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All Kick-Offs Scheduled
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Aug 31 Timberview HOME Newsom
Sept 7 @ South Oak Cliff Kincaid Stadium
Sept 14 Mansfield HOME Newsom
Sept 21 BYE
Sept 28 @ Waxahachie Lumpkins Stadium
Oct 5 Seguin RL Anderson
Oct 12 Lake Ridge HOMECOMING Newsom
Oct 18 Red Oak HOME Newsom 7pm
Oct 26 @ Ennis Lion Memorial
Nov 2 @ Legacy Newsom - Visitor
Nov 9 Lancaster RL Anderson

SUMMIT 2012 Football

Aug 31 McKinney RL Anderson
Sept 7 @ Kennedale High School
Sept 13 Bryan Adams Newsom 7pm
Sept 21 BYE
Sept 28 @ Lancaster High School
Oct 5 Red Oak HOMECOMING Newsom
Oct 12 @ Waxahachie High School
Oct 19 Ennis RL Anderson
Oct 26 Arlington Seguin Wilemon Stadium
Nov 2 Mansfield Summit Newsom
Nov 9 @ Mansfield Lake Ridge Newsom

LEGACY 2012 Football



Aug 31 BYE
Sept 7 Burleson Centennial HOMECOMING Newsom
Sept 14 @ Granbury High School
Sept 21 Prosper RL Anderson
Sept 28 Red Oak RL Anderson
Oct 5 @ Ennis High School
Oct 12 @ Summit Newsom
Oct 19 @ Lancaster High School
Oct 26 Waxahachie RL Anderson
Nov 2 Arlington Seguin @ Sam Houston
Nov 9 Legacy Newsom

LAKE RIDGE 2012 Football

Aug 31 @ Arlington Bowie Wilemon
Sept 7 Keller RL Anderson
Sept 14 Mansfield Summit @ Newsom
Sept 21 SGP Gopher Warrior Bowl
Sept 28 Timberview Newsom
Oct 5 BYE
Oct 12 @ Midlothian High School
Oct 19 Duncanville Homecoming Newsome
Oct 26 @ Grand Prairie Gopher Bowl
Nov 2 @ Cedar Hill High School
Nov 8 DeSoto Newsom 7PM

MANSFIELD 2012 Football

Aug 31 @ Summit Newsom
Sept 7 @ Lewisville Hebron Hebron Stadium
Sept 14 Arlington High Newsom
Sept 21 Grand Prairie HOMECOMING Newsom
Sept 28 Mansfield High School
Oct 5 BYE
Oct 12 DeSoto HOME RL Anderson
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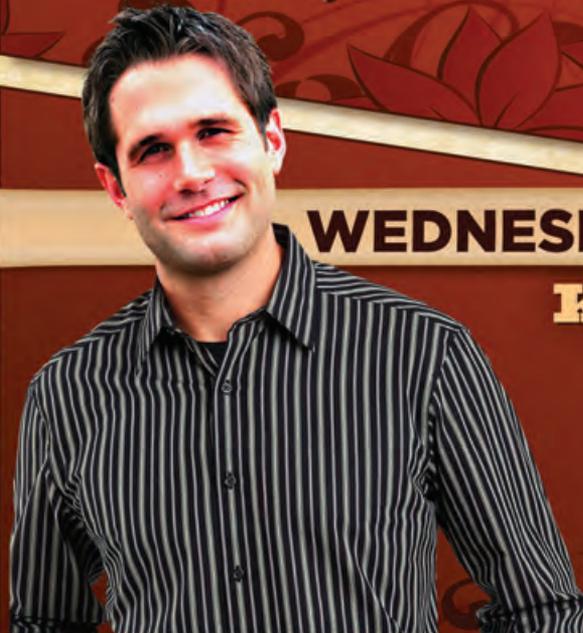


WEDNESDAY, SEPT 12TH

**Kyle
IDLEMAN**

Author of
NOT A FAN & GODS AT WAR

6:30 PM



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On The Cover



Randall Canedy, John Phillips,
Angel Biasatti and Dr. Jim
Vaszauskas are doing their
part to promote literacy.

Photo by Amanda Rooney.

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Editor's Note

Dear Readers,

Let me open that door for you. You only have one grocery item? Please, go through the checkout line before me and my overflowing cart. Oh, and feel free to step off the elevator before I get on.

September is National Courtesy Month. I think this bears mentioning because common courtesy and good manners go a long way in our everyday interactions with the people around us. Perhaps, it may cost us a few seconds out of our lives, but the rewards

of courtesy and respect are many.

Did you know that September 6 is National Procrastination Day? I was going to tell you last month, but I kept putting it off (OK, OK, put away the rotten tomatoes!)

I hope your final summer activities went well. I know my family is ready to settle back into our normal routine. Well, maybe normal can wait until next month ...

Until next month,

Jeremy

Jeremy Agor
MansfieldNOW Editor
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Books FOR BABIES

— By Jeremy Agor

For most people, reading is an everyday occurrence — a skill taken for granted and done without thinking. Unfortunately, there are many adults in the community who cannot read, and illiteracy holds them back financially, professionally and personally throughout their lives. The earlier in life a child learns to read, the greater the chance that he/she will be literate. Mansfield Methodist Medical Center, the Mansfield Independent School District and the Mansfield Sunrise Rotary Club have joined to promote reading from the very beginning of a child's life.

To foster literacy in the community, representatives from the Medical Center, Mansfield ISD and the Sunrise Rotary Club decided to take action and implemented the Read to Me Program, a program that has met with success in many places. The program provides each baby born at the hospital with a free, colorful book in a nice bag that parents can take home to begin reading to their child immediately.

“We all hope to raise the number of children who become strong and enthusiastic, lifelong readers. Research shows that the more children hear stories read aloud and the more words



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and sounds a child is exposed to, the more enhanced their ability for language and speaking will be. This foundation in reading will serve them well as they go through their education careers and beyond,” said Dr. Bob Morrison, MISD Superintendent.

According to Randall Canedy of the Sunrise Rotary Club, conquering literacy is one of Rotary’s main objectives worldwide. Clubs are encouraged to find projects they can work on with others in the community to provide support for reading initiatives.

“Five years ago when the hospital was new, we reached out to them to see where we could work together. There are so many areas you can touch by dealing with a hospital, like wellness and dealing with the elderly. We felt there are so many babies being born in this community that if we can emphasize the importance of reading, we would see a domino effect in many other areas of need,” Randall explained. “Dr. Morrison was in the club at the time, and we sat down to figure out how to promote childhood literacy. Providing a book that would encourage reading to babies was in line with what early education research had found to be effective.”



According to John Philips, president of Mansfield Methodist Medical Center, reading to children is a great and easy way to build early literacy skills. "The Methodist Mansfield Read to Me program helps promote literacy at an early age and fosters a life-long love of reading. Research shows literacy is linked to children finishing school, earning higher wages and leading healthy lives. Some of our greatest rewards are serving our patients and knowing we're committed to improving the lives of children in our community and seeing we're impacting them. Reading aloud to children is easy, fun, and a great way to build early literacy skills. Reading teaches a baby about communication, builds listening, memory and vocabulary skills, as well as introducing numbers, letters, colors and shapes in a fun way," he said. "We have a great relationship with both the Sunrise Rotary Club and Mansfield ISD, and it was a perfect fit for the Read to Me program. Both organizations have been instrumental in helping us provide new books for the program, and several others individuals have joined in reflecting the communitywide commitment to bolster early literacy. The Mansfield library also joined in and



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provides bookmarks with reading tips for our program. Librarians also help parents find the right books for their babies and help select age-appropriate books as their children grow.”

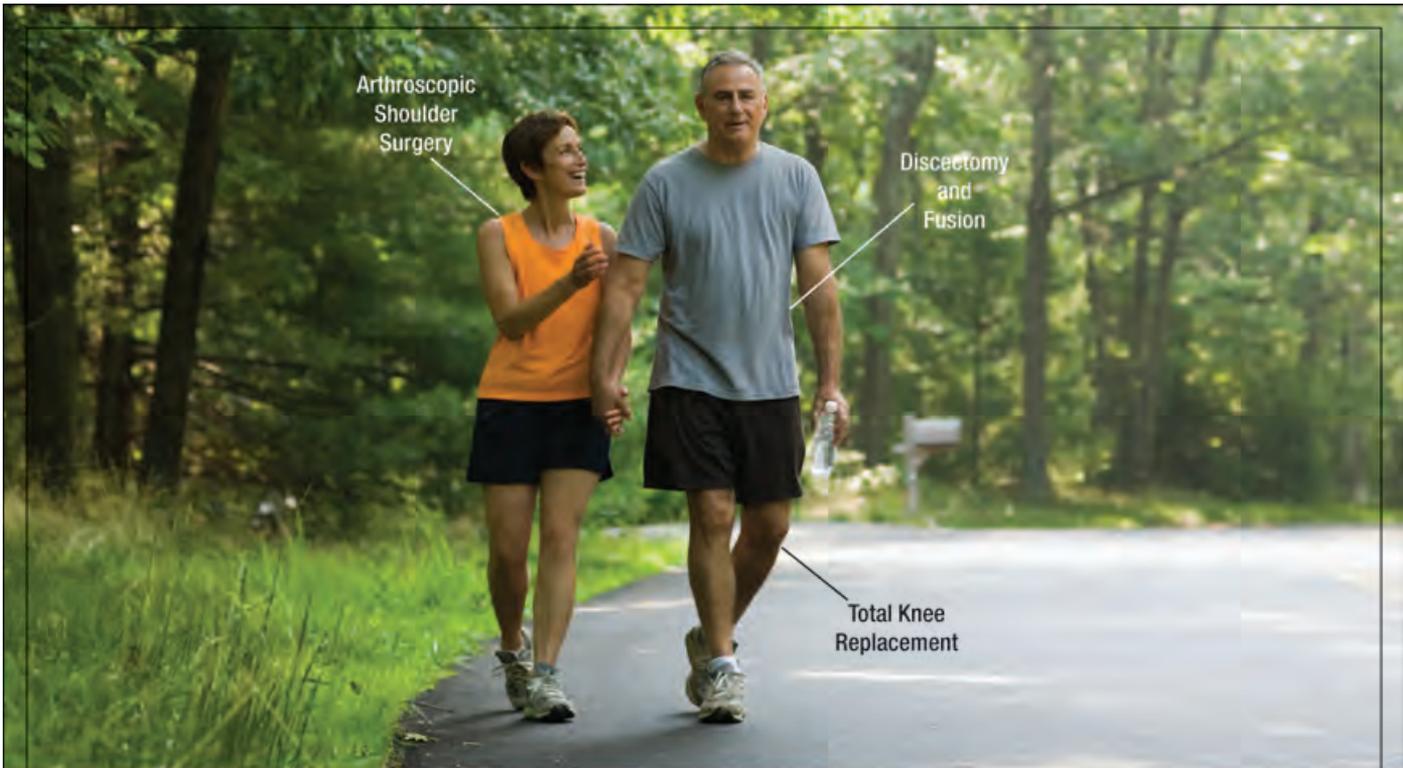
The program has been very well-received by new parents at Methodist. “Our moms are thrilled to receive a new book for their child, and it has inspired parents to begin reading to their children. Big sisters and brothers are also delighted with the new book and have also joined in by reading to

“We all hope to raise the number of children who become strong and enthusiastic, lifelong readers.”

their newborn family member. One grandmother was so impressed with the program she asked for all the literature and planned to start a similar program in her hometown,” John said.

The Read to Me program is just one of several reading initiatives the Sunrise Rotary supports each year. Many members read to schoolchildren and, along with Kiwanis and the Common Ground Network (a cooperative of local benevolence programs that help low-income families with food, clothing and essential goods and services), the Rotary sponsors a summer reading program for Title I schools. The Rotary obtained more than 500 books from Half-Price Books to help launch the program. “We’re very involved in seeking out opportunities in the community,” Randall explained.

Randall reads at elementary schools weekly, as do members of the Noon Rotary, and he is amazed how many students tell him their parents do not read to them. “I read to a first-grade class, and every year the teacher tells me



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certain kids can't read and haven't been encouraged to. The amazing thing is that at the end of the year, those kids will be reading chapter books. It's that thirst for learning," he said. "It's as much about developing leaders as it is teaching these kids to read, but emphasizing being able to read is the key to learning."

This is one of the reasons Mansfield ISD continues its support of the Read to Me program. "When the program was introduced by the hospital, our ISD and the Mansfield Sunrise Rotary Club in 2010, took the opportunity to serve as the education partner. Ultimately, we are also the beneficiary when these children enter our school system having a solid foundation in reading," said Bob.

Reading is a fundamental tool to self-sufficiency. It can help reduce unemployment and underemployment and allow people to take an active role in their community. "If you can't read, you can't learn. If you're going to teach Third World initiatives, the people have to be able to read. That's why so many churches do educational initiatives in the course of their mission work," Randall explained.

Service to the community extends beyond the reading programs the Rotary Club sponsors. "As much as anything, we want people to know this is an unbelievable community that pitches in to help people in need. One of the side benefits of our work in here is letting people know there's community service available. There are so many places to get help and also to give your time whenever it's needed," he said. **NOW**

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Shining a Light to Those in Need

— By Mikaela Mathews

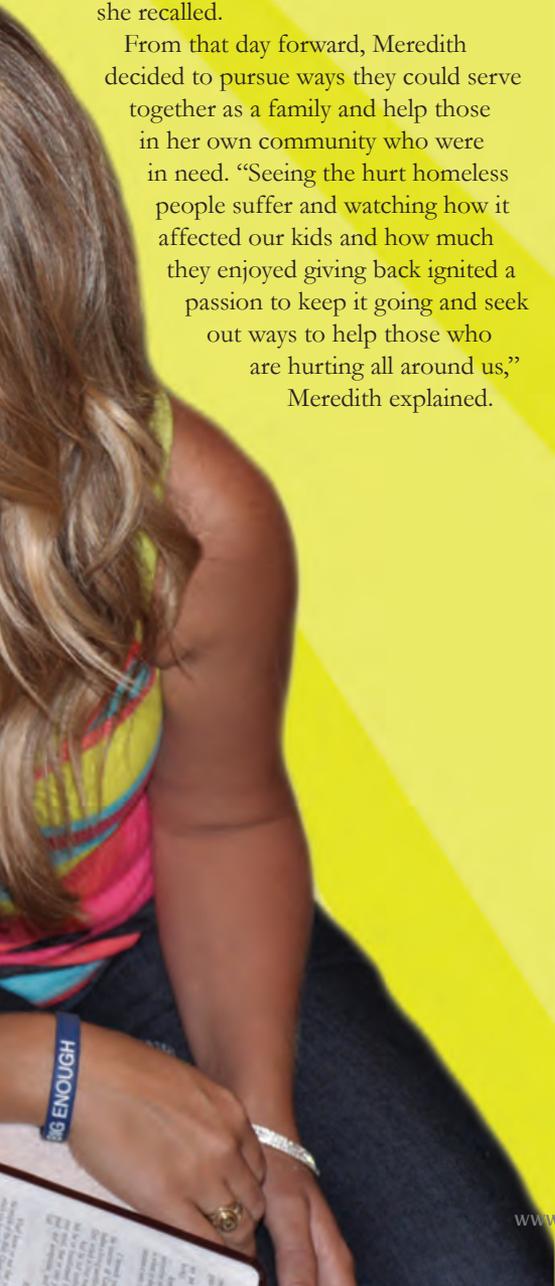
Meredith Murray never knew what a Saturday morning serving the homeless would lead to. She felt apprehensive about feeding the homeless in downtown Fort Worth and sitting with them one-on-one. The experience, however, was overwhelming. Ultimately, it sparked a passion in her for community outreach. Today, she is a co-director of an organization called S.H.I.N.E. Ministries with a mission to reach homebound families in Mansfield. "S.H.I.N.E. stands for Serving the Homebound in Need Everywhere, and the mission is to bring light into the homes of the hurting through friendship and relationships," she explained. "Our volunteers serve as an arm of the church to minister to the spiritual, emotional and relational needs of our homebound brothers and sisters."

Meredith Murray (right)
visits with Wanda Holden.



Meredith and her husband, Ryan, started seriously contemplating outreach one Saturday morning after working with G.R.A.C.E Homeless, a ministry of First United Methodist Mansfield. They brought their children with them, but she was concerned how they might respond. With a team of other volunteers, they set up a buffet line at Unity Park in downtown Fort Worth to feed the homeless. Their time there proved life-changing. "For about three hours, there was a steady line that never stopped. I mean hundreds of people — that made an impact on me," Meredith explained. "I was able to talk with several of them, heard their stories and realized how they are just like you and me. Most of us are just one crisis away from being where they are." Her children were also impacted. "My kids didn't see them any differently than me or anyone else," she recalled.

From that day forward, Meredith decided to pursue ways they could serve together as a family and help those in her own community who were in need. "Seeing the hurt homeless people suffer and watching how it affected our kids and how much they enjoyed giving back ignited a passion to keep it going and seek out ways to help those who are hurting all around us," Meredith explained.



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As an elementary teacher at Pantego Christian Academy (PCA) in Mansfield, Meredith also saw her classroom as a serving opportunity. “When you serve, sometimes you don’t get to see those tangible benefits right away, but you just

“THIS WAS EXACTLY WHAT I HAD BEEN LOOKING FOR.”

pour yourself out. I realize we may never fully understand the impact of what we do,” Meredith said. “But, what I’m doing matters, and there’s purpose in it.”

The path to starting S.H.I.N.E Ministries was a personal one for Meredith and her family. For the past several months, Meredith’s grandfather-in-law and grandmother-in-law suffered serious health decline, specifically dementia. Her grandfather-in-law serves as the primary care taker for his wife, but even trips to the grocery store are difficult for him. Living in Florida, they have no other family nearby to assist them. “If there was a program like S.H.I.N.E. for them, it would make a dramatic difference,” Meredith said.

After a conversation with her friend, Gennie Coe, Meredith discovered that her husband’s grandparents were not alone in their burden. A number of

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homebound families in the Mansfield community were in need of a caring friendship, too. Meredith knew this was the perfect opportunity for outreach. "This was exactly what I had been looking for," she said.

The program is in its beginning stages of development, but has already seen great impact. Meredith's family adopted an elderly homebound couple, Curtis and Wanda Holden. "There was an instant connection between us," Meredith remembered. "Wanda is isolated every day all day. Having people come in and talk with her has changed her days. She even asked one of my kids, 'Can you come and hug me? I don't ever get to hug little kids anymore.'"

During their visits, Wanda enjoyed sharing pictures of her past, showed off her art and doll collections, and she even gave the kids some mini art lessons. Within the first three weeks of meeting one another through S.H.I.N.E., their relationship with the Holdens has grown much deeper. "They leave me voice mails and tell me that they love me," Meredith shared.

Meredith's family has taken dinner to them, dropped in for afternoon lemonade and even surprised Wanda with chocolate chip cookies, her favorite. This is the type of relationship that S.H.I.N.E. encourages its volunteers to establish with their homebound family. "S.H.I.N.E. equips people with the tools they need to

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give back to community — community helping community,” she explained.

Those who participate in the program volunteer one hour a week to write a letter, call, or make a visit. Each homebound family is different.



Meredith Murray joins Susan Luttrell, director of serving and outreach at The Wesley Mission.

S.H.I.N.E. partners with elderly couples, widows or families with disabled parents. “We have a family with a husband in his 40s and two young kids. He requires 24-hour medical attention. This is a lot for him and his wife, who have a 2-year-old and a 6-year-old. Raising those children is a full-time job in itself,” Meredith explained. “We are hoping to partner volunteers with that particular family to just visit with the mom and the dad, play with the kids and bring some light to this heavily burdened family.”

Once volunteers are matched with a homebound family, they visit them for the first time with one of the directors from S.H.I.N.E. Both parties also receive training and establish boundaries before their initial visit. “We don’t want volunteers to become their errand runners or to try to give medical assistance,” Meredith advised. “This is all about establishing friendships.”

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Once the school year begins, Meredith won't stop working with S.H.I.N.E. As a teacher, her fourth-grade class will adopt a family to care for throughout the school year. The elementary principal of PCA Mansfield, Cindy Sherrill, shares Meredith's passion for helping the homebound. "This is who we are and what we do," Cindy stated. "PCA

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is constantly looking for ways to reach out and serve our community, and this program will be just one of the ways we can accomplish that."

Even though Meredith and her family cannot help their grandparents as much as they wish, their impact in the Mansfield community is far-reaching. As Meredith drove her three children to the Holdens' house for the first time, she explained to them who they would be meeting. They weren't nervous. Since their time with G.R.A.C.E. Ministries, serving people had become a part of their family activities. "I told the kids, "Think about Grandma and Grandpa and how they are hurting. The Holdens are like them. Since we can't help Grandma and Grandpa, we're going to help the Holdens." **NOW**

Editor's Note: For more information on volunteer opportunities at S.H.I.N.E., contact Gennie at gcoe@coehomehealth.com. Contact Susan at susanl@fmcm.org for information on Grace Outreach.

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Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.



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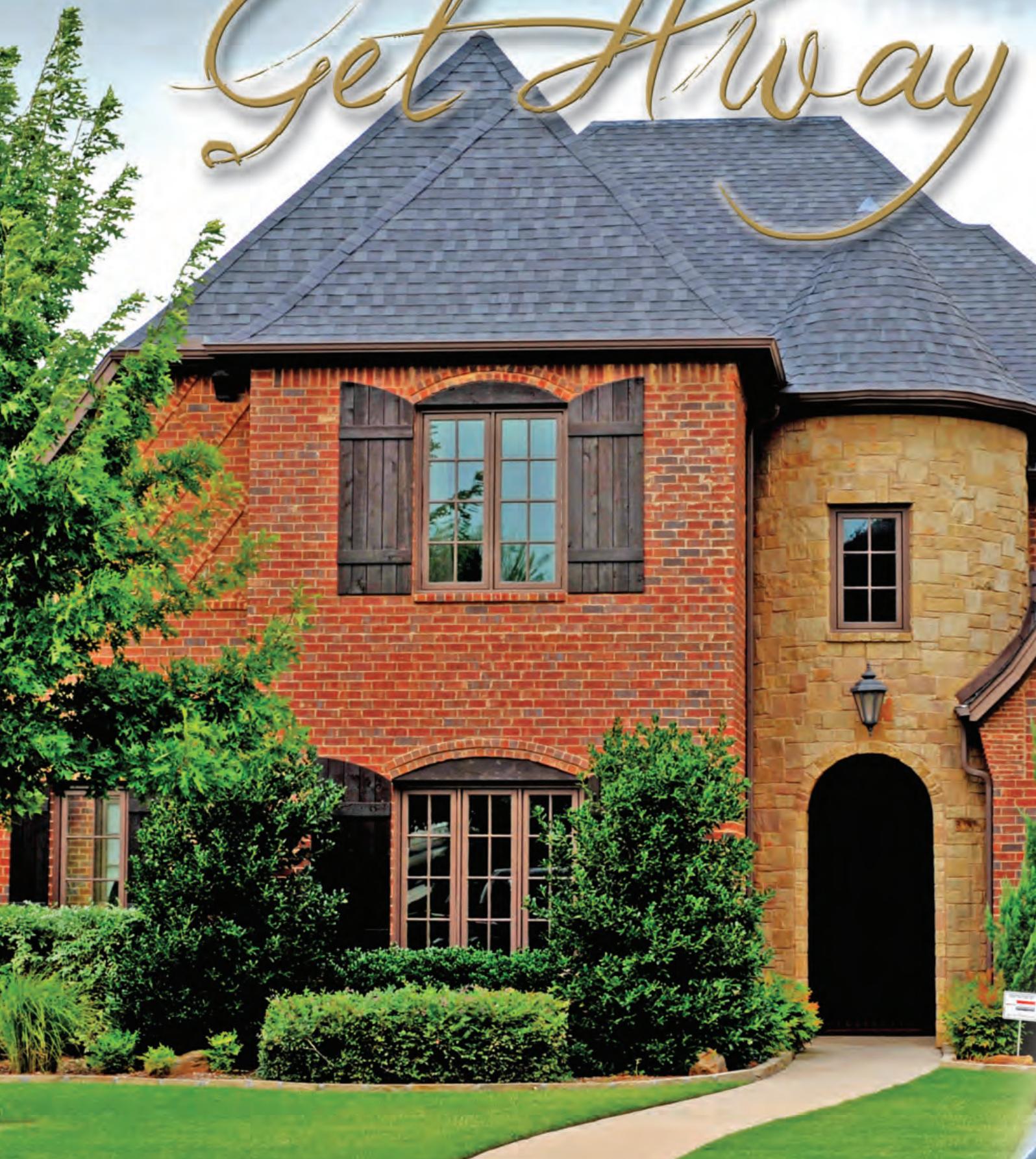
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at home with *Bryce & Beth Cannon* — By Jeremy Agor

Nestled at the end of a quiet cul-de-sac on Mansfield's southeast side, Bryce and Beth Cannon's home is a quiet place with a Tuscan flair and dark wood throughout. Their backyard gives the impression the Cannons live far from civilization, despite being in the middle of the city. "I never get tired of looking out at the trees in the backyard. I find myself drawn to the windows. I love looking at the wildlife," Bryce said.

Bryce and Beth have lived in their home since 2008. Bryce is from Arlington, and Beth is from Tennessee. Her family moved to Grand Prairie when she was in high school. Both attended The University of Texas at Arlington, although they did not meet until after graduation, on St. Patrick's Day at a college hangout called Gilligan's. "It was my lucky day!" Bryce smiled.

After college, Beth taught school in Arlington, and Bryce was an accountant. But after their daughter, Kamryn, was born in 1998, Beth no longer wanted to work full time. They bought a franchise for a children's fitness business that combined her love for children, fitness (she had been an aerobics instructor for several years) and teaching.

Their home at the time was functional, but cramped, especially after the birth of their son, Cole, in 2000. Bryce's office space was in the children's playroom, and Beth often did her work at the kitchen island. "We brought our babies home there. It was nice, but not our dream home," said Bryce.

They felt it was important for their children that they work from home instead of living in one place and renting office space elsewhere. So, while not actively seeking a new home, they casually shopped around until they found their current home, which had plenty of space for offices, storage for fitness equipment and lots of room for the family to live





and play. “We have hosted my brother’s wedding, a rehearsal dinner for my mother’s wedding, wedding and baby showers, Bible studies and get-togethers with friends and family,” Beth said.

As visitors approach the house up the front walk, a covered entryway leads to a large, solid wood door. The inside of the door reminds Beth of a stained-glass window in a church. The door frame rises high up the wall toward the barrel ceiling. A real stone archway, made of stone

matching the fireplace, frames the view into the living area of the home.

The first room visible from the entryway is Bryce’s office. Plain French doors offer privacy, but maintain a connection to the rest of the home. The walls are painted turquoise with a copper glaze finish. The office features a barrel ceiling, and the majority of one wall is covered in photographs of Bryce and his children. The framed photos surround a large square plaque with a Bible verse

that reads, “These are the children God has given to me.”

“The biggest blessing about being self-employed is that we’ve been able to develop relationships with our children, and that’s what this wall is about” Bryce said. “I spend a lot of time looking at it. It’s amazing how fast they’ve grown,” Bryce said. The photo wall is reserved solely for pictures of the children, but he has reserved a spot of honor on a shelf above his desk for a photo of Beth.



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In the main part of the house, the open floor plan with dark wood floorboards and dark wood accents is striking. The formal dining room has one wide archway and one smaller one at an angle that give the impression of a wall without having a wall. In the corner stands a grandfather clock given to the couple by Bryce's parents as a housewarming gift for their first home, and on the wall is a painting that was a housewarming gift for this home from Beth's mother.

The master suite is quiet and cozy, dominated by a light wood four-poster bed and armoire. Above the headboard is a decorative iron wall hanging, and one wall is made mostly of windows, looking out into the backyard.

The kitchen and living room flow seamlessly into one another. A bar with a granite countertop provides a break between the two, and the granite is repeated in a kitchen island and a counter with a stove top. Behind the stove top is a tiled backsplash. The refrigerator, cabinets and trim are covered in dark wood mimicking the floors.

Beth is sentimental, and in the kitchen she keeps a spoon rest with Beth's Kitchen written on it — the first thing she ever received for her hope chest in 1976. The wall joining the kitchen and living room is adorned with crosses. Another sentimental touch is a painting of a swan that graces the landing halfway up the stairs, which was painted by Beth's great-grandmother in the 1930s.

The living room is furnished with comfortable leather seating and one whole wall is comprised of large



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windows overlooking the backyard. Along one wall is a small wooden cabinet, originally used as a bedside table in Beth's great-grandparents' farmhouse. The wall of windows offers a glimpse into the wonderful outdoor space that Beth and Bryce have created in their backyard. There is a walk-in infinity pool, a stone bar with a built-in grill and comfortable seating, and a wild space with fire pits and a creek running through it. Coyotes, bobcats and birds can be frequently seen there. "We wanted to have an outdoor living space where the kids would want to be. When we moved here, the wild area was a jungle. Bryce and his dad cleared it, and we've pitched tents and taken family photos down there," Beth explained.

In addition to clearing brush to create the wild space, Bryce did all the landscaping around the backyard, selecting and planting plants and flowers, mowing and making the space a peaceful place to relax and entertain. "I love being outdoors, doing yard work," Bryce added. "It's rewarding doing something and seeing the fruits of my labor. When you're in the backyard you can face any direction other than the house, and you wouldn't have any idea you're in a neighborhood. We wanted this to be a hangout place where our kids could bring their friends. It gets crazy sometimes – we'll have 20 kids in the pool or out back, but that's what we like. We love having our kids and their friends around."

Bryce and Beth have leveraged their blessings into a home where they can focus on work and family, and it truly is an escape from the bustle of the world. **NOW**



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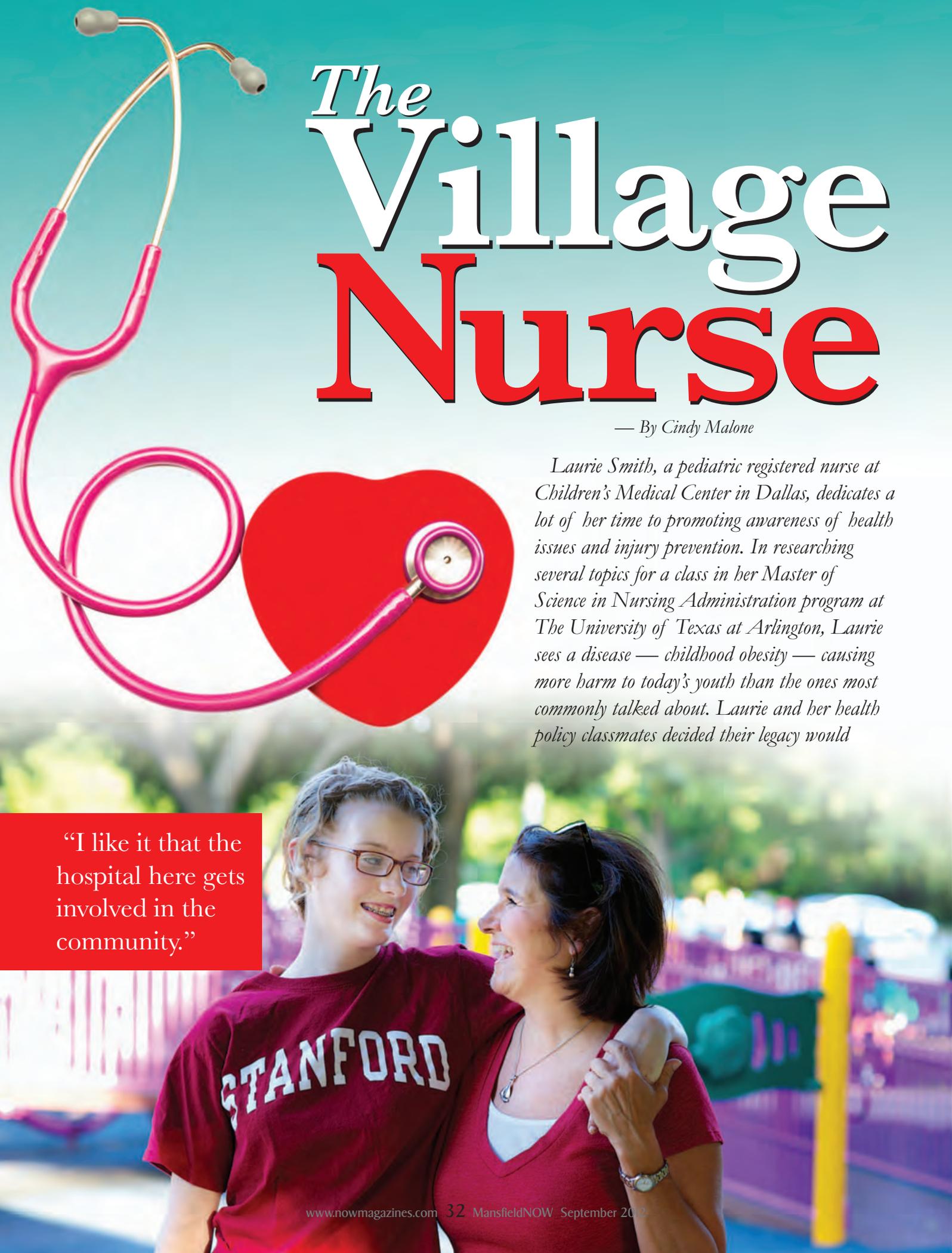
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The Village Nurse

— By Cindy Malone

Laurie Smith, a pediatric registered nurse at Children's Medical Center in Dallas, dedicates a lot of her time to promoting awareness of health issues and injury prevention. In researching several topics for a class in her Master of Science in Nursing Administration program at The University of Texas at Arlington, Laurie sees a disease — childhood obesity — causing more harm to today's youth than the ones most commonly talked about. Laurie and her health policy classmates decided their legacy would

“I like it that the hospital here gets involved in the community.”

be to help lower the staggering childhood obesity numbers, starting by increasing awareness about the problem and looking at the children in their own communities.

Laurie has been a nurse for over 20 years. She has worked in many different areas: pediatric ICU, home health care, hospice and the emergency room. Her husband, Beau, works for the Environmental Protection Agency. In 1995, the couple moved their three daughters to Mansfield because of the excellent school district. That move paid off. Their oldest, Peyton, is a teacher and program coordinator in Austin for Ace Academy; their middle daughter, Taylor, is in medical school at UT Southwestern; and their youngest daughter, Rayna, graduated as salutatorian from Mansfield High School this past school year.

As a mom, Laurie has a lot to be proud of. All three of her daughters have been involved with the community. They have been giving back since they were in grade school. "Whether it's helping with the cleanup event in the park, Race for the Cure or donating to a charity," Laurie said, "we are involved in giving." She also instilled in her children a love of exercise by finding activities they liked to do and then making sure they had time and opportunity to do them. "My





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personal goal for the past couple of years has been to ride 1,000 miles per year on my bike," Laurie explained. "Setting goals and then sticking to a plan is the best way to stay active." But she also admits simple activity is not enough to combat the growing childhood obesity problem.

This problem involves diet, too. "This project," Laurie added, "prompted me to plant a small garden. We talk all the time about fast food and getting kids to eat their vegetables. What we don't talk about are the health consequences of obesity," Laurie explained.

The first step to fighting the problem is awareness. "Simply knowing whether or not you or your children are obese can help," Laurie said. More than 17 percent of all U.S. children are considered obese. If you measure your body mass index (BMI), anything over 30 is considered obese. Roughly 12.5 million kids are obese, and even preschoolers are now in this category. "More shocking than those numbers is the amount of money we spend each year treating obesity-related medical issues," Laurie said. "It's over \$200 billion dollars a year, and over \$10 billion of that is in Texas alone."

It's easy to see the reasons why children weigh so much more now. Families are busier and eating out more often. Children spend more time watching TV than outside playing. Food portions at restaurants are sending a false idea of what normal meals should look like. Unfortunately, it is cheaper to eat

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processed or fast food than it is to buy fresh produce and cook at home. "As a working mom, I find it hard sometimes to eat and exercise the way we should; however, when my research showed that obese children may have a much lower life expectancy rate than their parents,

"When I really started looking into all of the programs Mansfield has to offer, I realized it is a pretty good village."

I realized this is a huge problem. We all need to take action," Laurie said matter-of-factly.

While working on her research paper, Laurie began to appreciate Mansfield for more than just its great schools. "I have always loved the quote, 'It takes a village to raise a child,'" she said. "When I really started looking into all of the programs Mansfield has to offer, I realized it is a

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pretty good village.” Mansfield offers 10 parks and most of those have hiking and biking trails. Almost every month there is a walk or run of some sort. Mansfield children and adults can play in sports leagues. “Mansfield is beginning to offer healthy eating choices,” Laurie said, noting her discovery of the farmers market.

However, Laurie thinks there is some room for growth in this area — like possibly bringing in restaurants specializing in healthy food. “I like it that the hospital here gets involved in the community, [by providing] healthy



“I cannot stress enough the importance of communication with your healthcare provider.”

challenges at the local elementary schools,” Laurie added. “The physicians volunteer to work at walks and runs and use their time there to educate people about their health.”

Laurie is passionate about communication between physicians and families. “I cannot stress enough the importance of communication with your healthcare provider,” Laurie stated.

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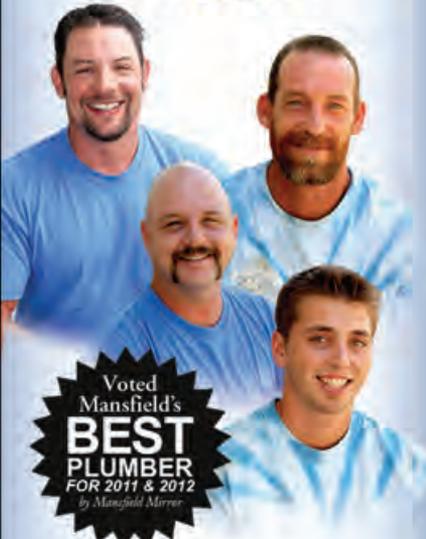
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“Ask them if your children are at a healthy weight. Participate in screenings. Ask them for information on nutrition, weight-management programs and talk to your children about the advice you have been given.”

Laurie is striving to promote an understanding in the community about childhood obesity and the multiple problems those kids develop. She sees too many juveniles each day with breathing problems, high blood pressure, high cholesterol, asthma and diabetes. Laurie also pointed out, “They are at risk for increased stress, low self-esteem and



depression, and there are many more social and emotional problems I can't begin to scratch the surface of.” Laurie and her class developed a Facebook group, Take Action to Prevent Childhood Obesity, to increase awareness about the problem. “We had over 80 members in 15 days. We know it's hard. We know it's easier to give cookies for snacks instead of fighting to get them to eat carrot sticks. This forum gives people the chance to talk about the problem and share things that have worked for them,” Laurie explained.

Laurie sees the next step as advocating for increased physical activity at schools. Physical activity is essential for health and well-being. Children learn better when they are physically fit. Obese children are likely to grow into obese adults. “We all know how hard it is as an adult to combat weight problems,” she said. “Our kids need a healthy start, and because they spend so much time at school, it makes sense to address it there, as well as at home.” Overall, Laurie wants to help create a village that not only can raise a child, but raise a healthy, happy, well-adjusted, long-living child. **NOW**

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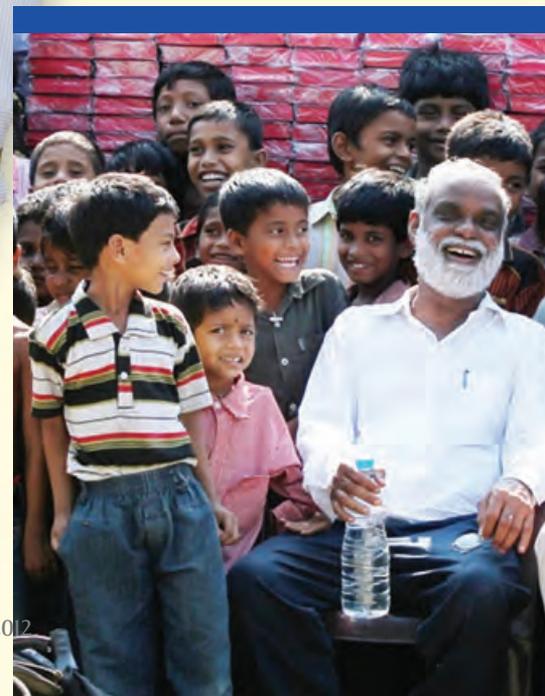
From INDIA to AMERICA

— By Rick Hope

There are 1.2 billion people in India. Two hundred million are children, and half of them live in poverty. The figures are staggering. To many, they are depressing. But to Finny Matthews, they represent a challenge and a calling.

Finny is president of Alpha International Ministries, an evangelistic and humanitarian organization. The story of Finny's journey from his native India to running a ministry headquartered in Mansfield is an interesting one. "My father grew up in Kerala, which is in the southern part of India," Finny said. "It was a place that was originally evangelized by Thomas, the Apostle." Finny describes his father's hometown as a "beautiful, tropical place."

In the opinion of Finny's father, Cherian, the largest

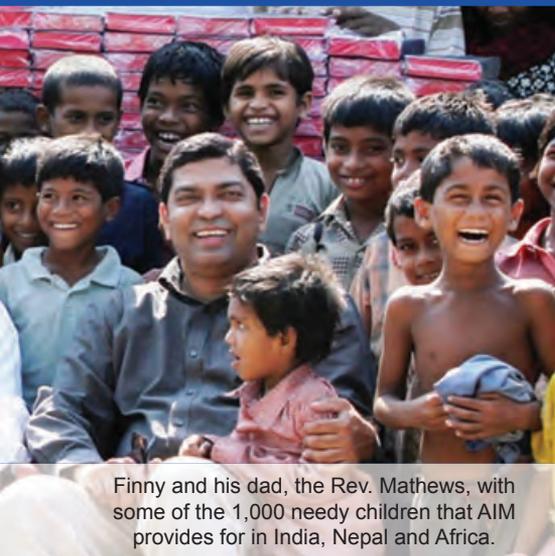




Protestant church in Kerala — the Church of Thomas — did not seem to be moving forward with its intended purpose. Cherian had been exposed to some bolder methods and wanted to implement them. “This made my grandparents very upset,” Finny admitted, “so the family had to leave their home.” Finny’s grandparents would eventually embrace these same beliefs, but it would be many years later.

“In 1965, my father felt called by God to move his wife, Grace, and family from Kerala where 35 percent of the population is Christian, to northern India where the population was less than a half-percent Christian,” Finny stated. In addition, there was an openly hostile opposition to the Christian message due to misinformation spread by radical religious groups.

In spite of these conditions, Cherian and his family started their work. During the first 18 years they saw few results. “His family suffered various hardships including hunger and the loss of a daughter due to lack of available medical care,” Finny explained. “Cherian felt strongly he was where he was supposed to be and did not let the circumstances discourage him.”



Finny and his dad, the Rev. Mathews, with some of the 1,000 needy children that AIM provides for in India, Nepal and Africa.

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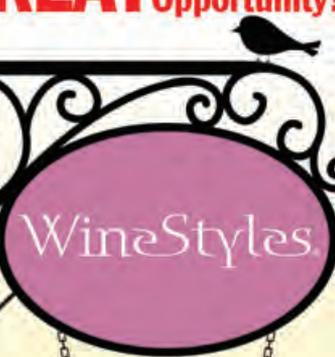
Robyn Barrere
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Finny preaching at a recent Evangelistic Crusade in Tanzania, Africa. More than 20,000 people attend seven evenings combined

Finny, named after American missionary Charles Finny, was born on December 18, 1965, in adverse conditions. As he came of age, he grew to embrace his father's vision and passion for India, especially for the children. Cherian immigrated to the United States

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Finny and Charlie with Cobra and snake charmers in their village where AIM provides daily care for 74 children.

and lived here for a brief period of time. Finny and his family would follow later.

In 2001, Finny earned his Master of Divinity at Southeastern Baptist Theological Seminary in Wake Forest, North Carolina. After graduating seminary, he served Gravel Hill Baptist Church in Southside, Virginia, as its pastor for four years. "This was proof that God has a sense of humor. I was a pastor from India in a southern town," Finny joked. However, Finny enjoyed a great relationship with the people of that church and still hears from them. The church still supports his ministry today.

After this, Finny and his family moved back to India for a couple years. Then they set their eyes on Southwestern Baptist Theological Seminary in Fort Worth. In 2002, Finny started Alpha International Ministries. Finny's travels to accomplish his objective have not just been to India. He has also traveled to Nepal and recently to Tanzania, East Africa. In each case, the trips have been with a humanitarian emphasis.

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Finny and Will Graham, the grandson of Dr. Billy Graham, at the Billy Graham Library in Charlotte, North Carolina. Will preaches evangelistic Crusades in India and Nepal with Finny.

train, send and help. They have even established a Bible college with a three-acre campus. Currently, they provide care for 1,000 children in India, Nepal and Africa. They provide school fees, back-to-school supplies, uniforms and nutritious meals. Finny believes education is the only effective means for these children to break the cycle of poverty. Their long-term goals include training 20,000 leaders and providing daily care for 20,000 children by the year 2020. They encourage Americans to help by sponsoring children and by accompanying the ministry on short-term mission trips.

Alpha International Ministries has its office at First Baptist Church of Mansfield. "I feel nothing but support from Pastor Johnny Dickerson and the staff," Finny admitted. "They have hosted



our ministry banquets in the past." This year they are hosting a ministry banquet celebrating Finny's 25th anniversary in ministry on October 4 at the Cacharel Restaurant in Arlington.

Among the board members is Will Graham, grandson of well-known evangelist Billy Graham. Finny and Will

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attended Southeastern Seminary together, where they met in a Greek class and became good friends. However, it was a year before he realized Will was part of the Graham family. Alpha International Ministries has taken advantage of this to join with other reputable ministry partners, such as Samaritan's Purse and the Billy Graham Evangelistic Association.

In addition to Finny, four other part-time staff members help out from various locations including North Carolina and Florida. Finny also gets a lot of help and support from his wife, Bindu, who has been a partner to him in every sense of the word for the last 24 years. Finny and Bindu have three children — Deborah, Charles and Abel.

For 22 years, Reverend Cherian Matthews owned only a Bible and a bicycle. Each day, he would go and preach throughout his city and nearby villages. While there were many who tried to discourage him, he felt compelled to continue, and it seems his tenacious attitude paid off. As a result of his efforts, over 1,200 churches have been built in places where no church previously existed, 600 national church planters are now actively working the region and over 1,000 needy children are being cared for through the Giving Children Hope program. **NOW**

Editor's Note: For more information on Alpha International Ministries, visit www.Aim18.org.

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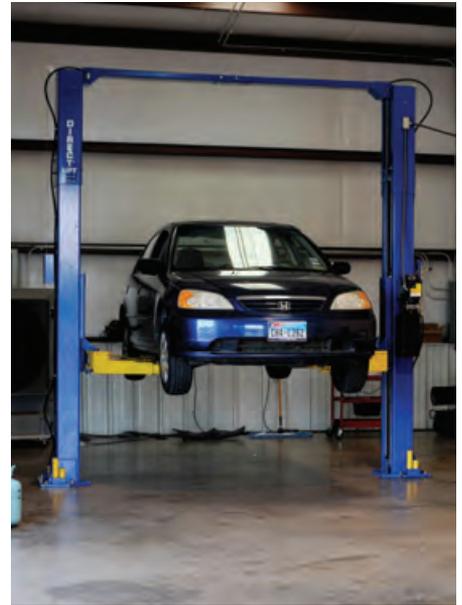


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Tommy Frantzen pictured with his wife, Nicole, and his daughter, Ashley, provides top-quality car care.

Car Talk

Tommy Frantzen believes communication is as important as quality repairs.

— By Jeremy Agor

Tommy Frantzen was 7 years old when his father brought home an old Dodge Polara and let him come out to the garage to work on it with him. He helped take the engine apart, and it was exciting work. Since then, Tommy has worked on cars for a variety of auto shops and now owns Quantum Mechanix, where he strives to give customers a different experience than they may have had their previous trips to the mechanic.

“Any time there was a broken vehicle in my household, my dad and I looked at it. I enrolled in the auto tech program at Martin High School in Arlington for a year and also spent some time working at a shop in Grand Prairie as an apprentice for about a year. Except for a short time waiting tables, which I

didn’t like, I’ve worked on cars my whole life,” Tommy said.

Tommy spent 11 or 12 years after high school working in a variety of auto shops in Arlington and Mansfield. He learned a lot about auto repair, but he also learned what he didn’t want to do as part of his own business. When he started his own shop, he wanted to stress communication with the customer and provide exceptional service.

“I’ve seen many customers leave because of a lack of communication, and I didn’t want that to be the case here,” Tommy said. “I hear from almost everyone they’ve had a friendly experience, and they like the service they get. I listen to the customer, and since I’m the only one they talk to, I know their

expectations and do what I can to make that happen.”

Quantum Mechanix is a one-person shop, and Tommy likes it that way for now. However, he would like to grow his business to the point where he can retire from it someday. “I like what I’m doing, but I don’t want to work on cars forever,” he admitted.

Tommy performs practically any service a customer could want except state inspections, body work and alignments. He does engine repair, routine maintenance, emissions, electrical

“I hear from almost everyone they’ve had a friendly experience, and they like the service they get.”

diagnostics and repair, brake jobs, oil changes, engine diagnostics and air bags. Also, he will repair nearly any make of car, including European ones.

“I do a lot of work on European cars: Mercedes, BMWs, Minis, Volvos. I can fix just about anything. I don’t do Smart cars, and I once turned a lady down when she asked me to work on her Lotus, because I’ve never worked on one. But, when it comes down to it, it’s all just nuts and bolts,” he said.

One of Tommy’s strengths as a mechanic is that he is a “car guy.” In high school, he owned a Mazda RX-7 until he blew the engine when he was 17. “I love fast cars, and I loved that car, but I was working in a restaurant and couldn’t afford to fix it. My dream car is still a 1995 RX-7,” said Tommy.

At this point, Tommy is satisfied with building his business. “I pride myself on people coming through the door and leaving satisfied because of the price and the workmanship. I’m not the cheapest, but I’m fair, and it’s been a great experience with every customer who has come to me,” he said. **NOW**



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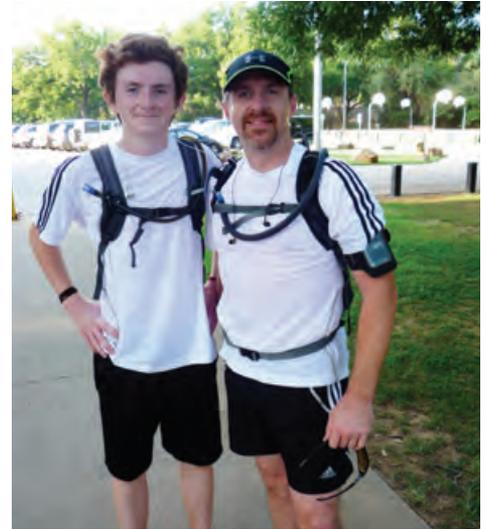
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Jack and Dylan Pilot relax at Katherine Rose Park.



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Do You Have Enough Insurance — and the Right Type?

September has been designated as Life Insurance Awareness Month — so you may want to take this opportunity to learn more about your life insurance needs and determine if you're adequately covered. In fact, helping people understand the necessity of being properly insured and the need to seek professional advice regarding those needs is the ultimate goal of Life Insurance Awareness Month, which is coordinated by the nonprofit Life and Health Foundation for Education (LIFE). Some 68 million adult Americans have no life insurance at all, according to LIMRA International, a worldwide association of insurance and financial services companies. And many people with insurance have far less coverage than they need.

If you have loved ones depending on your income, it's important to discuss how life insurance may protect them. But choosing the right amount of coverage, and the right type, is not quite that simple. So let's take a look at two key questions you need to ask: How much insurance do I need? And what type of insurance is right for me?

There are many factors to consider when determining how much insurance you need. That's why you'll need to look at some key variables in your life, such as: How many children do you have? Do you plan for them all to go to college? Do any of them have special needs? How many years are left on your mortgage? What other debts do you have? An experienced financial professional will be able to use the answers to these questions and others to help determine how much life insurance you need.

Your next step is to decide which type of coverage best fits your needs. Essentially, your choice is between term insurance, which offers a death benefit for a specific period of time, and

permanent insurance, which can provide lifetime protection plus the potential to build cash value tax-deferred. Keep in mind that all guarantees are based on the claims-paying ability of the issuing insurance company and that certain features come at additional costs.

There's no hard-and-fast rule as to which type of coverage to choose. However, when you're starting out in your career, and your children are young, you might find that term insurance could be a cost effective way for covering a short-term need (generally 20 years or less). On the other hand, if you choose a permanent insurance policy, such as whole life or universal life, you can potentially build cash value that you can access during your life on a tax-advantaged basis. Since permanent insurance has a cash value component, the premiums may initially be more costly than those for term insurance.

Which choice — term or permanent — is right for you? It depends on a variety of factors, including your cash flow, your investment portfolio and how many years you plan on keeping your coverage. Also, you'll need to review your insurance coverage regularly to make sure it still meets your needs and addresses any changes in your situation. A financial advisor can help you make the right selections. Taking steps today allows you to celebrate Life Insurance Awareness Month secure in the knowledge that you've taken the right steps to help protect your family. **NOW**

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

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Put Out the Fire

— By Betty Tryon, BSN

As you lie down in bed hoping for a good night's sleep, that dreaded, familiar pain assaults you once again. Like an erupting volcano, the lava-like flow of stomach acid fills your esophagus, creeps into your throat and steals another peaceful night. If you have acid reflux, the symptoms sound all too familiar. The esophagus is the tube that connects the back of the throat to the stomach. With acid reflux disease, stomach acid manages to flow back into the esophagus, setting the scene for pain and an assortment of complications.

At the lower end of the esophagus there is a circular set of muscles called the lower esophageal sphincter. Normally, when you swallow, the sphincter opens to allow the content into the stomach. It will then constrict and close to prevent a backwash of acid from the stomach into the esophagus. If the sphincter is faulty, there will be a leakage of acid. With acid reflux, the first symptom you will notice is a burning pain in the chest called heartburn. The pain can be so intense it interferes with sleep, and some people fear they may be suffering from angina or having a heart attack. Heartburn may become more pronounced when lying down or bending over. Certain foods such as onions, tomatoes, chocolate, dairy products, spicy food and citrus can cause heartburn.

Another symptom experienced is regurgitation of the stomach's

contents into the throat. It has a sour or bitter taste and constant regurgitation into the mouth can cause erosion of the teeth. Unrelenting hiccups, burping and nausea can also occur. If you have these symptoms more than twice a week for several weeks, you should probably consult your health care provider. Your doctor may want to run tests to rule out other conditions that can cause the same symptoms.

Relief from acid reflux may be as simple as watching what you eat. Avoid those foods notorious for heartburn. Placing blocks underneath the head of the bed to elevate the body may alleviate those attacks at night. The most common medication chosen for this condition is an antacid. However, antacids have a limited effect. For longer lasting relief, your doctor may recommend over-the-counter medications such as H2 blockers. These medications sell under the names of Tagamet, Pepcid, Axid AR and Zantac. Another group of medications used to treat persistent symptoms are proton pump inhibitors. They are found under the names of NEXIUM, Prilosec and Prevacid to name a few. If medications do not work, more invasive procedures may be necessary. Acid reflux can be treated with trial and patience. **NOW**

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

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Time to Take Another Look

— By Nancy Fenton

Fall is coming, and it's time to see if there are things that need to be done outside before the winter sets in. You don't need to do everything today, but having a list to work from is a great idea. My list includes some 30-year-old shrubs that need to come out, as well as a general cleaning and fertilizing of my 10-year-old beds.

Some plants can be thinned, shared, or you can find another place for the plants without damaging them. The standard rule of thumb for gardeners is if it blooms in the spring, it can be divided or moved in the fall. Most of my spring blooming bulbs are ready to be divided up this year. I buy only bulbs specifically for the southern part of the United States. Remember the change in the zones this year? Since we are now Zone 8, most varieties of narcissus and daffodils will not come back year after year. I'm for more bloom and less effort, so I limit my purchases to the Southern types. White Flower Farm is a good source that labels its bulbs accurately.

Fall is also a good time to learn more about gardening. I encourage you to find a Master Gardener program in your area. Both volunteer service and class work are required to become fully certified. My husband says my experience with



the Master Gardeners has been like taking a master's degree in horticulture.

The Master Gardeners provide lots of opportunities to further your knowledge. Texas A&M develops and refines new courses for the program on a regular basis. Some available to Master Gardeners are Earthkind, propagation, greenhouse maintenance and Oak Wilt. For more information, visit www.txmga.org. **NOW**

Nancy Fenton is a Master Gardener.

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September 3

Labor Day holiday: Mansfield ISD schools closed. Regular schedule resumes Tuesday, September 4. For the full academic calendar for the 2012-13 school year, log on to <http://mansfieldisd.org/departments/communications/news/11-12/january/calendar.htm>.

September 9

AWANA Clubs begin: Sundays, 4:00-6:00 p.m., Mansfield Bible Church, 2351 Country Club Dr. Bible memory clubs for 3-year-olds through 12th-graders. Participants learn the Bible, make friends and play games. For details and registration visit www.MBCchurch.com.

September 11

Story Time for Tots resumes at 10:30 a.m., Mansfield Public Library, 104 S. Wisteria. For information, call (817) 473-4391.

September 13

Meals-on-Wheels 25th Annual Golf Benefit: 7:30 a.m.-1:30 p.m., Cleburne Golf Links. Tee times: 7:30 a.m. and 1:30 p.m. Event benefits Meals-on-Wheels of Johnson and Ellis Counties. For more information, visit <http://servingthechildrenofyesterday.org>.

September 14-15

PCSP Ranch Rodeo: 7:30-10:00 p.m., Parker County Sheriff's Posse Arena, 2251 Mineral Wells Highway, Weatherford. On Friday, eight teams perform in events. On Saturday, the grounds are open for fun: vendors, horseshoes and a \$10 chuck wagon dinner served at 6:00 p.m. When the cool evening sets in, the Ranch Rodeo Finals begin and the top eight ranch teams of the 16 will compete for the win. Following the rodeo, Thieving Birds take over the arena for a fun outdoor concert. For more information, visit <http://www.parkercountysheriffsposse.com/pages/Ranch-Rodeo.htm>.

September 19

10th Annual Senior Art Show and Reception: 10:00 a.m., Mansfield Activities Center, 106 S. Wisteria. Local artists from the MAC senior art classes will display their artwork to be judged in four categories: still life, landscape, portrait and structure. Prizes for 1st, 2nd and 3rd place will be awarded in each category, plus one best in show. Viewing is open to the public and the winning entries will be displayed in City Hall. For information call (817) 453-5420.

September 22

Cycle for Life: 8:00 a.m.-noon, Walnut Creek Country Club, 1151 Country Club Dr. Funds raised benefit the Cystic Fibrosis Foundation. For more information, call (817) 249-7744 or

visit <http://fortworth.ccf.org/cycleforlife>.

September 27-29

Mansfield Bible Church Women's (W.I.N.G.S.) Retreat: Begins with dinner in Clifton at 7:00 p.m. on Thursday at Three Mountain Retreat in Clifton and ends at 7:00 p.m. on Saturday. This year's theme is God's First Lady. For details, coast and registration visit www.MBCchurch.com.

September 29

National TriMathlon: Mathnasium, 2270 Matlock Rd., Suite 104. A fun-filled competition for third- through sixth-graders to compete in three challenging math events. For registration and information, visit www.mathnasium.com/mansfield or call (817) 473-MATH.

Mansfield Chamber Clean, Green and Lean Sanctioned & Chip Timed 5K Run/Walk: 6:00 a.m.-noon, Katherine Rose Memorial Park, 303 N. Walnut Creek Dr. For more information, call (817) 473-0507 or e-mail frontdesk@mansfieldchamber.org.

The Green Garden Club Garden Tea Tour: 9:00 a.m.-4:00 p.m. Guests will enjoy five beautiful gardens and a complimentary progressive tea throughout the tour. The event will feature three chefs and an artist from the Ellis County Art Association will be painting en plein aire at each location. Tickets are \$50 per person, and are available online at www.greengardenclub.org. Proceeds benefit Green Garden Club, an organic garden club in Ellis County. For more information, call Carolyn Mixon at (214) 914-6030.

October 8-14

Historic Mansfield Music and Arts Festival featuring solo musicians and groups playing live music downtown, plus Wurst Fest on Friday: 5:00-10:00 p.m. Artists sell their wares, restaurants serving tasty food, craft beer, a kids' area and more on Saturday and Sunday. For a full schedule, log on to http://www.historicmansfield.net/music_festival/index.html.

October 19

Third Annual Kickin' for a Cause Fundraiser: 7:00 p.m., Western Kountry Klub, corner of Highway 287 and Lakeview Road, Midlothian. This event is hosted by Mack and Dyan Cook. Proceeds benefit the fight against breast cancer. For more information, contact Bill Davidson at (214) 205-1798.

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Mondays

Kiwanis After Noon Club: Noon, Spring Creek

Barbeque, 1724 N. Highway 287. www.kanmansfield.org.

First and Third Mondays

Planning and Zoning Commission meeting: 6:30 p.m., City Hall, 1200 E. Broad St. <http://www.mansfield-tx.gov/bcc/commissions/pz/>.

Second and Fourth Mondays

City Council meeting: 7:00 p.m., City Hall, 1200 E. Broad St. To view meeting details and agendas, visit <http://mansfield.legistar.com/Calendar.aspx>.

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

First Tuesdays

Mansfield Economic Development Corporation (MEDC) meeting: 6:00 p.m., City Hall, 1200 E. Broad St. Visit <http://www.mansfield-tx.gov/bcc/boards/medc>.

First Wednesdays

Zoning Board of Adjustments meeting: 6:00 p.m., City Hall, 1200 E. Broad St. Visit <http://www.mansfield-tx.gov/bcc/boards/zba>.

Second Wednesdays

Library Advisory Board meeting: 6:00 p.m., Mansfield Public Library Community Room, 104 S. Wisteria St. Visit <http://www.mansfield-tx.gov/bcc/boards/mplab/>.

Thursdays

Mansfield Sunrise Rotary meeting: 7:00-9:00 a.m., First United Methodist Church, 777 N. Walnut Creek Dr. Call Robert Putman at (817) 453-1616.

Third Thursdays

Mansfield Park Facilities Development Corporation meeting: 7:00 p.m., City Hall, 1200 E. Broad St. Visit <http://www.mansfield-tx.gov/bcc/boards/mpfd>.

Fridays

Kiwanis Club of Mansfield: 6:45 a.m., Mansfield Methodist Hospital, Conference Rooms A & B on the first floor hallway. For more information, contact Darryl Haynes at (817) 822-4210 or haynes.darryl@sbcglobal.net.

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In The Kitchen With Micheal Crawford

— *By Jeremy Agor*

Micheal Crawford grew up on a farm in Hope, Arkansas. His family raised watermelons, peas, beans, tomatoes, squash, beets, all kinds of greens and all of their meats. “On the farm you learn to eat what is in season that day. What we could not eat was canned for winter. I discovered from my mom how I did not like food that is overcooked,” Micheal said.

As an adult, he studied health and nutrition and learned to cook for better health. “I had gained too much weight by eating poorly. I began preparing my meals and lost over 100 pounds. I really enjoy teaching people. I love to share ways to make dinner a family event and ways to save on meal preparations,” Micheal explained. **NOW**

Peanut Soba Noodles

- 1/2 lb. rice noodles**
- 1 cup red cabbage, shredded**
- 1 bunch scallions, chopped**
- 1/2 cup peanuts, roasted, skinned and chopped**

Peanut Sauce:

- 1/4 cup natural peanut butter**
- 1 clove garlic, minced**
- 1/8 cup orange juice**
- 2 tsp. tamari water**

1. Bring a pot of water to a boil, then turn off the heat and soak the rice noodles for 10 minutes.

- 2.** Mix all the peanut sauce ingredients in a bowl; whisk with a fork until all ingredients are well blended, adding a bit of water until it is the thickness you desire.
- 3.** Drain and rinse the noodles to cool them.
- 4.** Toss the noodles with the peanut sauce, transfer them to a serving bowl; sprinkle the veggies and peanuts on top.

Rainbow Stir Fry

- 1 Tbsp. olive oil**
- 2 carrots, thinly sliced**
- 1 bunch broccoli**
- 2 ears of corn (kernels sliced off)**
- 1 cup purple cabbage, shredded**
- 1 pint cherry tomatoes**

- 1 Tbsp. olive oil**
- 1 tsp. Braggs Liquid Amino**

- 1.** Heat oil in a large skillet or pan.
- 2.** Add carrots, stir and cook for 2 minutes.
- 3.** Add broccoli, stir and cook for 2 minutes.
- 4.** Add remaining ingredients and stir for 2 minutes. Add a splash of water; cover and steam for 3 minutes.
- 5.** Remove from heat; stir. Leave covered for 2-3 minutes, depending on how crunchy you like your veggies.
- 6.** Sprinkle Braggs Liquid Amino; stir. Serve.

Ginger Broiled Salmon

- 2 Tbsp. umeboshi plum vinegar**
- 1 Tbsp. coconut oil**
- 1/4 cup water**
- 2 tsp. fresh ginger, grated**
- 4 4-oz. wild salmon fillets**

- 1.** Mix the vinegar, oil, water and ginger.
- 2.** Place the fish in a baking dish; marinate in sauce for 30 minutes.
- 3.** Preheat broiler. Broil fish skin-side down for 6-8 minutes, depending on how you like your salmon cooked.
- 4.** Baste once or twice while broiling.
- 5.** Serve, using the remaining marinade as sauce.

Brown Rice and Raisin Pudding

- 1 cup rice milk or soymilk**
- 1 1/2 cups firm tofu**
- 1/3 cup maple syrup**
- 2 tsp. ground cinnamon**
- 1/2 tsp. ground nutmeg**
- 1 Tbsp. kuzu, dissolved in 2 Tbsp. water**
- 2 tsp. vanilla extract**
- 2 cups brown rice, cooked**
- 2/3 cup raisins (or dried cranberries)**
- 1 cup sunflower or pumpkin seeds (optional)**

- 1.** Preheat oven to 375 F
- 2.** Purée milk, tofu, maple syrup, spices, dissolved kuzu and vanilla in a food processor.
- 3.** Pour the purée into an oiled 1 1/2 quart baking dish; mix in brown rice, raisins and seeds; bake for 1 hour.
- 4.** Remove the pudding from the oven, sprinkle with more cinnamon and bake 10 minutes longer.
- 5.** Serve the pudding warm or at room temperature. Rice pudding becomes firmer as it cools.

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