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Safety in a Virtual World

A replacement course while in college
changed the direction of Alan Chin's life

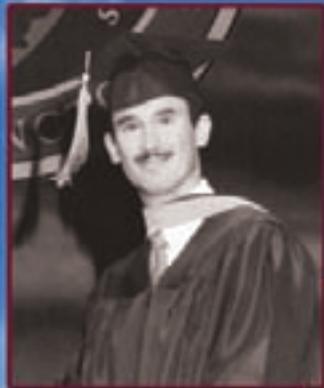
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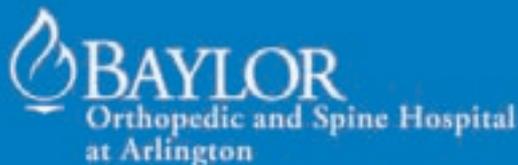
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On The Cover



Alan Chin makes Internet safety his hobby because he wants to protect his children.

Photo by Opaque Visuals.

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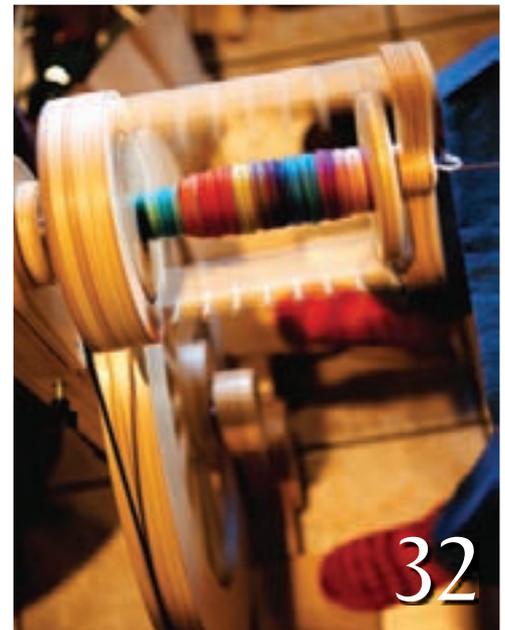
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Editor's Note

Dear Readers,

Have you ever stopped to pet the animals that are up for adoption at the local pet store? My family stops every time and for good reason. We have adopted several dogs in our lives. We have found "pound puppies" to be great pets, full of love and personality. June is Adopt a Pet month, so if you're looking for some companionship, think about your local shelter, rescue group or other adoption option.

To all the fathers out there: Happy Father's Day.

I'm happy to say that I know from experience what a fun, challenging and rewarding experience being a father can be. My son was born the day before Father's Day a few years back, and I've grown as much as he has in that time.

Finally, summer's here! I hope that you'll enjoy the barbecues, swimming and relaxed living the season brings.

Jeremy

Jeremy Agor
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Safety in a Virtual World

— By Carolyn Wills

Alan Chin intended to study computer science when he enrolled at the University of North Texas. Like many 20 year olds, he enjoyed computer games and thought programming would be his path. To his surprise, though, one of his classes was suddenly dropped, and he found himself scrambling to fill the time slot. "I needed the credits, so I signed up for an Internet security class," he smiled. Accident or destiny, that last-minute class changed his life.

After earning his bachelor's degree, Alan entered a graduate program at The University of Texas at San Antonio. "The Air Force Information Warfare Center is located there," he said. "At the time, The University of Texas at San Antonio was the only school in Texas, and one of the few in the nation, to offer certification in Internet security." He graduated with a master's degree in information technology with an emphasis in information assurance. "I'm an Internet security professional which, in this field, is equivalent to being a generalist," he said. "I know enough to break in and out of most systems, but am not proficient at managing them."

Alan was born in Iowa. His Chinese father had grown up in Singapore and eventually moved to the United States, where he made a living helping pharmaceutical plants comply

ORLD

with U.S. government regulations. He also taught ballroom dancing, which is how he met and fell in love with a dancing student of Scots-Irish descent. They were married in Iowa, had two children, moved to Arizona for a while and arrived in Texas in time for Alan to attend high school. "They live in California now," he said. "My mom is a magazine and romance novel writer."

With such exotic and romantic beginnings, it isn't surprising that as a college student, Alan would meet a beautiful blonde calculus tutor, Christina, and they would marry and have two children. "Christina has a bachelor's degree in math and a master's degree in statistics," he smiled. "She's staying home now to be with our 4-year-old son, Alec, and 9-month-old daughter, Catheryn."

Before Catheryn was born, the family travelled to Singapore to visit Alan's grandmother. "She has no computers and no Internet access," he smiled. "Hers is truly a technology-free environment. We want our kids to know their heritage, so we hope to visit her about every three years. At the time, we didn't know Christina was pregnant, so as it turned out, it was Catheryn's first visit, too!"

The Chins moved to Mansfield about two years ago. "We liked the location, the community in general and, especially, the school system," he said. They bought a spacious, three-bedroom home, and it seemed that all was in place to settle in, enjoy each other and build their futures together.

Then, in July 2011, Alan was diagnosed with lymphoma. "Texas is the best place to be if you have cancer," he said. He underwent treatment at MD Anderson Cancer Center in Houston. "Chemotherapy weakens the immune system so the doctors asked that I stay in Houston for six months and avoid being with the



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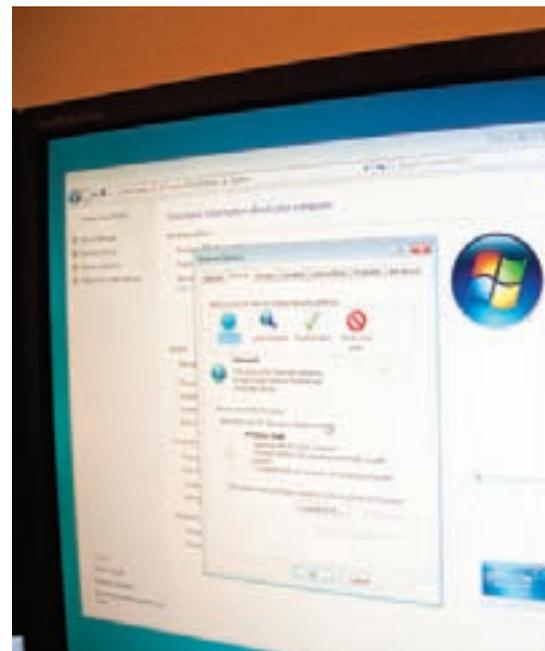
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children.” Thankfully, he was able to visit at Halloween and Christmas. “I lost my hair, but it has grown back, and now we’re monitoring the progress. I fully intend to see my kids grow up,” he smiled.



The Chins were not alone as they faced their challenge. “Christina belongs to a group called Mom’s Club of Mansfield,” Alan said. “They helped us while I was away. They brought meals and support to



the family. I don't know when I've seen such acts of kindness."

Now that he is home and gaining strength, he is considering how he might thank them. "It seems natural to offer

thanks by giving the group some useful information about Internet safety.

I'm not a child safety professional, but when I was in San Antonio and belonged to the Information Systems Security Association, I had the opportunity to see a presentation about their program called KidSafe."

Also, he is the father of two and a parent at a time when young people tend to know more about technology devices than adults. "Giving a young person a cell phone is like handing them a miniature computer," he said.

"Smartphones can do what computers could do in 2000."

Alan pointed out how much has changed in just the past 10 years. "Who could have predicted the popularity of Facebook and the introduction of iPads?"

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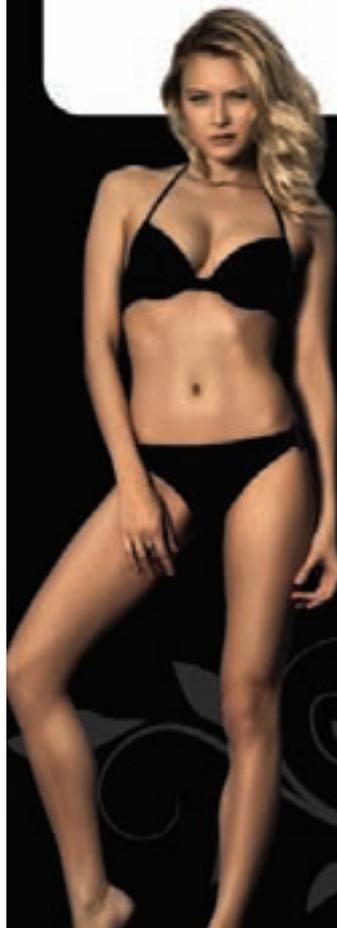
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Parents used to worry about their children accessing AOL chat rooms. Today, with random texting, invitations to video chats and the myriad of devices, the technology world has become so complex.”

Much of his work involves penetration testing. “We find issues so we can fix them before hackers do harm,” Alan explained. He knows firsthand that people who specialize in technology



crime, particularly those operating in the dangerous world of child pornography, tend to be extremely tech-savvy. “Parents must deal with an interesting dynamic,” Alan said. “We want to keep our children safe, but as schools increasingly require and rely on the use of technology, restricting or monitoring access is no longer feasible. Parents would literally need to watch each of their kids do homework every night.”

He believes in the importance of staying aware of dangers inherent with the use of technology, of educating and talking with children while encouraging them to be alert and report concerns. “We want our kids to be successful in life, and technology is integral,” Alan shared. “A child growing up anti-tech these days

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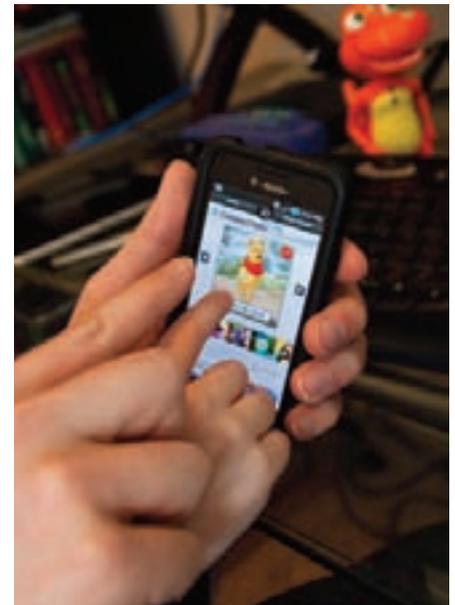
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won't have an easy time entering the workforce."

At the same time, he knows that growing up involves many choices. "Facebook allows people to feel important," he explained. "Visit a young person's page and chances are you'll see a self-photo taken with a cell phone. This is what a lot of kids are doing, and some of the photos are provocative. There's a feature now too that lets them tell everyone where they are at any given moment." While Facebook allows kids



"We want our kids to be successful in life, and technology is integral."

to feel more popular, vanity can make them targets, so it is wise for parents to exercise vigilance tempered with patience, education and communication.

Given a choice to live at an earlier time or in the future, Alan and Christina each opt for the future. "Alec is 4 years old now. He will never know what a phone line is or a CRT (Cathode Ray Tube) monitor. Thinking of all of the changes in technology over the past 10 years," Alan said, "I can only wonder what will exist when he's 14. We want our kids to live their best lives, and this is an exciting time for them." **NOW**

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Let the Play Among the Stars Begin

— By Carolyn Wills

November 30, 2011, began like most Wednesdays at Mary Orr Intermediate School. Sixth-grade science teachers, Terry Groseclose and Coy Baldwin, finished their early morning planning session. Principal Alma Martinez delivered the day's public announcements, and allegiances to the United States and Texas flags were pledged. Later, though, as Terry or "Mr. G," as he is also known, and Coy were in the middle of one of the seven

classes they would each teach that day, the world suddenly shifted. In the midst of a meteor shower, these two men of science turned into "superheroes." Clearly, this Wednesday was special.

"They came in Coy's room and then mine," Terry smiled, "first the cameraman, then a committee carrying balloons and a giant check. It was like one of those surprise lottery awards on television."



Coy Baldwin and Terry Groseclose show off their

The meteor shower was actually a grant committee comprised of representatives from Mansfield Independent School District's board of directors, community leaders and the business sponsor. The surprise visit was to award the two teachers with a grant sponsored by Ramtech Building Systems Incorporated for nearly \$5,000.

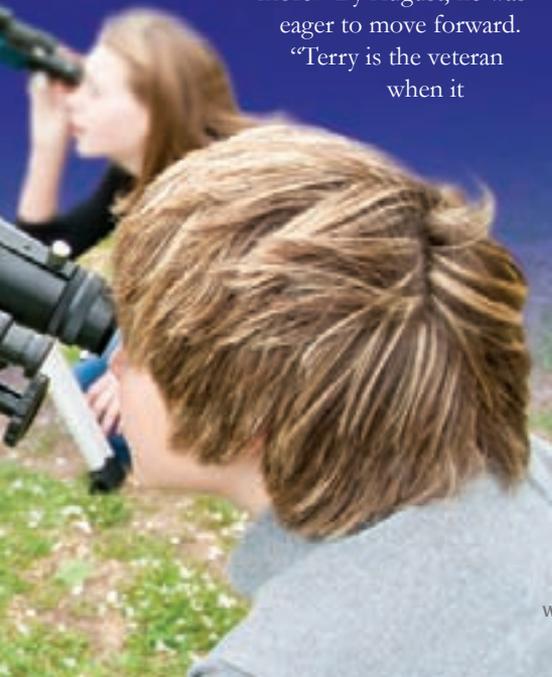
"The kids were excited and everyone was clapping and cheering," Coy said. "This is only my fifth year of teaching and my first grant,





stargazing equipment with some of their students.

so it is really special.” Before coming to Mary Orr, Coy earned his bachelor’s degree at Sam Houston State University and his master’s degree at Texas A&M University. The idea for a grant proposal came to him while vacationing last summer. “My wife and I went stargazing. It was a great experience involving professional astronomers and telescopes, and it made me wonder why we couldn’t offer something like it at school. We teach about the solar system and planets, but students don’t actually get hands-on experience. We can tell them about astronomy all day long, but to be able to show them is so much more.” By August, he was eager to move forward. “Terry is the veteran when it



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comes to writing and securing grants,” Coy said. “This was my first, and I really wanted his help.”

“Basically, Coy did the writing, and I reviewed and advised,” Terry explained. “The process is detailed, but fairly



straightforward. The proposal has to be specific about goals, items to be purchased, how each will be used and an exact budget.” Terry has been teaching for over 35 years, including 17 years at Mary Orr. A graduate of East Texas State University (now Texas A&M University-Commerce) with a master’s degree from Stephen F. Austin State University, he has successfully authored eight grants.

After researching, examining catalogs, checking prices and ensuring compliance with state curriculum guidelines, the grant application was submitted in September. The funding request supported the purchase of six telescopes, two iPads and a build-your-own telescope kit. “When the grant committee reviews requests, names of those submitting the application are blacked out,” Coy explained. “We thought it was important to have a catchy title so we named it ‘Let Me Play among the Stars.’” The grant

was written in August, submitted in September and approved in November. "The last piece of equipment arrived in March," Coy said.

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"With solar filters, students can actually view sun spots and solar flares."

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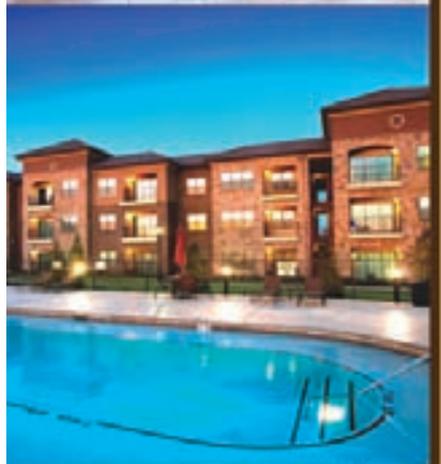
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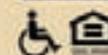
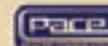
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stay and chartered buses are paid for by parents, and many of them serve as chaperones. “I’ve seen a lot of changes in education over the years,” Terry said. “I tell parents that my job is to turn kids on to science, and what better way than for them to actually experience it.”

Thanks to the acquisition of the six telescopes, Terry and Coy are realizing the opportunity to turn others on to science. “Part of our grant objective includes community outreach,” Terry said. “When there is a special moment such as Jupiter, Venus and the moon being viewable together, we welcome sharing the phenomena through the lens of a powerful telescope. We are fortunate to have a strong and committed school district and business community in Mansfield that stay open to and embrace education and encourage innovation.”



When they are not in the classroom or on a bus to NASA, Terry and Coy enjoy other interests. Terry and his wife, Lynn, own two cats and four dogs, including a black Pekingese named Scooter. “Cooking is my thing,” Terry shared. “I do all of it at my house except for the baking, and friends are always happy to come to dinner.”

Coy enjoys landscaping and gardening with his wife, Kristina, and interestingly, they have two dogs, including a Havanese named Scooter. “What are the odds of both of us having a dog named Scooter?” Coy smiled. Also, since being awarded his first grant, he has now secured a second.

The November presentations are posted on YouTube.com, so it could be argued Terry and Coy are “stars” in their own right. “We are lucky and thankful to have been a part of this,” Terry smiled. “It’s a privilege to turn kids on to science.” **NOW**



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FAMILY IS THE HEART

— By Jeremy Agor

At Home With Craig and Wendy Misfeldt

The influence of family, past and present, is a subtle presence throughout Craig and Wendy Misfeldt's home. From the first time they walked through the door that presence has helped shape their decor, and now, three years later, the home reflects their easygoing spirit and sense of fun.

Craig and Wendy attended Paschal High School in Fort Worth, but they didn't know each other then, even though they graduated in the same class. They met for the first time after graduation, and Craig eventually attended Texas Christian

University because Wendy was there. After college, they began their lives together in Fort Worth, but once they had children they wanted to move to Mansfield because of the school district.

"When we were looking at homes in Mansfield, I knew this was the one I wanted, even though we had to jump through some hoops to get it because it was a short sale," Wendy said. The house was in great shape when they moved in, but they replaced all the floors except the terra cotta tile in the common areas and installed new sinks, fixtures,



faucets and drawer pulls to make it their home. They also painted the walls to give it some personality.

“One of the biggest problems with houses is that they build them and paint everything white. We needed to do a lot of painting,” said Craig.

A major selling point of their home was the neighborhood and the amount of space included inside and out. They love that the floor plan allows their children, Ethan and Nina, to have their own area that will grow with them. They also felt that the house’s large yard on a greenbelt with a retaining wall, trees for a tree house and room for a future pool was a major selling point. “We really like our neighbors and the neighborhood. There’s a real sense of community here that we didn’t have in any other place we’ve lived,” Craig said.

Guests are welcomed to the home at the end of a cul-de-sac by an inviting front porch, furnished so that adults can sit and chat while watching their children play. “The front porch was a selling point. I told the Realtor I wanted a front porch, so I was really happy to see this,” Wendy said.

Just inside, the entryway features

three large doors, each with a large niche above it that features an iron wall hanging. On one side of the entry is the dining room, with a corner shelf that Wendy’s father enhanced with shelves, doors and paint. On the other is Wendy’s office. It is quirky, reflecting her energy. It features a teal accent wall, a zebra striped chair, lots of photos, and Craig’s collection of African-style masks, some of which he collected on trips to various countries and some which family members have given him. “My father framed every photo and piece of art hanging on the wall in the house,” Wendy said, smiling.

Farther down the hall is an exercise room with a set of six authentic school lockers that once resided in Craig’s bedroom. The hall opens into the spacious kitchen and living area. The kitchen has lots of counter space and a uniquely shaped island,





as well as a huge walk-in pantry and a cozy breakfast nook overlooking the backyard. In the living room are a large, comfortable sectional couch and a fireplace. On the mantel is a painting by Wendy's father, which hung in her grandmother's home for years.

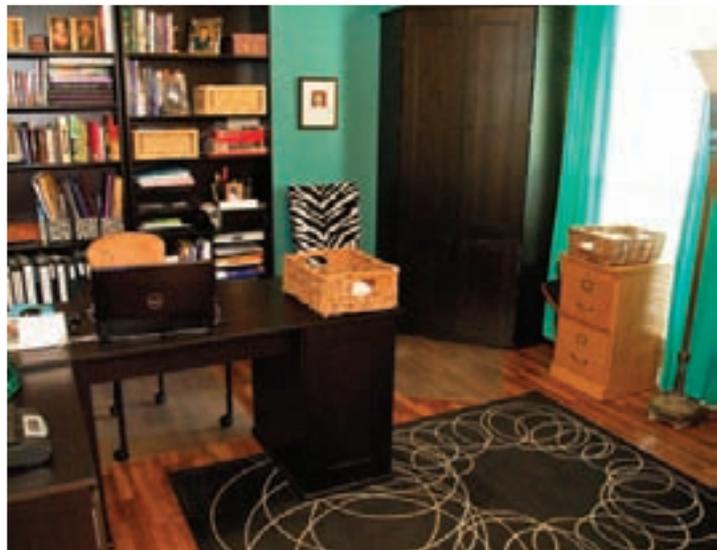
Off the living room, hidden at the rear of the home, is an elegant, yet comfortable master suite. The main wall has windows stretching across the entire back of the room, and the vaulted ceiling and accent wall are painted burgundy to

add a feeling of height and depth. The master bathroom has a red wall covered with grasscloth for texture.

"Wendy's obviously the design person," Craig explained. "She has some crazy ideas, but they always work out well. I used to argue with her, but she's been right just about every time, so now I trust her instincts."

Moving upstairs, guests can see a family tree, of sorts. Framed photographs of grandparents, great-grandparents and other relatives line the walls of the staircase, and relatives often give Craig and Wendy old photos to add to their collection. The second floor of the home belongs to Ethan and Nina.

At the top of the stairs is a large playroom in brightly painted stripes, which the children share. Samples of their framed artwork hang on the walls, including one of Ethan's crayon drawings



that had been shown at a Mansfield Independent School District art show. Ethan likes his Legos, and Nina likes her princess castle, and there is plenty of room for both. On the back wall of the room is a door which leads to a small outdoor balcony.



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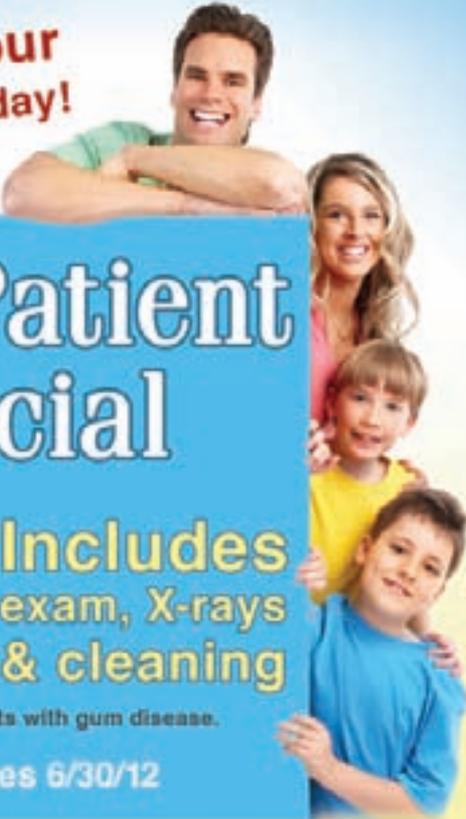
“This room is a great space for them to play in now, and as they get older we can convert it to a home theater with a pool table where they can hang out with their friends,” Craig said.

The upstairs has an Alice in Wonderland feel, minus the frenzy. Hallways lead away from the main room to the children’s bedrooms, giving them a hideaway feel. A door leads to one of the home’s three attics, which is a walk-in, giving them easy access to storage without having to climb stairs or ladders.

Nina’s room is green with a pink iron bed. “The bed belonged to my great

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uncle, and we had it powder coated for Nina,” Wendy said. She also has her own pink bathroom with a walk-in closet. On the wall hangs a Noah’s Ark needlepoint made for Wendy’s brother by her mother.

Ethan’s bedroom has a dinosaur theme complete with a volcano he helped Wendy paint in one corner. His bathroom has a jungle theme, giving his “suite” a



boyish feel. The third bedroom upstairs is a guest room furnished with Wendy's grandmother's bedroom suite.

The final feature of the home is the workbench in the garage. It is made of



recycled kitchen cabinets and accented by neon lights salvaged from an old building Craig's father owned. It is Craig's own space in the home.

The use of subtly vibrant colors, quirky decor and the influence of family blends to a soothing sanctuary. In spite of the family's active lifestyle, the home has a restful, welcoming feel, something Craig attributes to his wife. "Many people have commented on how comfortable our home is, and I think that's just a reflection of Wendy. It's comfortable and warm. It's her style," he said. **NOW**

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FIBER INSPIRED ARTISANS

— By Carolyn Wills

On Tuesday evenings, a rather curious group, known as M.A.F.I.A., gathers at a local coffee shop. Regular customers know they will start arriving around 7:00 p.m., some hauling odd-shaped canvas cases and each bearing totes. New coffee-seekers probably wonder who these people are and why they seemingly share some mysterious purpose. Upon their arrival, the group of 14 to 18 participants quickly

arranges chairs in a circle. As they remove canvas cases from what looks to be spinning wheels and proceed to pull rich-colored yarns from their totes, the secret of this M.A.F.I.A. is revealed.

“We are fiber enthusiasts,” Taya Schram grinned. M.A.F.I.A. stands for Mansfield Area Fiber Inspired Artisans, an informal group that meets on Tuesday evenings to stitch and sip. “Seven of us are longtime friends,” Taya said. “We formed the group in October 2009, and now there are a few dozen members. Most of us are knitters, crocheters, spinners and/or weavers, but the group is open to all who play with any form of yarn. Anyone wanting to enjoy friendship, ‘fondle fiber’ and have a few laughs is welcome.”

Currently, M.A.F.I.A. members are from Mansfield, Arlington, Duncanville, Burleson and Fort Worth. “It’s possible to get a lot done while we’re together,” Taya said. “It depends on the project. Mostly, though, we talk about patterns, resources and techniques and share, problem-solve and have fun. With this group, my skill level has advanced exponentially, and I’ve also had the chance to be with old and new friends.”

M.A.F.I.A. originators are Micki Christensen, Rebecca Dunn, Grace Frederick, Angele Ortiz, Aisling Jones, Wendy Knutson and Taya. These veteran artisans illustrate the diversity involved in this art form. “My mom taught me knitting when I was very young,” Taya said. “I learned to crochet from a book, and then years went by when I did neither. In 2006, I picked up the sticks again, discovered a passion and haven’t put them down since. I knit, crochet, spin, weave, dye and sell fiber for spinning. Soon I will be raising goats to provide milk for our new baby and fiber for my work.” Micki is known and admired for her spinning skills that produce exquisite yarns. Then, there’s Grace, often referred to as the lady who knits cool stuff or the critter knitter, for producing whimsical bears, monsters, dogs and such.





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Empowered by the Internet and social media, fiber artisans are a growing community. “We communicate through a site called Ravelry.com, and we also have a Facebook page,” Taya said. “It’s an amazing free resource that allows us to keep track of yarn, tools, projects and patterns. The content is provided by the community, and the site is a great place to find and share ideas and inspiration.”

For the uninitiated, a visit to Ravelry.com is a look into a worldwide community of more than 2.1 million registrants and a volume of such specific and sometimes foreign terms as to border on the overwhelming. The good news is groups like M.A.F.I.A. welcome newcomers. Lynn Bosch has been a



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member for two months. She wanted to learn to knit and has discovered more. "It's refreshing not to be asked what I do for a living," she smiled. "Here, the focus is on sharing, learning and having fun. There aren't a lot of egos or drama."

"Playful rivalry sometimes exists between knitters and crocheters," Taya said. "That rivalry, though, is really just for fun." Fiber artists are generally referred to as artisans. "Artisans tend to make things that are useful and practical," she explained. The distinguishing aspect between crochet and knitting is that crocheting involves one hook,

"Most of us are knitters, crocheters, spinners and/or weavers, but the group is open to all who play with any form of yarn. Anyone wanting to enjoy friendship, 'fondle fiber' and have a few laughs is welcome."

and knitting uses two or more sticks. Spinning is the actual making of the yarn. According to Taya, knitting or crocheting with handspun yarn is often described





as the equivalent to eating a homegrown tomato versus one that is store-bought.

While it seems to follow, then, that everyone would prefer a homespun gift created at the hands of an artisan, that is not always true. "We have a saying about whether someone is knit worthy or not," Taya grinned. "Some people are really happier receiving a store-bought gift, or they simply don't understand or appreciate the time and expense that goes into a handmade item."

Handmade items do have a marketplace though, many of which are online while another venue is fiber festivals — some 89 fiber festivals were held in the United States last year. Fiber festivals generally offer a variety of classes taught by recognized fiber arts



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As tempting as it may be to categorize fiber artisans as a gender or personality or someone brought up to learn and appreciate handwork, a visit with the M.A.F.I.A. group or a tour of Ravelry.com will quickly dispel that thought. Taya grew up in Gloucester, Massachusetts, an area steeped in history and rich in handmade arts. Her mother quilted and did needlework. "There were no fiber artists in my family, but I always had my hands in something whether it was art or music. I guess the thought of working with my hands as a necessary part of life came from my mother. Also my husband, Jeff, and I are nature lovers. We have

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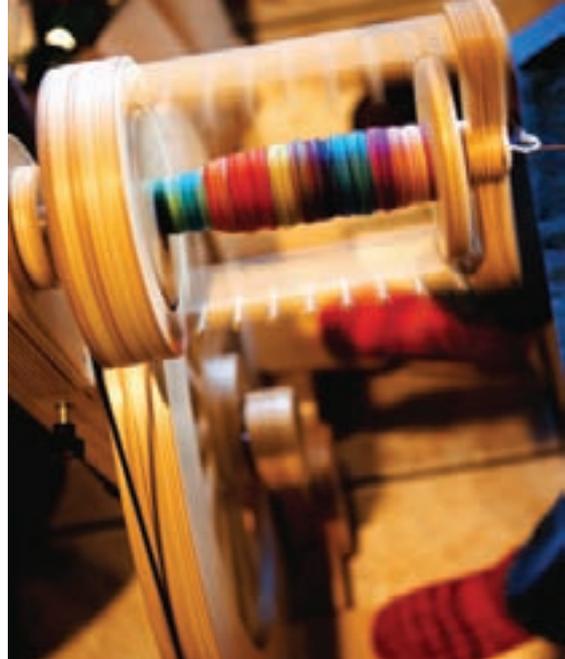
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just welcomed our first child and, while we don't live in the country, we consider ourselves to be suburban homesteaders, and one of the ways I help nurture my family is through fiber art."

In subtle ways, then, Taya had influences to direct her passion. The M.A.F.I.A. group, however, includes a

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career woman seeking a place outside of her daily path and an expression she's not yet explored. There's also a man. "We have one guy at this point," Taya smiled. "We call him our knit man." There are those who enjoy working all "platforms" from knitting and spinning to dyeing, while others prefer to concentrate on knitting critters or spinning exquisite yarn. M.A.F.I.A. provides the opportunity for artisans to share passion. "It is important to us that fiber art remain the center of our circle," Taya said. **NOW**

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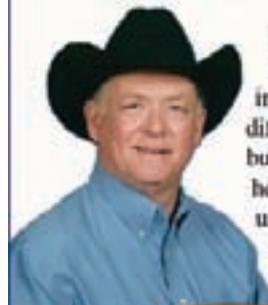
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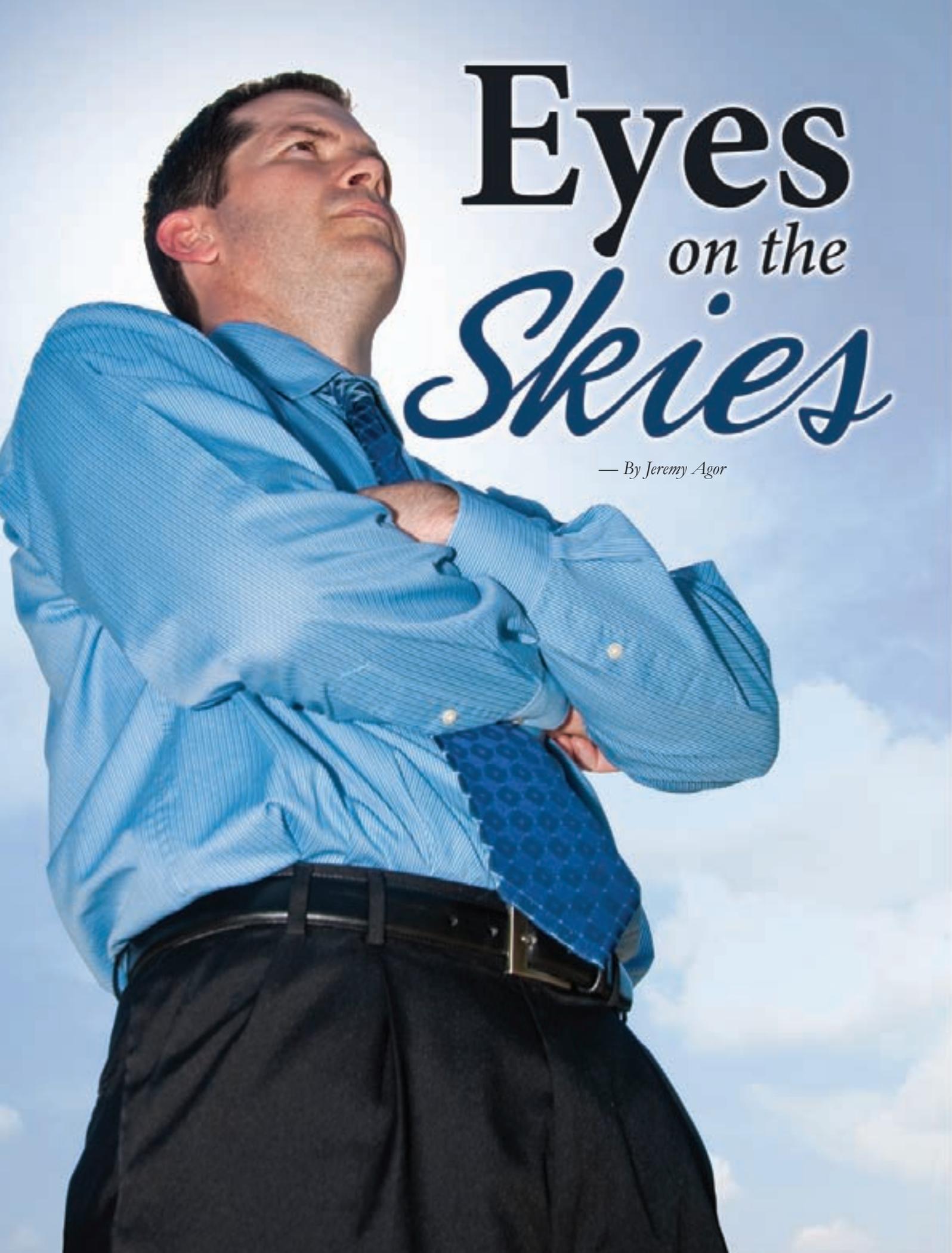
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Eyes on the *Skies*

— By *Jeremy Agor*

The weather is a preoccupation for many, a conversation starter for others and a constant for everyone. For Michael Coyne, it is a lifelong passion that became a career. "I have always been interested in the weather. I've wanted to be a meteorologist since I was four years old. A few years later, in 1980, Hurricane Allen hit the Texas coast, and I was fascinated by what weather can do," Michael said.

Michael is the deputy director for Performance and Resources (the chief operations officer) in the National Weather Service's Southern Region headquarters in Fort Worth. He ensures the divisions within the region operate smoothly. There are 44 offices within the Southern Region, and Michael makes sure they have the resources they need to operate smoothly and helps mitigate problems, such as temporarily reallocating people from other offices to assist with staffing shortages.

While growing up, he built weather instruments to earn his Boy Scout weather merit badge. A cousin who attended Texas A&M University took a meteorology class and gave Michael his textbook. Michael decided he would be an Aggie also, eventually earning his bachelor's and master's degrees in meteorology from A&M.

"I knew at a fairly early age I wanted to work for the National Weather Service (NWS). Part of the reason I got my master's degree was the government put on a hiring freeze right before I graduated with my bachelor's degree, so I needed to wait until the freeze was lifted to work for them," Michael said.

The National Weather Service's primary function is to protect life and property. It issues all weather watches and warnings. If a forecaster sees conditions on the radar that warrant concern, he collects and analyzes data and issues a forecast. The people delivering weather forecasts on television are also meteorologists, and they often do their own forecasts. However, they use data

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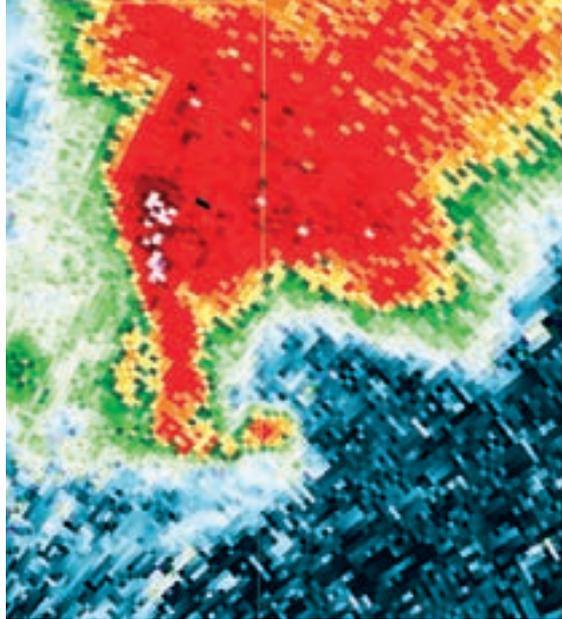
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“There are lots of exciting things coming. We always want more accurate warnings and more lead time to get people to take action. Hopefully, we’ll continue to improve and be better able to keep people safe.”

provided by the National Weather Service to ensure they do not miss anything.

“Television meteorologists are integral in our ability to do our job because they get the word out about what’s going on out there. Even though people have weather radios and the Internet, most rely on television for their information. It’s very important for us to have a good relationship with the local weather people because of the exchange of data that takes place,” Michael explained.

While he was in college, Michael worked summers at the Corpus Christi weather office and also did a volunteer stint at a television station, which confirmed that he did not want to be

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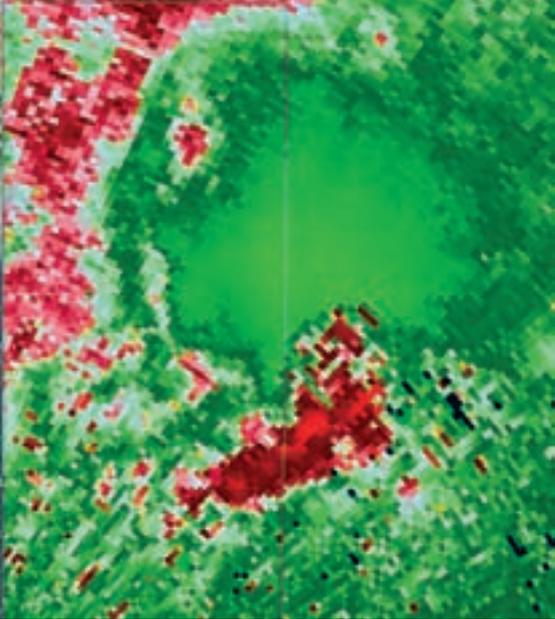


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on television for his career. His arrival in Corpus Christi was by accident. He had identified four other offices based on family who lived in the cities where they were located. When it came time to fill out his application, he filled out the basic parts of one and then made copies to make the process quicker. One of the copies was intended to be a spare in case he made a mistake, but he didn't need it. On a whim, he mailed it to Corpus Christi and was hired shortly after.

"The first summer I did weather observations for aviation, helped launch weather balloons and crunched data. As the summers went on, they gave me more responsibility for forecasting. Also,

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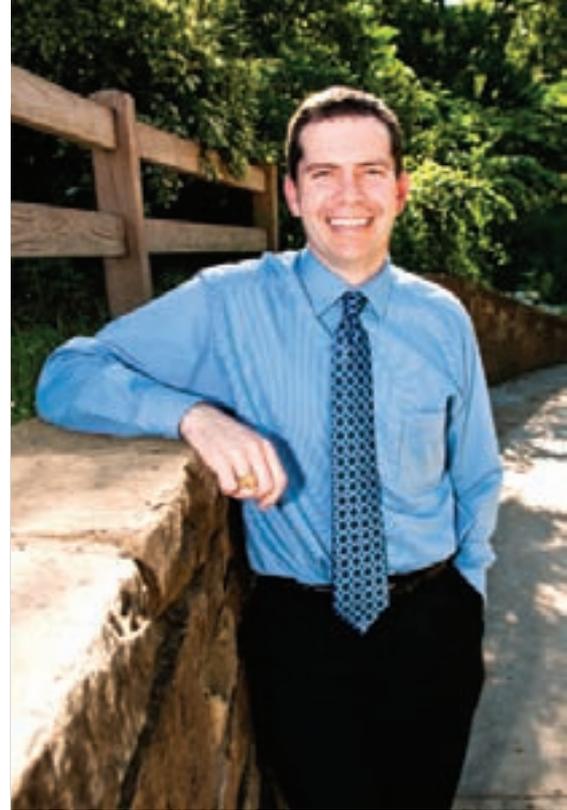
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at that time the Internet was starting to blossom, so I began building Web pages for offices and some other technical tasks," he recalled.

After he finished interning in Corpus Christi, he was hired by that office as a meteorologist and became a forecaster. About 10 years ago, he accepted his first position at the regional headquarters as a program manager, looking at office performance and evaluating warning and forecast accuracy. He left there to be meteorologist-in-charge of the Huntsville, Alabama office for six years, and then returned to the regional headquarters a little over a year ago to take his present job.

On relatively quiet weather days, staff will generally focus on research and training for weather events. However when weather events like the tornado outbreak in North Texas in April happen, the National Weather Service shifts into high gear.

"We look ahead seven days when we do our forecasting, and we saw an event coming, but the chances for tornadoes didn't look all that likely. As the day went on, a small boundary formed and created enough rotation that we started to see tornadoes. By late morning, we knew we were looking at possible tornado events. We began increasing our staffing levels and preparing for tornadoes in the area," Michael explained. "On a normal day, you have two to three people on



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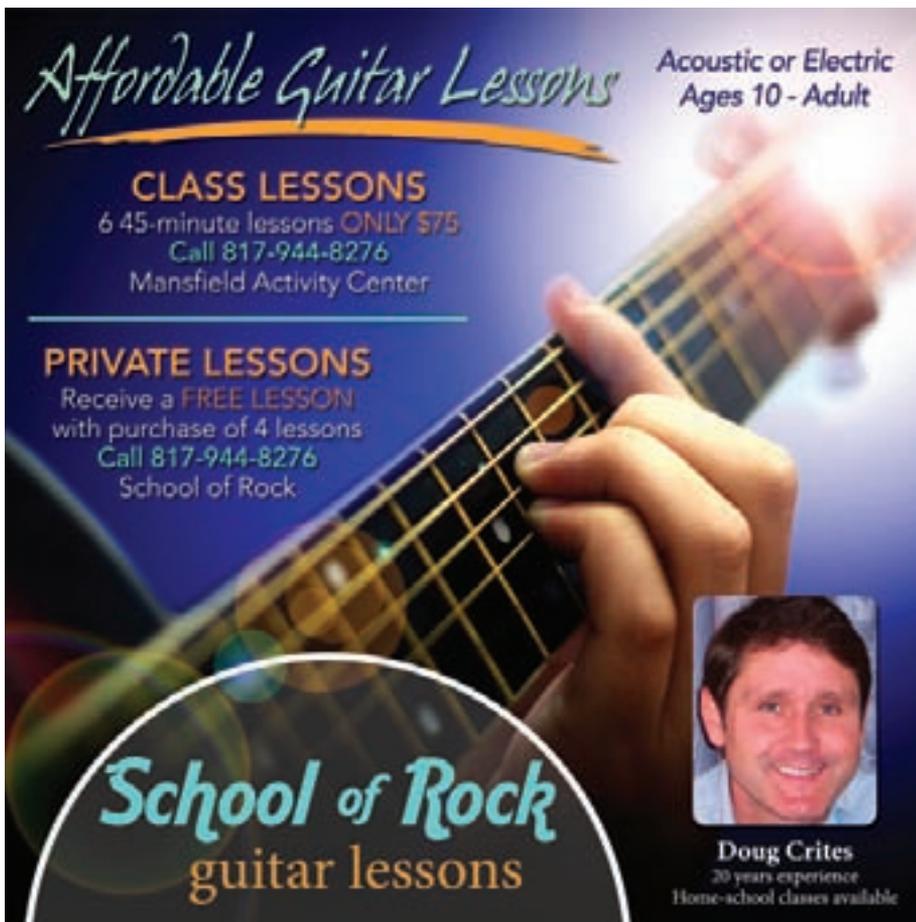
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shift in a local weather office, and five in the regional office, but on a day like that one there will be 10-12 people in the weather office. When the storms weaken, we have to start planning storm surveys for emergency management and FEMA needs for possible emergency declarations. It also helps with public insurance claims and helps our meteorological research of the event. After the April storms, the NWS sent out three teams of four people to do the storm survey."

When Michael worked in Alabama, he was tasked with doing storm surveys after the Super Tuesday storms in February 2008 and the Super Outbreak from April of last year. Through those two events he has surveyed seven EF-4 tornadoes and two EF-5 — the highest category. He was struck by the damage.

"Seeing damage like that is very depressing because you began to understand what you are looking at used to be someone's house or someone's livelihood. You are talking with people who were injured or lost loved ones. When you get into a large-scale event like those storms, you can really see the effect on people's lives. It makes me appreciate the importance of my job," Michael said.

Some positive changes are coming to the National Weather Service. According to Michael, there is a developing field in weather service called social sciences, which focuses on better ways to communicate weather warnings. "If you issue a timely warning and it doesn't cause people to take action, you've failed. People naturally hear a warning and look outside or turn on the TV and don't react immediately. Social science is looking for ways to change messages so they elicit a response," he explained. Also coming to the Metroplex is a better radar system, called CASA, which relies on a denser network of small radars to give updated information every minute instead of every four minutes. Each small improvement can make a difference in the National Weather Service's ability to save lives.

"There are lots of exciting things coming. We always want more accurate warnings and more lead time to get people to take action. Hopefully, we'll continue to improve and be better able to keep people safe," said Michael. **NOW**

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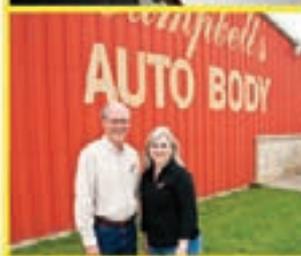
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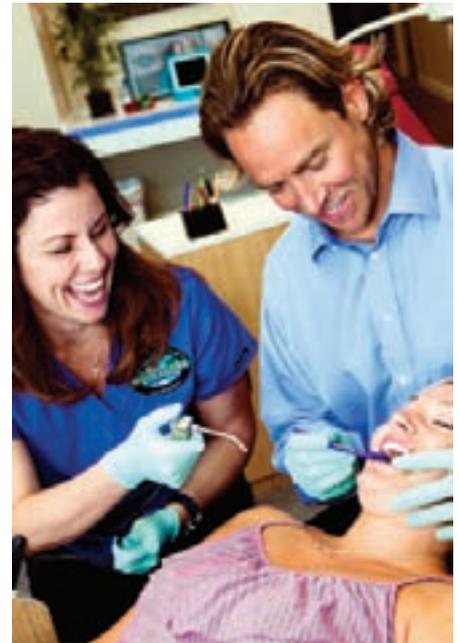


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From left:

Dr. Hildebrand and his staff focus on fun.



SOMETHING TO SMILE ABOUT

Dr. Hildebrand and his staff focus on personal care and relationships.

— By *Jeremy Agor*

Hildebrand Orthodontics is not the orthodontist's office you might remember from your youth, and Dr. Jed Hildebrand is not, in his words, a "stuffy, white coat orthodontist of the past." Dr. Hildebrand describes his office as a boutique, where patients feel comfortable and happy to come for their appointments. There is no waiting room, as appointments are scheduled to allow patients to be seen immediately. The decor is a beach theme, with murals of a tiki hut and hammock on the walls and a blue sky with puffy clouds on the ceiling, which soars two stories high. Also prominently featured is a glass case with Dr. Hildebrand's memorabilia and magazine clippings from his appearance on the television show *Survivor: Thailand*.

"I feel like the attitude of our office is what people gravitate

to. It's comfortable and fun, the staff is friendly, and the doctor is very personable and caring," he explained. "If I'm doing something in your mouth, you want to relate to me rather than the stigma of an authority figure in a white coat. It's personal care verses the detached doctor of the past."

Dr. Hildebrand had braces twice, once in high school and once in college along with corrective jaw surgery. The seven years of orthodontics gave him a unique viewpoint on how to treat his patients, because he has been in their position. Also, he comes from a dental family: Both of his older brothers, his father and his wife are dentists.

Hildebrand Orthodontics uses traditional appliances, but advances in technology have made them much more comfortable

Business **NOW**

than in the past, and they cause far less pain to teeth and gums. The practice also uses Invisalign for adults and Invisalign Teen for teenagers, giving patients options for straightening their smiles aesthetically.

“About 70 percent of our adult patients use Invisalign. The rest are crystal clear brackets. We just opened the door for Invisalign Teen for kids who want to use it. Some kids like colors on their braces, but others don’t want to be as noticeable,” Dr. Hildebrand said.

Another change to the field of orthodontics is dentists can see patients at a younger age than they used to. According to Dr. Hildebrand, full braces can be done at 11 years old, when having braces isn’t as socially stressful as it is in high school. “We offer free consultations, and if we can catch something early — while kids are still growing, we can make that smile better much faster,” he said.

“ORTHODONTICS isn’t scary anymore.”

In addition to helping his patients feel as comfortable as possible in his office, Dr. Hildebrand also supports local charities, select sports teams and high schools. His practice’s longevity — it has been around for 25 years — has established it as a trusted part of Arlington’s dental community.

“The first two employees at this office are still here, and now we’re treating second-generation patients. It’s fun to see former patients bringing their children back. There is a lot of earned trust involved in our lifetime patients knowing the results they have received will be the results their kids will receive. Many dentists also bring their children here, and they refer their patients as well,” explained Dr. Hildebrand.

“Orthodontics isn’t scary anymore. There’s nothing behind closed doors, nothing that hurts. Technology and aesthetics have corrected our problems: pain and ugly braces,” he remarked. “We keep things light and help people with their smiles in the easiest way possible.” **NOW**

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What Should You Do With a 401(k) When Leaving a Job?

In the past, many people stayed at one job, or at least one company, for almost their entire working lives. When they retired, they could typically count on a pension, the value of which was based on their years of service and earnings. But today, workers can expect to hold several different jobs in their lifetime, and to a great extent, pensions have been replaced by 401(k) plans, which place much of the funding responsibility on employees. So, assuming you will change jobs at some point, and you do have a 401(k), what should you do with it?

Here are your basic choices:

- *Cash out your plan.* If you cash out your plan, your company will likely pay you 80 percent of your account value, withholding the rest for federal taxes. And if you're younger than age 59 1/2, you may well be slapped with a 10-percent IRS tax penalty. Even worse, you'll have lost a key source of your retirement income. Still, if you are leaving your employer involuntarily, and you need the money, cashing out your 401(k) is an option you may need to consider.

- *Keep the money in your company's plan.* When you leave a company, your employer may allow you to keep your money in your existing 401(k). You may want to choose this route if you like the investment choices available in your plan. However, you might be caught by surprise if the company decides to change investment options. Furthermore, some employers may charge former employees fees to maintain their 401(k) plans.

- *Move the money into your new employer's plan.* If your new employer has a 401(k)

and allows transfers, you could roll the money from your old plan into the new one. This might be an attractive option if you like the investment options in your new employer's plan.

- *Roll the money over to an IRA.* You may find several advantages to rolling your 401(k) over to an Individual Retirement Account (IRA). First, your money will still have the potential to grow on a tax-deferred basis. Second, you can invest your funds in virtually any investment you choose — stocks, bonds, government securities, certificates of deposit (CDs), etc. Third, if you own more than one 401(k) account, you could find it advantageous to consolidate them into a single IRA, thereby making it easier to allocate and monitor your retirement assets. And fourth, IRAs may give you greater flexibility if you plan to pass money to your children. In fact, if your child inherits your IRA, he or she has the option of stretching withdrawals over the child's entire lifetime, rather than taking the money as a lump sum. (If you do transfer funds from your old 401(k) to an IRA, be sure to use a direct rollover to avoid the possibility of triggering unwanted taxes.)

Before making any moves with your 401(k), consult with your tax and financial advisors. By looking closely at your options, and by getting professional guidance, you can make the choice that's right for you. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

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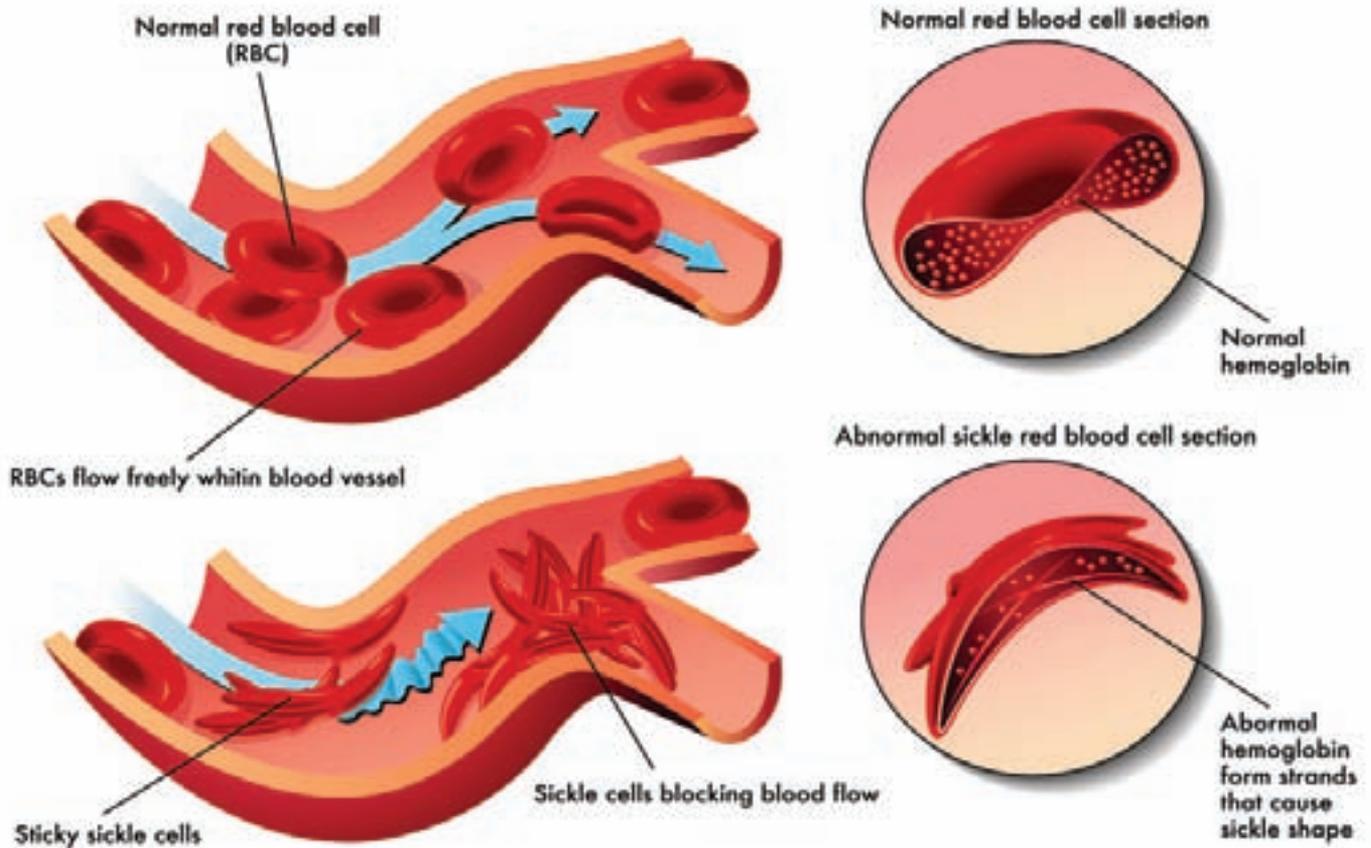
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Sickle-shaped Trouble

— By Betty Tryon, BSN

The young African-American male was thin and quiet with an air of seriousness about him. As one of the student workers at the college library, he seemed to be just another student. His absences from school became more frequent until one day he no longer came. His sister informed the school he had died from sickle cell anemia.

Sickle cell anemia is a disease that causes the red blood cells of the body to develop abnormally. Normal red blood cells are round with a concaved center and live about 120 days. They are very flexible and designed to flow through the tiniest blood vessels without difficulty. Sickle cells resemble the shape of the crescent moon. These sickle cells are sticky and stiff. They tend to clump together, which interferes with normal blood flow. Sickle cells are fragile and live 10-20 days. This leads to anemia.

Sickle cell anemia is not a disease that is communicable or caught from other people. It is a genetic disposition with autosomal recessive inheritance. This means both parents must have the sickle cell trait before the child has sickle cell anemia. This gene is found primarily in African-Americans, but also in Hispanics and people of Mediterranean and Middle Eastern descent. It has been estimated that one in 12 African-Americans carry the sickle cell trait, but the trait does not turn into the disease. You must be *born* with sickle cell

anemia after inheriting the trait from *both* parents.

Two of the most prevailing symptoms from this condition are anemia and pain. The anemia comes from not enough normal red blood cells, because the sickle ones die early and are not healthy enough to perform adequately for the body's needs. When the sickle cells clump together and block flow to parts of the body, such as the bones, joints and organs, the pain can be severe. This is called a sickle cell crisis. If the crisis is prolonged or repeated too frequently, organ damage can occur.

It is so incredibly important for someone with this disease to stay well-hydrated and avoid infections. Specific treatment will depend on the area of the body affected. Blood transfusions may be given on a regular basis. The only possibility for a cure lies with receiving a bone marrow or stem cell transplant. However, only a few patients receive this treatment because of the difficulty in finding a donor and the health risks associated with those procedures. Medical research has advanced greatly in this area, and with proper management of symptoms, patients are living longer with a better quality of life. **NOW**

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

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Not Too Late To Shape Up

— By *Nancy Fenton*

Finally, the air is warm and full of sunshine. It's time to get out in the yard. If you're like me, you had lots going this spring and didn't quite get to trimming. Take heart — it's not too late. I actually prefer to trim a bit later, because I can easily see which branches are hardy and which ones are weak. The weak ones need to go in order to continue having a pleasing shape and more blooms.

Here are a few hints I can share: The first is to sharpen your tools if you haven't already. A whet stone and a little oil go a long way, especially when combined with a little elbow grease. If you have already taken care of that, be sure and clean the blades with diluted bleach. No sense in trading germs. Do this each time you start to trim another plant. The second important item is to remember or refigure what you are trying to do. Do you want to promote more blooms? If so, you need to know if your plant blooms on new or old wood. Common plants around here like the abelia, beautyberry, dogwood, hydrangea and Rose

of Sharon all bloom on new wood. You can trim right after they bloom or very, very early! Quince, spirea, forsythia and a few others bloom on old wood. Let them bloom, then trim and thin after they have had their day in the sun.

Shaping up is important if you want to see your house especially behind those nandinas. Several tall, large stems can be trimmed from the center each year. They will thicken up and not overgrow their space. Most shrubs can be cut back almost to the ground if they are totally overgrown. You may have some low bushes for a short while, but they will come back fuller each time you thin or whack. You can shape them up in almost any shape with a little tender loving care. Just do it soon. The heat of summer will not be kind to most heavily cut shrubs!

Have a great summer and call the Master Gardeners at (972) 825-5175 for more information. **NOW**

Nancy Fenton is a Master Gardener.

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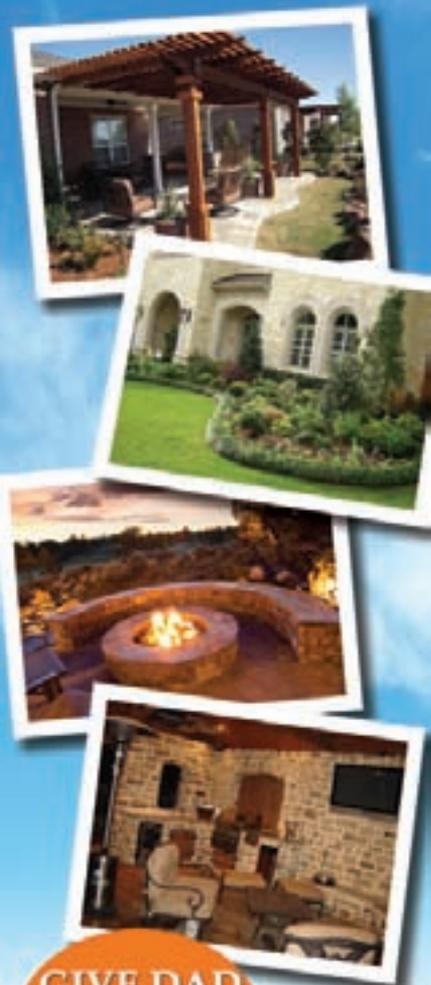
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June 1-3

MISD Graduation Ceremonies: Mansfield ISD Center for the Performing Arts, 1110 West Debbie Lane. MISD graduations are the first official use of the facility. Visit online: www.mansfieldisd.org/schools/graduations.htm for times.

June 2

Mid-Way Regional Airport Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m. Event/parking are free. Breakfast: ages 8 and older: \$6; ages 3-7: \$3; 2/under: free. Classic airplanes/fighters, helicopter rides, remote-control model flyers, Midlothian Classic Wheels, Gold Wing Road Riders, The Classic Swing Band, kids' trackless train and face painting. Call (972) 923-0080 for details.

Buster Brown Band: 7:30 p.m., Farr Best Theatre, 109 N. Main Street. A well-established R&B/soul/funk band featuring powerful vocals and old-school rhythms. Contact: (817) 453-1700 or www.FarrBest.com for ticket information.

June 11-14

First Methodist Church Vacation Bible Camp: 777 N. Walnut Creek Dr. (across from Super Walmart). Children ages 4 through fourth

grade are invited to join First United Methodist Church for Vacation Bible Camp, Son Surf Beach Bash. This year the church is offering an evening class from 6:00-8:00 p.m. in addition to the morning class from 9:00 a.m. to noon. Register at: www.firstmethodistmansfield.org. For details call (817) 473-2287.

June 26

Mansfield ISD School Board meeting: 7:00 p.m., 605 E. Broad Street. See agendas at www.mansfieldpublic.novusaagenda.com. Call Julie Moye at (817) 299-6382 for more information.

June 30

James Hinkle Band: 8:00 p.m., Farr Best Theatre, 109 N. Main Street. Hinkle's music is a blend of funky Texas Blues and New Orleans and Baton Rouge rhythms. He has played and recorded with many of Texas' finest musical talents such as Ponty Bone, Marcia Ball, Buddy Miles, Delbert McClinton, Stephen Bruton and John Lee Hooker. Call (817) 453-1700 or visit www.FarrBest.com for ticket information.

Ongoing:

Sundays

GriefShare, a grief recovery support group: 2:30-4:00 p.m., in the sanctuary, Youth Inc.

room of Cowboy Church of Ellis County, 2734 W. Hwy. 287 Bypass, Waxahachie. Theme is: Your journey from mourning to joy. www.cowboychurchofelliscounty.org.

Mondays

Celebrate Recovery: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th Street, Midlothian. This is a Christ-centered support group for those recovering from hurts, habits and hang-ups.

Second and Fourth Mondays

Regular City Council meeting: 7:00 p.m., City Hall, 1200 E. Broad Street. Contact the City Secretary's Office at (817) 276-4204 for information or www.mansfield-tx.gov/departments/council.

Second Wednesdays

Library Advisory Board meeting: 6:00 p.m., Mansfield Public Library, 104 S. Wisteria. Call (817) 473-4391 for information.

Submissions are welcome and published as space allows. Send your event details to jeremy.agor@nowmagazines.com.



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In The Kitchen With Laura Ingram

— *By Jeremy Agor*

Laura Ingram learned to cook at an early age. “During the summers, my mom would let my sister and me create recipes at home and make the food. It took a lot of trial and error for us to come up with just one good meal! I fell in love with combining foods to make a meal. It was my form of art, and soon I became good at it,” Laura recalled.

One summer, Laura’s mother sent her to a local art summer camp. One of the sessions was for culinary arts, and Laura learned to prepare a simple meal, set the perfect table, and serve impeccably. “After attending that camp, I knew that a life in the culinary industry is what I wanted,” she said. **NOW**

Crock-Pot Pulled Pork

- 1 large sweet onion, thinly sliced
- 1 1/2 cups light brown sugar
- 1 Tbsp. paprika
- 2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1 4-6 lb. boneless pork butt or shoulder

Vinegar Sauce

- 3/4 cup apple cider vinegar
- 4 tsp. Worcestershire sauce
- 1 1/2 tsp. crushed red pepper flakes

- 1 1/2 tsp. sugar
- 1/2 tsp. dry mustard
- 1/2 tsp. garlic salt
- 1/4 tsp. cayenne pepper

1. Place onions in Crock-Pot. In a small bowl, combine brown sugar, paprika, salt and pepper; mix thoroughly. Rub dry mix all over the roast; place the meat on top of the onions.
2. Mix all ingredients for the vinegar sauce in a medium bowl; whisk to combine. Drizzle about 1/3 of the vinegar mixture over the roast. Reserve the remaining 2/3 of the

sauce for later, refrigerate.

3. Cover Crock-Pot; cook on low for 10-12 hours. Whisk and drizzle about 1/3 of the reserved vinegar sauce over the roast during the last 1/2 hour of cooking.

4. Remove meat and onions; drain. Shred the meat; serve with onions and remaining vinegar sauce or favorite barbeque sauce. Serve with fresh Arepas (see recipe below).

Arepas

- 1 cup arepa flour (precooked cornmeal)
- 1 cup ricotta salata, crumbled or 1/4 lb. mozzarella, grated
- 1 cup plus 2 Tbsp. water
- 1/8 tsp. kosher salt
- 1/4 cup vegetable oil

1. Toss together arepa flour, cheese and salt in a bowl; stir in water until incorporated. Let stand until enough water is absorbed to form soft dough, 1 to 2 minutes (dough will continue to stiffen).

2. Form 3 level Tbsp. dough into a ball and flatten between your palms, gently pressing to form a 1/4-inch-thick patty (2 1/2- to 3 3/4-inches wide), then gently press around side to eliminate cracks. Transfer to a waxed paper-lined surface.

3. Heat oil in a large nonstick or cast iron skillet over medium heat until it shimmers; fry arepas in two batches, turning over once, until deep golden in patches, 8 to 10 minutes total per batch. Drain on paper towels.

Oreo Truffles*

- 1 15.5-oz. pkg. Oreo cookies, finely crushed
- 1 8-oz. pkg. low-fat cream cheese, softened
- 2 pkg. (8 squares each) semi-sweet chocolate, melted

1. Combine cream cheese and Oreo cookies until well mixed
2. Shape into 48 1-inch balls, refrigerate until slightly firm.
3. Dip truffle balls in chocolate and place on a waxed paper-covered baking sheet to dry. Refrigerate for 1 hour, then store in an air tight container.

*You can make many different varieties of truffles: *mint, peanut butter and butterscotch, add sprinkles or cookie crumbs to the top or dip them into 2 different types of chocolate.*

When her pregnancy took an unexpected turn, Ivana turned to us.

When Ivana and her husband became pregnant later in life, serious complications developed. The couple instinctively reached out to Methodist Mansfield Medical Center, where specialists in high-risk pregnancy expertly addressed Ivana's condition and helped her deliver a healthy, beautiful baby girl. When the couple became pregnant with their second (and third) child, Ivana again registered at Methodist. She valued the extraordinary care of her doctors and nurses and the family-centered amenities. The couple remained confident that Methodist had thought of everything so she and her husband could expect the very best.

Get the full story at www.MethodistHealthSystem.org/Women.



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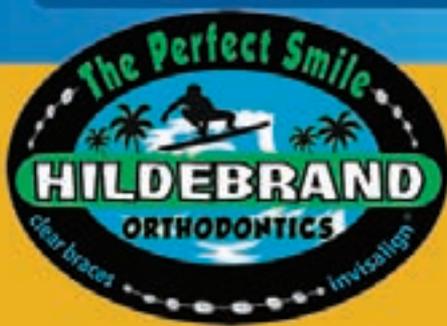
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