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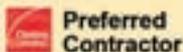
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MAGAZINE

## Editor's Note

Dear Friends,

Some months ago, I sent a note to my managing editor, Becky Walker, general manager, Rick Hensley, and publisher, Connie Poirier, thanking them for giving me the opportunity to serve as editor of *MansfieldNOW*. During my time as editor, I have donned an attack dog training suit, sat with a monkey, stepped in beefalo poop, handled ancient artifacts and crawled inside a homemade single-engine plane. They thought it was my letter of resignation!



Are you kidding me? This is the greatest job in the world, and no issue serves as a greater reminder to me of that fact than our June 2009 issue. While there are no monkeys or ferocious dogs, I am humbled by the residents of our great town and how giving you all are to the community.

Thank you, Mansfield, for allowing me to come into your homes each month and share your stories of triumph and success. Tread lightly, though, for you never know where there may be a big pile of beefalo poop!

Your friend,  
*Alex Allred*  
*MansfieldNOW* Editor

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# Back in the Game.

Living a sedentary lifestyle is not exactly Randall Canedy's style. So when extreme knee pain threatened to sideline the 57-year-old, he wasn't about to sit idly by.

A local banker who's very active in the community, Mr. Canedy is equally active at the gym, running, and playing basketball. Then about a year ago, he began experiencing recurring knee pain. "Like a typical man, I just dismissed it as nothing," he admits. A few months later the pain became so unbearable that he had trouble simply walking, much less driving the lane for a layup. "That's when my wife stepped in and demanded I get something done about it," he laughs.

Being a basketball player himself, "my doctor took about five minutes to figure out what was wrong," says Canedy. Diagnosed with a torn meniscus in his knee, Canedy had two options: put the brakes on his active lifestyle or have the knee fixed. The choice came easy.

**"I never experienced a hospital like this. It's just amazing."**

Canedy had arthroscopic surgery on his knee at Methodist Mansfield Medical Center. "From the second I woke up from surgery until now, I

haven't experienced one degree of pain in the knee," Canedy rejoices. The procedure was a day surgery, so he was in and out in a matter of hours. Thanks to modern technology and his advanced fitness level, he was immediately able to ease back into his workout routine. "I'm doing everything now that I was doing before. I'm running, shooting hoops, and doing hard-core spin classes with absolutely no discomfort whatsoever,"

he continues. "It was my first patient experience with Methodist Mansfield, and it was amazing. It really was."

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# Mission Minded

— By Angel Jenkins Morris

**“I knew that I could make a difference in my life and the lives of others.”**

Cheree Chelette is a woman with a mission . . . or two, or more. Like many who pledged to do more for their country following the 9/11 terrorist attacks, Cheree has since followed through on several life-changing goals. “Late in 2001, after the tragedy of 9/11, I was laid off from the travel industry. I decided to return to college and complete my degree in education. After much hard work, I began my teaching career,” Cheree said.

Following a challenging first year, Cheree felt trapped in a bad situation. “My first year teaching was a lot different than I expected, and I did not know what to do. I had spent all of this time and money, and I felt that I had no option but to try and survive,” she remembered.

While continuing to substitute teach in Mansfield Independent School District, Cheree experienced something that improved her outlook. “I first started doing mission work while attending Lake Arlington Baptist Church in 2002. We put on a Vacation Bible School for children in a lower-income area in Fort Worth that summer,” Cheree said. In the fall of 2002, she took a mission trip to Maryland, coordinating a fall festival for New Hope Community Church. “We went to do outreach in the community, help with clean-up in the church and to put on the festival,” Cheree explained. “It was a great time spent with people trying to make a difference in their community.”

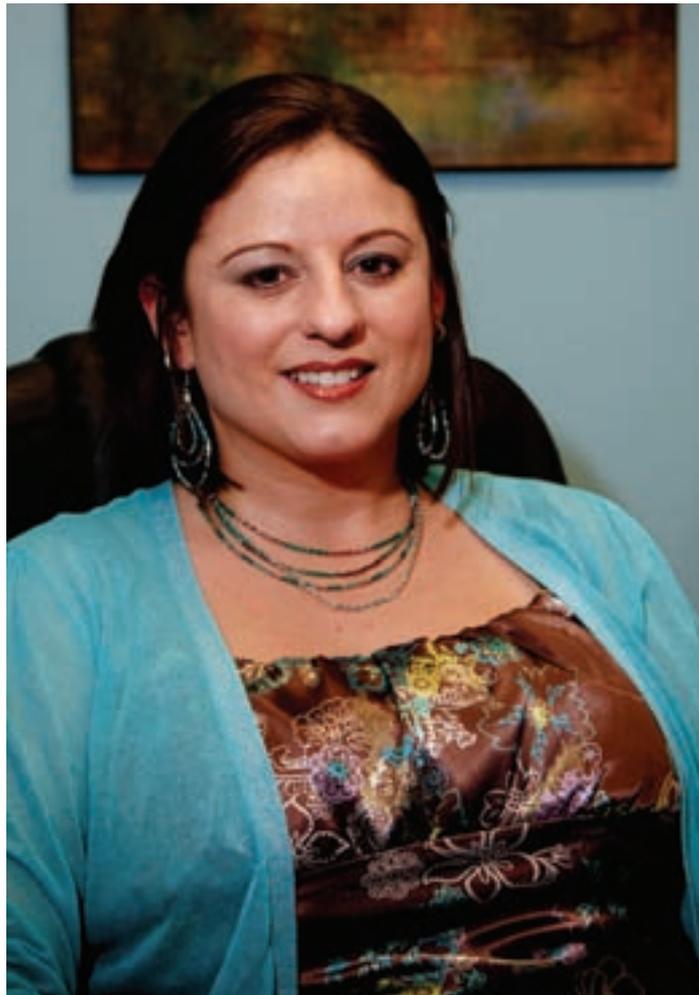
By 2005, Cheree was teaching in the Fort Worth Independent

School District and was ready for an even greater mission. With her church’s youth group, she volunteered at an orphanage in Jamaica, helped build classrooms for a school for deaf children and held a VBS for children in the community. “It was a very humbling experience. We stayed at the school, with no air conditioner and no hot water.

We ate their food and slept where the children would normally stay during the school year. We held children, played with them and rocked babies at the orphanage. What a heartbreaking thing to see, but a blessing to be part of,” Cheree expressed.

Touched by the work in Jamaica, Cheree made another career change. “I currently work part time at Mansfield Bible Church as the receptionist. I took this job because I love volunteering at my church and felt it was a great opportunity to get more involved in children’s ministry and missions,” she said. To that end, Cheree decided to give thanks for what mission work has given her on Thanksgiving Day 2008. “Two of my sisters and I participated in the Turkey Trot Thanksgiving morning in Fort Worth. We ran the 5K to help raise money for the Salvation Army,”

Cheree said. After the race, the sisters picked up other family members and went to Mission Arlington. “We helped deliver meals to people who had no one to celebrate with, nor did they have a Thanksgiving meal. After delivering meals, we helped load and unload trucks of food that had been donated for people in need,” Cheree added. “It made me realize how



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truly blessed I am.”

The experience prompted Cheree to focus on volunteerism close to home. “I recently teamed up with a few other members of our church to create a mission team, and my part was to plan mission opportunities. I have planned one project for our church families to be involved in every month,” Cheree said. “This will build up to and prepare people for one long-distance mission trip a year, [the first being in] the summer of 2010.” Cheree is also in her fifth year of the AWANA — Approved Workmen Are Not Ashamed, from 2



**“My first year teaching was a lot different than I expected, and I did not know what to do.”**

Timothy 2:15 — and Vacation Bible School programs at her church.

Cheree uses the insight she has gained through these programs, and from the recent breakup of her own marriage, to help others through whatever difficulty they are facing. “My goal is to do what I can to help others get back on their feet; whether it’s feeding them, clothing them, helping them with a project, giving encouragement, or the hope that they need to continue to move forward in their life journey,” she said.

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An unexpected path on Cheree's own journey presented itself in December 2004. She was asked to host an Arbonne all-natural skincare and beauty products presentation, which led to Cheree developing her own full-time Arbonne business. "More than anything, [it] has been a journey of personal growth. To reach my goals, I had to step out of my comfort zone. When I finally got the



**Cheree is also in her fifth year of the AWANA – Approved Workmen Are Not Ashamed, from 2 Timothy 2:15 – and Vacation Bible School programs at her church.**

nerve to speak at my first presentation, I was terrified," Cheree said. "From that moment on, my life began to change. ... I knew that I could make a difference in my life and the lives of others."

While juggling a full-time business, part-time receptionist duties and her mission planning, Cheree is pursuing one other dream. "I ran my first 5K on Thanksgiving and my first 10K on February 28. I am now beginning to train for a half marathon for the fall,"



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she said. Cheree also enjoys to camp, water or snow ski, read, cycle, and spend time with friends and family.

While Cheree hopes to build a family of her own someday, she plans to always keep God the focus of her life and be open to wherever He leads her. "I feel that it is only by God's grace that any of us have anything," she explained. "It all belongs to God, and if I were to be selfish with my time or money, then God could choose to take it all away."

Cheree's track record proves she is anything but selfish. "I get great satisfaction and fulfillment by helping others and feeling like I might have made a difference in someone's life," she



shared. "I feel that the best way to reach people and help meet their needs is to meet them where they are at. It's all about loving them and helping them in a practical way." She encourages others to be like Jesus, who met people's immediate needs, before trying to witness to them about the Gospel. "I encourage everyone to participate in at least one mission activity. There is something about helping others that really changes and impacts you as much as it helps the other person," Cheree said. "You will be surprised how good it'll make you feel and how it'll change your life." **NOW**

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# Pilgrims and Patriots

— By Alex Allred

Duane and Kathy Murray are many things to many people. He, a former mayor of Mansfield and president/owner of his own business and she, a successful entrepreneur and business owner, have been leaders in the community for decades. They have been pioneers, extremely active in their church as well as participating in charitable works and local politics.

After a recent trip to Israel with their pastor and fellow parishioners from the First Methodist Church of Mansfield, both Duane and Kathy were humbled

by what they saw. “When you read the Bible and realize you are where Moses once was, that you are at Mt. Tabor...” Kathy’s voice trailed off for a moment. “It’s amazing.” Just to stand on the grounds of the Chapel of Dominus Flevit on the Mount of Olives or to gaze out upon the Sea of Galilee or even to be near the walls of Jericho, believed to be the oldest known walled city in the world, was utterly amazing for this couple.

Though they are deeply committed to their own spiritual beliefs, they also embraced the customs of an Arab Muslim

## At Home With Duane and Kathy Murray



bus driver and Palestinian tour guide. "We went thinking we were American tourists, but then suddenly realized we were pilgrims," Kathy said.

In truth, Duane and Kathy have been on a journey together for a lifetime. Through the close friendship of their parents, Duane and Kathy have known each other all their lives, as evidenced by a cherished black-and-white photo of Kathy at age 2 and Duane, 12, riding a pony together. By her early teens, Kathy kept Duane's senior high school picture on her vanity, "and my sister once said, 'You're going to marry Duane,'" she recalled. When Duane joined the U.S. Navy and his parents moved from their small Iowa town to Texas, however, it seemed unlikely the young couple would meet again, until Kathy moved in with Duane's parents to work in a bank in Irving, Texas.



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Duane eventually returned home from his stint in the Navy and the two reconnected once again, marrying in 1973. Although he had two sons from a previous marriage, they quickly built a life together, having a third son together. They briefly lived in Houston until relocating to Mansfield, where their middle and youngest sons graduated from Mansfield High School.

When the boys all moved away, Duane and Kathy began looking for a home that required less maintenance

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Dr. Richard Burkett, one of our staff physicians, as well as a local plastic and reconstructive surgeon, is also an avid photographer. During the center's development, Dr. Burkett was asked if he would be willing to share his photography with the new facility. Last summer, Dr. Burkett compiled a collection of his photographs of Mansfield and the surrounding area. "I was very pleased how the photographs captured the small town, traditional, Texas community feel of Mansfield. I was initially reluctant to do the project because I feel I am just an amateur, but I was very pleased with the result. Photography has always been one of my personal passions; however, years ago, my parents wisely steered me toward medicine because they felt I needed 'a real job.' Now I enjoy the art and science of both disciplines."

Deeply devoted to the care of his patients, Dr. Burkett draws not only on his scientific knowledge but also on his artistic abilities in a effort to achieve the most outstanding results for the patients of the local community.



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view and the perfect backyard with no maintenance,” Duane smiled. With a small enclosure for their dogs, Trixie (a known golf ball-stealing Chihuahua mix) and Bonnie (a semi-retired though dedicated “people walker” Golden Retriever), Duane and Kathy enjoy a magnificent view of the entire golf course that feels as though it is theirs.



Because the house is set high above the course, “even when it’s August, we feel a nice breeze up here,” Duane said.

That same sense of luxury can be felt inside the house. Kathy chose a French provincial influence for her home’s decor. Throughout the home, rich colors of wine, burgundy and forest green fabrics are used to complement the plush furniture, hand-carved hardwood floors, arching doorways and 9-foot-tall bay windows that open up to the immense landscaping outside. The 30-foot-tall ceilings in the center of the home and full service bar area with a high top round table for visitors, off-centered toward the back of the house, truly gives the feel of a warm, homey resort.

The French influence is most prevalent in both the kitchen and formal dining area to the right of the open living room. In the kitchen are beautifully crafted pine cabinets and a table set, with a heavier, darker wood in the formal dining area. Kathy’s ability to blend specific fabrics and woods is truly a talent. Kathy is most proud of a charcoal sketch of the Château d’Ussé, a castle in France which also served as the inspiration to



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Charles Perrault when he wrote his novel, *Sleeping Beauty*. During the September 11 attacks, Duane and Kathy had been visiting that very place when “a Frenchman approached us and said, ‘You’re country is under attack!’ It was terrible. At first, we didn’t know what he was talking about,” Duane recalled. As the U.S. shut down all incoming flights, it would be a full week before Duane and Kathy could return. Today, the picture represents many things to Kathy, none less than the importance of her home and those she loves.

In fact, throughout the four-bed, three-and-a-half-bath home, complete with a wine alcove, large media room and Duane’s impressive office, decorated in dark heavy woods and with its own private bath, it is Kathy’s collection of pictures from around the world that she most treasures. While traveling in Jerusalem, she stumbled upon an old, dusty shop where the Romanian proprietor was a Holocaust survivor. As she listened to his story of survival, she carefully selected a small, worn charcoal sketching, promising she “would hang it up and always remember,” she shared. True to her word, it figures prominently in the foyer of the Murray’s home.

This summer, as they plan yet another trip, this time on their Harley Davidson, they have decided to return to their patriotic roots. Concerned about local politics, Duane ran for mayor of Mansfield in 1994 and won, holding his term until 1997, when he decided to return to the private sector full time. “But I’ve always said if you’re going to be vocal, you need to step up,” Duane said. “If you don’t do it, who else is going to do it?” With renewed concerns about the economy and politics, both Duane and Kathy have joined a grassroots organization in hopes of helping their community and nation where they can. Whether patriot or pilgrim, keeper of sacred pictures or owners to a thieving golf ball snatcher, Duane and Kathy are most assuredly many things to many people, and we are all the more grateful to them. **NOW**



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# Moving On

— By Alex Allred

Kristen Lynn was just 9 years old the first time she remembers being told to give up on her dream. She did not listen. In fact, three years later, Kristen Lynn wrote her first song. It was at the tender age of 5, when she heard the song “My Heart Will Go On,” that she became serious about singing. “I remember hearing that song, and I fell in love with music. That’s when I knew I wanted to be a singer,” she said. “It’s true,” her mother, Sandy Love-Gilbert, laughed. “She came to me.”

Although it was Kristen Lynn’s idea, her parents were quick to act. Kristen Lynn was put in private and group acting and singing lessons. “We wanted to teach her at an early age that she could do anything she wanted to do,” Sandy said. When Kristen Lynn told her mother how much she loved performing on stage, “I told her she could do this for a living if she wanted to,” Sandy recalled. Since that day, her parents have done everything possible to help their daughter realize her dream.

Kristen Lynn’s stepfather, Jimmy Gilbert, is actually tone deaf, but he began working extra hours and cutting back to save money for a music career he could never fully appreciate. “I just want to be supportive to her in her singing,” he said, adding that Kristen Lynn’s singing career actually helped the family become closer. “It is a family venture. We’ve learned to work together on this.”

By early adolescence, Kristen Lynn was auditioning before music executives and handling the harshest of criticisms. “The one thing I’ve learned about all this,” Kristen Lynn said of her budding career, “is that auditions are the hardest. They can be really disappointing, and you have to be able to take criticism. I’ve been told to ‘give up’ and that I would ‘never make it.’ I think it’s horrible to tell someone they can’t do something. Sometimes, I think they [music executives] are rude to people just to see how tough they are.”

Kristen Lynn has already developed a sense of tenacity and a thicker skin than many adults. An estranged relationship to her biological father led her to write her soon-to-be-released single, “Daddy’s Girl,” but has also made her more appreciative of her stepfather. While the song is about how Kristen Lynn one day hopes for a better relationship to her biological father, she credits her successes to Jimmy. “He was always there. Jimmy has always been supportive of me. When I was a little girl, Jimmy was the one who always told me I could do whatever I wanted to do. I feel very lucky to have him,” she expressed.

All of Kristen Lynn’s hard work is paying off. After almost a decade of working with a voice coach, performing on stage, attending the Creative Art Theatre and School and the Art Institute of Mansfield, Kristen Lynn has found her niche in

the country music genre. Both Kristen Lynn and her mother agreed that her voice is better suited for country music. "Plus I'm not really into hip-hop and rap music," she said. The family worked hard to save up money to cut Kristen Lynn's first demo. "We sent it out to every record label we could find," Kristen Lynn added.

Newly signed with an agent, Kristen Lynn will be launching her first music video this summer to the song she wrote called "Moving On." Just as she did with "Daddy's Girl," Kristen Lynn



**"I would love to share my music with everyone and inspire people to believe in themselves and follow their own dreams."**

drew from personal experiences to write her newest song. To be the complete artist, the guitar is a must, and she has begun taking lessons with the desire to write her own music as well as lyrics.

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horizon, her parents are keeping Kristen Lynn grounded. Before she can practice her music or perform, she must always complete her schoolwork. "School," she said, "always has to come first." Chores are also a regular part of her routine. "I don't want people doing stuff for me. If I make a mess, I need to clean it up. I want to stay down-to-earth, to just be the same girl I always was," she added.

With the final edits to her "Moving On" music video in production, her agent is busy contacting the Country Music Network, MTV and even local radio stations for the launch. Kristen Lynn cannot help but fantasize about her future. "I would love to travel the



world and see every country. I would love to share my music with everyone and inspire people to believe in themselves and follow their own dreams. This is a really big goal in my life," she shared. It is her hope to serve as a role model and remind people never to listen to naysayers.

"This is my dream," Kristen Lynn said, "and no one is going to take that from me." Indeed, Kristen Lynn is moving on. As promised on her Web site, she is "just a Texas kinda girl." **NOW**

*Editor's Note: To hear Kristen Lynn's music, visit [www.kristenlynn.com](http://www.kristenlynn.com).*

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# In It to Win

— By Amanda Madden Pitt

Taylor Stevens' bright eyes tell her story. They are full of life and eager expectation for the future. It is hard to believe that she is only 17 years old, since her poise and ability to communicate far surpass her age. Taylor exudes a tremendous amount of confidence, and she is determined to succeed. A senior enrolled at Timberview High School this past year, she had already earned enough credits to graduate. So in order to be able to wait and graduate with the class of '09, she chose to take architecture classes at Ben Barber Career and Technology Academy, which services all the Mansfield high school students.

Taylor was enrolled in dual credit course work that counted toward both high school graduation and as college credit. With the school's vast array of course selections, Taylor studied a number of subjects, deciding on business.

In fact, she used her newfound knowledge to campaign for a cause that has been dear to her for nearly 15 years. When she learned that softball and baseball had been dropped as Olympic sports, she was moved to action.

Taylor's early involvement in tee ball set the course for her future and was a case of coincidence turned providence. "My mom saw a sign posted for tee ball signups and select teams. She just decided to enroll me," Taylor said. "Neither of my parents were athletic; my mom just wanted to help me get out there, make friends and have fun doing it." Just 3 years old at the time, Taylor was allowed to start a year earlier than the beginning age requirement. As she continued to grow as both a girl and athlete, her passion grew as well. It was on select softball teams that she began to develop a competitive streak which



gave her the winning edge she has today.

With the Avengers, a junior Olympic lineup and affiliate of the Amateur Softball Association (ASA), Taylor has had the opportunity to travel throughout the state and across the country. Because the Avengers are not a school team, Taylor works out on her own time to stay physically fit during off season. "I just try to make sure I don't gain any weight and keep the muscle tone that I have," she explained. When the season is in full swing, Taylor attends two-a-days every Sunday from 9:00 a.m. to 4:00 p.m.

Her dedication and passion for the

game have not only allowed her to travel extensively, but have also inspired her to reach out to and touch the country on behalf of the sport that she loves. Last year, combining her knowledge of softball and baseball with a school project through Distributive Education Clubs of America (DECA), and with the help of fellow classmate Adam Floyd, Taylor discovered an entrepreneurial spirit she did not know she had. "I just wanted the opportunity to be part of bringing softball and baseball back to the Olympics," she said. Taylor's cause became a small business idea with her mom's suggestion that she use it for her senior year DECA project. She won first place at the state level for her proposal,

**"I just wanted the opportunity to be part of bringing softball and baseball back to the Olympics."**

which focused on baseball and softball as an Olympic sport, complete with a 30-page marketing and business plan including a live Web site and T-shirt sales to support costs. It is a project that garnered enough interest and support that she will now be competing at a national level.

Additionally, Taylor wrote letters and executed marketing strategies to get the word out and to "bring back our sport," she said. "I heard from people across the nation about how excited they were for our cause." In fact, she even got an e-mail from Jennie Finch, USA Olympic softball pitcher, thanking her for the hard work in support of the sports.

During her senior year, Taylor was president of her DECA chapter, and she competed at the international level with the project that got the ball

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rolling. Her ultimate dream is for softball and baseball to be reinstated in the 2016 Olympics, but the experience that has come out of promoting something she is passionate about has been reward enough.

"It is definitely the feeling of success," Taylor said about the responses she has received. She also admits that she could not have come this far without the support of her family and friends, noting how the entire process has made them even closer than ever. "Since I'm not going far away to school, we promised to have family night on Sundays," she said.

With a bright future as a business major, this young entrepreneur has earned a full ride to Northwood University, thanks to her above average ACT and SAT test scores, combined with her many years of playing select ball, her involvement in DECA and her lifetime of dedication to the sport. Her outstanding dedication and willingness to represent both softball and baseball has earned her an excellent reputation among educators and sports fans alike.

Taylor now plans to complete an accelerated MBA program, while working part-time and playing college softball. She shared, "I love softball, but I would also love to own a business centered around something I am passionate about." Talk about a home run! **NOW**

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Stories of banking stocks under pressure and executives under scrutiny have been news headlines for months, but Lance Walker is not worried. Serving as the president of the Mansfield Community Bank, one of six branches of the Woodhaven National Bank, Lance is proud of his bank's "business as usual" dealings with the public. The bank's slogan, "Banking the old-fashioned way," remains the same.

Lance said, "We do have all the new banking products, like Real Time online banking, cash management and remote capture, but we still function very much like we did 25 years ago." That is not to say that his bank was not tempted by modern day business ventures. "The big banks strayed off into investments and mortgages, and we did look at all those things," he admitted. "But we always came back to what we do best. We deal with our customers. We want them to know

that when they invest with us, their money is safe and sound." This "high touch" business philosophy, one that mandates constant interaction with customers and their personal needs, offers that hometown feeling Lance wants.

Truly, the old-fashioned way of banking is working. Woodhaven National Bank and its branches, including the Mansfield Community Bank, have earned the coveted five-star rating from [www.bankrate.com](http://www.bankrate.com). Their customers could not be happier. It is interesting how the design of the bank emulates the business motto. With a modern structure, including vaulted ceiling with wooden crossbeams and skylight windows, its interior is beautifully decorated with elegant antiques and paintings that offer a glimpse into the past.



Beyond the furnishings and business philosophies, however, there is yet another slogan the Mansfield Community Bank has embraced. "Our middle name says it all" is evidenced by

the good works of all the officers of the Mansfield branch. Lance and his wife, Cindi, were part of a tremendous team of 10 volunteers who created Mansfield Cares. The organization is dedicated to helping those in need in Mansfield, and includes a facility that will offer both medical and dental care. After years of countless hours of fundraising and planning, the Linda Nix Family Caring Place will open in the summer of 2009 on W. Broad Street. "Anyone who was an Angel recipient [with the Christmas Angel program] also got food vouchers," he explained, saying that these are the very people who will most benefit from the care center.

*"We want them to know that when they invest with us, their money is safe and sound."*

Fellow bank officer Chuck Wilson, who helped with the Mansfield Cares project, has also served with the Chamber of Commerce and headed up a multi-scholarship fund for college students looking for financial aid. Debbie Koennecke is the current chairwoman of the Mansfield Area Chamber of Commerce and served as past president of the Women's Division, while Harrel Adkison, also active with the Chamber, is a member of the Kiwanis Club. For the employees of the Mansfield Community Bank, the key to their successes, their passions and strong customer base is their communal spirit.

Lance touts his bank to be one that services the community, putting its customers and neighbors first. "I think it's much better to be really good at one thing than average at many things," he said of the bank's "high touch" approach to business. Certainly, this bank has earned its middle name. The Mansfield Community Bank is located at 1700 Broad Street in Mansfield. For more information about the bank and/or banking hours, call (817) 473-5979. **NOW**

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# The Key to Success

— By Alex Allred

To say that Kathy Starr experienced something of a culture shock when she began teaching in the United States is a bit of an understatement. “Living in the Philippines is very different compared to living here in the U.S.,” Kathy said. “There the [school] rooms are very crowded. They put 50 students or more in a classroom, and there aren’t enough books and chairs for all the kids. There is no such thing as a free lunch. Whether you are rich or poor, you have to bring your food.” It is not uncommon for children to go hungry during the day as there is no lunch program. The school system also does not pay for transportation. “Only rich people have cars,” Kathy said. Most people must pay to use the public transportation or “jeepney” (a small bus converted from a jeep). Once children are over the age of 7, they can be seen using the jeepney to get to and from school each day.

Computers are a privilege, although there is no Internet access available to the classrooms. There is no air conditioning and only the most rudimentary teaching tools are available to teachers. What the Filipino students do have, however, is desire. In a country as poor as the Philippines, education is treasured. It is seen as a gift and a way to excel.

“I grew up in a very poor family,” Kathy said. “My family couldn’t afford to send me to college.” She was able to get a scholarship from the Department of Science and Technology. After graduation, Kathy began teaching fourth-grade math, making just \$150 a month. Though challenging, she loved her job and her students.

For fun, Kathy had created a profile on a dating Web site. Many of her friends had done the same thing and had urged Kathy to try it. While this very pretty woman garnered much attention on the Web site, it was a handsome young school teacher in Texas who caught her attention. At the time, Tracey Starr had been teaching in southern Texas, near the Mexican border. “I was a single father, raising my daughter by myself and living in remote South Texas,” Tracey laughed. “I was



pretty limited in meeting eligible singles.” While curiosity had lured Kathy to the dating Web site, Tracey simply hoped to find someone with similar family values and work ethics who would be willing to share a life with his daughter.

Kathy and Tracey began talking online and by phone for hours and hours. They exchanged pictures and letters and after seven months of courting long distance, Tracey traveled to the Philippines to meet Kathy and her family. Ten days later, they were engaged and making arrangements for Kathy to come stateside. After three years of teaching, Kathy headed to the United States for a new life and career.

When Tracey relocated to Mansfield, Texas, Kathy began looking at all teaching positions in the area. “I had to redo all my teaching certifications to teach here in Texas,” she said, explaining that she quickly landed a job teaching ninth grade in Cedar Hill.

Tracey’s experience soon proved invaluable. Also a high school teacher at Ben Barber Career and Technology Academy, Tracey helped Kathy transition into a new school system. “Since I’ve been teaching longer than she has, I could give her that experience, especially when dealing with American students,” he pointed out.

“She really cares about her students,” Tracey said. “She wants to see them be successful and help them get excited about learning, and she’s always giving me ideas to integrate

computer technology into my own classroom." Still, cultural attitudes were challenging. "Discipline issues weren't the same in the Philippines," Kathy said. "Here in America, we have to deal with kids who are sometimes more reluctant learners."

When an opening for a technology education teacher opened at Danny Jones Middle School in Mansfield, Kathy leapt at the chance. "I could teach in Mansfield with my husband, and we



could have the same schedule," she said. It was the ideal situation for the young couple who love to travel in their RV. "Last summer, we went to Colorado and stayed for two months," Tracey said. With their 3-year-old son, Kacey, and Tracey's 16-year-old daughter, Traci, summertime is family time.

The move to a different school district also meant more than just a convenient schedule for Kathy. "I really love the other teachers at Danny Jones," she expressed. "They really made me feel at home, and they welcomed me as one of them. I never felt like an outcast. I was part of the family right away."

The going joke is that because of her petite size and youthful appearance, she looks like one of the students. For Kathy, it is yet another way to connect with her students. Whether she is sharing her prized Beanie Baby collection or being mistaken as one of the students in the hallway, she is determined to pass along one truth from her Filipino heritage: Education is a true gift that will always grow if nurtured. **NOW**

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Darryl Gamboa, top left, serves as the director of County Information Systems. • Justice of the Peace, Precinct 7, Judge Tom Corbin, top center, took time out of his busy schedule for a photograph. • The Tarrant County Constable Team, top right, is made up of dedicated men and women. • Judge Tom Corbin, bottom left, poses once again with his administrative clerks. • County Clerk Suzanne Henderson, bottom center, holds up a recently issued marriage license. • Jamie Gentsch, Christy Fields and Irene Segundo, bottom right, are employed at the Credit Union inside the Subcourthouse.

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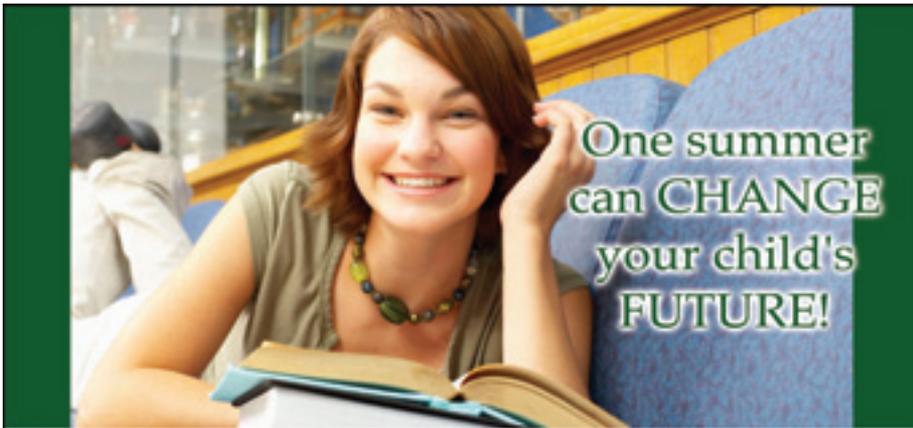
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# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH TRACEY PIM

### KEY LIME PIE

- 2 10-oz. cans sweetened condensed milk
- 1/2 cup sour cream
- 3/4 cup Key lime juice
- 1 Tbsp. grated lime zest
- 1 prepared graham cracker crust, 9-inch

Preheat oven to 350 F. Combine condensed milk, sour cream, lime juice and lime zest. Mix well and pour into graham cracker crust. Bake in preheated oven for 5-10 minutes, until tiny pinhole bubbles burst on the surface of pie. Do not brown! Chill thoroughly before serving. Serve with lime wedges and whipped topping, if desired.

### SHIRLEY TEMPLE CUPCAKES

- 16-oz. jar Maraschino cherries (no stems)
- 4 cups flour
- 2 tsp. baking powder
- 1 1/2 cups butter
- 2 cups sugar
- 4 eggs

- 2 tsp. vanilla
- 1 tsp. fresh lemon juice
- 1 tsp. fresh lime juice
- 1/2 cup milk
- 1/2 cup reserved cherry juice

#### FROSTING:

- 1 cup butter, softened
- 1 cup shortening
- 1/4 tsp. lime zest
- 1/4 tsp. lemon zest
- 2 lbs. powdered sugar
- 1/4 tsp. fresh lime juice
- 1/4 tsp. fresh lemon juice
- 1/4 cup plus 1 Tbsp. Maraschino cherry juice
- 24 Maraschino cherries with stems
- drinking straws

Preheat oven to 325 F. Drain cherries, reserving juice for frosting. Cut cherries in half (if not using cherry halves already); dry cherries thoroughly. Sift flour and baking powder together. Coat cherries with a little of the dry mixture; set aside. In mixing bowl, cream butter and sugar; add eggs, one at a time, mixing well. Add vanilla, lemon and lime

juice; combine well. Add dry mix, milk and cherry juice alternately and beat until batter is smooth. Fill cupcake liners 1/2 full with batter; drop in cherries (approximately 4 in each cupcake). Fill the remainder of the cupcake liner with batter, almost to the top of liner. Bake for 25-28 minutes, until toothpick inserted comes out clean. Cool completely on wire rack before icing. **FROSTING:** Cream butter and shortening until light and fluffy. Add lime and lemon zest, mix. Alternately add powdered sugar and fruit juices. Beat until smooth and creamy. Add more cherry juice, if needed, to reach desired consistency; frost cupcakes. If desired, pipe frosting onto cupcake with a large star decorating tip. Top each cupcake with a stemmed Maraschino cherry. For an additional fun decoration, cut drinking straws into thirds and push one straw piece into the top of each cupcake.

### OLIVE AND SUN DRIED TOMATO PASTA SALAD

- 1 12-oz. pkg. tri-color Rotini
- 1 10-oz. jar pimento-stuffed green olives, drained
- 1 6-oz. can medium, pitted black olives, drained

Raising her three teenagers, Abby, Colton and Hannah Due, keeps Tracey Pim very busy. Being a supervisor for the Child Nutrition Department of Waxahachie ISD, plus teaching Texas Association of Child Nutrition certification classes and, occasionally, classes for Lighthouse for Learning gives her very little time for anything else. “I love to read but rarely find the time anymore,” she explained. “When I am not working, I am watching *Top Chef*, the Food Network or trying out a new recipe.”

Tara credits her mother for developing her desire to cook. “I have been cooking and baking since I was old enough to pull a chair up to the kitchen counter and help my mom,” she recalled. “My mother was always cooking wonderful, homemade meals for my father, brother, sister and myself. She is an awesome cook, baker and cake decorator.” **★☆☆**



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 1 16-oz. bottle Kraft Sun Dried Tomato  
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Cook pasta according to package directions. Rinse under cool water and drain. Add pasta to a medium-sized bowl; mix in green olives, black olives and tomatoes. Add 3/4 bottle of dressing; toss. Cover; chill at least one hour or overnight. After chilling, the pasta will have absorbed the dressing, so just before serving, add desired amount of remaining dressing to coat pasta.

## GARLIC-LIME CHICKEN

2 Tbsp. olive oil  
 6 cloves garlic, minced  
 1/2 large onion, diced  
 4 chicken breasts, boneless, skinless  
 salt, to taste  
 pepper, to taste  
 1 lime

Heat olive oil in a large skillet over medium heat. Add minced garlic and diced onion. Season chicken breasts with salt and pepper to taste. Place chicken breasts in skillet. Brown chicken breasts, approximately 6 minutes on each side. Squeeze the juice of one lime over chicken; continue cooking until chicken is cooked through and tender 5-10 minutes.

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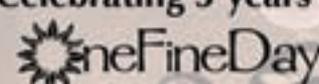
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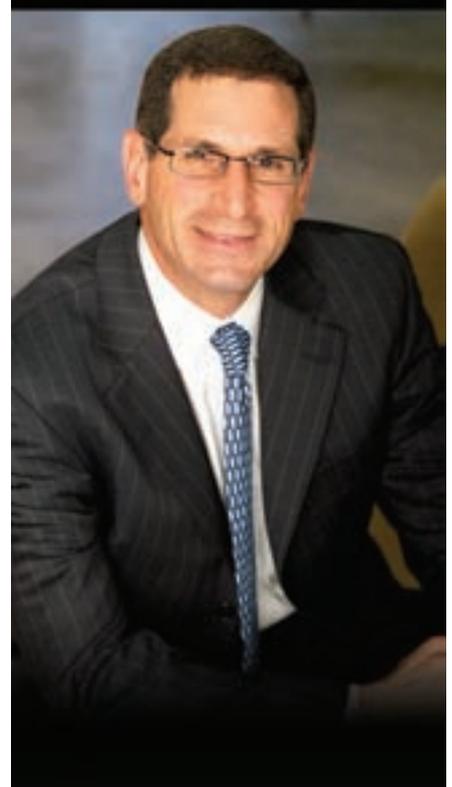
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# Scan It for Health

— By Betty Tryon, R.N.

What is the big deal about osteoporosis anyway? Our TV shows are inundated with commercials of the latest and greatest medication to take for this problem. If you are female and over 50, your physician frequently encourages you to have a bone scan. Is it important to have a Bone Mineral Density Test? In a word, yes.

Osteoporosis means porous bones. Porous bones are less solid or less dense and become more fragile; therefore, they are more prone to fracture. This disease is a silent one in that it has no symptoms. Usually, you will not know if you have it until a bone breaks and a closer examination is made. Typically, as you grow older, your bones become weaker. Older females are more likely to get this disease than men are. Women also lose bone rapidly after menopause. Estrogen, in conjunction with other hormones and minerals, works to build bone. When a woman becomes post-menopausal, that building block is compromised and bones are at risk to thinning and breakage.

Other risk factors include your family history. If a member of your family suffers from this affliction, you are more

likely to get the disease. A sedentary lifestyle also increases your risk. Exercising places more stress on your bones, which sends a signal to them to increase bone mass. The more active you were as a child, the greater chance you have of building up strong bones, lessening your risk of developing osteoporosis. Your “bone bank” is off to a good start.

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Becoming stronger is all up to you. With appropriate exercise, watching your weight, a diet rich in calcium or supplements, and foods or supplements fortified with Vitamin D, osteoporosis is a disease you can live with. Your physician will help you determine how much calcium and Vitamin D you need and whether you need additional medication. Get your Bone Mineral Density Test! **NOW**

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



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# June 2009

## Community Calendar

### Monday-Friday

Young at Heart (for residents ages 55 plus) meeting: 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.

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

### Every Tuesday

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

### Every Wednesday

My Own Story Time for ages 3-5 years: 10:30-11:00 a.m., Mansfield Public Library.

### Every Thursday

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

### Every Friday

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

Mansfield Public Chess Club: 4:00-6:00 p.m., Mansfield Public Library.

Bingo: 11:30 a.m.-12:30 p.m., Mansfield Activities Center.

### Every Saturday

Farmer's Market: 7:00 a.m.-2:00 p.m., corner of E. Broad St. and Main St. Fresh produce, baked goods, black angus beef jerky, local honey, jewelry, candles, potted plants and more. Contact Russ Simmer at (817) 453-4443 or Rex Wenger at (817) 483-4278.

Thinking about getting a pet? Check out the City of Mansfield Animal Control. Weekdays: 8:00 a.m.-4:30 p.m. Saturdays: 8:00 a.m.-4:00 p.m.

### June 5

Mansfield Library Summer Reading Club kickoff event: 2:00-3:30 p.m., Mansfield Public Library.

### June 5 and 6

Mansfield Art Festival: Depot Street and Steven's Garden and Grill. Artwork, crafts and live entertainment. Friday: 7:00-10:30 p.m. Saturday: 10:00 a.m.-10:30 p.m. [www.HistoricMansfield.net](http://www.HistoricMansfield.net).

### June 6

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m. Breakfast tickets \$6; one child under 8 eats free with paid adult ticket. Classic airplanes and fighters, plane rides, remote control model airplanes, The Classic Swing Band and more. (972) 923-0080.

Mansfield Fire Department free CPR classes: 8:00 a.m.,

Station 3, 3100 E. Broad St. Class size is limited to 20 people. Must register in advance. Contact Training Lieutenant Steve Gutierrez at (817) 804-5772.

### June 8

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

### June 8-12

Summer Kids Camp, hosted by Mansfield Police Department. For children entering sixth-eighth grades. Designed to reinforce team building, self-esteem and decision-making skills. Pick up applications at the public library. Space is limited. Contact Officer Curtis Phillip at (817) 276-4757 or [cphillip@mansfieldpolice.com](mailto:cphillip@mansfieldpolice.com).

### June 16

Adult book club: 6:30 p.m., Mansfield Public Library. This month's discussion: *The Matter of Grace* by Jessica Barksdale Inclan.

### July 4

July 4th Celebration at Big League Dreams: 500 Heritage Pkwy., S. Enjoy rock 'n' roll, recreation and rockets: 6:00-11:00 p.m. Fireworks: 9:30 p.m. Free admission and parking.

For more community events,  
visit our online calendar at  
[www.nowmagazines.com](http://www.nowmagazines.com).



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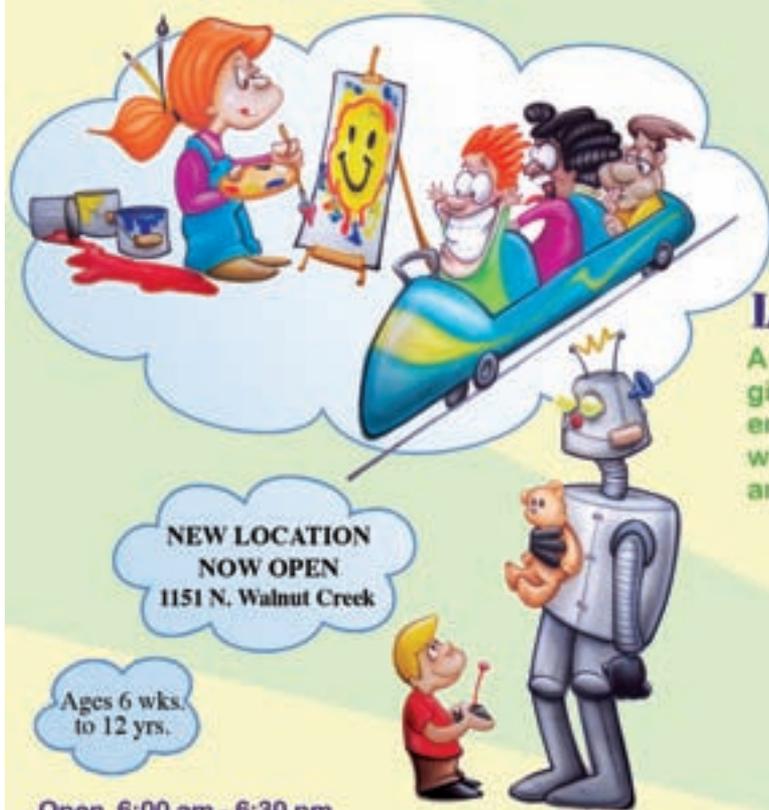
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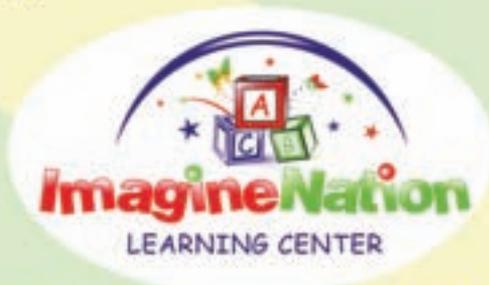
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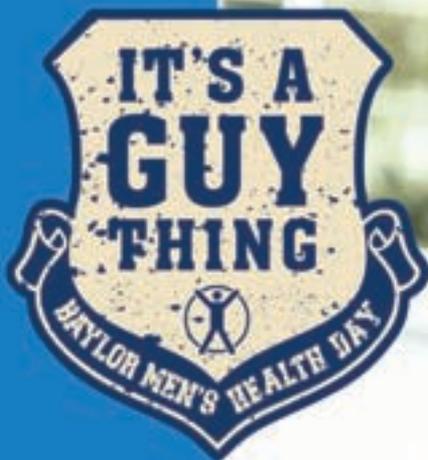
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- BaylorWorx Rehabilitation and Fitness Center  
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## Join Us For Men's Health Day

**M**ost guys like to take charge, be in control. That is, until it comes to their health. When was the last time you had a check-up? Do you know your cholesterol numbers? How about your blood pressure?

Baylor Medical Center at Waxahachie invites you to join us for Men's Health Day - a morning devoted solely to male health.

We have physicians giving a health talk at the top of each hour 9:00, 10:00 and 11:00. **Call 1-800-4BAYLOR to get more information and to reserve a spot.** Seating is limited so call today!

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*\*For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed.*

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