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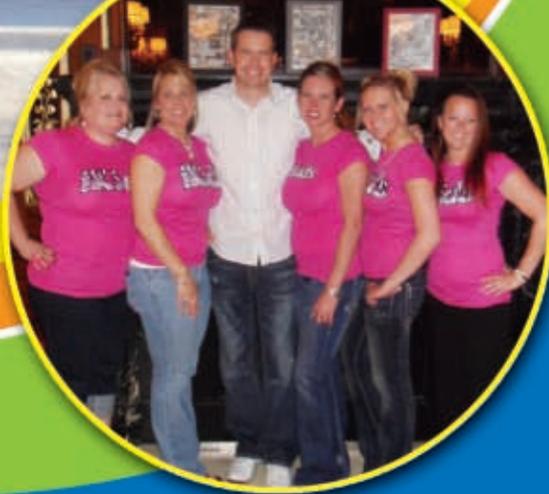


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Tessa Pierce is a Certified Public Accountant with over 14 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

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Phil and Jackie Stover
put their retirement
to good use.

Photo by Opaque Visuals.

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Editor's Note

Howdy, Mansfield!

This month's bright and shiny evenings invite us all to head outdoors to relax and watch the canopy of stars begin to twinkle. The weekly Spring Night on the Town series at Town Park has been perfectly designed to bring us out of our houses and down to the park for free community-wide entertainment at dusk.

The series consists of family-friendly movies each night following special events like a musical performance, a car show and a fun run. Town Park, conveniently located on North Main Street near the Mansfield Post Office, boasts a great amphitheatre, as well as a linear trail for walking, so it is a specially suited for events like Night on the Town. For more information, call (817) 453-5420, and while you are on the phone, thank the City Parks and Recreation Department for their support of cultural arts in Mansfield!



Have a lovely May, Mansfield!

Melissa

Melissa Rawlins
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To Pee or Not to Pee? 6 p.m., Tuesday, May 10

Dr. Keith Xavier and Dr. Tracy Cannon-Smith focus on bladder health, including incontinence approaches such as pelvic floor reconstruction and slings.

Your Breasts, Your Life 6 p.m., Tuesday, May 17

Dr. Timothy Freer, Dr. Kory Jones and Dr. Richard Jones review the latest in breast health, screening, treatment and reconstructive surgery.

Everything to Gain 6 p.m., Thursday, May 19

Dr. David Dyslin and Dr. Augustus Lyons describe the two weight-loss surgery options available at USMD Arlington and answer your questions.

An Ounce of Prevention 6 p.m., Tuesday, May 24

Dr. Russell Dickey and Dr. Ronald Kline discuss the importance of yearly checkups for early detection/prevention of reproductive and lower GI problems as well as vascular disease.



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FEEDING THE Children

— By Sydni Thomas



Gone are the days where retirement means selling everything and buying a condo in Florida, playing golf every day or packing up the motor home and traveling the country. Retirees are choosing to give back to their communities, instead of sitting back and enjoying the fruits of their labor. A study conducted by the Urban Institute in 2007 showed that 45 percent of those who retired between 1996 and 2004 participate in volunteer projects through organizations and agencies.



Phil and Jackie Stover moved to Mansfield from Houston in 2005 following retirement. After years of dedicating themselves to their jobs, the Stovers began using most of their time to volunteer. Shortly after moving, Phil took over as the president of Kiwanis, a club founded in 1915, whose purpose is to serve the children of the world. Jackie became the volunteer coordinator at the Wesley Mission Center, a community outreach program supported by First United Methodist Church (FUMC) of Mansfield. The Stovers spend at least 15 hours a week at the center. “I set up a workshop at my home so that I would have a good place to work on the computers,” Phil said, indicating he is a certified Microsoft refurbisher. “Once I get rid of all personal information on the computers, I repair them, install new software and bring them back to the Wesley Mission Center Thrift Store. Some of the computers we don’t

sell have been donated to a mission in Mexico or used here at the center as part of our job assistance program.”

The thrift store was started in 1979 when FUMC had a lot of donated items left over from their Lord’s Acre sale. After decades of growth, the store led to the creation of the Wesley Mission Center (WMC) in 2000. Now, the WMC serves members of the community by providing counseling, food, clothing, financial and job assistance. “All of the money we make at the thrift store is given back to the Wesley Mission Center so that we can assist others,” Jackie said. “We operate on that money and donations.”

As the economy took a downturn, and the unemployment rate grew, the WMC and other food banks across Mansfield saw a rapid increase in need and a decrease in donations of nonperishable goods and funds. Keeping up with demand was becoming more difficult, especially during the summer months

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when parents had to worry about finding breakfast and lunch for their children, who take part in Mansfield Independent School District's (MISD) free and reduced lunch program during the school year. Phil and his fellow Kiwanis members met with Common Ground Network, Inc., a nonprofit organization made up of churches and agencies to coordinate assistance programs for local low-income families, to find a way to meet the community's need. In 2007 both groups formed Feed the Kids for Summer and provided bags of breakfast and lunch food for children of low-income families in the district.

The summer program was initially a suggestion from MISD. Nurses and teachers had noticed students coming back from vacation malnourished and disruptive. Since the program was started, these same teachers are witnesses to its success. "The nurses and teachers have



told us that the kids on the program are coming back each fall nourished and ready to learn," Phil said. "There are government programs that would have taken care of these students in the summer, but since MISD is so far spread, we didn't have a central location to serve them." During their first summer they distributed over 2,000 bags. Each consecutive summer, they have seen a dramatic increase in distribution. They are preparing to hand out over 6,000 bags this summer. The program runs for 10-12 weeks depending on the length of summer vacation from school. Each school notifies eligible families. With the increase in demand and limited funding, families are approved on a first-come, first-served basis, so it is important to apply as soon as possible.

Phil and the other volunteers spend days planning, buying and organizing for each week's distributions. Before he can go shopping, the order must be completed and faxed to Sam's Club on Monday morning. Each item has to meet the guidelines of the program. They must be easy to open, nutritious and if there is cooking involved, it must be microwavable. A typical bag contains three drinks, three snacks, three desserts, two boxes of cereal, one soup, one pasta meal and a can of tuna fish. "If funds are available we try to provide fresh fruit, which can be difficult to keep fresh," Phil said. "If they want it, families are given one jar of peanut butter each week, too."

On Tuesdays, Phil drives the truck to Sam's to pick up the pallets of food they ordered. The cost is around \$2,500 per week above donations of nonperishable goods to fill their order. They stretch the

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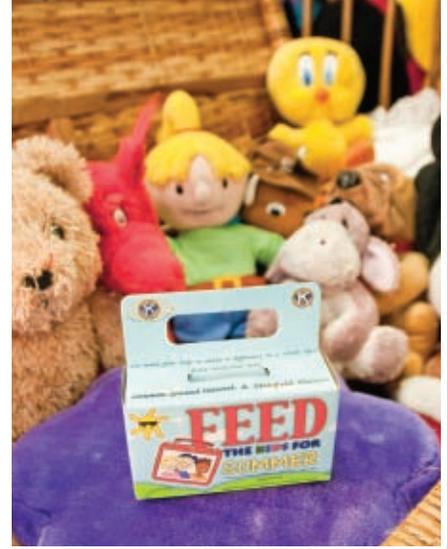


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food as far as it can go, but are still not reaching all of the hungry children in Mansfield. This year, there were 11,000 students enrolled in the free and reduced lunch plan at MISD schools.

Wednesday is the designated day to assemble all of the bags. Feed the Kids for Summer does not have a site of their own at this time. Since it is made up of several churches and organizations, they meet at one designated location, First Baptist Church in Mansfield, to prepare the bags. Volunteers arrive at 10:00 a.m. and unload the truck. Later that same evening, community families come together to fill the bags before the seven food banks arrive around 7:00-7:30 p.m. Families in the program pick up their bags at the food bank to which they are assigned on designated days.

Two days are needed for the Wesley Mission Center's food bank to distribute their bags. "We've had a great number turn out in the summers to help," Jackie said. "Kids are out of school, so families can serve together. It's a great activity for families and a way of giving back."

The need for volunteers, young and old, in the workforce or retired, is great. Operation costs are at least \$25,000 each year for Feed the Kids for Summer, and that doesn't meet all of the needs in the community. A donation of \$5 will fill a local child's bag with food for a week. More volunteers like the Stovers are needed for day-to-day operations in local food banks and organizations like FUMC's Wesley Mission Center. Volunteering as little as 30 minutes can help fill over 600 bags on the Feed the Kids for Summer Wednesday night assembly line. A little time goes a long way to feeding a hungry neighbor. **NOW**
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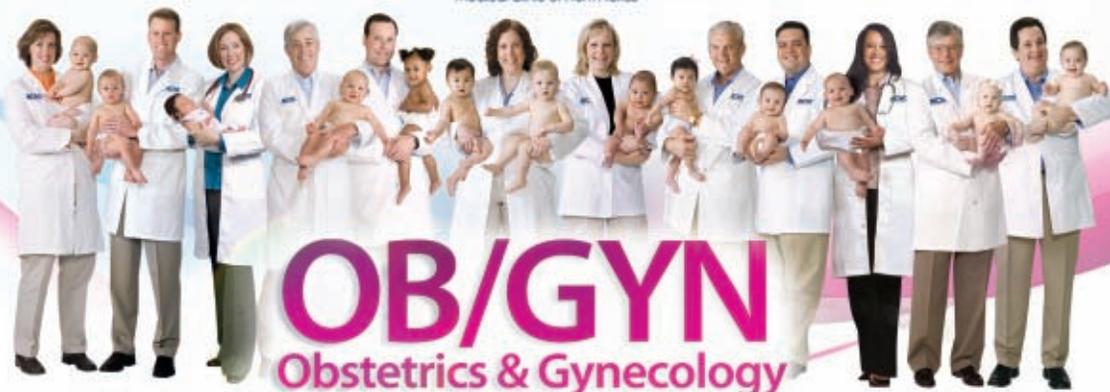
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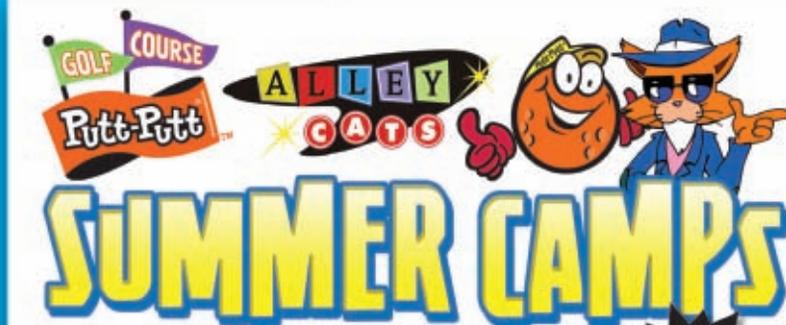


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Pedal POWER

— By Jeremy Agor

Jason Toombs has competed in just about every type of bicycle race there is. His love of cycling has led to another passion, which surpasses his desire to ride: a nonprofit organization he founded with his wife, Amy. He named it Pedal Power, and it provides bicycles to those in need, both locally and internationally.



As a child, Jason raced BMX bikes, switching to road bikes at age 16. His current preference is mountain biking, which he took up about 12 years ago. He rides for recreation and for competition, although he admits he is not as successful in competitions as he would like. He also used to own a mobile bicycle repair business in Mansfield, from which he got involved with the Dallas Off-Road Biking Association (DORBA). “I’ve always been into bikes. It’s a real stress reliever,” Jason said. He

has done several endurance races around the state, including the Wee-Chi-Tah Trail race, which is part of the Hotter’N Hell 100 in Wichita Falls. He’s ridden every trail DORBA has: Oak Cliff Nature Preserve, Boulder Park, Sampson Park and Cedar Hill State Park, which is where he met President George W. Bush.

Jason went to Cedar Hill one morning and noticed a van in the parking lot with a bunch of bikes around it. He thought it was a demo day for a local bike shop, but then he saw a couple

Suburbans pull up. “President Bush got out, rode his bike around the parking lot a little, then came over and introduced himself! He’s very friendly and outgoing and even asked us if we wanted a photo with him. Of course, the first thing I did was text the photo to my wife,”



Jason laughed. “My group, the Beagle Eaters (the name comes from a typo in an e-mail about bagels for breakfast on an annual biking trip we take), ranges in age from 22 to 60. The president did a 12-mile loop in the time it took us to do eight miles.”

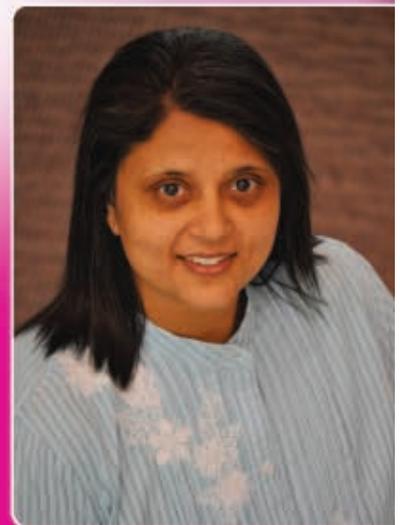
Jason would like to see the city of Mansfield designate land within the city limits for a trail, which could be used for off-road biking and nature hikers or anyone who wants to go out and not be on a cement trail. “I went to a park planning meeting about two years ago with about 25 other mountain bikers. We like the Linear Park, but we want something along it for mountain bikes. We asked the planners to allocate land for a trail and said we’d build and maintain

Anjani Amin, M.D.

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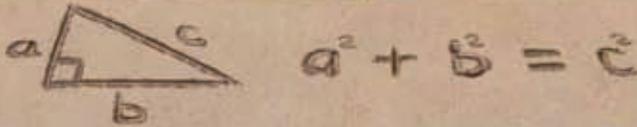
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it as volunteers. They decided not to do it at that point, but the idea's still out there," he said.

Amy knew the effort Jason invested in riding and repairing bicycles and representing cyclists' interests, and as he neared his 40th birthday, she felt that making a charitable donation to a local cycling organization would be a gift he would appreciate. However, as she searched the Internet she found a surprising lack of organizations to which she could donate. Two stood out, but one was in Washington, D.C., and the other in Oregon. The organizations took donated bicycles, repaired them, then distributed them to community members who needed a way to get to work, or sent them overseas to countries where having a bicycle gives people opportunities to find work. Using those organizations as inspiration, Jason and Amy decided to form their own nonprofit organization. "We're very environmentally conscious, and the fact they were reusing bikes was attractive to us. At first we kind of joked about 'maybe we should do this' and then, after some discussion, we decided we *could* do it," Jason recalled.

Jason, who is a regional manager for a distribution center in Garland, said when they sat down and looked at the skills they would need to make the organization work, it was obvious his previous experience with riding and bicycle repair and his knowledge of



logistics were a perfect fit for what would soon become Pedal Power. “We did a lot of research and learned how to form a nonprofit, filed the paperwork to become a 501(c) (3) organization in January and were granted nonprofit status in July,” Jason said. “We started with nothing. We got a few bikes at Mansfield’s beautification days and leased a small warehouse on Main Street. We had our first official bike drive at T.A. Howard Middle School, where we got 33 bikes. Then, we were lucky enough to get a couple public service announcements on the radio and we started getting a huge amount of bikes from all over the Metroplex.”

Since starting Pedal Power, Jason and Amy have partnered with the Village Bicycle Project and Bikes for the World, which helped them get their initial application for 501(c)(3) status filed, as well as gave them tips for recruiting volunteers and obtaining containers to ship overseas. They also found a local organization called Spokes for Folks, which provided contacts at local organizations in need of bicycle donations, such as Catholic Charities and the Boys & Girls Clubs. Now they are building a much more extensive list of contacts in the Mansfield/Arlington area. A recent bike drive at Mary Orr Intermediate School netted 40 bikes.

Jason and the rest of Pedal Power’s directors — Kris and Susan Dearden and

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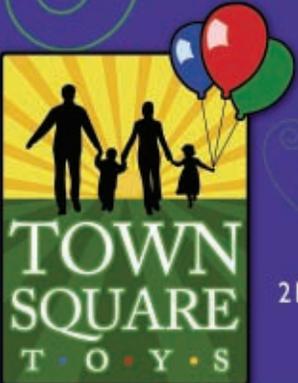
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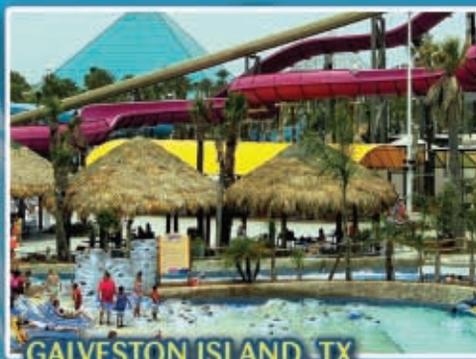
Ruben Rodriguez — rely on donations, as well as hosting wrench days, where they refurbish the donated bikes with volunteers from the Boy Scouts and local businesses. They have given away 40 bicycles locally already and recently reached a goal of enough bikes to fill a container to ship overseas. The bikes to be shipped are sent in whatever shape they're in and have their pedals removed. Upon arrival at their destination, the recipients learn to fix and maintain the bicycle, and then they get to keep it. This also creates an economic impact, because many of those recipients start or work in bicycle repair shops, so they can earn money with their newfound skills.

"Ten years ago, I never would have imagined I'd be running a charity, but it happened for a reason," Jason said. "I'm passionate about riding, but I'm more passionate about this. If it's between riding and going down to fix a bike for a kid, I'm going to fix the bike. Sometimes, I come home from work exhausted and then have to go work on bikes for a while. But no matter how tired I am that night, I always wake up in the morning feeling a little bit better because I know I've done something worthwhile." **NOW**

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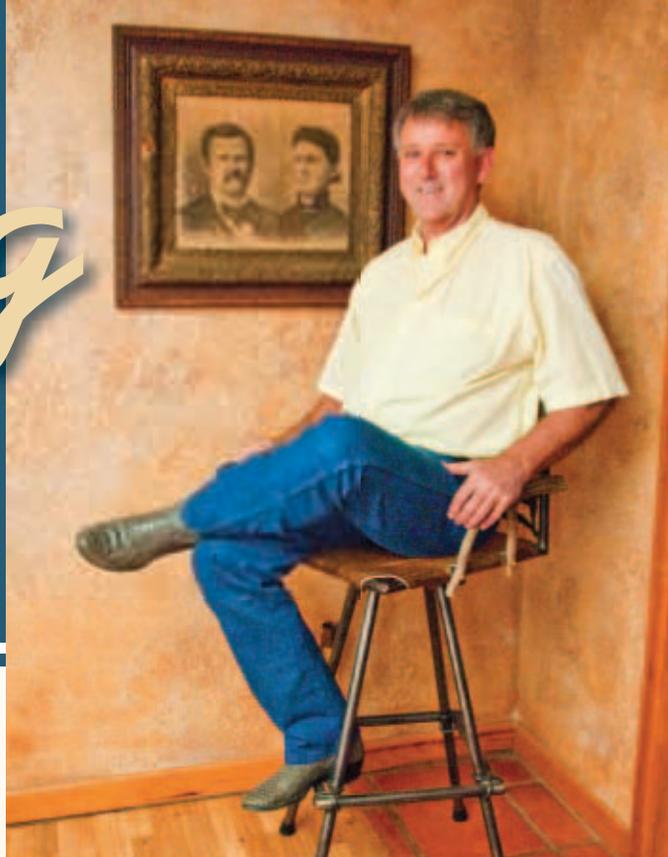
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Settling Down

— By Melissa Rawlins

On the way in to Harvey Back's house is a garden full of ivy and rocks collected on hunting trips. In his living room hangs *As Far As the Eye Could See*, a painting by Bill Saxon of an Indian boy and his grandfather pointing up at clouds that look like buffaloes. Just the other day, Harvey and his son, Bryan, were setting fence posts on their ranch. As the wind whirled the clouds, Bryan saw in them an image of a horse jumping. Like father, like son — they both enjoy looking at nature. And out here on the old family land to which Harvey retired — after 30 years in the sand and gravel business he and his brother, Jacob Charles Jr., owned — Harvey is also passing along what he knows to his son. "There is a law of the universe, that what you do will come back to you. That's why I try to do good," Harvey said. "My morals were passed to me, so I have passed them to my family."



AT HOME WITH
HARVEY BACK



His older son, Seth, and daughter, Jessica, with her son, Chance, enjoy visiting Harvey here, where their brother, Bryan, lives while still in college. Their 3,000-square-foot home comforts them with earth-toned details — like the hand-painted tile in the guest bathroom — that reflect a Native American decor. The Saltillo tile kitchen floors are easy to keep clean, which is helpful, since there is a lot of traffic in and out. They help with the cattle, learning from their father. Looking to memories of the way his father, JC, took care of cattle, Harvey is now settling down to taking care of the family land.

Harvey has not been in his pond for 20 years, but of course when first dug by his dad, that clean body of water was a favorite swimming hole for Harvey and his children. Now, Bryan exercises their two black Labradors, Chance and Evie, in the 7-foot-deep tank that divides Harvey's backyard from his brother's land and the rolling cattle fields. Sitting high on Harvey's deck, overlooking the southern view, one can see most of the 140 acres the two brothers inherited when their father died.

A farmer and a rancher, JC moved



his family to this cattle ranch in 1974. Several rusty farm implements line Harvey's driveway to remind him of the Back family's farming heritage, and the 160-acre black land farm where Harvey and Jake Jr. grew up just 1 1/2 miles south of Mansfield, one mile off Hwy. 287. "There wasn't as much traffic as there is now. Still, Hwy. 287 was the only road there was up to Denver," said Harvey, who remembers when I-35 was constructed. "My dad was born to Claude and Irene Back, who were born and reared here. She was a Prater."

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“Out of all of his children, my great-grandfather would be Jacob Martin Back, who was referred to as Uncle Jake by everybody. He was very prosperous. He’s the one that bought this place, where I now live,” Harvey said. “Uncle Jake also bought a house down near the viaduct that goes over the railroad track near 287. People would bring their livestock, put ’em on the rail, ship ’em to Fort Worth, and then when the money came back he’d pay the people for their livestock.” In the 1890s, community baptisms were performed there — in the portion of Walnut Creek that ran through Uncle Jake Back’s pasture five miles east of town — while First Baptist Church was being established at the east corner of Broad and Sycamore.



Her sweet rocking chair has a place of honor in Harvey’s living room, not far from some hard-won deer skulls and his mother’s dad’s shotgun.

“They were all farmers, the Backs and the Praters. The Backs go all the way to Germany, as Bach,” said Harvey, explaining that they changed their name to Back when they moved to the Tennessee/Kentucky area. Mr. Jacob B. Back, 1819-1881, moved to Mansfield in 1852 with his wife — probably because Texas was giving land grants. He picked bottom land along Walnut Creek, settling 320 acres where Broad and 360 intersect. Their original cabin is still visible, if you know what you are looking for.

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When Uncle Jake married, he had three children. Claude was born in 1888. At one point Claude kept the books for his father's store, Back and Bradford Hardware Store (originally owned in partnership with James Frederick Bradford). The hardware store was in the building where Flowers, Etc. now operates. When Claude married Irene, they lived on a farm south of town and managed Uncle Jake's farms. They had two children, a daughter named Frances and a son, JC. About the time JC was 10 years old, Claude and Irene inherited Uncle Jake's place. Claude went on to be a city councilman in the early '40s, then mayor of Mansfield in the mid-'40s. JC Back married a beautiful woman from Keller, Wilma Harris, on August 4, 1943.

JC and Wilma raised cotton, corn, wheat, maize and oats on a 160-acre farm created from land owned by Irene and Claude. Harvey grew up on that farm. "In my lifetime, my father had gotten to where it was no longer mules, but totally tractors," Harvey said. "Whenever I got big enough to where I could remember, we always had two tractors at least. When we got big enough, we'd get on a tractor and do our part."

In 1974, JC sold the black land farm and began raising cattle here — on the 280 acre piece of land that was part of some land Uncle Jake had purchased, which fell heir to Frances Nifong and

JC Back, who divided the property. Harvey was already out of high school and working. He and Jake Jr. each built houses on the property. "That put three houses out here. Mom and Dad, with the children and their grandchildren," Harvey said. "That's when it was fun. If it snowed, we'd go to playing, pulling sleds and all kinds of stuff. We'd have picnics down in the bottom. When Daddy needed help working the cows, we'd all pitch in. We'd even get on the horses and round the cows up, separating them and all that. We were always available to help Daddy, and at one point Jake Jr. and I put Daddy in a dump truck, and he helped us in our sand and gravel business, and he enjoyed it."



Although his father died in 2002, he still lives in Harvey's heart. "JC Back was a man of few words, but he taught me how to work. So, when I had to go out there, it was easy for me," said Harvey, whose mother, Wilma, now lives in Granbury with Jake Jr. "My mother didn't tell you how to approach life; she showed you by her daily living. She is a very positive, kind and caring person. She'd always carry us to Sunday school and church."

And now her grandchildren say their father teaches them to always do the right thing — to always choose the good path to go down to be honorable people. In his home, where he keeps the saddle his great-great-granddaddy bought and every one of the children has ridden, Harvey's just carrying on the family name. **NOW**

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Teaching With a Purpose

— By Donna Kubecka



The person who decides to spend his time teaching is an unselfish person. They take what they've been given by someone else — precious knowledge — and do not merely hold on to it. They give it to others in hope these students will pass the gift on to still others. A good teacher knows his or her subject matter, has conviction, cares about people and recognizes they still have more to learn themselves.

Dr. Bruce Foster has these qualities. A history teacher at Nichols Junior High, Bruce's life is devoted to studying and teaching. He has spent 31 years in the public school system. "That calculates to about 30,000 lessons I've taught in my school career," he said. And that also means he has a lot of experience in educating children.

History is not all Bruce teaches. Because he is a seventh-degree black belt, he also teaches a wide range of martial arts for adults and children. Bruce's training includes the philosophy that every student is a teacher and every teacher is a student.

The most important and rewarding subject Bruce teaches, though, is the Bible. His interest in history actually stemmed from his study of Scripture. Bruce's lifelong passion of studying and teaching began to stir in him at the age of 17. He grew up moving all over, because his father worked a government job. "I always had to make new friends," Bruce



admitted. "I enjoyed my family life, but still I felt empty." Now Bruce knows why he was lacking fulfillment. As a teenager, he had never read the Bible, and had hardly ever attended church. "I was just going with the flow," he added.

A girl told him about Jesus, which piqued his interest, and in one weekend he read the whole New Testament. "I knew it was the Word of God and became a believer. People started asking me questions," he remembered, "and I

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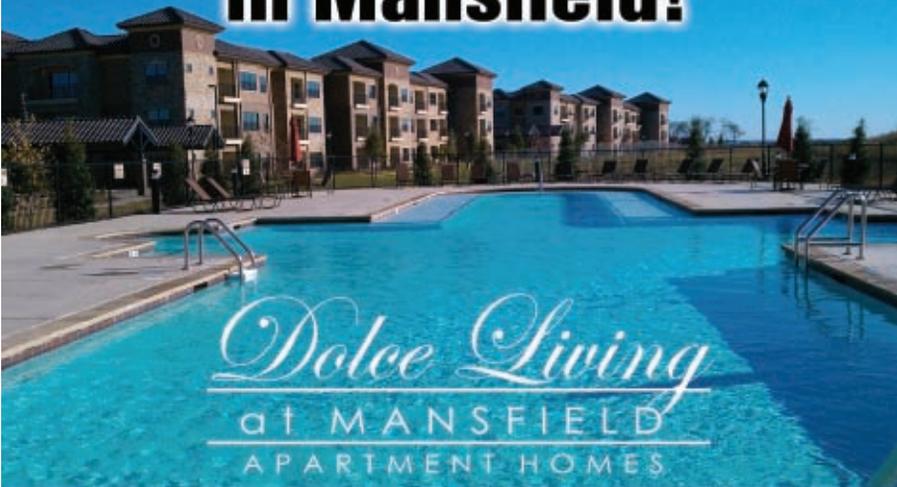
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started searching for the answers." He became addicted to study. To this day, Bruce studies the Bible for six hours a day during the summer, and two hours a day during the school year.

After graduating from high school, Bruce continued his education. He has a bachelor's degree in physical education from The University of Texas at Arlington, a master's in public school administration from University of North Texas and a Doctorate of Ministries and Master of Theology from Tyndale Theological Seminary. Being a hardworking student who was fascinated by learning about the writing of the Bible, Bruce won the Outstanding Bible Language Award at Tyndall for Hebrew and Greek.

Bruce's expertise in the original languages of the Bible played a large part in his formation of the *Yeshua Elohim* Bible Church. The name of the church comes from the Hebrew name for Jesus, *Yeshua*, and the Hebrew word for God, *Elohim*. The church is nondenominational, and the members believe the Scriptures are the literal, inerrant, infallible and inspired Word of God.

Bruce's obvious passion is pastoring the church. He teaches from the Messianic Jewish point of view, with an emphasis on Hebrew and Greek expository teaching, drawing on what the original languages say. Bruce was influenced largely by studying Messianic Jewish Christians, such as Dr. Arnold Fruchtenbaum.

"The goal of the church, according to Scripture, is to equip the saints for



ministry-develop more teachers,” Bruce explained. He feels it is important to keep the focus of church services on studying the Bible rather than replacing it with entertainment. In his small church, one song is sung to glorify Christ. Next, there is a prayer, Bible teaching and a concluding prayer. Thus, most of their meeting time is spent studying the Bible.

Bruce’s enthusiasm for teaching children is carried over into his church as well. “We feel that the family should worship together, study together and talk about the Scriptures together. Children should learn by modeling parents and not other students their age,” Bruce explained. “Children are very intelligent. They need to be learning the deeper things of the Scriptures with the adults.” With all the observation he has done in his years of teaching in public school, Bruce feels strongly about helping children as much as he can.

Some of the most joyous memories he has had are of the amazing children he has had a part in instructing. Bruce helped one 4-year-old girl learn the entire Hebrew alphabet. Another special 10-year-old boy takes notes of his sermons and repeats them back to him. Most rewarding to Bruce has been teaching students the Bible and seeing them teach it to other people.

Bruce is quick to acknowledge the ability to teach is a God-given gift. To Bruce, the purpose of his life is to use that gift in the way God would want him to — helping others. “The Word of God gives you wisdom. That wisdom moves to other areas of your life.” Bruce credits the strength and wisdom from the Bible

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Victoriya and Bruce Foster with her mother, Liudmila Bukreeva.

as his means of being able to accomplish all he does. He is also very systematic with his schedule of Bible study and regular exercise with martial arts.

His wife, Victoriya, has also been a huge support to Bruce. "It's so nice to have a spiritual wife. Victoriya is intelligent, beautiful and helps me so much in my teaching. She is a joy in my life," Bruce revealed. Bruce and Victoriya have been married seven years. Bruce met Victoriya (from Siberia, Russia) on



the Internet in what he terms a divine appointment. "Victoriya had been praying for a husband in Russia, and I had been praying for a wife in America," he smiled. Victoriya had attended Baptist Mission Seminary in Russia, and was very knowledgeable about the Scriptures, which was important to Bruce. After many e-mails, phone calls and four trips to Russia, they fell in love. The couple now shares a warm, hospitable home in Mansfield, where Victoriya raises tiny, frolicsome Siberian kittens. "I want to encourage people to ground themselves in the Scriptures, pray for their pastors and pray for their nation," Bruce said. **NOW**

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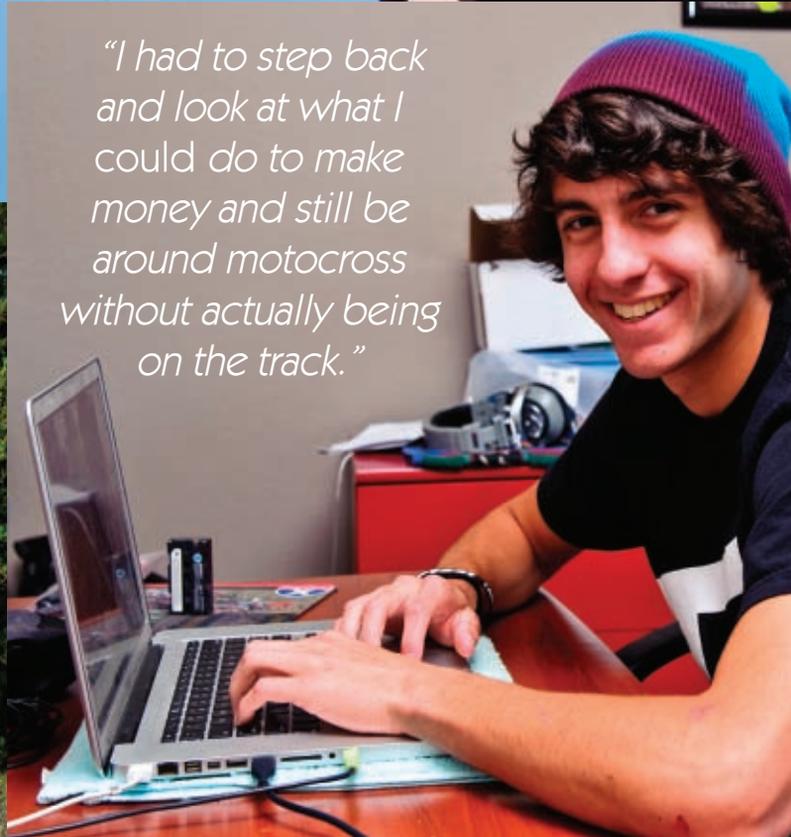
Right on "I" TRACK

— By Jeremy Agor

Kevin Anderson had been riding motocross for years, both competitively and for fun, at the track in his backyard, when he suffered an injury that set him on a different path. From the moment he shifted gears from being on the track to capturing the races and the racing culture he loved on film, he knew he had found something special.



"I had to step back and look at what I could do to make money and still be around motocross without actually being on the track."



Kevin's father, Scott Anderson, and grandfather, Walter Gonzagowski, had been involved with motocross for years before teaching Kevin to ride at age 8. They introduced him to racing and provided support by working on his bikes and driving him all over to competitions. They even built a motocross track in Kevin's backyard so he and his friends could ride in their free time.

Kevin, 15, was staying with his grandparents in Ardmore, Oklahoma, when he crashed his motorcycle, breaking his femur and collarbone in the process. In the aftermath, he found himself sitting on the couch with lots of time to think about what he wanted to do with his life. "I love motocross and I had a good career, but when I looked at my abilities on the track realistically, my future wasn't in it," he said. "I had to step back and look at what I *could* do to make money and still be around motocross without actually being on the track."

The answer came to him soon after. Before his accident, Kevin had shot footage of his friends racing and doing their best tricks on his backyard track using the video camera feature on an old digital camera his grandmother, Carolyn



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Gonzagowski, had given him. He realized he had an opportunity to blend his love of motocross with his creativity and do something he hoped people would like enough to allow him to maintain his place within the motocross community. "I started playing with this old camera and learned how to edit the footage I shot of my friends into short videos. Even though the equipment and editing software I had weren't the best, I slowly got better and started showing the videos to people, and they started to take notice. That's when I realized there might be a niche for me, because no one was doing this like I was. I don't just do 'point and shoot.' I capture the feeling of the race, the environment and really show what it's like to be there," Kevin explained.

He posted some of his work on an Internet forum to see what people would say. The response was positive. Then Kevin started going to tracks, still on his crutches, to shoot new footage, all the while building a reputation for his work. He made a video for one person, and soon more and more people sought him out to film their races for family members or sponsors. Kevin began earning money for his work.

Now 17, Kevin has formed a successful production company, JJK Productions, which keeps him on the road most weekends. He also has a



spinoff Web site with his partner, Austin White. The Web site provides coverage of events all over the country with photos, race results and commentary. The success of his businesses has allowed him to upgrade his equipment, which in turn has led to better videography. "I didn't know it then, but my accident was truly a blessing in disguise. I took what many people would think is a bad thing and turned it around into a something I'm passionate about and want to do for the rest of my life. I'd like to say I planned this, but it was just something fun that's evolved because everyone likes it. Plus, I get to be with my friends and go to the races with my dad. None of this would be possible without his support," Kevin confessed.

His new "hobby" is booming, but Kevin is still a teenager, active in his church and attending Frontier High School. His coursework at Frontier, which allows students to focus on preparing for a career, has included marketing and film, in addition to the usual high school curriculum. He credits his film classes with making him a better videographer, because he has made videos on many subjects besides motocross and has learned all aspects of filmmaking. He has created and edited documentaries, as well as learning to promote and market his films, skills

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Ceilings in the iKids treatment rooms feature movie screens to take kids' focus off their mouths while Dr. Randy Hamilton, top left, treats his patients with special care.



On Your Level

Children love coming to iKids Pediatric Dentistry, a favorite hangout for the tooth fairy.

— By Melissa Rawlins

Getting kids to stop crying requires a special touch, and the doctor at iKids Pediatric Dentistry has that gift. As a general dentist in the U.S. Air Force, Dr. Randy Hamilton, DMD, realized he was exceptionally good with all children — not only his own four. So he decided to give children and their parents a gift. He received specialized training in intravenous dentistry, above the normal two-year pediatric residency, and now a whole new dental experience is open at iKids Pediatric Dentistry.

Two of the four treatment rooms at iKids have shorter-than-normal flat beds, shaped a bit like the border of a child's body, just perfect for the times when a child requires sedation before a treatment. Sometimes, they're mesmerized while watching their favorite movie on the ceiling. Often, Dr.

Hamilton has the children laughing as he cares for their mouths. Believe it or not, many children have gums, roots and rotting teeth, which require intense treatment against caries, a terrible disease robbing children in this country of healthy time in school and on the playground. "This can be a temporary condition once it is treated, and the family learns how to prevent it from coming back," assured Dr. Hamilton.

In order to fully care for the health of each child, the staff at iKids Pediatric Dentistry has created a family-centered area where the doctor and the parents can deal with the whole health of the patient, in addition to oral hygiene and diet. For forward-thinking parents who want access to their child's stem cells, iKids offers a baby tooth bank. "New research has

come up with the fact that there are live cells in the pulp of baby teeth,” Dr. Hamilton said. “You can wait until their baby teeth fall out or are extracted.”

Since obesity is on the rise in our culture, the iKids professionals counsel patients and parents about healthy diets. They also discuss preventing trauma, through using car seats and wearing helmets while bike-riding. Dr. Hamilton provides preventive care for everyone with no limitations due to socioeconomic status. iKids takes most insurances and is Medicaid and CHIPS approved. Just as importantly, they have all the tools needed to do most procedures in the office. If general anesthesia or surgery is required, iKids has arrangements with two hospitals and a surgery center.

For ongoing care, patients can always come back home to iKids, where parents are welcome in either treatment rooms or the comfortable waiting room complete with fresh drinking water, wireless Internet access and the relaxing saltwater aquarium that glows and flows with live seahorses, anemones, coral, clams and clownfish — much like the movie *Nemo*. Children enjoy iKids’ Xbox, and sometimes dads wait in the kids’ section, playing the video games with their child in their lap. While they are in the iKids office, patients feel like they are the only one seen that day. This ambience, as well as the genuine concern of all the staff, has attracted patients from as far away as Houston and Waco.

Dr. Hamilton feels especially blessed that he can care for special needs children — and that their parents are relieved when they find iKids. Like every other parent, they are advised to help their child brush morning and night, with a pea-sized blob of fluoride toothpaste, and floss once a day. Hygienist Kasey Armstrong always tells parents that until their child can tie their shoe — and it stays tied all day — the parents need to be brushing the child’s teeth. When such wisdom comes from smiling, happy people who get on your level and treat you like family, both parents and children alike love coming to iKids Pediatric Dentistry. **NOW**

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Marco Castillo trims a boxwood while Andrew Martinez builds a stone border.



Nicholas Brennan and Preston Howell wrap up a week of school before heading home for a weekend of baseball, food and chill time.



Mansfield Chamber of Commerce Ambassadors welcome Blue Heaven Yogurt with a ribbon-cutting ceremony.



Alanna Stewart, Micah Shaw, Danielle Hubbard and Robin Conley stop for a bite to eat before a Mansfield Varsity Softball game.

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Fast Food Gets Healthy

— By *Medi-Weightloss Clinics*



Usually “fast food” and “healthy” are not seen in the same sentence. But, with the fast-paced life many Americans live, taking the “fast” out of “food” seems nearly impossible. If you can’t take the “fast” out of “food,” you can use the following tips to make sure your fast food is as healthy as it can be:

- **Pay attention to menu descriptions.** Dishes labeled pan-fried, basted, battered, breaded, creamy, crispy, scalloped, Alfredo, au gratin or cream are typically high in calories, unhealthy fat and sodium. Look for foods that are baked, braised, grilled, broiled, poached, roasted or steamed. Lean meats and vegetables are the healthiest choices.

- **Drink water with your meal.** Water will help keep you full, so you are less likely to overeat. Water is also a calorie-free way to quench your thirst. Stay away from regular sodas; they can pack as much as 425 calories for a 32-ounce serving.

- **Undress your food.** Order items without all the extra additions, such as spreads, cheese, sour cream, dressings, mayo, etc. Load your sandwich with more veggies, such as lettuce and tomato. For example, ask for a grilled chicken without the mayonnaise and add extra lettuce and tomato.

- **Don’t be afraid to special order.** Most menu items can be made healthier. Ask for dishes to be made without sauces or to be “dry.”

- **Watch portion size.** The average fast-food meal can be as high as 1,000 calories! A typical single serving can provide enough calories and fat for two meals, or even a day’s worth of fat and sodium! Here are some sample menu items that are good portion sizes:

	Calories (grams)	Total Fat (grams)	Carbohydrates
McDonald’s™ Chicken McNuggets (4 piece)	190	12	11
KFC™ Original Recipe™ Chicken Breast	140	2	1
Chick-Fil-A® Chargrilled Chicken Garden Salad (*without dressing)	180	6	10
Panera Bread® Low Fat Chicken Noodle Soup	100	2	13

Always remember to eat mindfully. Savor every bite. It is easy to finish an entire sandwich without remembering the first bite, especially with fast food. Pay attention and enjoy every bite. Chew your food completely. Not only will you feel more satisfied, but mindful eating will also relax you so that you can more easily digest your food. If you make good choices fast food does have a place in a healthy, balanced diet! Next time you are in a rush, remember these fast-food tips! **NOW**



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JACKIE'S OUTLET

Save Childcare Money for Your Child's Future

— By *Tim Bordelon*

The cost of childcare for preschool age children can be one of the more significant expenses parents face. While childcare expenses may be unavoidable in two-income households, it can represent a significant increase in discretionary income once the child begins elementary school.

That extra income could be used to pay for a new car or to save for a vacation. However, you may want to consider using that money to save for your child's future.

A quality education may be one of the most important factors in determining your child's future. Studies have shown a significant difference in earning potential between college graduates and those with only a high school education.

There are a number of options available that can help build significant assets to be used toward a college education. A financial professional can help you choose one that is appropriate for your goals, timeline and tolerance for certain risks.

Take the time to speak with someone who knows what is available to parents in your state. The earlier you start, the more time you will have in preparing for the education of your child. **NOW**



Tim Bordelon is a State Farm agent based in Mansfield.



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May 2

Mansfield Area Chamber 2011 Golf Classic: Registration: 9:30 a.m., Walnut Creek Country Club. Contact Mansfield Chamber of Commerce at (817) 473-0507.

May 6, 7

American Cancer Society's Relay For Life Mansfield 2011: 6:00 p.m.-6:00 a.m., Katherine Rose Park. National theme is "Stay Well, Get Well, Find Cures, Fight Back." Twelve-hour relay starts with a Survivor's Lap, when cancer survivors circle the track together; at dark: a Luminaria ceremony will honor those touched by cancer in remembrance of loved ones; at dawn: a Fight Back Ceremony for personal commitment to save lives. Call Shea Allison at (469) 814-1503 or visit www.relayforlife.org/mansfieldtx.

May 7

Mansfield Bible Church project, "Mansfield United": 8:00 a.m.-3:00 p.m. Bring big hearts, work gloves and various tools. Will do prearranged work projects in the homes of widows and others in need in Mansfield at no cost. Meet at 2351 Country Club Drive. www.mbcchurch.com or call (817) 473-8980.

May 8

Happy Mother's Day!

May 14

Theater by AIM: 7:00-9:00 p.m., First United Methodist Church Mansfield Chapel, 777 N. Walnut Creek Drive, Mansfield. AIM, the performing arts school FUMCM, presents *Raggedy Ann and Andy* for free. Call Cindy Brown, (817) 477-2287, ext. 155.

May 21 - October 8

Mansfield Farmers Market: Saturdays, 7:00 a.m.-2:00 p.m., corner of Broad and Main (FM 157) in historic downtown Mansfield. Choose from all organic fresh veggies, peaches, herbs, honey, free-range eggs, flowers and house plants, plus crafts. For more information, contact Rex Wenger at (817) 501-6027.

May 24

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

May 30

Happy Memorial Day!

June 3

Christian Music Concert and Benefit for Jamie McLester: 6:30-11:00 p.m., NewLyfe Paperboy (hip-hop) and Supernova Remnant (rock) close

out the show, which starts with spoken Word and praise. Visit www.ctgiveshope.com or contact Jamie McLester at jamesmichael9@gmail.com.

June 5

Mansfield Wind Symphony Formal Concert: 7:00-8:30 p.m., St. John Lutheran Church on Debbie Lane. No cost. Call Dana Rivard at (817) 456-3262.

Ongoing:

Second and Fourth Mondays
Kiwanis Mansfield Afternoon Club meeting: 11:30 a.m.-1:30 p.m., Fat Daddy's on Debbie Lane. Contact Cheryl Litke, Secretary at (817) 453-5106.

First and Third Tuesdays

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

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



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In The Kitchen With Vicki Asher

— By *Melissa Rawlins*

In the '70s in Jacksonville, Texas, Vicki Asher lived on a farm with her great-aunt Ivelle, who was a fabulous seamstress and cook. “We depended on eating fresh produce — tomatoes, watermelon and cantaloupe in the summer. Back in those days, we didn’t go out to eat during the week, and every Sunday dinner was a ritual,” Vicki said. She tried to maintain that simplicity when she had her own family.

Vicki came to Mansfield in 1980, and built Mansfield Nursery in 1985. Vicki still has a daughter at home, who is learning to appreciate her uncomplicated cooking. “You can do simple things in a hurry, and it’s much better than running for fast foods. If people get in the habit of going to the farmers market once a week, they’ll get used to eating that way and feeling good.” **NOW**

Easy Summer Breakfast

- 2 fresh cantaloupes**
- 1/2 pint strawberries**
- 1 pint blueberries**
- Salt, to taste**
- 4 sprigs fresh mint**

- 1.** Slice cantaloupes in half across the center (not from end to end). Scoop out the seeds and throw them out.
- 2.** Wash and slice strawberries and divide evenly into all four cantaloupe halves.
- 3.** Wash and sprinkle fresh blueberries on top of strawberries.
- 4.** Lightly salt the colorful fruit bowls and sprinkle with a few mint leaves before serving.

Tomato Cucumber Salad

- 3-4 slicing tomatoes or 20 cherry or pear tomatoes, sliced in half**
- 2-3 cucumbers, peeled**
- 10 leaf fresh basil, chopped**
- Italian or Balsamic Vinaigrette dressing**

- 1.** Slice tomatoes into bite-size chunks. (Peel slicing tomatoes only if you plan to serve them the same day; if you intend to keep for 2-3 days, do not peel them or they will become mushy) Slice cucumbers into bite-size chunks. Mix tomatoes and cucumbers with basil. Use a glass container so salad will not pick up unwanted flavors.
- 2.** Pour dressing over vegetables before serving.
- 3.** Cover leftovers with Saran wrap and refrigerate. Marinate up to three days for enhanced flavor.

Baked Squash

- 5-6 six yellow squash, halved lengthwise**
- 1/4 cup water**
- 4 Tbsp. butter**
- 1/4 tsp. garlic salt**
- 1/4 tsp. black pepper**
- 2 green onions, finely chopped**
- 1 cup cheddar cheese, shredded**

- 1.** Scoop out the insides of the squash and put

in a saucepan with water, butter, garlic salt and black pepper and green onions. Simmer for maybe 15 minutes to tenderize.

2. Meanwhile, boil the shells of the squash for about 5 minutes.

3. Put shells on cookie sheet and fill them with the cooked mixture. Cover with cheddar cheese and bake until lightly browned. These will melt in your mouth!

Grilled Zucchini

- 5-6 zucchini squash**
- 1/4 cup olive oil or butter**
- 2 tsp. garlic salt**
- 2 tsp. black pepper**

- 1.** Cut off ends of zucchini and slice lengthwise; score the cut edge with a paring knife, then spread olive oil or butter on the surface. Sprinkle with garlic salt and pepper.
- 2.** Put skin-side down on the upper edge of the grill.
- 3.** After zucchini is cooked and butter has filtered through the scores, flip slices over to grill the top side, just for a short time, and they are ready!

Stuffed Jalapeños

- 10-15 fresh Mucho Nacho jalapeño peppers**
- 1 8-oz. block creamed cheese**
- 1 cup shredded rotisserie chicken**
- 5 strips bacon**

- 1.** Wash peppers. Cut ends off and remove seeds.
- 2.** Mix creamed cheese with chicken, and stuff into the Mucho Nacho peppers.
- 3.** Wrap with a 4-inch section of bacon, and secure with a toothpick.
- 4.** Grill (or bake in oven at 350 F) until bacon is crispy.

Sautéed Cabbage

- 1 large head green cabbage**
- 1/4 cup olive oil**
- 1 clove garlic, chopped**
- 1 tsp. garlic salt**
- 1 pinch black pepper**
- 1 green onion, chopped**
- Other fresh vegetables (optional)**

- 1.** Cut cabbage into quarters.
- 2.** Combine all ingredients in a pan lined with olive oil, cover and sauté for 15 -20 minutes.

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