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On The Cover

John Banks crafts bows and arrows the traditional way — out of wood!

Photo by Shana Woods.

Editor's Note



Dear Friends,

Welcome to the new school year, Mansfield! I think you will really enjoy reading our education feature this month. We focus on Jimmy Neal, the new principal of Summit High School, a man with quite a history serving Mansfield students of all ages. Everything is familiar for Mr. Neal, who served as associate principal of Summit between 2001-2004, before the school district hired him to be principal of T.A. Howard Middle School, which feeds into Summit. So this year, roughly 75 percent of the Summit High School student body will have had Jimmy as principal during their middle school years! "I'm just doing my job for the parents and the students and the teachers, Jimmy told us, "providing the resources to create an opportunity for them all to be successful." If you wish to introduce other great educators to me, feel free to call or e-mail me at the following: (817) 629-3888 or Melissa.nowmag@sbcglobal.net.

Happy September, Mansfield!

Melissa Rawlins
MansfieldNOW Editor

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Firemen in the photo are from Station 1, B Shift (L-R): Cade Risinger, Jessie Small, Clay Cawood, Kevin Sandifer, Gerry Greer and Miguel Nieves.

— By Jaime Ruark

Ask any of our dedicated firefighters at Stations 1, 2, 3 and 4 and they will tell you that preventing fires is their main goal. They take this essential duty very seriously, because fire prevention saves lives. So what could make this department come together in the common goal of not only starting fires, but helping them spread? What could possibly be called a good fire? An old-fashioned chili cook-off, where even buckets of water cannot quench the fires in the mouths of residents brave enough to attempt their tongue-scorching food. The event, to be held in conjunction with the Wine and Music Festival on Saturday, October 16, in downtown Mansfield, is just one of the ways the Citizens Fire Academy Alumni Association is giving back to the department and the community they support.

The Mansfield Fire Department is made up of many trained, devoted and self-sacrificing individuals who are a very present

help in times of trouble. The department is thankful to be supplemented by a growing number of people who volunteer their time to help these dedicated workers. The Citizens Fire Academy (CFA), a 10-week program designed to keep the channels of communication open between the department and the community, is helping these volunteers become educated and informed.

Houston Mitchell, who also took part in the Citizens Police Academy (CPA) program, was part of the fifth fire department class to complete training and is a staunch supporter of the





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program. “The purpose of CFA is not to make volunteer firemen and it’s not to teach us how to fight fires. It’s to support the department and increase public awareness,” Houston explained.

Houston, a Mansfield resident since 2000, is an avid believer in volunteering, so there was a natural progression for him from CPA to CFA. “I was interested in the CPA classes because I had a desire to give back to my community,” he shared. “When the fire department decided they wanted to do a similar class, they came to the CPAers who had already been through classes and graduated.” Graduates of the CPA program had

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Dave Jusiewicz and Mike Frazier.

already completed the background checks and application processes necessary for both programs.

A number of CPAers continued on to that first CFA class. They talked about fire safety, about how a fire is formed. They took volunteers through the department and showed them the engines and ambulances. They had extrication demonstrations, where they actually took the roof off a car. Then ultimately, volunteers went to the Arlington Fire Training Center. “You actually suit up and go into their



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burning building with oxygen masks and experience firsthand the heat and total darkness," Houston said. "Sometimes people fail to understand or forget that the risk involved in fire fighting can be tremendous."

Those who complete the 10-week training program are encouraged to remain actively involved with the department, providing support in a variety of ways. One of the ways a CFA alumnus works behind the scenes is during heavily trafficked or celebrated holidays, such as the Fourth of July, when they help patrol for illegal fireworks. "Any way we can help, be it administration or otherwise, if we're freeing up a fireman by doing a more menial task, that's important," Houston said. "Of course, they do not put us in harm's way. We are allowed to go on 'ride-outs' where we ride along with the guys. After you've completed the classes, you schedule some time where you actually go spend a day or evening with the fire department. Every time that alarm rings, you jump just like everybody else. You have a seat on an engine and you go wherever they go. You follow the officer of that truck. It's an adventure."

Naturally, there is a camaraderie that forms, a bond of trust, which continues after completion of the CFA course. Just as natural is a volunteer's heart who feels there are always more ways in which to help serve and be involved. This was true for Houston and many of his CFA classmates; thus, the Citizens Fire Academy Alumni Association was formed. "We're just a fledgling organization, maybe three or four years old. We're here to support the department in a number of ways, and a lot of it happens to be interaction with the public," Houston said. Those who interact with him during his day job may

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be surprised to see Houston speaking with children, on their level, at National Night Out, the Fall Festival and other similar events.

Because the alumni association is volunteer-driven, currently made up of only about 25 members, and does not receive funds from any outside source, fundraisers have become a key issue. "Everything that is earned by the association goes back to the department and the community," Houston explained. "We've done bake sales and other types of things, so I came up with the idea to do the chili cook-off. I made contact with the people at the International Chili Society, which is one of the two major societies in the nation. This is a

"Sometimes people fail to understand or forget that the risk involved in fire fighting can be tremendous."

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real class act organization, and I was really excited to work with them. They have local, district and regional contests where 'chiliheads' come and cook their chili. It can be just a real party, so we knew it would be really neat to have a fireman challenge. This is something we hope to do annually, and if it takes off, we will increase the scope of the fire departments involved and invite teams from all over."

The progression from fighting fires to spreading them may not seem obvious, but spend some time with CFA alumni and it is easy to see why the idea caught on like wildfire. Plus, ask any "chilihead" and they will tell you, there is sometimes nothing better than a big bowl of four-alarm chili.

"Not to lessen the event for any 'chiliheads,' but our main objective is to raise funds for the Citizens Fire Academy," Houston reiterated. "It's all about being able to give back to the community through the fire department. Everybody needs to give back to something. That's just a fabric of our society."

Like a good bowl of four-alarm chili, volunteering is another "fire" that deserves to be shared. **NOW**

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Bright and Sunshiny

— By Carolyn Wills

*At Home With
Joanie Fowler*



A permanent garden muse stands among the flowers and plants in Joanie Fowler's front yard, always ready to welcome guests to the elegant home in Walnut Creek Valley. Like its owner, the two-story brick is stylish, classic and cheerful. "I love a bright home, a sunshiny home," Joanie said.



Joanie Fowler (right) and her twin sister Janie Herzog enjoy a visit in Joanie's home.



Inside and out, the 2,700-square-foot traditional, built in 1993, appears as fresh as a brand new home. Surprisingly, Joanie has lived in it for five years. "My son was attending Pantego Christian Academy in Arlington," she explained. "He wanted to go to Mansfield High School with his friends and, knowing that Mansfield is a family community with good schools, this is where we moved. Grady is 21 now and has moved away, but I keep a photo of him in his room so he will always know it is his."

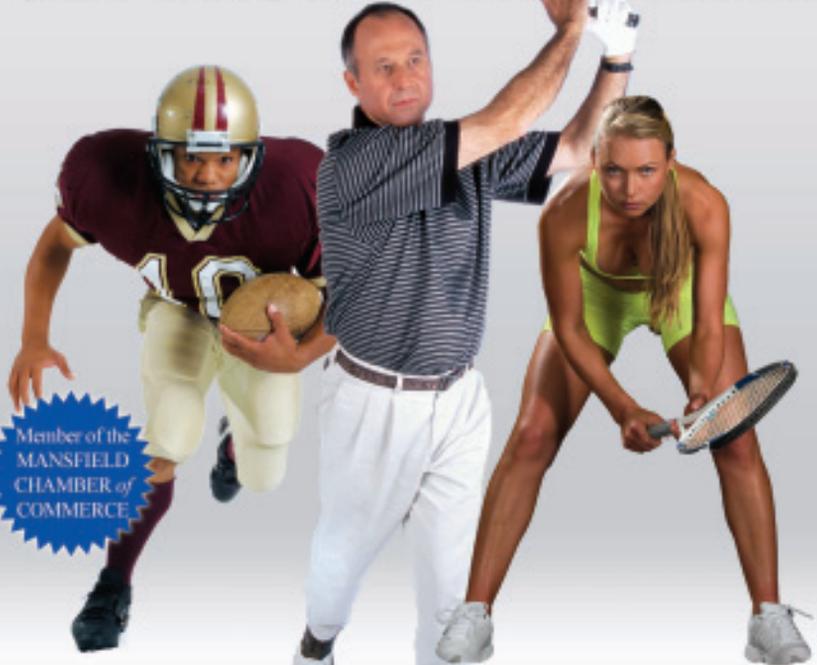
Joanie was born in Abilene, Texas, lived on her family's ranch in the very small, nearby town of Novice until she was 4, and then moved to Arlington, where she grew up. Her parents selected Arlington as the place to establish their company, Golden Air Conditioning. "My father retired eight years ago, and that's when I joined the business to develop the



residential side. I like people, so I wanted to build our neighborhood business. I work with my brother, Will, and twin sister, Janie. My mother still works with us too and drives to the ranch on the weekends. Dad stays at the ranch, where he manages the cattle lease and raises goats. As a family, we've always enjoyed fishing and hunting on the land, too. I love the country and our family ranch," she explained, "but as much as I like rustic decor, I wanted my house to be different from the ranch."

Everything about her three-bedroom, two-and-a-half-bath house is beautifully decorated and welcoming, and nothing about it is rustic! The open concept allows views of the formal living and dining room, the kitchen and breakfast area and den. The walls are painted a "happy" green, formally known as hearts of palm, which is made even more cheerful by tall and ample arched windows left "undressed" to maximize

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the light. “The living room is designed around my Grandmother Hazel’s blue vase,” Joanie explained. “There are no curtains because I wanted to keep the room open.” The vase sits toward the corner of a narrow table separating the living area from the dining room and is positioned closest to the front entryway, so the eye is quickly drawn to it.

“At first, I did a lot of the decorating myself,” Joanie said, “but, then, I had help from a really good friend, Jan Darnell, who is an awesome interior decorator and home stager. Jan used to live in this neighborhood, and I met her in one of my sales groups. Jan took what I had, added some things and put it all together. She helped

select the paint colors, plants and art; and generally put the polish on everything.”

Joanie’s furniture, mostly traditional, is tasteful and comfortable. The sofas in the living room and den are covered in soft neutral shades and her wood furniture complements the light hardwood floors. Her favorite room is the formal living and dining room combination. “I love the fire place, especially in

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the fall and winter; sometimes when it is really cold outside, I use the fireplaces in the den and the living room at the same time and the light and warmth are beautiful. I'm not a TV watcher and I like to entertain. My ladies groups tend to gather in the dining room as do my networking groups. I like the fact that this dining room is an open extension of the living room and is close to the kitchen. I've had other formal dining rooms that were so cut off from the rest of the house that I barely used them."

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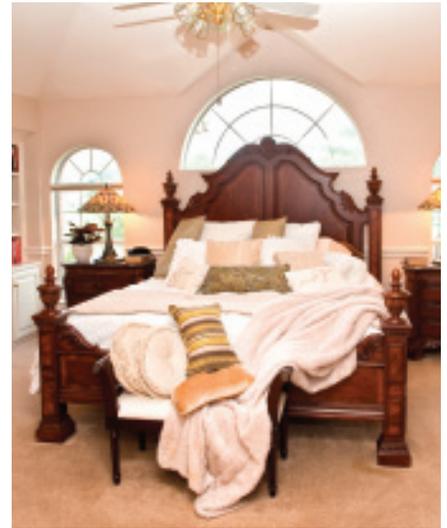
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One of Joanie's passions is reading. Her collection of leather-bound books is neatly displayed on bookshelves on either side of the fireplace in the den. "They are the classics," she said, "and my goal is to read them all." Other favorite pieces include a photo of her father as a young man. "He is an archaeologist by hobby, so I learned a lot about history as a child," she explained. Another treasured item is a decorative glass decanter with matching glasses, given to her by her son's father, who passed away when their son was 8 months old.

The home features three bedrooms upstairs. Joanie's son's room is now the guest room; the middle bedroom is her home office; and the third is her bedroom. Her master suite is large enough to accommodate a massive four-poster bed and armoire plus a small seating area where, Daisy, the Chihuahua, enjoys napping.

"Daisy is my best little friend," Joanie

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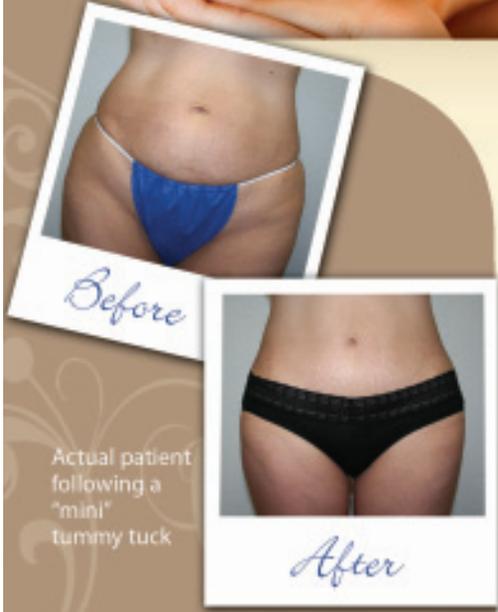
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Actual Patient, Emily S., Fort Worth

said. The 8-year-old Chihuahua was an only dog until “Hound Dog,” the Basset Hound recently arrived. “Now, Hound Dog ate one of my tomatoes growing on the back patio the other day,” Joanie said. “He will eat anything I guess. He was abandoned, so he doesn’t like it much when I leave. I spend a lot of time at home so that’s good for him. You know, life wouldn’t be good without animals.”

Her home backs up to the 18th hole of the manicured Walnut Creek Valley Country Club golf course. “I’m a new golfer, so it’s fun to be on the course,” Joanie said. She belongs to the Country Club and serves on the membership committee. “The Country Club offers golf, tennis, pool, dining and a bar,” she explained. “It’s a great gathering place, especially for the neighborhood. It’s actually where I met my neighbor from across the street.”

When she is not enjoying the spectacular view from her balcony, Joanie likes to sit on her back patio where she often takes her laptop and works. The patio is complete with a fire pit, grill and hot tub. “I love to garden,” she said, “I don’t do all of the yard work myself, but I enjoy planting flowers and plants, and I keep a fresh herb garden. If I were to add anything to this house, it would probably be a winding staircase from the upstairs balcony to the patio.” Before moving to Walnut Creek Valley, Joanie had owned a home on three acres. “This one is so easy to keep,” she said. “I love it and can’t imagine leaving. You can’t find a better lifestyle!” **NOW**

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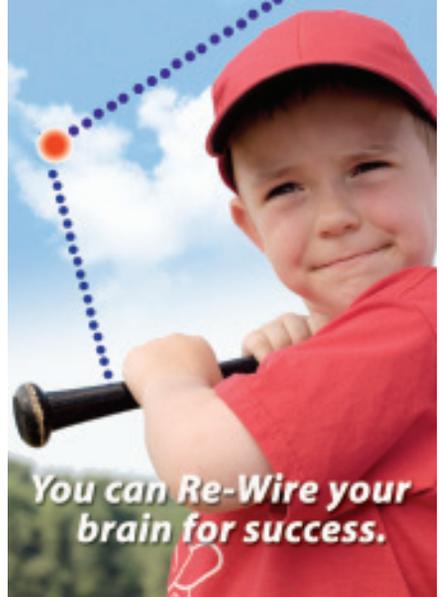
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Ann Smith chats with Bree Philpott, coffee roaster at Pirate Coffee Company.



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SHOWCASING & FUTURE STARS

— By Alana Williamson

Jeannie Teager has always had a passion for music and has been in the entertainment business for 16 years. Last year, she joined the staff of Farr Best Theater in Mansfield as the production manager.

Jeannie handles the production aspects for the theater's Music Showcase which

occurs four times a month. She holds open auditions for new singers twice a month. "I look for vocal ability, song choice and stage presence," Jeannie explained. She either books singers following their auditions or offers them advice on how to improve their performance. "I try to be gentle," she said. "They don't have to be perfect, but they have to be a good performer."

After a singer is booked, Jeannie invites them to perform for at least three to four weeks. During this time, she often notices their confidence grows as they begin to feel at home on the stage and realize that Farr Best is "one big, happy family."

Eleven singers perform at each show. They sing two songs in the first set and one more song following a brief intermission. Jeannie makes it a point to ask each singer to invite others to their performances. "People come to hear family and friends and that helps build business," she said.

Jeannie arrives at the theater one hour



before show time. During this time, singers practice and hook up instruments, while she makes sure everything is in order for the showcase. She is thankful to have a hardworking crew, which includes her husband, Van, who works as a sound engineer, along with David Meadows, who also handles the CDs and takes pictures. Dave's wife, Rhonda Meadows, does just about everything, and Rhonda's father, Charles Morales, owns the theater. "I can't do it by myself," Jeannie admitted. "We have a great team."

Showcases typically last two-and-a-half



hours, and Jeannie and the singers gather in the foyer at the end of each show. “The singers and I greet the audience as they leave,” she said. “It makes me feel appreciated when they tell me they enjoyed the show.”

When the lights go out after the theater closes, Jeannie and the rest of the staff continue working in a different atmosphere. They go out to dinner to discuss details about the showcase and how they might improve in the future.

One reason the crew works so well is everyone is willing to be flexible

“One of Jeannie’s favorite aspects of the theater is the positive feedback the singers receive.”

and help in all areas of the production when needed. For example, Jeannie occasionally works at the ticket counter and as a tip runner, collecting tips for singers during their performances. Jeannie also helps with theater rentals, such as CD signing parties, movie screenings and private school functions. “I’ve really gotten to see what it takes to put on a show,” she added.

One of Jeannie’s favorite aspects of the theater is the positive feedback the singers receive. “The audience is wonderful,” she said. “A singer might stumble, and the audience applauds anyway.” The audience at Farr Best is also a loyal one. Jeannie often sees familiar faces both at the performances and at the auditions. Occasionally, audience members will come to auditions to try their hand at singing.

Jeannie works hard to ensure everyone who visits the showcases has a good time and hears music they enjoy. She has been to other opy shows and feels the Farr Best showcase is unique because it offers diversity. In addition to country, singers also perform rock and pop selections. “It opens it up for a broader range of people to perform, and to come and listen.”

The performers also come from a



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variety of locations. Singers have traveled from Lubbock and Houston, as well as Louisiana and Arkansas. “It doesn’t matter how far away it is, if they have a passion, they’ll be here,” Jeannie said.

Jeannie is not only able to recognize talent, but also the best way to promote it. When she noticed that the youngest performers needed their own time to shine, she created the Future Stars Show. One Sunday afternoon a month, youth ages 12 and under perform in their own musical showcase.

Perhaps the most difficult part of her job is finding replacements when performers suffer from allergies or throat ailments. Jeannie keeps a database of singers and sometimes has to call on them to fill in with very little notice.

Jeannie’s business background helped prepare her for these difficulties. Jeannie



moved to Arlington from Colorado 20 years ago, when her job in the hotel industry relocated her. Four years later she and her husband opened a karaoke store in Arlington. “The store taught me a lot about public relations,” she said.

Farr Best Theater opened in 1917 as a silent movie theater. Since then, it has served a variety of purposes for several different owners. It reopened last year, and Jeannie’s goal is to sell out the 157-seat theater.

“The theater has really grown since I started,” she said. “I love being a part of its revival. It’s very fulfilling.” Jeannie hopes to continue putting on great shows for the Mansfield community and helping the singers at the Farr Best Theater Music Showcase make their dreams come true. **NOW**

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KEEPING TRADITION ALIVE

— By *Sydni Thomas*

Archery, once a means of survival and tradition, is now considered a sport. With the introduction of the compound bow, it is rare to find someone who shoots with traditional bows made of wood. What is even rarer is finding someone who knows how to make these bows. John Banks was shooting with a bow before he was 10 years old, and now he crafts his own unique set of bows and arrows inspired by tradition with a modern twist.

When he was 8 years old, John's Cherokee Indian grandfather visited him for the first and only time in his life. During the visit he taught John how to shoot arrows with a bow. At the age of 15, John became more serious about shooting, and his father decided it was time for his first

bow. "He goes off to the pawn shop and buys me my first bow with a 60-pound draw weight," John said. "It was about three weeks before I could even use it." To this day, it hangs on his wall among his collection of traditional bows as a memory. His collection ranges in size and style, and with the exception of his first bow, they are all John's creations.

For the next 10 years John focused on shooting targets and did a little hunting. Like most hobbies, life gets in the way and they get put aside. In 2009, while on vacation in Mexico for spring break with his family, John was reintroduced to archery. This was a turning point for John, and since then he has been creating his own bows and arrows. "I'd forgotten how much I enjoyed shooting until this trip," John said.



"The shape of my bow and its thickness is patterned after a bow found in a swamp in Holmegaard, Denmark, carbon dated at 9,000 years old."

The art of constructing a bow takes a lot of planning, precision and time. On average, it takes John 10 hours, from start to finish, to create one of his bows. This is rarely accomplished in one sitting because John spends his days as a full-time distinguished member of the group technical staff in the Mechanical Engineering Group at Lockheed Martin. With 42 years in engineering, John already had the knowledge and skills required to create bows. His ideas are gleaned from old and new traditional bows, making his bows unique. "I incorporate pistol grip handles and



arrow passes in my bows, both of which have been around for less than 75 years," John said. "The shape of my bow and its thickness is patterned after a bow found in a swamp in Holmegaard, Denmark, carbon dated at 9,000 years old."

A bow's strength comes from the wood and the angles it forms. The first thing John does when he begins a new piece is search for a good piece of wood. When he first began making bows, John would get a piece of red oak from Home Depot. Now, his wood preference comes from Bodark (Osage Orange) trees, or more commonly known as the horse apple tree in Texas. This wood is preferred because of its strength, flexibility and resistance to rotting.

After the wood is selected John begins shaping with power tools. Some craftsmen use strictly hand tools, but with John's busy schedule, power tools allow him to get more accomplished in shorter periods of time. "Working 11 to 12 hours a day doesn't give me the option to use hand tools," John said. "One day, when I have more than an hour to spend at one time working on a bow, I would like to switch to hand tools."

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The first bow John ever made was his smallest: 40 inches long with a 15-pound draw weight. "I got a quirky idea one day to make a bow for my 5-year-old granddaughter," John said. "How hard could it be? I'm a mechanical engineer. I should be able to figure this out."

John is currently working on his 14th bow. He mostly makes them for family members. "My wife, Teresa, will come out and shoot with me using one of my light weight bows, and she's pretty darn good for not practicing," John said. "Two of my daughters have also started learning how to shoot. My middle daughter is an archaeologist, and we talk a lot about the Native American bows and arrows."



Kathy, John's sister, belongs to the Society for Creative Anachronism, Inc., an international organization that recreates pre-17th century Europe for festivals, art exhibits and workshops. When he sent her a bow, people immediately began asking who the maker was and where they could get one.

At this time, John does not yet sell his bows and arrows, but has big plans to do so in the future. Once his step-son, Zachary, graduates high school, John will contemplate retiring and turning his hobby into a venture. Until then, John will continue to make the Old World traditions known through the creation of his unique bows. "I tried the modern compound bow with scopes and fancy materials, but it was too mechanical," John said. "Shooting for me is more enjoyable [in] the traditional Robin Hood way with a stick of wood, an arrow and guessing where it's going to go." **NOW**

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Realtor Katie King provides that honest, professional customer service, which we all deserve. — By Melissa Rawlins

“Today, in this market, you have to have a lot of patience and compassion,” said Katie King, Realtor with Ebby Halliday, Realtors®. “I work with a lot of buyers moving in and out of the area, many of whom are relocating with or without benefits from their company, or having to downsize their home due to lower paying jobs or a job loss.” Katie is able to hold those all-important, open, honest conversations with her clients.

Accessible, organized and attentive to detail, Katie King is the kind of Realtor you want to work with. Since the age of 28, Katie has been self-employed. Through ownership of five businesses, she has learned everyone wants honesty and integrity from the companies with whom they do business. And she definitely understands each person

deserves professional customer service.

Her wisdom comes from years of building million-dollar custom homes in Oregon, after cutting her business teeth in the car sales business during her 20s. Her work in the automotive finance industry gave her a great background for dealing with lenders, an integral part of her current service to buyers and sellers of the homes Katie lists and sells.

After 20 years building homes and other businesses in Oregon, Katie decided to semi-retire and wound up in Mansfield. “I felt I was too young to retire and decided to go into real estate, which would allow me to use all of my business talents and combine them to help people find their place to call home,” said Katie, who considers herself blessed by all that she has experienced.

From left:

Katie King operates her real estate business from a new Ebby Halliday Realtors® office in Mansfield.

Katie King, Ebby Halliday Realtor

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“When I came here four years ago, I knew I could build homes again, but the economy was uncertain.” She chose Ebby Halliday, Realtors®, which operates from a new office that opened in August, on the north side of Highway 287, between Walnut Creek and Debbie Lane.

“We now have a Mansfield presence because Mansfield is a growing city. I’ll be able to live in Mansfield, work in Mansfield and help grow Mansfield,” said Katie, who attends city council meetings and is an ambassador for the Chamber of Commerce. “I like to do charity work through the Chamber, volunteering when they have hazardous waste collection days and helping with other fundraising events.”

In order to help her clients, Katie has gone the extra mile and completed extra schooling. She is a member of the National Association of REALTORS® and Arlington Board of Realtors. She holds national education designations which include: Graduate Realtors Institute (GRI), Accredited Buyers Representative (ABR) and Internet Professionalism Certificate (e-PRO). She has partnered with Ebby Halliday, Realtors®, the largest brokerage in the Metroplex with a reputation for customer service that is second to none.

Katie is a skilled social networker and an expert in electronic marketing, listing sellers’ homes in ways that indulge every buyer’s desire for instant gratification. “Part of my marketing is making sure a person has access to every piece of information they need,” said Katie, who also excels at customer follow-up.

Katie’s adventurous personality has driven her to become a licensed airplane pilot; she has flown many types of general aviation planes both large and small. She also understands cultural differences as well; Katie serves clients who speak many different languages: from Farsi to English to Vietnamese. Having traveled the world, Katie has an international perspective, which serves her clients well. “At the end of the day,” Katie said, “I make sure that all parties to the real estate transaction have their paperwork to the closing table on time for a seamless process of buying or selling, which makes for happy closings.” **NOW**

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A lot of times, Jimmy Neal gets people to do things that for some reason they would not have normally done. Maybe that is why Mansfield Independent School District asked Jimmy to lead Summit High School (SHS) staff and students. In this, his first year as principal of SHS, Jimmy has the distinct privilege of working with a strong staff, 39 percent of whom are teachers and administrators who were on his team when he helped then-principal, Donna Grant, open the school nine years ago.

“People bonded when they were a part of opening Summit. The teachers here have a lot of pride. This is a school rich in tradition,” said Jimmy, listing academics, athletics and student involvement as Summit High’s top three priorities. “The teachers have worked hard to have positive relationships with the students. The kids like coming here! Anytime you can have that, the kids will be successful, as will the teachers.”

When Jimmy asks students or staff to try something new, they just step up and do it! Surely he has found his niche. “People ask, ‘Why do you want to be a

principal?’ It’s just a desire of mine. I’m sure if I went to work somewhere else, I’d want to be the manager,” said Jimmy, who loves his work. “Every day I walk in this job, I’m learning. Regardless if it’s education, business or whatever, college cannot teach you what you’re about to learn when you start the job. You gotta have the drive, the want to, the passion.”

Jimmy’s original goal was to be a head football coach, after a high school career of playing baseball and football. Now, he calls himself a wannabe athlete. “Actually I love playing basketball, and never played it before. I have a little group of community members, and we get together and play basketball once a week. Most of us are over 40, and I’ve established good relationships through those games. It was a big joke with some of my people at T.A. Howard Middle School,” laughed Jimmy. “I’m not that good, but we have fun.”

Apparently, after 13 years coaching at Crowley, Mansfield and DeSoto high schools, Jimmy had become really good at managing people. In his sixth year at DeSoto High School, Principal Judy

Moss saw his dedication, hard work and relationships with students and with other teachers. “She suggested I get my mid-management certification,” said Jimmy, who worked on weekends and nights to get certified. His goal was to be a principal.

After a year, he got his first assistant principal position at a middle school in Sherman, where he grew up. “I love my hometown, but had an opportunity to come back to Mansfield so my wife wouldn’t have to leave her job teaching and coaching in Maypearl. They had a great volleyball team that year; we didn’t want to leave that. My kids were in a good place, too,” said Jimmy, whose family lived in Mansfield. Lo and behold, he was offered an assistant principal job at Worley Middle School, where he served for a year with Robert White before moving to Summit High School. Sharing his vision, sharing others’ visions and working with people to ensure students were successful, Jimmy eventually achieved his goal of becoming a principal.

He uses a lot of his coaching skills to

Education **NOW**

motivate kids, staff, teachers and even other coaches! “If you think of sports and a game, you know that when something breaks down you have to work together to fix it; and you understand the long hours it takes to prepare,” said Jimmy, who prepared for this school year just as he used to prepare for a football season.

“The kids like coming here! Anytime you can have that, the kids will be successful, as will the teachers.”

“There are a lot of hours that go in before the first kickoff — or before you open the doors of the high school.”

As he worked to prepare for this school year, Jimmy focused on the positive, hiring good people to round out his team, teachers who will join him in encouraging and motivating students. “You don’t shut doors on kids, and you don’t give up,” he said. “Kids are amazing. I have no way of knowing what they go through before they get to school, and there’s some that surprise you and show up every day. Kids want to learn! If we have those expectations, and we motivate and engage and encourage, a lot of times they’ll step up and be successful. Most kids come to school, they want to be here and they want to be successful — as do their parents.

“One way we attack school dropout rates is through involvement,” said Jimmy, whose high school offers students the chance to join clubs like Key Club, sponsored by the Kiwanis. “I would like to get kids engaged. If you’re in a club, you learn to help others and be involved, and that’s aside from the things you learn from books and reading and academics. It all fits together. We want to create a well-balanced student that can go out and be productive when they leave here, and hopefully find what they want to do when they go out into life.” **NOW**

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In The Kitchen With Myriam Barona

— By Faith Browning

Myriam Barona originally came from Colombia, but has lived in Mansfield for more than 23 years. She was blessed to be reared by two loving women; she affectionately calls them both her mother. “At a very early age I started learning to cook,” she said. “I just wanted to help my mother in the kitchen and she really inspired me to cook.”

Myriam enjoys cooking for her sons,

Diego and Kevin, and her church family at Mansfield Church of Christ. “I love to cook my children’s favorite food from Colombia the night before big holidays, because they like to do their own things on the day of the holiday,” she explained. “So on the holidays, I love to bring tasty meals to my friends who are sick to put a smile on their face!” **NOW**



CHEESEY POTATOES

4 cups instant potatoes (potato buds)
4 cups water
1 cup milk
8 Tbsp. butter
1 1/2 tsp. salt
1 8-oz. pkg. cream cheese
1 cup sour cream
1 scant tsp. garlic salt
Chives, to taste
Paprika, to taste

1. Combine potatoes, water, milk, 6 Tbsp. butter and salt.
2. Stir in cream cheese, sour cream and garlic salt; add chives.
3. Place in a buttered casserole dish. Bake uncovered at 350 F for 30 to 40 minutes.
4. Top with remaining butter before serving. Recipe can be cut in half to serve 4 people.

HEALTHY VEGETARIAN CHILI

2 Tbsp. canola or olive oil
1 med. onion, chopped
1 med. celery stalk, sliced
1 med. carrot, chopped
2 garlic cloves, minced
3 cups whole kernel corn
3 15-oz. cans black beans, rinsed and drained
1 15-oz. can kidney beans, drained and rinsed
2 14-oz. cans diced tomatoes
1 10-oz. can diced tomatoes with green chilies, undrained
1 cup med. salsa
1/2 cup ketchup
1 14-oz. can reduced sodium vegetable broth
1 Tbsp. Worcestershire sauce
1 1-oz. pkg. chili seasoning
1 tsp. chili powder
1 tsp. ground cumin
1/4 tsp. paprika

1. Heat oil in a stockpot over medium heat. Add onion, celery, carrots and garlic; cook until onion is translucent, about 4 minutes. Stirring frequently, increase heat to high and add remaining ingredients.
2. Bring to a boil; reduce heat and simmer, uncovered, stirring frequently, until vegetables are tender and flavors are blended, about 40 minutes. Serves 14.

ARROZ CON POLLO

4 cups chicken broth
3 cups white rice
1 cup fresh or frozen peas
2 med. carrots, finely diced
6 oz. green beans, trimmed and quartered
1 cup ketchup
1 tsp. salt
3 Tbsp. adobo seasoning
3 Tbsp. unsalted butter
1/2 red bell pepper, cored seeded, ribbed and thinly sliced
1/2 green bell pepper, cored seeded, ribbed and thinly sliced
1/2 yellow onion, thinly sliced
1 3-4 lb. rotisserie chicken, shredded
1 cup pimento stuffed olives
1/2 cup fresh cilantro, chopped

1. In a large pot, combine first 8 ingredients; stir well. Bring to a boil; cook until liquid cooks down to just below level of the rice, about 10 minutes.
2. Reduce heat to low, cover and cook until rice is tender and fully cooked, about 25 minutes.
3. While rice cooks, in a large skillet over medium heat, melt butter.
4. Add peppers and onion; cook until tender, 8 minutes.
5. Add chicken to the vegetables; cook until heated through, 2 to 3 minutes.
6. Fluff rice with a fork; add chicken and vegetable mixture.
7. Stir in olives, sprinkle with cilantro. Makes 4 to 6 servings.

TEQUILA CHICKEN THIGHS AND RICE SALAD

CHICKEN:
1/2 cup orange juice
1/4 cup tequila
2 Tbsp. canola oil
1 tsp. salt
1/2 tsp. McCormick Smokehouse pepper
6 lg. chicken thighs, bone-in, skinless
RICE SALAD:
3 Tbsp. olive oil
3 Tbsp. left over marinade
1/4 tsp. salt
3 cups cooked rice

1/2 red sweet pepper, diced
1/2 yellow sweet pepper, diced
2 scallions, trimmed, thinly sliced
1 Tbsp. cilantro, chopped

1. In a large resealable plastic bag, place orange juice, tequila, canola oil, salt and McCormick Smokehouse pepper. Add chicken and seal.
2. Marinate in refrigerator for 4 hours or overnight.
3. Heat gas grill to medium-high or prep charcoal grill with medium-hot coals; set up one side of the grill for indirect grilling.
4. Lightly coat the grill rack with oil or nonstick spray.
5. Remove chicken from bag; pour marinade into a bowl, reserving 3 Tbsp. for the rice salad.
6. Place chicken on the direct heat side of the grill for 3 to 5 minutes on each side.
7. Remove chicken to indirect heat; grill for 20 minutes or until internal temperature reaches 160 F on an instant read thermometer. Baste every five minutes with the reserved marinade.
8. In a large bowl, prepare salad by whisking olive oil, marinade and salt.
9. Stir in rice, peppers, scallions and cilantro. Serve at room temperature with chicken.

BANANA NUT BREAD

4 oz. oil
1 1/2 cups sugar
2 eggs
2 cups flour
1 1/2 Tbsp. baking soda
1/4 tsp. salt
1 cup mashed bananas
1/2 cup milk
1/2 cup nuts, chopped

1. Blend oil and sugar with a paddle; slowly add eggs.
2. In a separate bowl, combine flour, soda and salt.
3. Add half the flour mixture to the egg mixture; add banana and milk.
4. Stir in the remaining flour mixture and the nuts.
5. Pour batter into greased pans; bake at 300 F until the bread is set.

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PROSTATE CANCER — ACTIVE SURVEILLANCE

— By Rich Bevan-Thomas, M.D.

Prostate cancer is one of the most common cancers in men and is the second-leading cause of cancer-related death in males. In fact, according to the American Cancer Society, about 217,730 men will be diagnosed with prostate cancer and 32,050 will die of the disease in 2010. One man in six will be diagnosed with prostate cancer during his lifetime, and one out of every 36 men diagnosed with prostate cancer will die of the disease. Prostate cancer, however, continues to remain curable, especially if caught early and if it is a low-grade cancer.

Men are routinely categorized according to their risk of cancer progression upon their original diagnosis. Men can be classified as low-risk, intermediate-risk and high-risk. Recently, the National Comprehensive Cancer Network (NCCN) embraced a new lower risk category called very low-risk for patients with low volume, lower grade prostate cancer.

After a man has completed his prostate biopsy, the pathologist evaluates the prostate for the prevalence of cancer and grades this according to the Gleason grading system, a grade of 1 – 5 (1 being the least aggressive and 5 the most aggressive). Patients with Gleason scores of 6 or less are lower grade, a Gleason score of 7 is intermediate grade and Gleason scores of 8-10 are higher grade. In addition to the Gleason score, the volume of cancer is important because the higher the volume, the higher chance that this cancer can grow and spread to remote areas of the body. The PSA blood

test is also important in this process, as the higher the PSA, the higher chance that there is more cancer present in the prostate or potentially spread outside the capsule of the prostate and beyond.

Finding prostate cancer is similar to trying to find a needle in a haystack. Although prostate cancer is detected on a prostate biopsy in a majority of cases, studies have shown that patients with negative biopsies can actually have prostate cancer that was not detected in up to 20 percent of patients. This is exactly the reason patients will require a repeat biopsy as part of the protocol in addition to following the PSA blood test which should also correlate with further growth of the cancer. In addition, more advanced biopsy techniques utilizing scientific mapping and Doppler to detect increased blood flow to suspicious areas in the prostate can improve the ability to find cancer.

Prostate cancer in 2010 continues to evolve. As part of this evolutionary process, prostate cancer detection continues to remain at the forefront. The ability to find the cancer and follow those patients with lower grade cancer with close monitoring continues to be explored. Patients should have an in-depth discussion with their physician regarding the best treatment pathway for their situation. **NOW**

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Endocrinology

Imran Patel, M.D.

Imran Patel, M.D., an endocrinologist, opened the Institute of Diabetes and Endocrine Disorders at Huguley. Dr. Patel has extensive training in glandular conditions including diabetes, thyroid disorders, metabolic disorders, male reproductive health, and abnormal production of hormones.

Board certified in internal medicine and board eligible in endocrinology, Dr. Patel has ten years' experience as an endocrinologist, most recently with John Peter Smith Hospital in Fort Worth. Along with patient care, Dr. Patel's career has included research and teaching. Dr. Patel worked on the landmark diabetes prevention study with world-renowned endocrinologist Dr. Abbas Kitabchi at the University of Tennessee.

Dr. Patel accepts Medicare and most insurance plans.

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Don't Rely on Others for Your Retirement



— By *Tim Bordelon*

Recent debates about Social Security and the increasing number of employers reducing or eliminating employee pensions have underscored the need for a sound retirement plan. Gone are the days when employees were guaranteed a percentage of their salaries once they leave a company. While

Social Security may or may not change, it was never intended to be the sole source of retirement income.

Retirement planning is something everyone needs regardless of their existing situations. If the current financial debates tell us anything it's this: the only funding you can count on is that which you do yourself. Some of the options you have are individual retirement accounts (IRAs) or an employer-sponsored plan such as a 401(k). Contributions you make to a 401(k) can reduce your federal income tax burden and the contribution limits are higher than those of an IRA. Plans are available for any size of business, be it a large corporation or a small mom and pop operation.

Contributions to traditional IRAs may be income-tax deductible. While Roth IRA contributions are not deductible, qualified distributions are received free from federal income taxes. An IRA is something you can set up with the help of a financial professional. There are a number of options available when choosing how you want to fund your IRA.

No one can be sure what the future holds in store. Making preparations for a number of possibilities can begin with careful planning. You can start by contacting a financial professional to discuss your goals and how to reach them. **NOW**

Tim Bordelon is a State Farm agent based in Mansfield.

Gastroenterology



Adil M. Choudhary, M.D.

Award-winning gastroenterologist Adil M. Choudhary, M.D., has opened a practice at Huguley Memorial Medical Center. Board certified in both internal medicine and gastroenterology, Dr. Choudhary treats inpatients and outpatients for conditions of the liver and digestive tract.

Dr. Choudhary has extensive training in gastroenterological and biliary endoscopic procedures. He is one of only 277 Fellows of the American Society of Gastrointestinal Endoscopy. The American College of Gastroenterology and the American Medical Association, among other organizations, have honored Dr. Choudhary with many awards and recognitions.

Dr. Choudhary completed his residency in internal medicine at Bellevue Hospital Center and New York University Medical Center in Manhattan. He did a three-year fellowship in gastroenterology and hepatology at Yale University Gastroenterology Program in Bridgeport, Connecticut, and he received advanced training in therapeutic gastrointestinal endoscopy at Tulane University Medical Center in New Orleans.

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THE TIME IS NEAR!

— By Nancy Fenton

September is here, and it is time to think about fall fertilizers for lawns. Sometime around the end of September, the evening temperatures cool down to 50 degrees or below. That is the time to get out the spreader! Another great indicator that it is time to fertilize your lawn is when you do not need to mow for two weeks or so. It is important to fertilize the lawn in the fall to prolong fall color and increase winter hardiness. Also proper fertilizer helps maintain a dense turf that resists winter weeds.

Our alkaline soils have lots of their own phosphorous, so Texas A&M suggests fall fertilizers should be high in nitrogen (the first number) and very low in phosphorous (the last or third number). Usually the amount to be applied is one pound of nitrogen per 1,000 square feet of lawn. Most bags of fertilizer will tell you how much the bag will cover. Organic or chemical makes no difference as long as the numbers are the same.

Watering the lawn is the icing on the cake because it activates the fertilizer. Spray and soak will give you the best results, with the fertilizer going to the roots rather than running into our streams and lakes. This consists of several short periods of watering (the lawn, of course, not the street or drive) relatively close together, so the water soaks into the ground, rather than one long period when it runs off.

If you have more questions about lawns, call the Texas AgriLife Extension at (972) 825-5175. **NOW**

Nancy Fenton is a Master Gardener.

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Happening **NOW**

Second Monday

Metro Beekeepers monthly meeting: 6:30-8:30 p.m., United Cooperative Services Building, 2601 South I-35 W. This month, the club hosts guest speaker Brooks Bradley, who will discuss native Texas plants that are bee-friendly. Contact Terry Botkin at (214) 837-7256, or visit www.metrobeekeepers.net.

Second and Fourth Mondays

Mansfield City Council Meeting: 7:00 p.m., City Hall, 1200 East Broad St. (817) 276-4204.

First and Third Tuesdays

Senior Dance: 7:00-9:30 p.m., Mansfield Activity Center gymnasium, 106 S. Wisteria. Call Suzanne Newman at (817) 453-5420.

Second and Fourth Tuesdays

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

Second Wednesday

Common Ground Network monthly meeting to coordinate local benevolence programs: 10:00-11:00 a.m. Mansfield Chamber of Commerce, 114 N. Main. For more information, call Susan Luttrell at (817) 473-6650, ext. 204 or visit www.commongroundmansfield.com.

Every Thursday

Bisbee Baptist Church distributes food for the needy: Devotional at 10:30 a.m. Serving 11:00 a.m.-1:00 p.m. at 3001 Gertie Barrett Road (at Turner Warnell). Accepting donations throughout the month. Contact Charletta Taylor at (817) 319-9341.

Second Thursdays

Four powerful workshops for everyone in the Mansfield community, hosted by the Wesley Mission Center, 777 North Walnut Creek Drive: Employment 101, for learning to write job-winning résumés and prepare applications that make it to the top of the pile when everything nowadays is done on-line: 1:00-2:00 p.m.; Computer Class, for learning basic computer skills such as Word, Excel and navigating the Internet: 2:30-4:30 p.m.; Budgeting Classes, taught by Danny Wilson with Texas Trust: 6:00-7:00 p.m.; Legal Clinic, provided by the law firm of Landrith & Kulesz: 6:00-8:00 p.m. by appointment only. To register, call the Wesley Mission Center at (817) 473-6650 or e-mail teresas@firstmethodistmansfield.org.

Every Saturday

Mansfield Farmers Market: 8:00 a.m.-2:00 p.m., 150 E. Broad Street. Anyone interested in being a vendor should contact Rex Wenger 6916 Hollow Oak Trail, Mansfield, TX 76063.

September 6

Labor Day! Mansfield Public Library will be closed.



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September 11

Downtown Mansfield Open House and Wine Crawl: 5:30-8:30 p.m., on Main Street between Aspirations and Steven's Garden and Grill. Shops are partnering with area restaurants and wineries to offer discounts, along with free samples, while local bands perform live music. Contact Delilah McMasters at (817) 637-6179.

Heroes and Hoses: 8:00 a.m.-noon, Firestation #3 on East Broad Street in Mansfield. This high-powered car wash is hosted by the Citizens Fire Academy to benefit the Mansfield Fire Department and the Heroes Plaza park for fallen firefighters and police officers. For more information, contact Mike Frazier at (817) 233-9433.

September 12

Livestrong Classic, an open golf tournament benefiting Livestrong Foundation: 8:00 a.m. shotgun start, Mansfield National Golf Course, 3750 National Parkway, Mansfield. Two-person scramble, golf, lunch and sleeve of golf balls with \$59 paid entry. Contact Dina Migchelbrink at dinam@eaglegolf.com or visit www.mansfield-national.com.

September 13

Tips for Troops: 4:00-9:30 p.m., Cotton Patch Cafe, 1714 Hwy. 287. A special opportunity to feed your family while taking care of service men and women who are overseas. Care packages to send to our troops will be created using all tips (and donations) given while eating dinner during the specified time frame. Please contact Cotton Patch General Manager, Hillary Boozer, at mansfield@cottonpatch.com with requests to add local men and women who are overseas to the care package list.

September 15

Lunch 'n Learn: 11:30 a.m.-1:00 p.m., Mansfield Chamber of Commerce, 114 N. Main. This event is sponsored by Charter Business, which will give a workshop about "Networking Strategies" while you eat a fine meal. This luncheon is free for the first 15 attendees, and then \$10 per attendee thereafter. Register via Tami at frontdesk@mansfieldchamber.org.

September 16

Women's Division Luncheon, hosted by Mansfield Chamber of Commerce: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151 Country Club Drive. Network with other members and community guests, plus enjoy informative and entertaining speakers and programs. Register via <http://www.mansfieldwomenschamber.com/lunches.php>.

September 17-18

7th Annual North Texas Christian Writers Conference, an intensive opportunity to improve writing skills, offers 35 elective workshops, private consultations, writing contests,



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networking opportunities and special classes on Friday designed specifically for high school students. For registration and other questions, visit www.ntchristianwriters.com.

September 22

Wake Up North Texas! networking event for businesspeople from all around the Metroplex: 7:00 a.m.-9:00 a.m., hosted by the Mansfield Chamber of Commerce at Aristide Event & Conference Center, 601 Strada, Suite 109, Mansfield. Cost: \$2.00 per person. Contact Tami at frontdesk@mansfieldchamber.org.

September 25

Arlingtonanswers.com Job Fair: 9:00 a.m.-1:00 p.m., hosted by The Church on Rush Creek at 2350 S.W. Green Oaks Blvd. in Arlington. This event is produced in conjunction with Work Force Solutions for Tarrant County, offering 50-plus employers that are currently hiring for all job levels. Download the Pre-registration Form off www.Arlingtonanswers.com or call (817) 224-2247 or e-mail jobfair@arlingtonanswers.com.

The Mansfield Pecan Festival: 9:00 a.m.-6:00 p.m., Katherine Rose Memorial Park, 303 North Walnut Creek Drive. This will be a true hometown celebration, a free gift to the community from the Mansfield Chamber of Commerce featuring activities for all ages. For more information, visit www.mansfieldchamber.org or e-mail frontdesk@mansfieldchamber.org.

September 26

300-Voice Contemporary Gospel Concert: 3:00 p.m. and then again at 7:00 p.m., Bass Performance Hall in downtown Fort Worth. The concert benefits ZOE's Giving Hope Program, through which thousands of orphaned children in Africa will be given the tools, resources and support to change their lives from hopelessness and desperation to success and self-sufficiency. Visit www.carrythelight2010.org or call Cindy Brown, communications director for Mansfield United Methodist Church (one of ZOE's sponsoring churches) at (817) 477-2287.

September 28

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

October 3

Black Belt Extravaganza: 6:00-8:00 p.m., Mansfield Activity Center. All martial arts students will receive their promotions. We'll be promoting students to black belt. An all-school event. Call Troy Dorsey's Karate and Fitness Kick-Boxing at (817) 477-5523.

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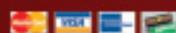


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