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September 2007

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- MCB President Lance Walker
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- MCB EVP Harrel Adkison
- Roger Liebelt
- Kevin Cato

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- Michael Evans, Sr.
- MCB EVP Debbie Koennecke
- MCB EVP Chuck Wilson

FRONT:

- Tom Ritter, Jr.
- Dee Davey

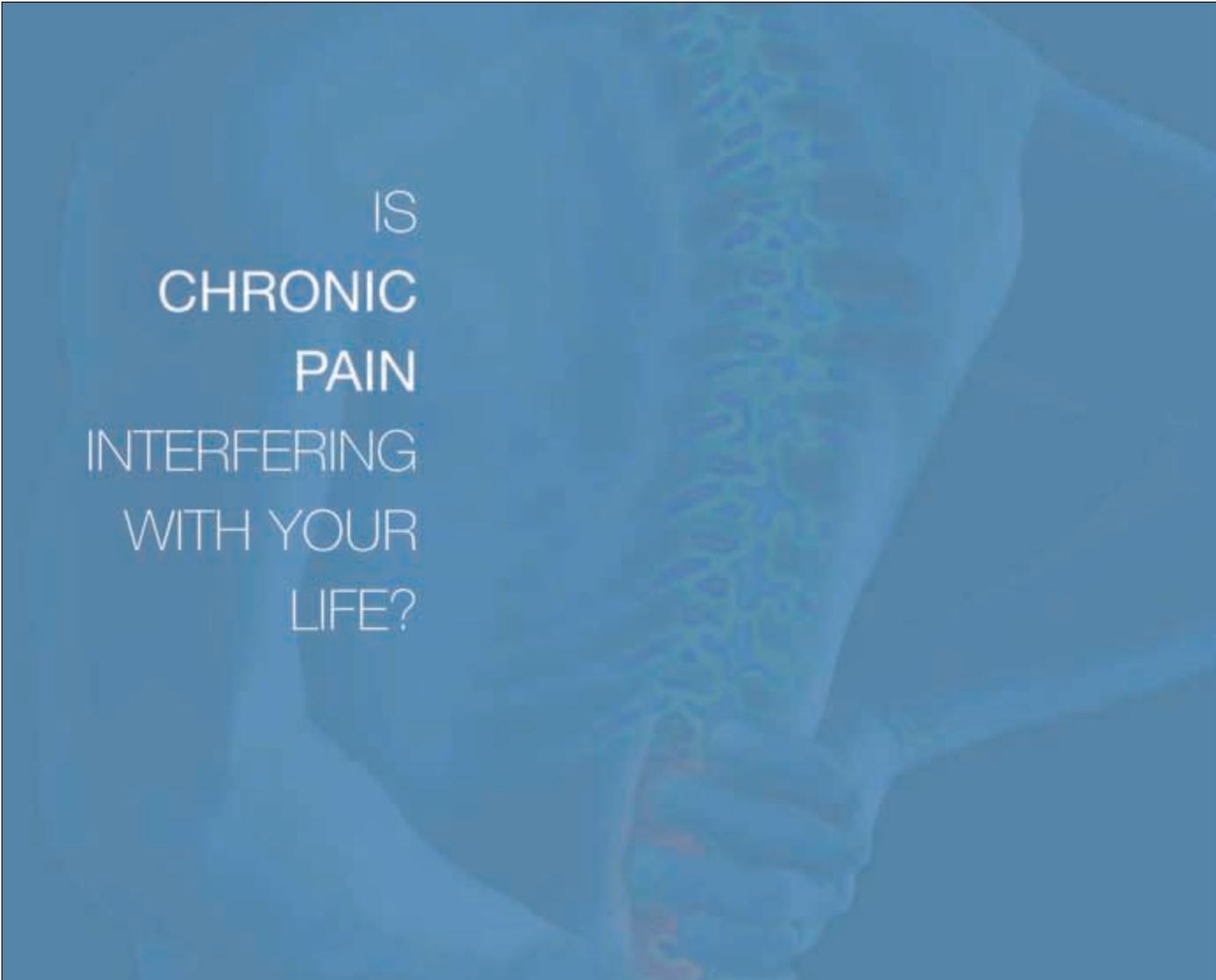
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Mansfield NOW

Editor's Note

Hello, Mansfield!

This is an exciting time for Mansfield with the opening of the new Legacy High School. As its name implies, Mansfield will be passing down traditions and creating new ones for students, neighbors and friends. In this issue, you will meet the new principal, David Wright, as well as band director Renee Goodwin, who are both eager to develop new relationships and customs with their students.

Mix with this Maria DeAndra, Cheryl Odom and our own director of the Planning and Zoning Department, Felix Wong – all of whom cherish family and historical traditions. I am most excited to kick off this month's sports feature with our very own pioneer, one of Mansfield's very first female football players, Courtney Heinz. Truly, this magazine exists because of the extraordinary people of Mansfield.

Here's to the legacy of Mansfield!

Alex Allred
Mansfield Editor



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All-American

City Planner

— By Alex Allred



"Felix Wong is the nicest man. No one works harder than Felix Wong."

With the tremendous growth of Mansfield, many residents are familiar with the name Felix Wong. He is the director of the Planning and Zoning Department; in fact, he is the only director this city has ever had.

When he came on with the city in January 1984, the city's population was around 11,000. The police department boasted eight officers, and there were very few stores in the Mansfield zip code. Felix wrote the zoning ordinances in an office of two employees – Felix and his secretary.

Today, Mansfield's population has swelled to nearly 60,000. This once bedroom-community is now a thriving city with Felix at the helm of the planning department. "Mansfield



really is his baby," said his wife, Susan Wong, "in every imaginable way."

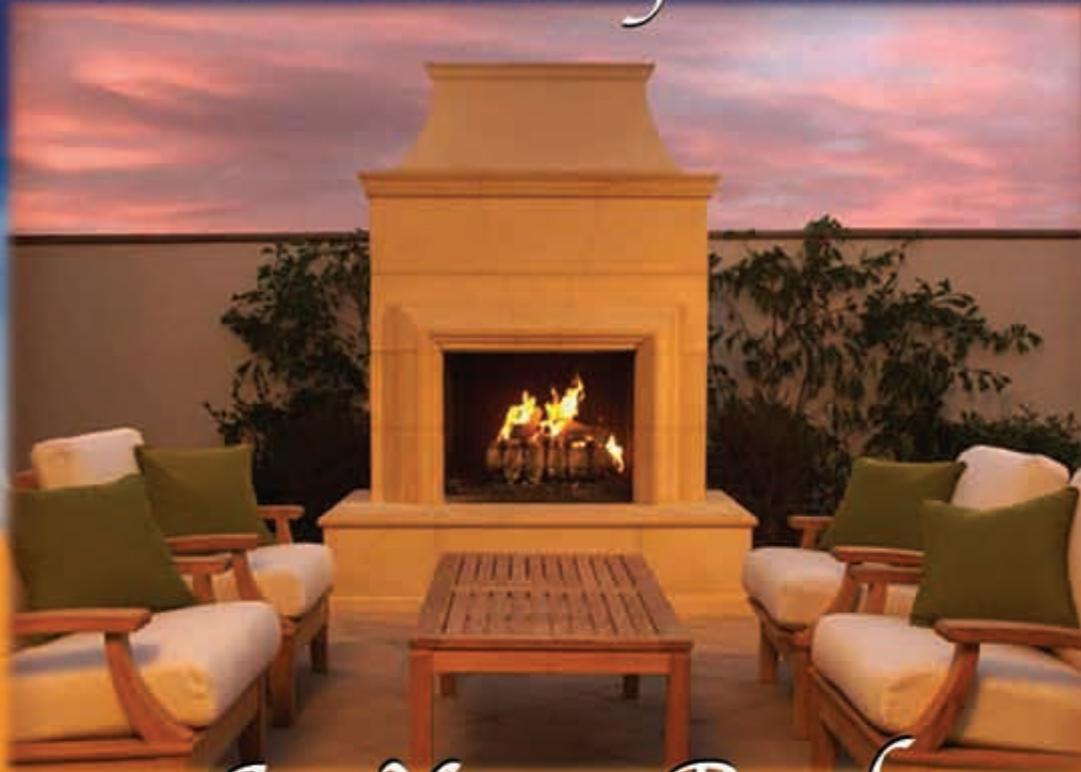
By the year's end, Mansfield can expect: a Kohls Department Store, an enormous Lifetime Fitness Center, extended parks with walking trails and by Memorial Day 2008, a Hawaiian Falls Waterpark.

"But it's not all about new development," Felix is quick to point out. In fact, he works diligently to restore and capture the significance of Mansfield's history. Progress is important, he said, "but we are always working to reinvent vitality in historic Mansfield."

Truly, Felix's thumbprint is on every aspect of this city. But who is he? Talk to the chief of police, the city's mayor or members of the Chamber and they will all tell you the same thing: "Felix Wong is the nicest man. No one works harder than Felix Wong." But getting to know Felix, rather, getting Felix to talk about himself, is another matter. A very quiet and humble man, he is most content talking about Mansfield's rich history, wonderful citizens and promising future.

Few people know he is a music buff who, according to Susan, has "an enormous music collection." Both

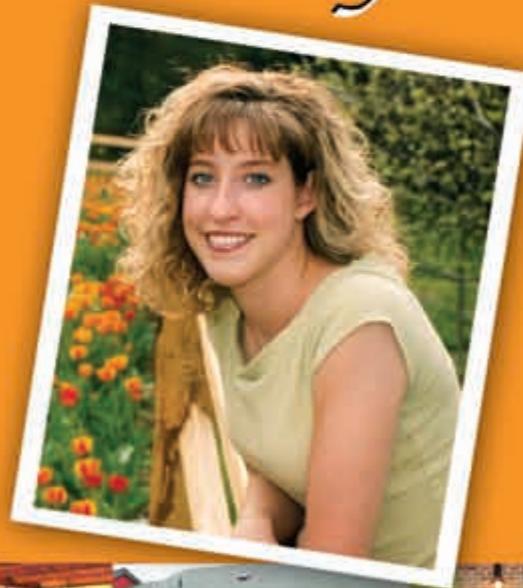
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Dr. Cole is a native Texan who enjoys playing golf and tennis in his spare time. He is married with two children.

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Felix and Susan are avid readers and homebodies, by nature, who are now focused on a seemingly endless home renovation project. Fewer still might know that when he came to the United States, he was just 19-years-old and completely alone.

Born in Hong Kong, Felix was the oldest of three children. "The Chinese," Susan explained, "put all their eggs in one basket and expected the oldest



child to succeed. He was always told when he was growing up that he would come to the United States, go to college and have a good job."

When Felix was born, Hong Kong was under British rule. As a result, he was taught the Queen's English. He was educated in a Catholic school, taught by Jesuit priests. His English, while perfect, still rings of his formal training.

More than anything, Felix wanted to blend in. He was determined, recalled Susan, to become "Americanized" as quickly as possible. "He bought cowboy boots, a cowboy hat and practiced Texas slang," she said.

Earning a degree in sociology, Felix returned to school, earning his master's in regional planning at the University of Texas at Arlington. The idea of creating healthier communities, building schools and designing neighborhoods appealed to Felix.

By the age of 27, he was working for the city of Euless, but "he was really

looking for a city that was going places.”

Enter Mansfield. By January, 1984, Felix was getting his feet wet with a brand new city when he met his future wife at a church function.

“We met at a country western, singles function on the dance floor,” said Susan. “We were both dancing with another partner.” But when the song was over, Felix sought her out and asked her to dance. Two years later, they were married.

At the time, Susan had a daughter, 21, and a son, 11, from a previous



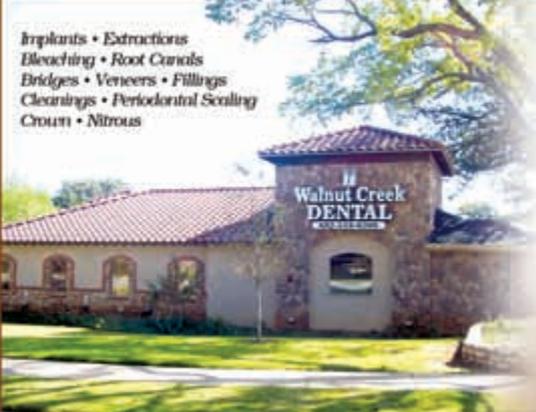
marriage. While her daughter, Laurie, was grown and out of the house, both Felix and Susan continued to rear Kristopher.

“He was a rock,” said Susan of her husband. “He’s the reason my son went to college.” While her children never called him “Dad,” all agree he was an excellent role model. “They adored him and still do!” Putting Kristopher through college and assisting Laurie, Felix is a natural-born caregiver.

“He would deny that,” said Susan. “If you asked him, he would say he’s not and doesn’t want to be, but when he’s needed, he’s there.”

The time and devotion that he puts into the city, into the city council meetings and future plans of growth and prosperity for Mansfield easily verify his wife’s sentiments. Felix cares deeply about his community, but when Susan became ill, his true colors were shown.

Quite suddenly, Susan began losing weight. She was exhausted, weak and hospitalized — her weight plummeted



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to a shocking 98 pounds. She had been a longtime employee of the Arlington School district, managing federal funds.

Eventually, the diagnosis came in. Susan has Celiac Disease, which means that anytime she ate food with gluten, she would experience a physical reaction that damaged the lining of her small intestines. Suddenly, foods with wheat, rye, barely, oats and other grains were the enemy. Any flours commonly found in breads, cookies and pasta could make her sick. Even flavorings, colorings and other additives could trigger a violent reaction for Susan.

"It's what precipitated my early retirement," said Susan. Their lives were literally changed overnight. For Susan, danger lurked everywhere. Even a gum wrapper, for example, may be dusted with flour, which is not listed on the ingredients. They began reading labels on everything and completely changed their diets.

Still, said Susan, "He never balked. He just changed his life."

For the man who has been described as "self-contained" and "a problem solver," his adaptation to this new life is not a surprise. "If he has a problem," said Susan, "he mulls it over, researches it and solves it." Just like that.

Felix Wong is the nicest man.

No one works harder than Felix Wong.

Certainly, no truer words were spoken. He is a self-made man and a visionary who helped turn Mansfield into a thriving city. Yet, he continues to downplay his role.

"He never takes any credit," said Susan. "I've watched him in city council meetings when someone was praising some idea or project that I knew he'd done, but he loathes self-congratulatory pats on the back. Truly, he is simply happy when things turn out well for his city and his neighbors. He is just here to do his job — in his words: "to offer a certain amenity of quality of life." Ah, the King's English. Or, in Texas terms, we might put it another way: "You've built a mighty fine town here, Mr. Wong!" **NOW**

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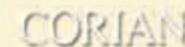


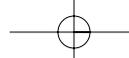
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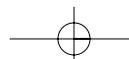
Still Playing in the Dirt

— By Sandra McIntosh

Cheryl Odom grew up on a ranch. She laughed as she remembered climbing trees and playing beside the boys in the dirt. “I grew up in the saddle,” Cheryl said. “I loved every single minute of it!”

Her love for the great outdoors played an integral part in her move eight years ago to the four-bedroom, three-bath home nestled back off the road on 4.6 acres she enjoys today. “I feel very safe and secure here. It’s a wonderful neighborhood,” she said. “I’m close enough to neighbors to share friendly encounters, but we’re far enough apart to

At Home With Cheryl Odom



have privacy and time to ourselves. I think it's the best of both worlds."

Cheryl and her two children, Athena and John, came to Mansfield in 1985 by way of Tarver Rendon, a small community located within the city limits of Burleson. "Athena was in second grade at the time," Cheryl said. "I wanted her in the Mansfield school district." In reminiscing, she noted both children graduated from high schools in Mansfield. "Athena graduated from Mansfield High," Cheryl said, "and John was a graduate of Summit."

It would be nice for Cheryl to say she moved right into the two-story traditional house, never making any repairs, changes or remodeling. Even she knows that would be a gross untruth. "I believe the house was built in the early '70s," she noted. "There were a lot of things in the home that were outdated."

The first thing she had removed was the "popcorn" ceiling treatment found throughout the 3,200-square foot dwelling. Maybe it was the "new thing" in ceilings back in the '70s, but it was not what Cheryl wanted to see every time she looked up. "I also changed several light fixtures and all the wall colors," Cheryl said. "I had



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tile work done in the kitchen and the entry hall, too.”

Southern Painters repainted, using a totally unique and different faux finish in each room. One would never know the entry is just brown paper bags that were torn and painted in such a way that the walls appear to be marbled. The deep green veins in the walls,

when mixed with the dark floor tile, lend a warm entrance to the home Cheryl shares with her two dogs, a purebred Doberman named Fritzzi and Chaos, a 6-month-old Lab and Great Dane mix. A small, cherry wood secretary desk with a cherry wood shelf is also found in the entry.

The chair railing in the formal dining

room is a dark shade of green, allowing the natural, much lighter wall colors above to “pop.” The light-colored dining table, six matching chairs and hutch with glass front fit perfectly in this room. The hutch is mainly filled with colorful glassware, but Cheryl said a few pieces were old enough to be considered antiques. “My aunt was an antique dealer and collector,” Cheryl explained. “I have a few plates that my mom passed down to me.”

The only bedroom located downstairs is the master bedroom. Cheryl said it is the “darkest” room in the house. “It’s perfect for sleeping,” she added. The dark green and rich gold walls are accented with eggshell trim. Only a few decorative pieces are found in this room. A black stuffed bear Cheryl fell in love with on a recent trip to Montana hangs comfortably over the back of a sitting chair. A large floor-to-ceiling framed mirror rests along one full wall making for a striking piece of artwork

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all by itself. "One day, I'd like to turn the master suite into a spa-like area," she said, "with a Jacuzzi tub and a shower with multiple showerheads."

Spending time in the formal living room recently improved for Cheryl, her children and Cornell, her 5-year-old grandson. "I invested in a large, plasma TV," she said. "We centered it over the

mantle above the fireplace." The soft window treatments allow filtered sunlight to come in from the front, while the view from the back windows is spectacular. The unique artwork in this room, as well as on the wall leading upstairs, has an Oriental feel. The muted designs, rich colors and silk pillows blend well together. "I don't have one



certain style," Cheryl explained, with a laugh. "I also don't have a natural knack when it comes to designing and decorating. I just know what I don't like."

The room where Cheryl spends most of her indoor time is the den, which also serves as her home office. The cream-colored brick fireplace is flanked on both sides by mirrored, built-in bookcases. The space offers comfort in the winter and another priceless view to the backyard area in the spring and summer months.

When asked to choose her favorite room in the house, Cheryl answered

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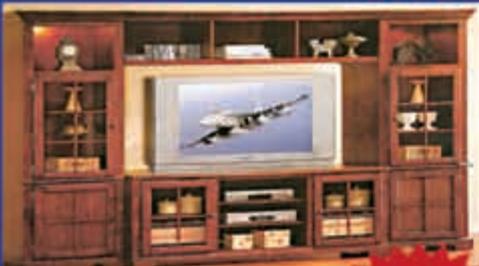
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**“If the sun is shining,
I’m outside.”**

with no hesitation. “The joy of this place is the outside,” she said, as she stepped out onto the back patio. “Once I’m totally comfortable with the outside, I’ll get moving on the inside.”

Cheryl is not in any real hurry when it comes to finishing the remodel on the inside. Her love is definitely in the great outdoors. Her love for “playing

in the dirt” has not waned since childhood. In fact, it may have increased three-fold. “If the sun is shining, I’m outside,” she said. “I don’t sit. I’m always doing something. I may be cleaning the horse stalls, giving my horse a bath or mowing the yard. I just enjoy the outdoors.”

She is proud of her lush green lawns;

her flowers seem to thrive without a great deal of pampering and she has created a bird sanctuary with a few birdhouses and several bags of seed. She provides meals to cardinals, hawks, wild doves, hummingbirds, woodpeckers and finches, while they in turn provide hours of natural entertainment and colorful beauty.

Unlimited playing space for her grandson is also important to Cheryl. “It’s a lot of work and upkeep. I’ve thought about selling many times, but I feel the hard work is well worth it for my grandson,” she said. “Every boy needs a place to be a boy. This place provides that.”

Cornell comes to visit his “Na Na” anywhere from two to four times a week. It is common to see them feeding an apple to Vaquera, Cheryl’s polo horse, jumping on the trampoline or playing catch in the backyard. “I drop everything to play with him,” Cheryl said. “Seeing him and spending time with him is like good medicine!” **NOV**

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Sweet Music

— By Alex Allred

Renee Goodwin wanted it all. She wanted a dream job. She wanted to make a difference in the world around her. She wanted to be a coach and a competitor, while empowering teenagers with knowledge and confidence. Remarkably, she has done all this with a little French horn.

"When I was in high school," Renee said, "my mom asked me if I wanted to try out for the school band. She said I could be with all my friends, but I said, 'No way.'" Renee quickly regretted that decision. "All my friends were in the band, but my parents really couldn't afford to get me an instrument." When the band director mentioned he needed a French horn player, Renee agreed to try it — without even knowing what a French horn was! "I just really wanted to get into the band," she exclaimed.

She could never imagine where that little French horn would take her. In many ways, it made her a competitive athlete, as she spent hours and hours with her high school marching band, learning timing and discipline. During her high school years, she played and traveled with the Fort Worth Youth Orchestra, performing locally and traveling abroad.



"We went to Canada, Romania, Hungary and Austria," she said, "before the Iron Curtain fell." For this Central Texas girl, it was the experience of a lifetime. "There were military everywhere," she said. They were forbidden to take pictures of anyone dressed in military uniform and were constantly approached by communist citizens who desperately wanted to buy American blue jeans. In fact, anything American was perceived as gold: old sneakers, even Juicy Fruit chewing gum. But for a people who had virtually nothing, they

possessed a great love and admiration for music. It was something that had great impact on Renee as she faced her first real audience.

"It was just like on TV," she commented. "We played in 100-year-old theaters that were packed ... and they threw flowers at us!" For the first time, this self-described "show off" actually experienced stage fright. "We were playing music that was born from their country, and to see how much people appreciated it was a little overwhelming," she said.

Renee stayed with the band throughout high school, deciding to major in music when she entered college.



**ARTS
NOW**

Yet, it was difficult to garner that same kind of emotion or enthusiasm stateside. "My heart really wasn't in it." But when she began her semester of student teaching, the passion returned. As she began working with young students, she quickly realized all her studying had been for this. "I knew I needed to do this!"

Later, when Renee married and



begun a family, the little French horn was never far from reach. In fact, after her son, Daniel, was born, Renee became fully engulfed in the world of music. While most new mothers might step back, Renee brought Daniel along with her. "He grew up listening to music," Renee said. Like his mother, Daniel also picked up the French horn, and has performed with the Fort Worth Youth Orchestra.

With the support of her husband, Dave, Renee began teaching with Mansfield ISD as a band director at Worley Middle School. She taught there for four years, until moving to Howard Middle School in Arlington for the next 13 years. There her reputation soared. Band was not just musical instruments with Renee. Her classroom was the place to hang out, share problems, build friendships and grow.

Her students will tell you she is like no other teacher. She is demanding, but entertaining. "It's true," she laughed.

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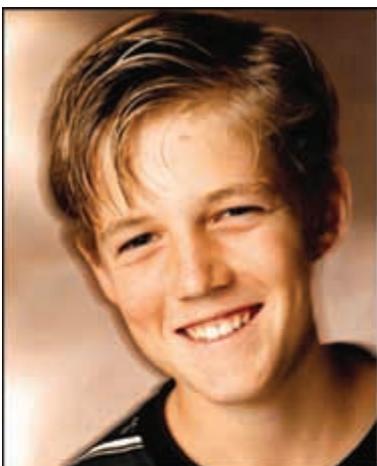

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"I'm goofy." Known for falling off her podium when she is enraptured in the music, this out-of-the-norm band director is also known for getting her baton caught in her long hair or on top of her music stand. But whatever she is doing, it is working. Together,



she and her students have competed successfully in regional competitions, earning top honors.

Today, she carries on the lessons that she learned while traveling overseas. The classical pieces are very much a part of history — a history she has experienced firsthand.

It is appropriate that Legacy High School should get Renee Goodwin as an assistant band director in its first year. Renee will be serving under the direction of Glenn Fugett, a highly acclaimed musician. "I'm thrilled that I'm going to be learning from the best," she said. She believes music never stops teaching or giving. Today, in addition to her new responsibilities at the high school, she also plays with the Mansfield Wind Symphony as the principle horn player and an associate conductor.

As for the future, Renee still wants it all. She has the dream job and continues to make a difference in the lives of so many students. She is both a coach and a competitor. But now, she wants a little sports car. "I've always wanted to get a sports car," she laughed. "I'm going to get a 350 Z and there's going to be just enough room for me and my horn!" That little French horn is never far from her reach! **NOW**

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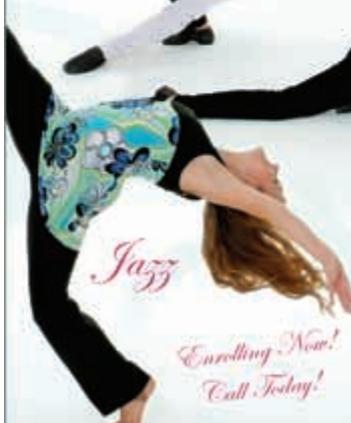
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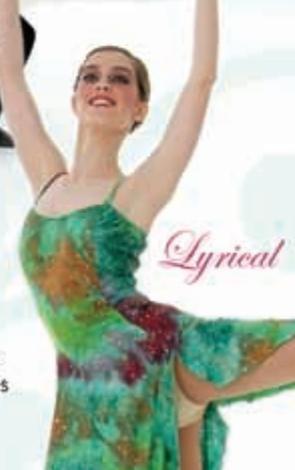


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Put the Girl In!

— By Alex Allred

When Courtney Heinz trotted out on the football field to kick her first official field goal with Brooks Wester Middle School's eighth grade A football team, she did much more than kick a football. What Courtney will tell you is that she merely wanted to test herself. The idea of playing football came to her rather impulsively, and once she let the idea roll around for a few days, she knew it was something she had to try. "I just wanted to try," said Courtney. "I was happy just knowing that I was trying out."

But she did so much more. With each field goal, she demonstrated — to both boys and girls — that girls can

do anything, and quite unwittingly, boosted her own confidence.

Growing up as a tomboy, Courtney had many friends who climbed trees with her and challenged boys to arm wrestling matches, as well as verbal debates. However, as girls cross the line separating preadolescent and adolescent, the tree-climbing, tough-talking act wanes. Suddenly, makeup, hair and clothes are more important. The drop out rate from sports for teenage girls remains very high, but Courtney actually moved in the opposite direction.

"When she was younger," said her father, Sean Heinz, "she did like to



Sports NOW

wear dresses. But,” he said, “the older she got, the more interested she became in sports.”

In the Heinz household, sports take precedence over fashion and teen magazines. Sean is the acting assistant coach at Northwood University in Cedar Hill for both the men’s and women’s soccer programs. Courtney’s mother, Whitley, was an all-star soccer



“I just wanted to try.”

and softball player through high school. As Courtney and her younger sister, Kelby, progressed in soccer, Sean co-founded a highly respected, select soccer club, in which he also coached. In fact, last year their ball club placed 2nd at the Texas Open Tournament.

Courtney, an all-around athlete, was no stranger to Wester’s football coach, Mike Winn.

“I’d coached her as a hurdler,” said Mike. “But when she came to me and said she wanted to kick, I told her, ‘No.’ But she was very persistent.” Finally, he agreed to let her try kicking a few, just to quiet her.

“I set up a few kicks for her and she put ‘em right through the uprights. I thought it might be a fluke, so I moved her back to the 25-yard line and boom! She kicked it even further!” laughed the coach. “She’s a great, hardworking girl. We really enjoyed having her on the team.”

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Certainly, Courtney's plate is already full. So, why add on more? Why football?

"I'm not a girly girl," Courtney said. "I've always had an interest in football; I just never did anything about it. But I'm also one of those people who does things in the spur of the moment." So much so that she did not tell her parents she was trying out for the football team until she had made it.

One of the first phone calls she made was to her grandfather. When she relayed what she had done, he did not understand. "I thought she meant she made the soccer team," said John Heinz. "Then she told me, 'No, you don't understand. I made the boy's football team!'"

Courtney's parents laugh at the memory of their daughter, a one-time goalie, climbing the nets of the goal so that she could sit on top of the goal. She was there, the net was there and the challenge was there. Never mind that an actual game was going on, Courtney has always enjoyed testing her own abilities.

But as she moved outside the norm of a typical female athlete, she was faced with an old dichotomy: If you try to please everyone, you end up pleasing no one. That is: If she was too nice, she was accused of "flirting"; if she was too macho, she risked negative stereotyping from outsiders.



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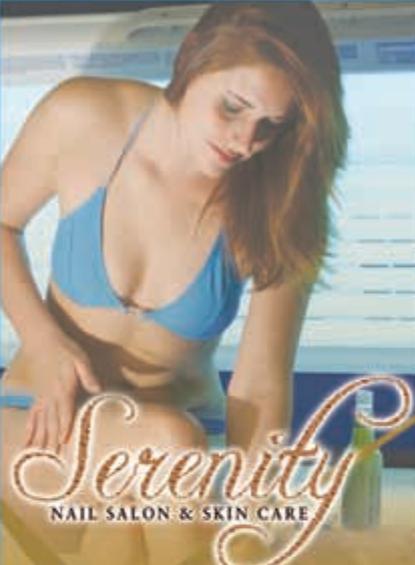
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“There were a lot of people who thought it was cool,” recalled Courtney. But there were also those who spread rumors. “Stuff about the boys on the team,” shrugged Courtney. “They tried to spread a bunch of nasty stuff about me. They ended up looking like the fool.”

Indeed, when Courtney arrived at the Brooks Wester Middle School football tryouts, there was a contest to determine the most consistent kicker. “That dang Courtney just couldn’t miss,” recalled Mike.

For this young athlete, it was nothing more than a physical and mental challenge — a quest to see if she could apply her skills as a soccer player to the sport she had always watched and admired on television. She did, nailing 17 out of 21 attempts during the regular season and quieting even the greatest of skeptics when she kicked not one, but several balls, through the uprights and over the field house. To date, her best kick is a 47-yard kick – barefoot.

“The coaches loved her,” said John. “So did the team. It was so neat to watch. The other parents were up in the stands saying, ‘Put the girl in!’”

In an age when we, as a society, focus on the exploits of Hollywood actresses, it is wonderful that Mansfield has its very own star. She embodies all that we hope to see in our young women. Put the girl in! **NOW**



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Always Growing

— By Alex Allred

If you think you have a hard job, prepare to be enlightened. As director and founder, Kami Kinsey and assistant Tori Allred, go into work on a typical day, this is what they are dealing with: A person named Gordon* stepped on Felicity's foot — three times. We are to believe that all three times were an accident. Felicity lashed back, swung and missed, hitting Amanda.

Meantime, it is clear that Jason and Gerry could not sit next to each other during reading time without wrestling, Michael amused himself by picking his nose and threatening to wipe it on Sarah, and Megan took it upon herself to tell (loudly) on everyone who was out of line, which happened to be the vast majority. Gordon moved on to greener pastures, which happened to be Jessie's feet. Only Kaley stayed focused on performing the morning tasks: singing at top volume, causing others to cover their ears and flee. It is not even 8 a.m. at A Child's Growing Mind.

"I can't think of any other place I'd rather be," said Kami. For Kami, this is a dream come true. She earned her master's in education administration with a bachelor's in early childhood development, but when she was looking for childcare for her

own children, she realized this was her calling. While looking for special childcare for her son, who was born prematurely, she discovered the Mansfield Community Church was also interested in a childcare program.



In principle, her business plan is simple. "We just really want to focus on kids," said Kami. "We want to stimulate and grow their minds. We don't just want them to sit and play. This is not a babysitting service. We want to offer enrichment activities, such as dance and art programs."

"This is going to sound corny," said Tori, who is currently working toward her bachelor's in early childhood development, "but I actually started in childcare because I really want to have an influence on a child's life."

Tori teaches the pre-K class with an emphasis on readying her students for the public school system and exercise. "Many working parents," Tori said, "are simply too tired or overworked to sit down and take the time to teach their little ones as much as they need to know."

Her favorite age group, however, are the two-year-olds.

Business NOW

While most people would run screaming from a horde of toddlers, the staff is drawn to them.



"They are such sponges," said Tori. "They are so much fun, you can teach a two-year-old anything! But," she admitted, "kids like to test your patience." This is where an excellent staff is required.

As lunchtime approaches, various versions of the song, "Clean up, clean up, everyone clean up," can be heard through the halls of A Child's Growing Mind. But sometime during this exercise, Jordon poked Melanie in the eye. This seemingly on-purpose gesture unleashed a flurry of activity. No one was cleaning. Fingers were pointed. Someone had to go potty, while another desperately needed a drink.

"Never let them see you sweat," smiled Kami. "Kids pick up on every single emotion. The second you walk in the door, they sense what you are feeling. We have a choice. We can have a positive or negative impact on them, so I make sure they never see me sweat."

"I can't come to work in a bad mood," added Tori. "When I walk in a room, when I see them light up when they see me, there is nothing bad in the world ... and then they turn around and scream at you."

In what has otherwise been described as a thankless job, the staff of A Child's Growing Mind has a great sense of humor and an even bigger heart. "Our children are happy and they are growing." Always growing.

For more information about A Child's Growing Mind, call (817) 539-0133.

The names' of the children were changed to protect the innocent – even if Gordon really did step on Jessie's foot. **NOW*

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Classes Begin for

the Broncos

— By Sandra McIntosh

Legacy High School, Mansfield Independent School District's fourth secondary-level campus, opened its doors to approximately 2,000 students on the morning of August 27. Principal David Wright had been looking forward to that day for a very long time; one that he will no doubt always remember. "How many get to do what I'm doing? I've worked my whole administrative career for this," David said. "I feel blessed and privileged knowing that the district has entrusted me with the Legacy High campus."

David is not new to the district. In fact, this year marks the beginning of his eighth year. He spent his first two years at Mansfield High as the assistant principal, followed by four consecutive years as the academic associate principal at Summit High. "I spent last year in an office at Ben Barber Career Tech," David said. "I could not imagine being

principal of a campus this size without an entire year of planning and preparation."

Ordering desks, office furniture and chairs for a campus that boasts of 430,000-square feet would be a daunting task for anyone, experienced in school administration or not. Add to that the interviewing process and the act of sequentially numbering each room, as well as 2,500 lockers, made for a challenge beyond any that David had faced before. "Numbering the rooms was by far the most difficult thing I had to do," David said,

explaining that Legacy is really three buildings in one.

Once David decided to capitalize on the idea of three buildings, the rooms seemed to number themselves. "The first letter in the room number represents the building



Education **NOW**

- Academics, Electives or Physical Education,” David explained. “The second letter is the hallway, followed by a numeral. I didn’t realize all that goes into the process. They were just rooms until I gave them numbers.”

When asked how he feels the students will adapt to the campus, David answered positively. “Kids are resilient,” he said. “I have no doubt that students will get the numbering process down very quickly. They won’t be wandering aimlessly in the hallways.”

“I feel blessed and privileged knowing that the district has entrusted me with the Legacy High campus.”

The other three high schools in the district received names, which had everything to do with their locations. Mansfield High was named after the city. High elevation earned Summit its name and Timberview was built in a wooded area. When it came time to decide upon a name for the newest Mansfield campus, Kowbell High, after the Kowbell Rodeo, was mentioned as a possibility. David explained the rodeo was what put Mansfield on the map. He said it was one of the longest running indoor rodeos. “There is no defined history behind the Legacy name,” David said. “It may have gotten its name because it’s located in the older section of Mansfield that’s considered to be the historic downtown area.”

In fact, an etched metal plaque hangs in the hallway leading to the campus’ performing arts center. The plaque serves as a historical marker since the arts center sits directly on top of where the rodeo used to be. “The district was on board when it came to displaying a commemorative plaque,” David said. “It’s important for the students at Legacy to understand the rodeo’s history and be respectful of its significance to the Mansfield community.”

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The attendance roster is made up of students from all five Mansfield middle schools and the three existing high school campuses, as well as those who may have relocated to the district during the summer. Students played a huge role in the school's mascot, as well as choosing colors of black, red and silver. "We put a committee together last year," David explained, referring to the process in which the mascot was chosen. "It was mostly students and a few parents."

When offering a bit of direction, all David asked the committee to do was remember the history of the rodeo, as well as the fact that Mansfield has always been considered a ranching/farming community. "I asked them to please keep those facts in mind," David said. "The top three choices were the Broncos, the Mustangs and the Rough Riders. It went to a vote at all the campuses that fed into Legacy. We are the Legacy Broncos!"

David is proud to say that students were able to take ownership of their new high school long before the current year began. "Their input on the name, the mascot, the colors, the logos and the school crest will be here long after I'm gone," David said. "The responsibilities of each committee were equally important. The decisions made by each will stand for as long as Legacy High stands."

The goal for the first year is to quickly get into a routine. David, being in the business for the students, feels the educational process should not be compromised; it should not "skip a beat."

As a hands-on administrator, David will be the first to admit that the journey thus far has been filled with long hours, hard work and decisions. He will also be the first to admit it has been fun. "I visualized the campus long before its completion," David said. "It's everything I envisioned and more." **NOW**



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The Mansfield Chamber of Commerce recently held ribbon cuttings at the following businesses. Shown, top row from left, are BM Auto Specialists and Pioneer Services. Middle row from left, are Simply Skin and Logix Communications and those on the bottom row from left, are Mia Vino and Speech Language Learning Services.



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Around Town NOW



Ribbon cuttings were held for State Representative Paula Pierson, top left, V.V. Chancellor, M.D., top right, Women's Health of Mansfield, middle left, and Impact Promotions, middle right. Mansfield High School 10th grader Alex Lutz, bottom left, won first place in the 50-meter backstroke at the first Special Olympics swim meet held at the MISD Natatorium. A final ribbon cutting, bottom right, was held at Budget Rent-a-Car.



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Look Who's Cooking

— By Melinda Hines

IN THE KITCHEN WITH MARIA DEANDRA

Maria began cooking when she was about ten years old. “My mother taught me to cook. She made delicious flour tortillas and chili rellenos,” Maria said. Everything was homemade so she was surprised the first time she saw prepackaged tortillas in a grocery store. “We didn’t even know what it was,” she said.

Today, her love of cooking continues although not everything is always homemade. Mexican dishes such as green enchiladas are still a favorite, but Maria has also adopted more American dishes such as her spaghetti salad and her husband’s favorite zucchini pie.

“I love to cook all different kinds of food and try new recipes,” she said. It is a family tradition she has carried over to her 20-year-old daughter and 22-year-old son and together, the DeAndra family enjoys big dinners and barbecues with close family and friends. **NOW**

GREEN ENCHILADAS

- 1 21-oz. can green enchilada sauce
- 1 10.5-oz. can cream of mushroom soup
- 1 clove of garlic
- 1 whole chicken
- 1 cup chopped onions
- 1 6-oz. can black sliced olives
- salt and pepper to taste
- 1/4 cup oil
- 1 dozen corn tortillas
- shredded Monterrey Jack cheese

Combine green enchilada sauce, cream of mushroom soup and 1 clove of garlic in blender. Pour in bowl and set aside. Boil chicken until done; cool and shred chicken. Add chopped onions, black olives, salt and pepper; mix all ingredients in large bowl. In pan heat oil and fry corn tortillas for 2 minutes each side. Put 2 heaping Tbsp. of green enchilada sauce on bottom of casserole dish. Dip fried tortillas in

green enchilada sauce mixture, then fill each with chicken mixture and roll. Place rolled enchiladas in casserole dish; top with shredded Monterrey Jack cheese, another layer of sauce and a final layer of cheese. Bake at 350 F until cheese melts and enchiladas are warmed through.

CINNAMON SUGAR COOKIES

- 2 1/2 cups sugar, divided use
- 2 cups butter
- 1 egg
- 1 tsp. vanilla
- 4 1/2 cups flour
- 1 tsp. baking soda
- 3 Tbsp. baking powder
- 1 1/2 cup sugar
- 2 Tbsp. cinnamon

Cream together 1 cup sugar, butter, egg and vanilla. Add flour, baking soda and baking powder; mix well. Roll out mixture onto smooth

surface; cut with cookie cutters or form small balls if you like. Bake on cookie sheet at 350 F for 12 - 15 minutes. In medium bowl, mix 1 1/2 cups sugar and cinnamon. Once cookies are done, dip them in cinnamon-sugar mixture. *Can add more cinnamon to taste. Makes five dozen.

CRANBERRY AND CREAM CHEESE SALAD

- 1 lb. 4 oz. can crushed pineapple
- 2 3-oz. pkgs. strawberry gelatin
- 1 16-oz. can whole cranberry sauce
- 1 8-oz. pkg. cream cheese, softened
- 1/4 cup sugar
- 1 cup evaporated milk
- 1 tsp. vanilla
- 1 Tbsp. unflavored gelatin
- 1/4 cup cold water

Drain pineapple, reserving syrup. Add water to syrup to make 2 1/2 cups. Place 1 1/4 cups syrup mixture in a saucepan and bring to a boil.



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Who's Cooking **NOW**

Dissolve one package strawberry gelatin in syrup mixture. Add 1/2 of drained crushed pineapple and 1/2 of cranberry sauce. Pour into 12 x 7 dish. Chill until firm.

Beat cream cheese with sugar until smooth. Gradually beat in evaporated milk and vanilla. Soften unflavored gelatin in cold water. Heat to dissolve and blend into cheese mixture. Pour over firm cranberry layer. Chill until firm.

For third layer, boil remaining 1 1/4 cups syrup mixture and dissolve remaining package of strawberry gelatin. Add remaining half of crushed pineapple and cranberry sauce. Chill until room temperature and then pour over firm cheese layer. Chill until firm. Cut into squares and serve over greens. Makes eight servings.

SPAGHETTI SALAD

- 1 bunch green onions
- 1 bunch radishes
- 1 bell pepper
- 1 stalk celery
- Salad Supreme to taste
- Italian dressing to taste
- 1 lb. spaghetti
- 1 small carton cherry tomatoes
- 2 cucumbers
- 2 avocados

Dice and mix green onions, radishes, bell peppers and celery with Salad Supreme and Italian dressing. Let stand for 15 minutes in refrigerator. Then add cooked spaghetti, tomatoes, cucumbers, avocados and mix altogether. Add more Salad Supreme for more flavor if desired.

ZUCCHINI PIE

- 4 cups zucchini, thinly sliced
- 1 cup onion, coarsely chopped
- 1/2 cup margarine
- 2 Tbsp. parsley flakes
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 1/4 tsp. sweet basil leaves
- 1/4 tsp. oregano
- 2 eggs, well beaten
- 8 oz. shredded Monterrey Jack cheese
- 1 pkg. Pillsbury crescent rolls

Preheat oven to 350 F. In 10" skillet cook zucchini and onions in margarine until soft. Stir in seasonings. Blend egg and cheese together and stir in zucchini mixture. Press crescent rolls in 10" pie pan to make crust and fill with mixture. Bake 18 - 20 minutes, until crust is golden brown. Let stand 10 minutes before serving.



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Want to Achieve Financial Goals? Do the Math.

If you breathed a sigh of relief when you put away that algebra or geometry textbook for the last time, you might not be eager to take up the subject of math again. However, by doing some number crunching, you can put a “price tag” on your long-term financial goals – and that is the first step toward achieving them.

To quantify the costs of your objectives, you must be specific about what you are trying to accomplish. Do you want to retire as soon as you possibly can and then spend your time traveling the world? Or are you planning to work until 65 and then open your own small business? Obviously, these are vastly different goals – with vastly different costs to you.

Once you know what you really want to do when you retire, you should be able to project your annual yearly expenses. Then, you can ask yourself these questions:

- **How many years will I spend in retirement?**

None of us can predict exactly how long we will live. But if you consider your overall health, your lifestyle habits and your family’s history of longevity, you can come up with a reasonable estimate of how many years you might have to pay for in retirement.

- **Where will my income come from?**

To pay for your retirement goals, you will likely need to draw on all types of income available to you, including Social Security and your investments, such as your IRA, 401(k) and whatever individual stocks and other securities you may own. To help reach the level of income you will require, you will need to monitor all these investments over the years, and make changes as needed.

Calculating Costs of Other Goals

Achieving the “ideal” retirement might be your biggest financial goal, but it is almost certainly not the only one. No matter what goals you have, you will still need to “do the math” necessary to calculate costs and arrive at solutions.

So, for example, if you would like to help pay for college for your children (or grandchildren), you will need to look at what college costs today, how much it is likely to cost in the future and how much money you can devote to paying those costs.

To illustrate: For the 2006 - 2007 school year, it costs, on average, \$16,357 for students attending four-year public colleges and universities, according to the College Board. If college costs were to rise five percent every year, today’s newborns can expect to pay about \$162,000 for four years at a public school.

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You can take this same approach to other long-term goals, such as buying a second home or a new business. Keep in mind, though, that “doing the math” can involve a lot of variables, so you may well want to consult with a financial advisor – someone with the tools and experience to help you chart your course toward your goals. But do not wait too long – the sooner you start planning, the more pleasant “the math” will be for you. **NOW**

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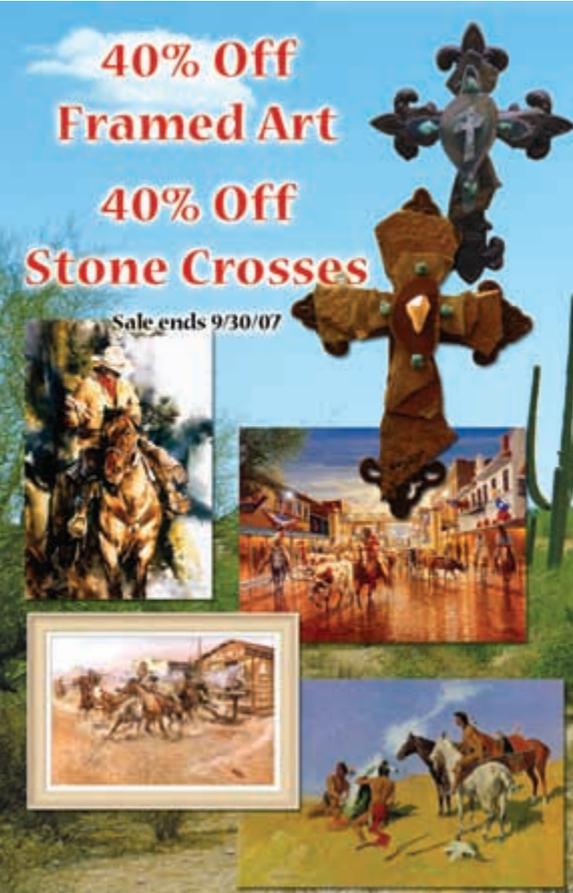
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Diabetes: Millions Suffer From It and May Not Know It

Diabetes is a chronic disease affecting more than 20 million people in the United States. It is a condition that results from the body's inability to produce or properly regulate insulin, a vital hormone needed to convert sugar, starches and other food into energy.

Common symptoms of diabetes include an increased thirst, increased urination or change in appetite. Other frequent symptoms include fatigue, blurred vision, slow-healing infections and impotence in men. Diabetes can be caused by genetic and environmental factors, such as being overweight and inactive.

There are three common types of diabetes:

Type 1 - The pancreas fails to produce insulin. Roughly five to 10 percent of Americans with diabetes have Type 1.

Type 2 - The body fails to properly use the insulin that it produces. Type 2 is the most common form of diabetes,

affecting adults and sometimes children.

Gestational diabetes - Four percent of all pregnant women or about 135,000 cases are diagnosed in the United States each year.

"All patients with diabetes or pre-diabetes should work with their physician to develop a healthy diet and exercise program, as well as discuss medication options," said Dr. Jeffrey Astbury, internal medicine physician on the medical staff at Baylor Medical Center at Waxahachie and the volunteer medical director of the Baylor Diabetes Center at BaylorWorx Fitness Center in Waxahachie. He teaches his patients that "learning about diabetes is essential in managing you blood sugar," recommending all diabetic patients attend a diabetes education program.

Over time, high blood sugar can damage the blood vessels, nerves and organs and, if left untreated, can eventually cause serious complications or death. Following is a list of some of the most common complications:

- Increased risk for heart disease, heart attack, heart failure and stroke. According to the American Diabetes Association, over 65 percent of people with diabetes die from heart disease or stroke.
- A diabetic's risk for a heart attack is as high as someone who has had a

previous heart attack.

- Increased risk for diabetic retinopathy, a condition linked to blood vessel problems in the eyes. Diabetes is a leading cause of preventable blindness; cataracts and glaucoma.

- Increased risk for peripheral neuropathy, a condition caused by reduced blood flow to the nerves. This condition, brought on by high blood sugar, can cause nerve pain, burning and numbness.

- Development of serious leg and foot infections due to poor blood circulation, lack of oxygen and nutrients to tissue and nerve damage.

- Diabetic nephropathy, or kidney damage can cause kidney failure.

Risk factors for diabetes include:

- A parent, brother or sister with diabetes
 - Age greater than 45 years
 - Ethnicity (particularly African Americans, Native Americans, Asians, Pacific Islanders and Hispanic Americans)
 - Gestational diabetes or delivering a baby weighing more than nine pounds
 - High blood pressure
 - High blood levels of triglycerides (a type of fat molecule)
 - High blood cholesterol levels
- "While there is no cure for diabetes,



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Health NOW

treatment usually involves medication, a healthy diet and exercise to control blood sugar and prevent symptoms and complications,” Dr. Astbury explained. “But the good news is that complications are not unavoidable. With proper management of the disease, diabetes can be controlled.”

If diabetes is left untreated, serious complications can develop. Some people can go for years without knowing they have diabetes, so if you are considered high-risk or begin to experience some of the symptoms mentioned above, do not wait — consult with your doctor right away. **NOW**

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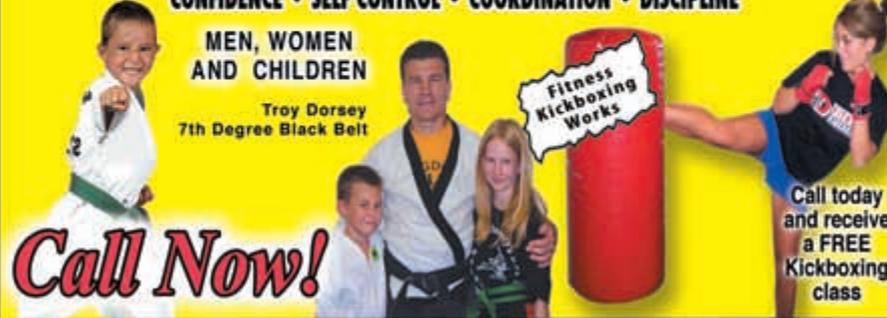
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September 2007 Community Calendar

Second and Fourth Mondays

- Texas Ladies Networking, 11:45 a.m. - 1 p.m., Fire Mountain Grill, Waxahachie. Call (214) 587-1221.
- Kiwanis Afternoon Club meeting, Fire Mountain Grill, Mansfield. Visitors welcome. (817) 453-0872.
- Mansfield City Council meeting, 7 p.m., Mansfield City Hall, 1200 East Broad Street.

Every Tuesday

- Small business counseling provided by SCORE, 9 a.m. - 1 p.m., Mansfield Chamber offices, 114 North Main Street. Call (817) 473-0507.
- Mansfield Public Library hosts Bouncing Babies Story Time for infants up to 2-year-olds from 10:30 - 11 a.m. and 11:30 a.m. - noon.

Every Wednesday

- Mansfield Public Library hosts On My Own Story Time for 3- to 5-year-olds from 10:30 - 11 a.m.

Every Thursday

- Mansfield Public Library hosts Special Kids' Story Time from 10 - 10:30 a.m. Please register with Annette, at (817) 473-4391.
- Mansfield Public Library hosts Toddler Story Time for 2-year-olds from 11 - 11:30 a.m.

Every Friday

- Kiwanis Club of Mansfield meeting, 7 a.m., Fire Mountain Grill. Call (817) 473-9886.

September 3

- Early registration for the Guns and Hoses Charity Golf Tournament. Contact Barry Bondurant at (817) 276-4790 or Tom Ritter at (817) 473-9393.

September 8

- Teen Library Council Meeting, 2 p.m. - 3 p.m., Mansfield

Public Library.

September 11

- Friends of the Mansfield Public Library meeting at the library, 6 p.m. - 7 p.m.

September 12

- Mansfield Public Library Advisory Board meeting, 6 p.m.

September 13

- Meals on Wheels of Johnson and Ellis Counties 20th Annual Golf Benefit. Call Amy Jackson at (817) 558-2840.

September 18

- Mansfield Economic Development Commission meeting, N6 p.m., Mansfield City Hall, 1200 E. Broad Street.
- Mansfield Park Facilities Development Corporation meeting, 7 p.m., Mansfield City Hall.

September 22

- Mansfield Pecan Festival, 9 a.m. - 6 p.m., Katherine Rose Park. Free admission.

September 29

- Historic Mansfield Music & Wine Fest, noon - 9 p.m., downtown. Live music and wine tasting throughout the evening.

October 1

- Guns and Hoses Golf Tournament at Walnut Creek Country Club. Registration and putting contest: 10 a.m. Lunch: noon. Tee off: 1 p.m. Contact Tom Ritter at (817) 473-9393 or Barry Bondurant at (817) 276-4790.

October 20

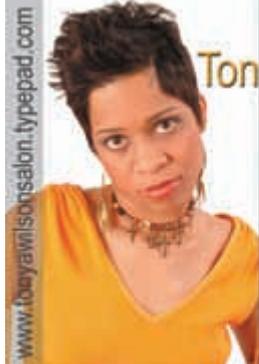
- Midlothian Chamber of Commerce's annual Fall Festival, 9 a.m. - 4 p.m., George Hopper Road. Arts and crafts, food, live entertainment, martial arts demonstrations and the Chamber's 5K race. Registration has begun; vendor booths available. Call (972) 723-8600 or e-mail at info@midlothianchamber.org.

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