill Country. Through both experiences, he was exposed to many fellow Christians and at least 200 churches. All kinds and sizes of churches would come to Camp Eagle; and inevitably, their groups would end up around the campfire, sharing from their hearts. Invariably, someone would say, “Why can’t church be this way?” Realizing how much everyone valued those moments, Pastor Clay began to envision a church that would welcome people to come as they are without expectations of having to be



“I wanted to start a church I would want my family to go to.”



perfect, and where the service is more like a conversation. “I wanted to start a church I would want my family to go to,” he said, “one based on the commonality of seeking the grace of God and one that values the honest struggle over a false sense of arrival.”

The Life Family Church was established in 2007 on Easter Sunday. As they neared their second anniversary, they needed a permanent location. “If someone had asked me to build a church,” Pastor Clay said, “I would have wanted it to look like a health spa, a place that people would want to go

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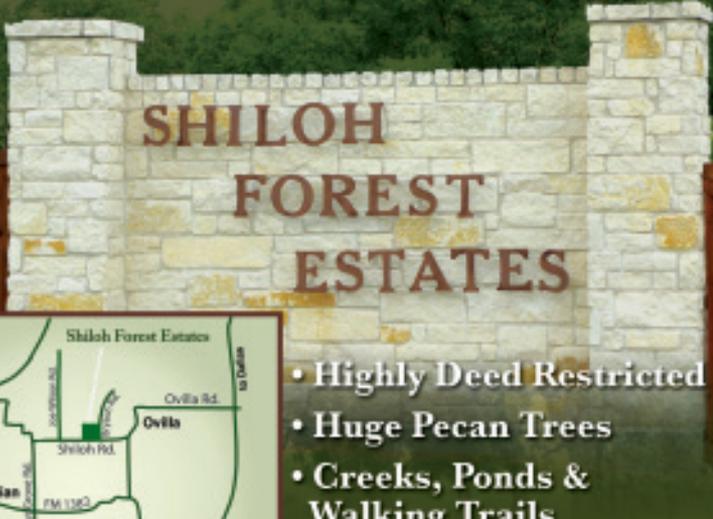
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into because it seemed like it would be good for them.” As he began to research the possibilities in Mansfield, the strange building modeled after a Roman coliseum, which could have passed for a health spa, was nowhere on his radar. That is, until Mansfield real estate agent Mark Sullivan stepped in and ultimately connected the dots. After failing to obtain a liquor license, the sports-bar-to-be had actually opened as a restaurant, only to close in a matter of months. The building had been empty for about two years. “When I first saw the building,” he explained, “I said, ‘That’s the kind of thing I’m talking about. It doesn’t look like a church, but it is something I would

“We are all about relationship; real, relevant and authentic relationship with God and with each other.”

want to walk into.” With Mark’s help and support from the Baptist Convention of Texas, the sale was completed toward the end of 2008.

While Pastor Clay shares in the fun of saying they took a sports bar and made a church, he is careful to point out that a sports bar is not a den of iniquity, but rather a place built around a common love of sports. What people like about a sports bar is the welcoming atmosphere, which generates conversation. He hopes people will feel the same way when walking into the Life Family Church.

Remarkably, the church held its first service within a month of moving in; with minimal renovation, they managed to convey a warm and cheerful welcome. Within the tall arches lining the entrance to the building is a stone patio and at its center, a fountain built by the pastor and his son, Jason. The fountain’s design is not overtly Christian, yet its clay pots overflowing with water offer a beautiful portrayal of the promise of a faithful life. Beyond the fountain, the aroma of freshly brewed coffee greets you from a coffee bar complete with brass urn and

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The building may not resemble a church from the outside yet, but it is quite well-suited on the inside. The main sanctuary has a seating capacity of 275, a banquet room which is also the children's church, a decked-out kitchen and a large nursery. Interestingly, and because it was built to be a sports bar, large analog TVs housed high up in cubby holes line many of the walls — handy when there is a need to show a video yet so overabundant, the church happily donates them to other churches.

The Life Family Church embraces a contemporary, casual, come-as-you-are philosophy. People are welcome to get up during a sermon to refill their coffee, and children may attend service with their parents or, if they prefer, go to the children's service. "We are all about relationship — real, relevant and authentic relationship with God and with each other," Pastor Clay stated. He is encouraging expressions of creativity in regard to the renovation of the building. "I want the walls of this church to eventually be filled with art created by the people who go to this church. It will create a foundation that will carry us for a long time."

"Clay and I are accustomed to trusting in our faith," said the pastor's wife, Susan. "We've done a lot of ministries and have jumped off that cliff [taken a leap of faith] many times, and I'm excited about this." The couple met shortly after Susan graduated from high school. "Our children grew up in the ministry and have helped since they were little," she said. "Our daughter, Courtney, is 20 and married. Jason is 23, a commercial and industrial filmmaker. He and his wife, Whitney, are the parents of our first grandchild. At 24, Brad is our oldest and is about to graduate from college."

Today, the church that began in a movie theater with about 55 members has grown to a congregation of over 125. This Easter, Life Family Church was able to celebrate their third anniversary as a church in their new home. "We are a very small church, and this was a monumental move for us," he confessed. "We've established the foundation of our church and defined what the expression of our walk is. Now we're ready to welcome people." **NOW**

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Before

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HANDING DOWN HERITAGE

— By Jaime Ruark

Some people just seem to have that certain something, an indescribable but definitely discernable, attractive quality to which others feel drawn. The French call it je ne sais quoi, which literally translates as, “I don’t know what.” Those people are usually easy to find; they will be surrounded by people

and animals who feel that magnetic pull. Marilynne Stuart is one of those people. A talented artist, her national renown as “The Frog Lady” is a fitting nom de plume for a woman whose natural “animal magnetism,” as she calls it, is truly magical.



**At Home With
David and
Marilynne Stuart**

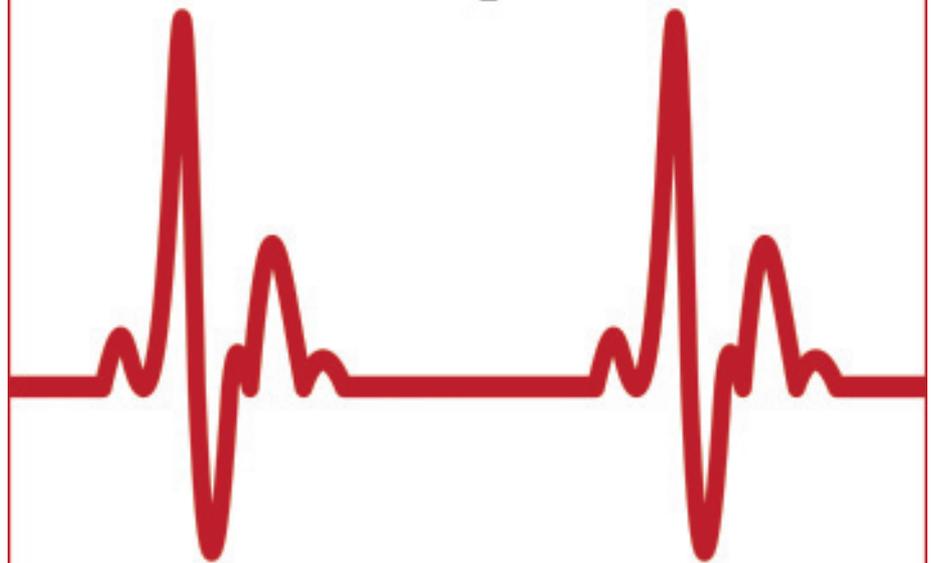
David and Marilyne Stuart, both avid golfers who love to spend their days on the greens, look out over the 18th hole of Mansfield National Golf Course from their own private backyard oasis. "We've always done our own landscaping, so when we came down here, we designed everything and did it all ourselves," David said. Both the front and back yards are alive with flowers and greenery, with meandering paths winding through sitting areas shaded by trees and colored by rosebushes, lilies, climbing clematis and verbenas. "The trees are perfect for keeping the balls out of our yard," David pointed out. Palm trees, bird feeders,



wind chimes and a pond with running water complete the serene scene.

The couple can remember a time in '79 when their 2,900-square-foot, three-bedroom, two-bath house was the only one around. "We came from Illinois, where it was very Midwestern, very 'big city,' and Mansfield was very country back then," Marilyne recalled. "There was nothing but cows everywhere. There were 3,200 people in town, and you knew everyone." David's job as an executive for Kraft dairies caused them to move around quite a bit, but when they landed here, they decided they were never moving again. "Once we got to Texas,

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with this weather and the people — we just loved it here,” David said.

Daughters, Dawn and Nicki, both completed their schooling in Mansfield. “This was the perfect area for raising the girls because it was such a family kind of place,” Marilyne said. The area was also perfect for Marilyne’s animal magnetism to exert itself. Soon, anything with a tail began finding its way to their home. “Every stray animal would somehow end up here. I became the one who would rescue them all. One day, the kids and I saw this skinny, dirty dog, so we jumped in the golf cart. We were following him around, calling for him and trying to give him dog treats to get him to come. I almost had him in the golf cart when some of the course workers came by and said, ‘Lady, leave that coyote alone!’” she laughed. Even her fish, originally meant for the outside pond, have ended up in a tank inside, where they swim up to receive loving pets, give their owners’ fingers kisses and watch them paint next to an eclectic collection of autographed pictures and posters of Jim Carrey, Audrey Hepburn, Armand Assante, Marilyn Monroe and John Travolta.



The home showcases more than just the Stuarts’ art. In every room, on every wall are endless displays from artists who have become dear friends. “We’ve picked up so many things over the years because we have memories of the people who made them,” Marilyne smiled. Just as special are the family heirlooms. The

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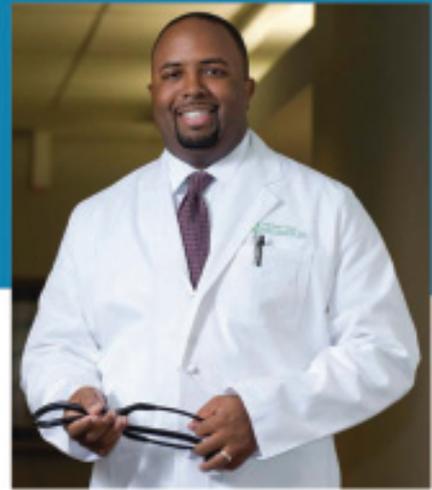
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front room is home to an arrangement of interesting pieces, small frames displaying coins, keys, arrowheads, David's grandfather's watch and his great-great-grandfather, James Patrick's, WWI medals. Proudly displayed next to the 1902 Steinway baby grand piano is a painting of David's great-great-grandfather, as well as keepsakes of Cissy Patterson, David's grandmother's cousin. She was one of the first women to be editor of a major daily newspaper in the United States and was "the wealthiest woman in the world at the time. She was a wild woman!" Marilyne noted.

Having spent years as the husband of "The Frog Lady," David cannot speak highly enough about his gifted wife. "Marilyne was very famous, both in the Midwest and around here. We did about 30 to 40 art shows a year," he shared. Despite never having tried his hand at painting, he decided to give it a go. "I took a couple of lessons from a palette knife painter. I watched everyone else,

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and I just took the parts each guy could do the fastest and off I went,” he said with a simple matter-of-factness anyone who has ever attempted to paint would envy. The den, used as David’s studio, is home to his easel where he dashes off his work: beautiful snow scenes and landscapes full of trees and nature. A closet nearby overflows with his canvases.

While David began carving out his own artistic niche, Marilyne found herself in surprisingly familiar territory. “We were at an art show at Dallas Market Hall, and these people were just staring at me and my work,” she recalled. “They



walked up to me and were mad, saying, ‘You’re copying an artist – the Frog Lady from the Midwest!’ They were shocked when I told them, ‘I am the Frog Lady.’” When David retired in 1992, they decided to take a much-needed break, yet could not leave the art world behind for long. “About two years ago, I went into oil painting. Marilyne went into watercolors,” David continued. The cute, whimsical and often silly clay frogs Marilyne is



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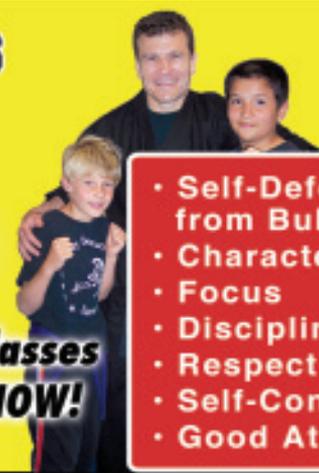
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known for have given way to gorgeous watercolors of flowers. "I use my creativity outside now," she said. "I love to get in the dirt and really have a good time, but when it's cold outside you'll find us inside painting."

The pond outside is a perfect example of the artistry flowing through Marilyne's veins, as well as an example of her soft-spoken, yet strong nature. "Five years ago, I had breast cancer. I was so weak from chemo that I couldn't walk, but I went outside and built a pond for my birds and my ducks. I never finish



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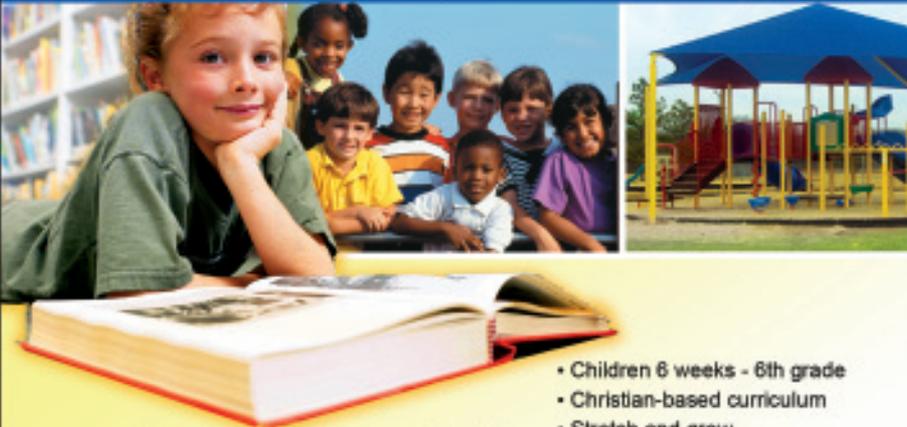
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it. I always leave a little area unfinished, because I don't want God to take me when I'm done," she laughed.

When David and Marilyne Stuart count their blessings, they truly live a rich life. In their charming house, every picture, every sculpture and every wall hanging has a story. History and a heritage are attached to everything, making their art true mementos. As the family's historian, Marilyne has stowed away each keepsake's story in her head. "One day, all this heritage will be handed down to the kids," she said. "We have so much to share with them because we just see beauty and craftsmanship in everything." **NOW**

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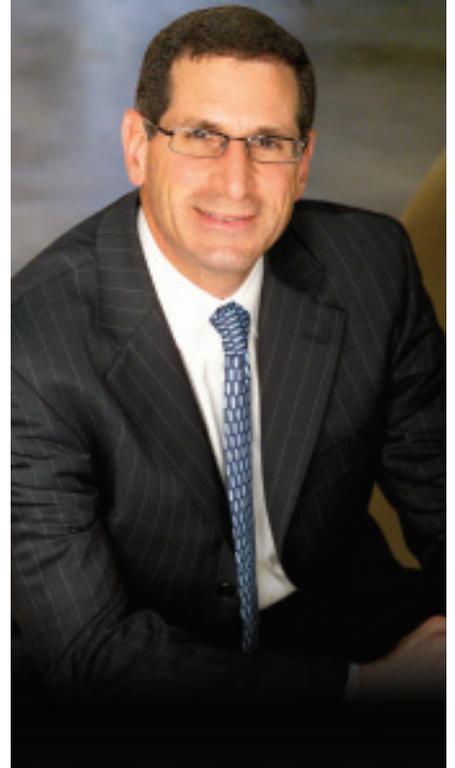
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Mansfield March Madness allows local vendors to display their businesses. Hostesses Courtney Griggs and Courtney Wilson; Katie Beggs and Pamela Davis of Ingenu Hair Artistry; Mansfield Cosmetic Surgery Center's Dr. Thornton, Tina Gross and Melanie O'Neal; Lorrie Ann Pogue, owner of Pink Kisses; Bree Philpott of Pirate Coffee Company.



The Mansfield Area Food Bank at the Wesley Mission Center helps the community. From left: Teresa Washington, Wesley Mission Center director, Wil Hatt, Food Pantry coordinator, and Gil Ritchey, chairman of the Advisory Board; local volunteers work hard to keep up with the rising demand.



The beautiful weather is bringing residents to area parks. From left: Kwade Rouse and Donnie Cantrell have a fun day at Rose Park; Larry Nelson rides his interesting bike on the trails at Walnut Creek Park.



Stephen & Robbie of T&S Lawns stay busy cleaning up flower beds that were neglected over the winter.



The Scrapp'n Divas pose during a scrapbooking event at Catherine Harris' house in Mansfield.



Harvey Head, Laszlo Sears, Dusty Norris, Gary Norris and Brad Hilger at the Collision Specialist Re-Grand Opening for R.V. Painting and Repairs.



Relay For Life team members Jason and Natalie Sobolewski, Steve Dandridge and Jen and Stephen Moody hold a fundraising event for team Super Friends at Purple Berri, donating 10 percent of sales.



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



Left to right: Mary Anne Moore and Jeannette McCally

Mix It All

Together

— By Jaime Ruark



When the compassionate benevolence and artistic expression of the volunteers of Mansfield Methodist Medical Center’s Auxiliary came together, the results were mixed — mixed together, that is, into tasty treats. From fiesta cheesecake, southern spoon corn bread and symphony brownies to gumbo ya-ya, chicken almandine and piña colada pie, the enticing cooking whims and wiles of these volunteers were artfully represented in their cookbook, *A Taste of the Auxiliary*.

Convincing a cook to reveal her secret recipes can be like getting a bank to open its vault. Trade secrets are often passed down through generations, carefully guarded and only revealed to a lucky few. Volunteer Jeannette McCally’s locally renowned rum cake and blueberry pie, for instance, are “old family recipes that go way back,” she smiled. Thankfully, there is such a spirit of community and volunteerism within those of the auxiliary that Mary Anne Moore, director of volunteer services at the hospital, was able to entice the volunteers to share their craft with others, combining the art of cooking with the passion of service.

The hospital auxiliary has been going strong since the center opened its doors in December 2006. “The original auxiliary was started by Carol Somers-Clark, Methodist Health System’s vice president of Pastoral Services,” Mary Anne explained. “She established the auxiliary long before the hospital was completed and began working with some of the community leaders to set

up the original auxiliary. There were over 100 members before the hospital ever opened.”

In 2009, volunteers gave more than 17,000 hours, an amazing feat. “As far as I’m concerned, it’s become a calling,” Jeannette expressed. “I get so much more out of being here and serving than I give.”

Fundraising is one of the main functions of the auxiliary. “All of our fundraising, every dime we make, is turned back in to the hospital to purchase something from what we call our wish list,” Mary Anne explained. “Laura Irvine, our president, will gather up [a list of] certain items, which people in different departments, such as labor and delivery or the operating room, want or need. The auxiliary gets together, looks at that wish list, and then we determine how we’re going to spend the money to meet those needs.”

Spending so much time together, it is only natural for other passions and creative outlets to be shared among the

“I get so much more out of being here and serving than I give.”

volunteers. “The volunteer program here is really unique. There’s such a sense of family, a warmth that surrounds this program. It’s comprised of some of the most creative, giving, intelligent people you can put together under one roof. Our community is multitalented. It’s amazing when you get to know people what depth is here,” Mary Anne said. “So many of the volunteers work together, and they’re forever sharing recipes, like Jeannette and her rum cake that everyone just craves. The cookbook just seemed like a perfect thing to do.”

When the call went out for cooks to bring their treasured recipes, the response was overwhelming. “I don’t have any recipes in the book, even though I love to cook, because there were just so many to choose from,” Mary Anne said with pride. “People

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that we didn't even suspect were cooks were bringing in recipes, most of them the old, tried-and-true family recipes that have endured and been favorites for years." Jeannette added, "We opened up the cookbook to the nurses and staff, and they really enjoyed being a part of it, too. They loved being involved." Diane Vraa, a volunteer, was responsible for gathering and coordinating all the recipes for the book.

The cookbook is divided into sections, starting with appetizers and beverages. Loretta Goodfellow's cheese fudge, Nancy Morlock's Texas tortes and Sheri Wolf's strawberry punch are just a few of those yummy offerings. The next section, soups and salads, includes offerings such as Ida Denney's black-eyed pea soup and Carole Van Voorhis' bodacious broccoli salad. Next, come the main dishes, with mouth-watering recipes like Robin Jenkins' Cornish hens with sausage and wild rice and Barbara Ryan's King Ranch casserole. Desserts are well-represented, of course, with Jeannette's rum cake and blueberry pie, Carole Segatti's banana cream pie and Sandra Myers' melting shortbread to name a few. Each section also has helpful hints, with those trade secrets cooks guard so carefully that can make a meal a work of art.

"Baking, for me, is my *Peanuts*' blanket," Jeannette shared, referencing Linus, from the *Peanuts* comic strip, and his ever-present, blue security blanket. "It's my creative outlet. Every time I make something, I end up bringing it to the hospital to share anyway."

The endless recipes within *A Taste of the Auxiliary* are sold at the hospital gift shop and have become a staple at every fundraiser. For those chefs represented within its pages, sharing their art has brought about a sense of family. "You can open up our cookbook, and it's like asking a family member what you should make for dinner. These recipes have become a part of us," Mary Anne smiled. "Being a volunteer of this hospital — you are not defined by your age. You are defined by what you choose to give of yourself." Our local volunteers are truly helping redefine the terms "comfort food" and "serving others." **NOW**

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When Lightning Strikes

— By Jaime Ruark



Lightning seldom strikes the same spot twice, but at Mansfield Timberview High School, it has done just that. With their long braids flying behind them, sophomore runners and twins, Kaitlyn and Kristyn Williams, have been streaking their way past competitors all year, leaving their biggest rivals, the Lancaster Lady Tigers, in their dust. The 2009 defending 4A track and field state champion Lady Wolves had a lot to prove this year, and perhaps none of the girls took that defense as seriously as the Williams sisters. As SportsDay's 2009 Newcomer of the Year and defending state champion in the 400-meter and 800-meter, Kristyn plans on winning state again this year. Kaitlyn, who finished third at state last year in the 400-meter, also has her eyes on that championship finish line.

Sixteen-year-old Kristyn and Kaitlyn are fraternal twins, so while they both share sweet dispositions and humility

about their athletic talents, there are slight differences between the two. "Our friends can tell us apart really well, but people who don't know us sometimes have a hard time," said Kristyn, the eldest by 11 minutes. Both girls love to read and excel at mathematical subjects. With their mother, Jessie, and their head coach, Cinda Baer, making sure the girls keep on top of their studies, the twins have begun to think ahead to college. However, they both admit that right now they are concentrating a bit more on the present. "I want to enjoy these last years of high school. It already seems like it's going by so fast," Kristyn added.

While the girls' school years may feel like they are speeding by, time seems to stand still when they run, an activity in which they compete year-round. After cross country, which begins with practices in August, and continues through to the regional meets in November, comes track, which lasts

until the middle of May. Running is also a family affair, with the girls following in the lightning-fast footsteps of their older brother, 19-year-old Terry. "We started running when we were 9," Kaitlyn shared. "My brother was running track and cross country in middle school. He had joined a summer team, and we joined as well. We ran every summer until we got to middle school and joined the school cross country team."

The girls prefer the excitement of shorter races to longer ones, but they look at cross country as a way to condition and train their bodies for track. Kaitlyn admitted, "I prefer to run long distances in cross country rather than track because you run different courses with different scenery. It's not just the same monotonous run around a track." This past year, the Lady Wolves' cross country girls team proudly took the title of district champs, with both Kaitlyn and Kristyn turning in amazing times. Kristyn finished first at district, with her sister close behind in second place. Both girls went on to the regional and then state meets, where Kristyn posted the impressive time of 11:45 and Kaitlyn racing to a 12:06 finish.

From the beginning of their track season, the girls immediately began racking up the wins as well. As one of

"Our friends can tell us apart really well, but people who don't know us sometimes have a hard time."

the four runners on the 4-by-400 meter relay, Kristyn and her team consistently came in first. Both girls ran in the 4-by-800 meter relay, again bringing home first place at every meet. The sisters also blew their competition away in their 400-meter and 800-meter races. With so many wins, it is hard to believe the girls still get nervous before a run, especially when they have their race face set, but they laughingly admit to having a tiny case of the butterflies when it comes to

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the bigger meets. "It can be pretty nerve-racking before a race," Kristyn said. "Once I get my lane assignment and I'm walking towards the track, I get calmer. I'm always definitely excited and nervous, but I feel this moment of calm when I'm getting in the blocks." Kaitlyn performs what she calls a mental countdown before her race to keep herself focused.

These talented Timberview twins both have a fluid style of running, which is beautiful to watch. But they each have a



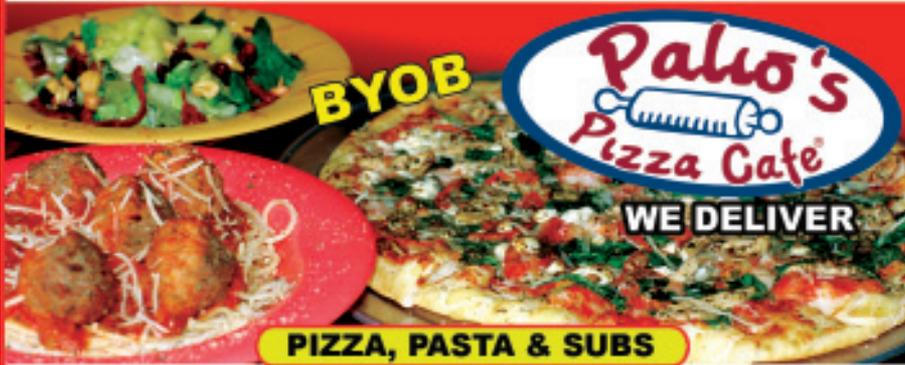
different way of getting to the finish line. "I like to hang back in the beginning, find a pack to stay with and then try to move up," Kaitlyn explained.

Kristyn added, "I like to start faster than her. I try to stay more towards the front." With Kristyn's state win times of 53:88 in the 400-meter and 2:10:23 in the 800-meter (a new state record), and Kaitlyn's 400-meter time of 55:00, the girls have definitely found winning formulas.

The girls give much credit to their family members, who come to their races to cheer from the stands, and their coaches, who encourage them to set goals and give their all to achieve them. Their biggest support system, however, is each other. "We push each other and motivate each other," Kristyn said.

Kaitlyn agreed, "I know she's there for me, and I'm there for her." Judging from their shared determination, this year's state meet promises to be an exciting one. **NOW**

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At Crystal Dental, a healthy smile is a beautiful smile. — By Jaime Ruark

Dr. Brian Le, DDS, is committed to providing affordable, quality dental care to the local families with whom he has built his business for the past four years. Thanks to his convenient Mansfield location and the addition of his two newest locations in Burleson and Cleburne, Dr. Le is helping smiles from miles around stay healthy, bright and beautiful. As the business grows into a family affair, with his two younger brothers, Thai and Man, joining him in the practice, Dr. Le's commitment to his patients also grows. "We are here to make you smile," he said.

Dr. Le is a transplant from Arlington, where he graduated from Sam Houston

High School in 1995. He received his undergraduate degree from The University of Texas at Arlington in less than four years, graduating in 1998, and went on to graduate from the Baylor College of Dentistry in 2003. "I worked with another doctor for a couple of years, but it was always my goal to have my own practice," he shared. Through dedication and hard work, Dr. Le's practice has grown from one office to three. Along with his brother, Dr. Thai Le, Dr. Brian spends his days rotating between offices. Both brothers look forward to next year, when the third Le brother, Man, will join them.

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educating his patients regarding their oral health issues and treatment options. He has a wide range of experience with general, cosmetic and restorative dentistry, as well as orthodontic and surgical treatments. Each office is outfitted with state-of-the-art equipment and offers the most current procedures. "From check-ups and cleanings to fillings, root canals and crowns, implant restoration, dentures, braces and cosmetic procedures, such as lumineers and teeth whitening, we do it all here," Dr. Le explained. "We see all ages — from 1 year old and up — and accept most insurance plans. We have payment plans with no interest for our patients as well."

The atmosphere at Crystal Dental is comfortable and relaxing, with a bright waiting area full of interesting artwork, beautiful flower arrangements and a huge freshwater fish tank to help ease any anxieties a doctor's office visit might create. The ladies of Crystal Dental, from the office managers, Michelle and Kristy Duong, to the receptionists, Maria Munoz and Whitney Earls, to the dental assistants, Allison McSpadden, Tori Schroeder, Cynthia Schreiner, Nancy Pacheco and Argelia Rios, are friendly and helpful. "We want to build a comfort zone and make our patients more comfortable," Dr. Le said. "We make sure our patients are happy when they leave."

Crystal Dental offers many services, from diagnostic procedures, such as: digital X-rays, diagnostic impressions, vitality tests and gum disease diagnosis. Preventative procedures include: protective sealants and fluoride treatment. Also offered are restorative procedures, such as: crowns and bridges, tooth color restorations and partial and full dentures. "We provide the highest quality of care available," Dr. Le stated.

For many people, a trip to the dentist is a hassle to be put off or even avoided. Dr. Le feels dental health should be a priority. He works hard to make sure it is as easy, pain-free and affordable as possible. Make an appointment with Dr. Le; he promises to patiently listen, review and discuss your treatment options. Or peruse their Web site, with before and after pictures, to see just what Crystal Dental can do for you. **NOW**



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Kristi Lancaster, president; Shannon Williams, 1st vice president; Angela Julius, 3rd vice president; and Abbey Lewis, 6th vice president are proud to help lead the Mansfield Early Childhood PTA.



School District, the group encourages parental support, offers programs to address common concerns and generates activities to benefit the community and enrich the lives of children and families. “MECPTA is affiliated with the National and Texas Parent Teacher Associations,” Kristi said, “however, as an Early Childhood PTA, we are not affiliated with a school, and that means our members make an active choice to be involved. We’re all really close and share a strong sense of community.”

The group communicates through a monthly newsletter called *Kids Konnection*, a Yahoo.com group known as The Gab, monthly meetings led by a 22-member board and a rigorous and well-attended schedule of special interest and fundraising activities. “We use each other as resources,” said first vice president, Shannon Williams, mother of 5-year-old Sloane and 3-year-old Shane. “If you want to find a good doctor or dentist, or your child needs a haircut or you want to talk to other women sharing the same struggles, MECPTA is a great tool. Through the play groups, our kids make friends and get to experience so much.”

Angela Julius, third vice president and mother of two boys: 5-year-old Blake and 3-year-old Cade, joined MECPTA as a way to meet other moms. “I went in knowing two people and now have 40 new friends,” Angela shared. “Sometimes, as a stay-at-home mom, it’s easy to feel lost, so besides what you do in your own house, being part of MECPTA adds another sense of purpose. We’re kind of a support group for moms. When someone gets sick, has a baby or a death in their family, we help out.”

Echoing Angela’s comments, Abbey Lewis, sixth vice president and mother of two boys: 6-year-old Jacob and 2-year-old Matthew, added, “I stopped working recently, and MECPTA has given me an outlet to stay creative and active. I love that we do so much and that it’s cool if you tote your kids with you. At a board meeting, it’s common to have three to five kids crawling around, and we all help. That’s what we’re all about.”

“Community service is our biggest accomplishment,” Kristi stressed. Whether it is involvement with a

Where It All Begins

— By Carolyn Wills

Kristi Lancaster is the mother of three children: 4-year-old Olivia, 2-year-old Trip and 9-month-old Gage. Kristi is also serving her second term as president of the Mansfield Early Childhood PTA (MECPTA), a child advocacy group of approximately 85 members and an ever-expanding list of beneficiaries. While, to some, Kristi’s energy and commitment may seem exceptional, she is the first to point out that MECPTA is filled with exceptionally dedicated and energetic

people; people who not only have a shared interest in the education and development of children from birth to age 5, but who also value the group’s friendships, activities and sense of community.

MECPTA was established in 2003; and, seven years later, the group is not only organized, active and committed, but may be considered essential to the well-being of the community. With a mission to foster a positive foundation for young children in the Mansfield Independent

Education **NOW**

fundraising golf tournament, the Spring Gift Market, the MISD PTA Clothes Closet, the Alterra Sterling House or the Feed the Kids for Summer program, MECPTA's community commitment is always active. For the past two years, a consistent focus has been the Accelerated Classroom Environment (ACE) School Mentoring Program at Mansfield's Alternative Education Center, a special program for pregnant teens and teen moms. "In addition to funding supplies for the ACE Program," Kristi explained, "two or three of our members visit the teens every month to meet with the girls, take them lunch, talk and answer questions."

The group also offers monthly opportunities for members and their children to get together. Give or take (because of recent births), MECPTA represents about 115 children. With at least five different play groups, including a play group for dads and children known as the Dad's Club, there is always something to do, "Most of our activities are in Mansfield," Kristi said, "but sometimes we go to Casa Manana in Fort Worth or a mall or the zoo; actually we go all over the Metroplex. Our main focus is the school year, September through May, but we have activities in the summer and planning meetings, too." In addition to the play groups, a host of women's interest groups give moms the chance to have fun.

Annual membership in MECPTA is \$26, and membership is open to all individuals interested in the education, development and well-being of young children in the Mansfield ISD. "Our focus is the Mansfield ISD," Kristi explained, "but we're open to anyone who wants to join. Sometimes moms with kids who have gotten older stay in the group. Also, our group is great for preparing moms for PTA."

Today, the National Parent Teachers Association is America's largest volunteer child advocacy association. Celebrating its 100th birthday last year, the Texas PTA serves over 600,000 members. For the last seven years, and with no signs of slowing, the Mansfield Early Childhood PTA has supported the well-being of young children in the Mansfield ISD. **NOW**



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In The Kitchen With Monica Medina

— By Faith Browning

Since she was a little girl, Monica Medina has loved spending time in the kitchen. With her mother as her inspiration, Monica discovered cooking could be a creative outlet. “I was always in the kitchen cooking with my mom,” she recalled. “She had a pink apron, one of those short ones with a pocket in the front like they would use at cafés. She said I was always wearing that and

coming up with my ‘creations’ as I would call them.”

Monica also enjoys scrapbooking and spending time with friends and family. She is currently busy planning her upcoming wedding. “Supposedly the reason my fiancé is marrying me is because of my cooking,” she laughed. “I always try to cook with love. It just seems to taste better.” **NOW**



TACO PIE

1 lb. lean ground beef
1/2 cup minced onion
1/2 cup salsa
2 Tbsp. taco seasoning
1/4 tsp. pepper
1 can ranch-style beans, drained (do not rinse)
1 cup shredded cheddar cheese or Colby-Jack cheese
2 eggs
1 cup milk
1/2 cup biscuit/baking mix

1. In large skillet, combine meat and onion and cook over medium heat until meat is no longer pink; drain.
2. Stir in salsa, taco seasoning, pepper and beans. Transfer to a 9-inch pie plate; sprinkle with cheese.
3. In large bowl, combine eggs, milk and biscuit/baking mix until blended. Pour over cheese and bake at 400 F for 25-30 minutes or until a knife inserted near the center comes out clean.

BREAKFAST CASSEROLE

1/2 lb. pork sausage, mild or spicy
1/2 cup onion, finely chopped
4 cups (16-oz. pkg.) frozen diced hash brown potatoes, thawed
Salt and pepper, to taste
1 1/2 cups (6-oz.) Colby-Jack cheese, shredded
3 eggs, beaten
1 cup milk
1/2 tsp. pepper

1. In a large skillet, cook sausage and onion until done; drain.
2. In an 8 x 8 x 2-inch baking dish, place a layer of potatoes; season with a little salt and pepper. Next, add a layer of half of the cheese and sausage mixture; top with remaining cheese.
3. In a bowl, combine eggs, milk and pepper; pour over the last layer of cheese.
4. Cover and bake for 45 to 55 minutes at 350 F, or until a knife inserted in the middle

comes out clean. Transfer to a wire rack; let stand 10 minutes. Casserole may be covered and refrigerated overnight. Serves 6.

RAVIOLI LASAGNA

1 lb. lean ground beef
1 28-oz. jar spaghetti sauce
1 35-oz. pkg. frozen ravioli (sausage or cheese)
1 1/2 cups shredded part-skimmed mozzarella

1. In a large skillet, cook and season your meat until no longer pink; drain.
2. In a greased 2 1/2-quart pan, layer 1/3 of spaghetti sauce, half of the ravioli, beef and 1/2 cup of the cheese; repeat layers. Top with rest of sauce and cheese.
3. Bake at 400 F for 40-45 minutes or until heated through. Throw a salad with this and you are good to go!

TOURTIERE

This is so easy to make; you can do the chopping the night before, so when you come home, you can just throw it together.

Cooking spray
1 lb. ground pork
1 tsp. salt, divided
1/2 tsp. ground cinnamon
1/8 tsp. ground red pepper
1/8 tsp. ground cloves
1 Tbsp. olive oil
1 cup onion, finely chopped
1/2 cup carrots, finely chopped
1/3 cup celery, finely chopped
1 lb. russet potatoes, peeled and cubed 1/4-inch
3 cloves garlic, minced
2 Tbsp. all-purpose flour
1 1/2 cups fat-free, less-sodium chicken broth
3 Tbsp. chives finely chopped
1/2 15-oz. pkg. refrigerated pie dough

1. Preheat oven to 400 F.
2. Heat a large skillet over medium-high heat; coat with cooking spray. Add pork to pan and sprinkle with 1/2 tsp. salt, cinnamon, red pepper and cloves; sauté for 5 minutes until

browned, stirring to crumble. Remove pork from pan using a slotted spoon.

3. Add olive oil to pan and swirl to coat. Add onion, carrots, celery and potato; sauté for 5 minutes, stirring frequently. Add garlic and sauté for one more minute.
4. Return pork to pan; stir in flour. Cook for 1 minute, stirring constantly. Add broth, scraping the pan to loosen brown bits; bring to a boil. Reduce heat and cook for 2 minutes or until slightly thick; remove from heat. Stir in chives.
5. Place one cup of the pork mixture into each of six 8-oz. ramekins (individual baking dishes). Roll out pie dough into an 11-inch circle. Cut four 5-inch circles. Combine the scrap dough, roll out and cut two more circles. Place each circle of dough on each ramekin; tuck the edges inside. Cut an X on the top of each circle; lightly coat tops with cooking spray. Bake at 400 F for 40 minutes or until golden and bubbly.

BEEF TIPS AND GRAVY

3 Tbsp. vegetable oil
1 sm. onion, chopped
2 lbs. round steak, chuck or stew beef, cubed
3 cups water
1/4 cup Worcestershire sauce
2 Tbsp. soy sauce
1 tsp. garlic powder
1 tsp. salt
1 tsp. ground black pepper
1 pkg. dry brown gravy mix

1. In a large nonstick skillet or Dutch oven, heat oil over medium heat. Sauté onion until soft; add beef. Cook beef, stirring often until meat is browned on all sides.
2. Add 2 cups of water, Worcestershire sauce, soy sauce, garlic powder, salt and pepper. Bring to a boil; reduce heat and cover. Simmer for 1 1/2 to 2 hours.
3. Meanwhile, combine gravy mix with 1 cup water; mix thoroughly. After meat mixture has cooked, stir in sauce. Simmer stirring frequently until slightly thickened. I like to serve with mashed potatoes.

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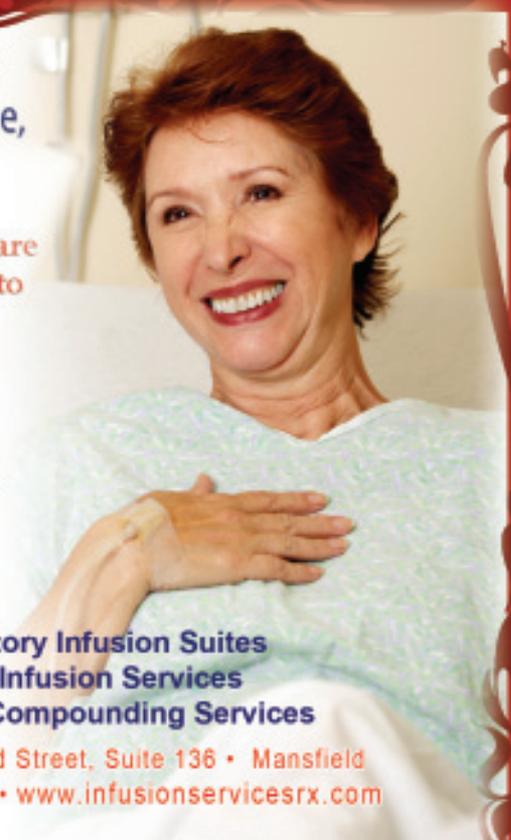
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CAUTION: HERE COMES THE SUN

— By Betty Tryon, R.N.

Oh, that glorious sun! It can make things grow. It is necessary for healthy bone growth, and it can make your skin glow and look good. However, too much sun can cause skin cancer. Melanoma is the most serious and deadly type of skin cancer. Because of that, it is the leading cause of death from skin diseases, and it is on the rise.

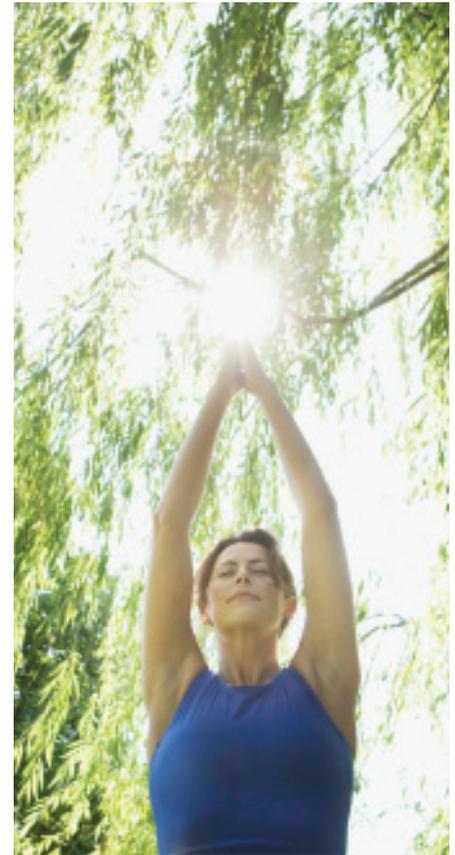
Melanoma develops in the melanocytes, cells located in the epidermis layer of the skin. Melanocytes produce melanin, which gives the skin its color or pigmentation. When you tan in the sun and become darker, it is the melanocytes increasing the production of melanin that gives you the darkening or tanning of your skin. Clusters of these melanocytes form moles. Often, the first sign of melanoma can be found in moles.

Moles in their normal state can be in any color that is closest to the person's natural skin color. Moles may be raised or flat with a round and smooth shape. Any change in the mole is worth noting. The National Cancer Institute suggests using the acronym ABCD for remembering what to look for when a mole changes. A is for asymmetry. Is one-half of the mole different from the other half? B is for border. Is the border of the mole smooth and regular or is it irregular and ragged? C is for color. Changes in the color of a mole, including a mixture of colors within a mole may be dangerous. D is for diameter. Has the mole grown larger? There are other changes in moles that can give cause for concern such as bleeding, scaling, itchiness or a change in the texture of the mole. Any sore that does not heal, lumps or growths on the skin may be warning signs. Change is the key word. If you have a problem or concern about your skin, do not try to diagnose yourself. See your doctor.

Most of the risk factors for melanoma have to do with the sun and/or ultraviolet light such as living in a sunny climate, a job or other activities that lead to long term exposure in the sunlight, excessive tanning and receiving serious sunburns as a child. There are ways you can protect yourself. Wear a sunscreen of SPF 30 or higher. Try to lessen your contact with the sun between the hours of 10:00 a.m. through 4:00 p.m. Wear sunglasses,

protective clothing and a hat. None of this is a guarantee that you will not get skin cancer, but you may be bringing down the odds. **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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Internal Medicine

Meenu Sharma, M.D.

Meenu Sharma, M.D., has joined Huguley Medical Associates and practices internal medicine at Huguley. Prior to opening her Huguley practice, Dr. Sharma practiced internal medicine in Branson, Missouri.

As a board-certified internist, Dr. Sharma specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. Internists also help patients understand preventative medicine. Most adults in the United States see internists as their primary medical provider.

The office accepts Medicare and most insurance plans.

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SALVIAS FOREVER

— By Nancy Fenton

Finally, it looks and feels like spring! There is still time to find and plant some great plants that will bloom spring, summer and fall. Salvias are among these great types of plants. They are also known as sages. The most common are: Pineapple Sage, Mexican Bush Sage, Autumn Sage, Scarlet or Lipstick Sage, Mealy Cup Sage and Garden Sage.

These plants make up an increasingly popular group of shrubby perennials, which do well in alkaline soil and dry conditions. Growing from 15 inches to 6 feet high, depending on the type you select, they can fill blank spots in your home landscape

with color. All they need is sunshine, and not even a full day at that, for they will do well in light afternoon shade. Once established, they take little care or water. This is one of the plants I use to get my landscaping to the point that it can do without me, if heavily mulched, for at least three weeks in the hot Texas summers!

Most salvia will die down in the early winter. After the foliage dies back in the late fall, I cut them back to within two or three inches of the ground and remulch them for a little extra winter protection. But in true perennial form, they rise again with the coming of spring! New growth comes from the roots. Any longer limbs that get stuck under the mulch will root and start their own little plants to be shared with friends if the plants do not fit in your flower bed.

Try some of these Texas-friendly plants. You will not be disappointed, and they can be with you forever! **NOW**

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Happening **NOW**

All Month

Thinking about getting a pet? Check out the Mansfield Animal Control. New hours. Weekdays: 8:00 a.m.-4:30 p.m. No longer open on Saturdays.

Monday-Friday

Young At Heart meeting (for residents ages 55 plus): 9:00 a.m.-2:00 p.m., Mansfield Activities Center. (817) 453-5420, ext. 2227.

Every Monday

Basic line dancing for seniors: 10:30-11:30 a.m., Mansfield Activities Center.

Bingo: 11:30 a.m.-noon, Mansfield Activities Center.

Story Time for Tots, for infants to 3-year-olds: 10:30-11:00 a.m., Mansfield Public Library.

First and Third Monday

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

Second and Fourth Mondays

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

Every Tuesday

Small business counseling provided by SCORE (Service Corps of Retired Executives): 9:00 a.m.-1:00 p.m., Mansfield Chamber offices, 114 N. Main St. By appointment only. (817) 473-0507.

Rotary Club meeting: noon, Spring Creek Barbeque 1724 Hwy. 287 N.

Crafters' Book Club meeting: 11:30 a.m.-3:00 p.m., Mansfield Public Library. Join other crafters (scrapbooking, knitting, quilting, beading, etc.) and listen to audio books during craft time.

First Tuesday

Mansfield Economic Development Corporation meeting: 6:00 p.m., Mansfield City Hall, 1220 E. Broad St.

First and Third Tuesday

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

Third Tuesday

Senior Citizens Advisory Council meeting: 10:00 a.m., Mansfield Activities Center. Participant meetings are held immediately following from 11:15-11:30 a.m.

Mansfield Economic Development

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

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

Every Wednesday

Children's Story Time for ages 3-6 years: 10:30-11:00 a.m., Mansfield Public Library.

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Clayton H. Culp, D.P.M.

Clayton H. Culp, DPM, has a foot and ankle surgery practice in Burleson. A podiatrist, Dr. Culp has extensive training in all aspects of foot and ankle care, including diagnosis and treatment of bunions, hammer toe, flat foot, foot and ankle pain, neuroma, arthritis, ingrown toenails, infections, and foot and ankle fractures.

Dr. Culp graduated from Texas Christian University with a Bachelor of Science degree in biology. He earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He completed his three-year residency in foot and ankle surgery at Kaiser North Bay Consortium in Vallejo, California, where he served as chief resident his final year. A member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons, Dr. Culp has presented his research at professional conferences.

The office accepts Medicare and most insurance plans.

220 SW Wilshire Blvd. **817-447-5598**



Happening **NOW**

First Wednesday

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

Second Wednesday

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

First Thursday

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

Third Thursday

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

Every Friday

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

May 1

Night on the Town's Hawaiian Night: Town Park, 500 N. Main St. Movie at dusk: *Lilo and Stich*. Games, prizes, live bands and concessions available.

May 3

Mansfield Area Chamber of Commerce Golf Tournament: 10:00 a.m.-8:00 p.m., Walnut Creek Country Club, 1151 Country Club Dr. For more information, contact Sarah@mansfieldchamber.org.

Mansfield Area Chamber of Commerce 1st Annual Tennis Tournament, sponsored by Mansfield Methodist Medical Center: 10:00 a.m.-6:00 p.m., Walnut Creek Country Club, 1151 Country Club Dr. Entry fee: \$40 per person, includes entry and prizes plus Happy Hour ticket and joint dinner with golf participants courtesy of Texas Roadhouse. For more information, contact frontdesk@mansfieldchamber.org.

May 4

Ambassadors' monthly meeting: 8:45-9:45 a.m., Chamber Board room, 114 N. Main St.

May 4-7

Mansfield ISD Teacher Interview Days (by appointment only): 8:30 a.m.-3:30 p.m., MISD Administration Complex, 605 E. Broad St. Elementary: May 4 and 5. Secondary: May 6 and 7.

May 8

Mansfield ISD Athletics Job Fair: 8:30 a.m.-3:30 p.m., MISD Stadium Community Room, 3700 E. Broad St.

Night on the Town's Super Hero Night: Town Park, 500 N. Main St. Look at the stars with the Fort Worth Astronomical Society. Movie at dusk: *Bolt*. Games, prizes, live bands and concessions available.

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May 10

Mansfield ISD 100 Year Anniversary Celebration: 6:00-8:00 p.m., Vernon Newsom Stadium.

Senior Golf Challenge: 8:00 a.m. shotgun start, Mansfield National Golf Club. Fee: \$44 per golfer. For more information, contact Dina Migchelbrink at dinam@eaglegolf.com.

May 15

Night on the Town: Town Park, 500 N. Main St. Movie at dusk: *Up*. Mansfield Children's Choir will perform at 7:00 p.m.

May 18

MISD Called School Board meeting: 7:00 p.m., MISD Administration Building school board room. Meeting, canvas election and work session.

As the Page Turns adult book club: 6:30 p.m., Mansfield Public Library. May's book: *There's No Place Like Here* by Cecelia Ahem.

May 19

Lunch'n Learn, sponsored by Charter Business: 11:30 a.m.-1:00 p.m., Chamber of Commerce, 114 N. Main St. Topic: time management for business owners. For more information, contact Tami at frontdesk@mansfieldchamber.org.

May 22

Night on the Town's Princess Night: Town Park, 500 N. Main St. Movie at dusk: *Princess and the Frog*. Games, prizes, live bands and concessions available.

May 25

MISD School Board meeting: 7:00 p.m., MISD Administration Building school board room.

May 31

Memorial Day. MISD school holiday/Bad Weather day. Library closed.

June 4 and 5

Historic Mansfield Arts Festival: corner of Main and Broad Streets. Friday: 7:00-11:00 p.m. Evening concert at Steven's Garden and Grill, 223 Depot St. Saturday: 11:00 a.m.-11:00 p.m. Art show and evening concert, Smith St. between Broad and Oak Streets. Local artists and demonstrations, festival food and live music. Free admission.

June 5

Mid-Way Regional Airport Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m. Event and parking are free. Public invited. Breakfast tickets: \$6 for ages 8 and above; \$3 for ages 3-7; free for 2 and under. Classic airplanes/fighters, The Classic Swing Band, helicopter rides, Midlothian Classic Wheels and other attractions. For more information, call Tammy at (972) 923-0080.

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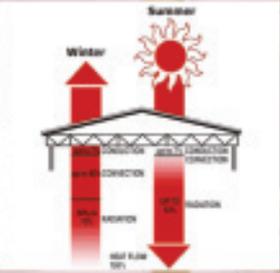
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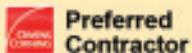
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