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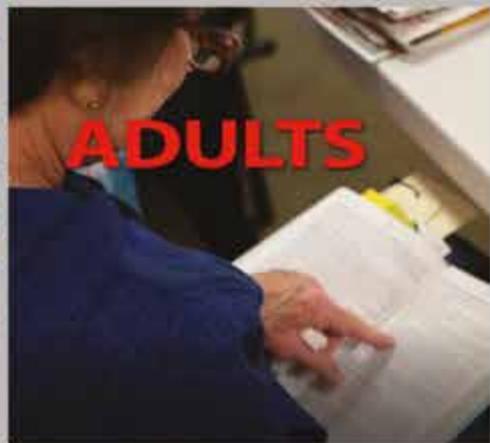


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ON THE COVER



Donald Williams hosts the Back-to-School Bash for almost 16,000 people throughout the community.

Photo by SRC Photography.

# CONTENTS

August 2017 • Volume 12, Issue 8



**8 Celebrating Education**  
The Back-to-School Bash is an event everyone can enjoy.



**18 The Power of Pickleball**  
You don't have to be the fastest or quickest player to enjoy the game.



**28 Learning Together**  
At Home With Matt and Brenda Hayes.

**36 A Needle in a Haystack**  
Cat Krueger has decided to touch people's hearts one stitch at a time.

- 44 BusinessNOW
- 46 Around TownNOW
- 48 FinanceNOW
- 52 CookingNOW

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## Editor's Note

Dear Friends,

Whatever did we do before paved roads, grocery stores and food banks? During Mansfield's beginnings, individuals gathered what they could find in the plains. They hoped, hunted, fished and shared, just as the American Indians, who also found their next meal by staying alert at all times.

It's been a good year for me. I've not struggled with hunger, although a recent email from the North Texas Food Bank told me one out of six residents here are experiencing food insecurity. Many people in our community partner with government-funded food banks to provide families and individuals access to meals containing nutritious foods.

People worrying about where their next meal will come from or how to pay their bills have many avenues for guidance and sustenance. Mansfield Cares helps support food pantries throughout the city, as well as the thrift store and emergency services offered by The Wesley Mission Center. There are also churches in abundance, and their membership is generous with their time and effort.

Look up and all around you, friends, to find your niche for sharing!

*Melissa*

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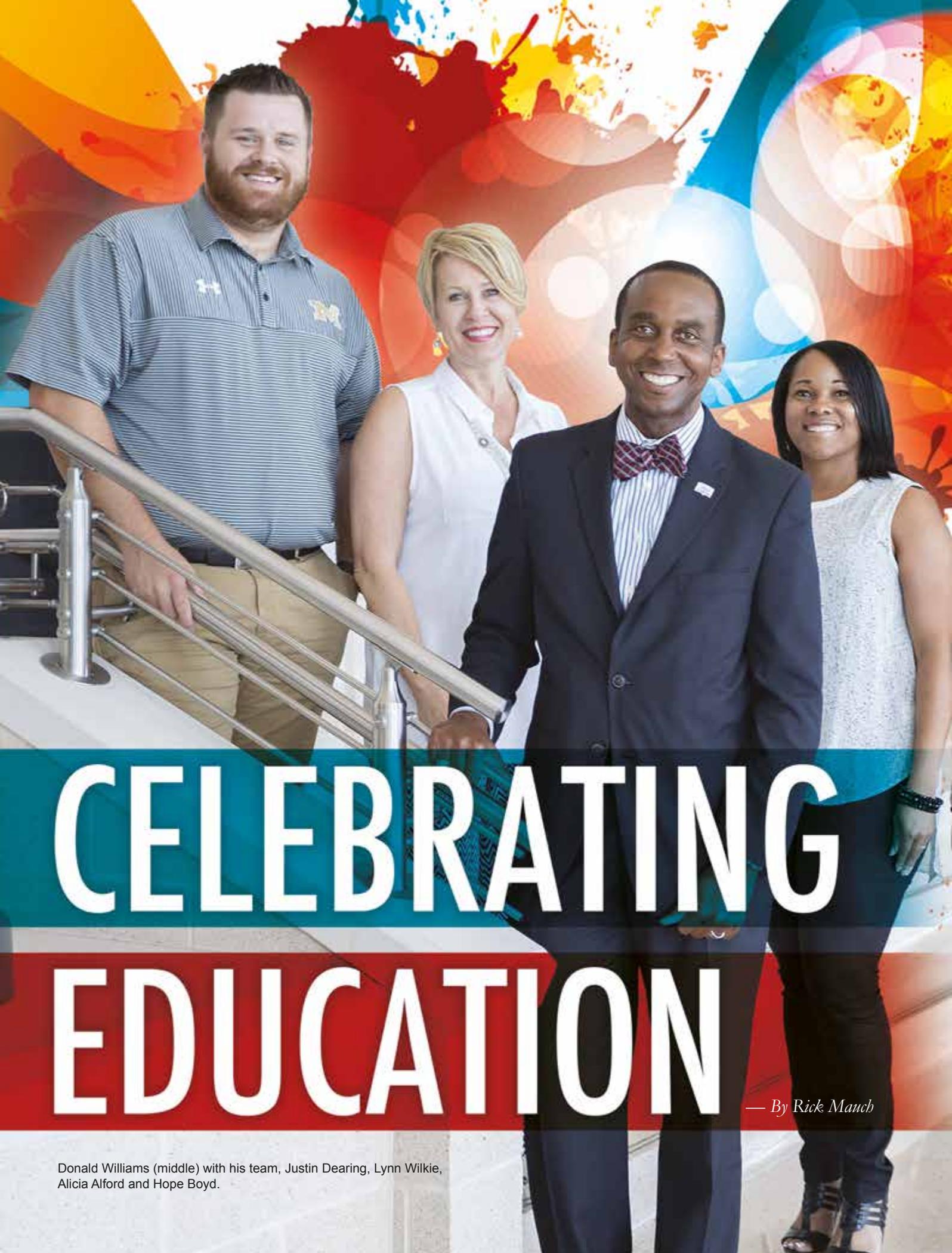
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# CELEBRATING EDUCATION

— *By Rick Mauch*

Donald Williams (middle) with his team, Justin Dearing, Lynn Wilkie, Alicia Alford and Hope Boyd.



*Donald Williams knows how to throw a bash. From Bastrop to Mansfield, he's spent over two decades making folks happy in a variety of ways. The 47-year-old associate superintendent of communications and marketing for the Mansfield Independent School District is in his third year with the district. Before that, he spent 19 years in Bastrop ISD, which is where he graduated from high school.*

He is also the brain trust behind the Back-to-School Bash, which will be held for the second time in Mansfield later this month on Saturday, August 12, from 8:00 a.m. to 1:00 p.m. at the MISD Center for the Performing Arts. "Our focus is on having a celebration," Donald

said. "It's about taking the enthusiasm we get from community partners and saying, 'Come join us. Let's create a fun atmosphere for kids.'"

"The Back-to-School Bash showcases the collaborative spirit of our community," Donald said. Activities will include a dunking booth; face painting; a three-point basketball contest; and entertainment, including the student band, dance and fine arts programs. There will also be opportunities for families to sign up for free or reduced lunches and receive health services. The annual Stuff the Bus School Drive will take place the same day, in which 6,000 backpacks filled with school supplies donated from community partners will be given away.

This is an event for all to enjoy, and the help services are simply part of it all. Quite frankly, the idea is for everyone to have such a good time, it's impossible to tell who is taking part in what event.

And if they get as many or more people than last year, that is likely to be the case. The inaugural Back-to-School Bash in Mansfield



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Individuals from the community have come together with representatives from MISD to produce the 2017 Back-to-School Bash and Stuff the Bus School Supply Drive.

drew almost 16,000 people from the community and beyond. “There were so many people from all different backgrounds who came in and had a great time,” Donald said. “There wasn’t an element of separation. For example, physicals — it had nothing to do with economics. Every kid in athletics needs one. Haircuts — if I need one, I might as well get it here, and money has nothing to do with it.”

Donald once aspired to be an attorney. However, while a student at Texas State University he had an opportunity to work as a volunteer in the San Marcos School District. It opened his eyes to his true calling. “Being a child of poverty, I always thought I could make a good living as an attorney, and my mom always said I have the gift of gab,” Donald admitted. “God had different plans for me. I fell in love with working with kids. My high school basketball coach, Marvin Hall, helped me to become the individual I am today. He always told me education is the great equalizer that no one can take away.”

Today, Donald spends his days working to help all kids understand they can become successful no matter what their circumstances. From kindergarten to seniors, he wants to see them all succeed, just as he has. And he holds himself up as an example that no matter



where you come from, it is possible. "One of the things I absolutely love to do is speak to students and share my story," he said. "I love to tell them about where I grew up. I was from 'that particular community.' If I can do it, they can do it, too. The three most important things in my life are my faith, my family and my fellowship and relationship with my friends. Holding onto those can get a person a long way in this world."





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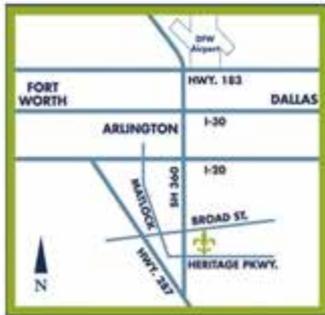
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Donald with his daughter, Malia, and wife, Lisa.

Donald's own family includes his high school sweetheart and wife of 23 years, Lisa, a counselor in the Mansfield ISD. They have a daughter, Malia, a sophomore at Mansfield Legacy High School, and a son, Donovan, who is currently a student at Tarrant County College. However, the biggest influence on Donald's life was his parents. Wherever he goes in life, he always calls upon his upbringing for guidance. "I'm only who I am today because of them," he said. "From an early age, my parents instilled in me the value of hard work."

Mansfield Superintendent Dr. Jim Vaszauskas, or Dr. V, knew right away Donald was the right person for the job. He instructed his staff to find the best community person in the school business for his district with boundaries that encompass over 94 square miles. It includes the city of Mansfield and sections of Arlington, Grand Prairie, Burleson, Fort Worth, Venus, Alvarado and Kennedale. "He's just a great fit. We couldn't have done better," Dr. V said. "And the Back-to-School Bash is something the entire community has gotten behind. Even though we are a very large school district, we still have a small-town feel, and this community loves our kids. Some of the strongest faith-based institutions in our country are within the boundaries of this school district."



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Until the opening of Summit in 2002, Mansfield ISD had only one high school. Today, the district has five high schools, six middle schools, six intermediate schools and 23 elementary schools. Land has been acquired for high schools six and seven for when the time is right to build them.

Donald came up with the idea for the Back-to-School Bash 14 years ago in Bastrop. Bastrop ISD always had strong community support, but he felt that support should be celebrated. "The whole idea was to have a big kick-off to the school year. The word *bash* is key," he said. "We wanted to send a message that it takes all of us to help a kid succeed. We wanted to show everyone who was watching the community of Bastrop that we supported our public schools. We're doing that same thing here in Mansfield, and it's going over just as big."

Folks were watching. They noticed that Donald is a man of action and true to his word. "Donald is a man of uncommon integrity, strong work ethic and passion for his life's purpose," said former Bastrop County Judge Ronnie McDonald. "If he says it will get done, it's done."

Among the community partners helping make the event a success are the Mansfield Police Department, the Arlington Police Department and the Mansfield ISD Police Department. Also, many area businesses are helping out, along with Common Ground Network Inc., an organization of area churches. "We have some real rock stars as community partners," Donald stated.

"I am blessed to be able to be a blessing to others," the ever-humble Donald said. "It's my duty and my privilege to give back to the next generation." **NOW**



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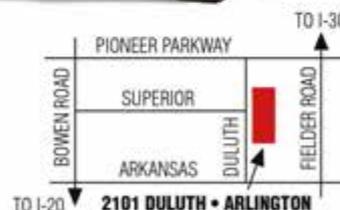
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## The Power of

# Pickleball



*Community activity centers serve as gathering spots for people to develop and strengthen relationships, learn new skills and become involved in various activities and sports. The sound of basketballs bouncing on hardwood floors, ping-pong balls pinging off tabletops and screeching shoes on tennis courts are all typical at any local activity center. However, there is a new sound reverberating at such centers around the country — the sound of a pickleball striking against the wood of a pickleball paddle.*

According to Mansfield Activities Center Supervisor Greg Guse, "Pickleball has been steadily growing since it was first introduced at the Mansfield Activities Center in 2015. We now have over 80 players who come out to enjoy pickleball."

What is this growing sport with the strange name? Bennie Kniffen, who has been retired for seven years, plays pickleball with his wife, Ann, five to six times





**ball**  
— By Derek Jones



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a week. Although he does not claim to be an expert, his time on the pickleball court certainly allows him to speak with some authority on the sport. "It combines the best elements of table tennis, tennis, racquetball and squash," he explained. "Pickleball is played on a court similar to tennis, but on a smaller scale."

Players use small, wooden paddles to bat a whiffle-type ball back and forth across a net attempting to score points, also much like tennis. "Anyone with a background in any paddle or racquet sport can easily adapt to pickleball," Bennie added.

In recent years, the game of pickleball has experienced explosive growth in popularity, primarily with seniors. Bennie explained why the game is so popular with the older set. "The court is roughly one-quarter the size of a tennis court," he said, "so you don't have to be the fastest or quickest player to enjoy the game." That, coupled with the



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fact the game is played as doubles, means players do not have to cover as much ground to play.

However, he was quick to note, “More college-age kids, young married couples and singles are showing up every day to play because the pace of the game is quick and requires strategy.” Bennie’s astute observations on the growth of pickleball are spot-on. According to the USA Pickleball Association, in 2003, there were only 39 places to play pickleball in the United States. As of 2013, there were over 1,400 places to play, and the number has steadily increased every year.

On January 19 of this year, the MAC hosted its first pickleball tournament. The tournament was a success, as 18 teams from 19 different cities showed up to play mixed doubles and women’s doubles. Bennie and Ann both competed in the tournament. “The tournament was fun because people from all over North Texas came to compete,” Bennie shared. “It was amazing to see people play at such a high level.”

Ann spoke very highly of the Mansfield-hosted tournament. “The excellent leadership of Greg Guse during the tournament is one of the things which convinced us to continue playing pickleball at the MAC.” The next Mansfield pickleball tournament will be held later this month, on August 24, and should see even larger participation numbers, as there will be an added men’s division to the women’s and mixed divisions.

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The pickleball tournament may be what first attracted Bennie and Ann to begin playing at the MAC, but it is the friendships they have developed since that have kept them coming back. “I didn’t know any of these people until a few months ago,” Ann admitted, “and now we all look forward to seeing each other each week.”

Along with his wife, Bennie acknowledged the importance of friendships fostered through playing pickleball. According to Bennie, “Because the court is small, it offers players the opportunity to talk across the net. Pickleball is all about camaraderie, and playing in such close proximity to one another helps.”

Bennie also acknowledged the impact the sport has had on his relationship with Ann. “My wife and I never competed in anything together, but we found a common interest in pickleball,” he stated. This aspect of pickleball is very important to Bennie and Ann because they were looking for something they could do together during retirement.

“Pickleball was the perfect fit,” Ann added.

Although the sport of pickleball has seen major growth over the last 10 years, it can still be somewhat of a struggle to find places that offer the courts and equipment. This is one way the MAC demonstrates its value to the community. Greg had enough vision and foresight to acknowledge the contribution an activity like this could add to the senior community. He praised the Parks and Recreation Department and their commitment to teamwork. “Our department stays up on the trends in the parks and recreation world,” he said, “and we knew pickleball was popular in other



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areas, and could be in Mansfield, also. I played pickleball in college and enjoyed the sport," he added. Introducing pickleball at the MAC was a logical step.

For those interested in playing pickleball for the first time, Bennie offered, "Anyone can play pickleball. Just give it a try?"

The MAC opens the pickleball court at various times throughout the week to offer convenience for everyone. The support crew at the MAC sets up the pickleball nets and supplies the pickleballs. The activities center also provides basic wooden pickleball paddles at no charge or will rent composite paddles. "Anyone can come out and play," Greg explained. "Single day passes are offered, or it is free to MAC members."

The attentive staff at the MAC has worked hard to remove any barriers that would prevent someone from coming out and giving it a try. Greg would love to see more people involved with the sport. "Come out and try it! It is the fastest growing sport in the country for those over 55, and it is easy to learn," Bennie said. "We have made new friends of all ages."

As for the name *pickleball*, its origin depends on who you ask. Many, including Bennie, claim the name was derived from a dog named Pickles, who would chase the ball and run away with it. Others claim the name was inspired by the pickle boat in rowing where oarsmen were chosen from the leftovers of other boats. Regardless of which story one accepts, it is certain the sport provides entertainment and friendships to its participants. Perhaps Bennie gave the most powerful endorsement of pickleball when he said, "I don't know anyone who has tried pickleball and then quit." **NOW**



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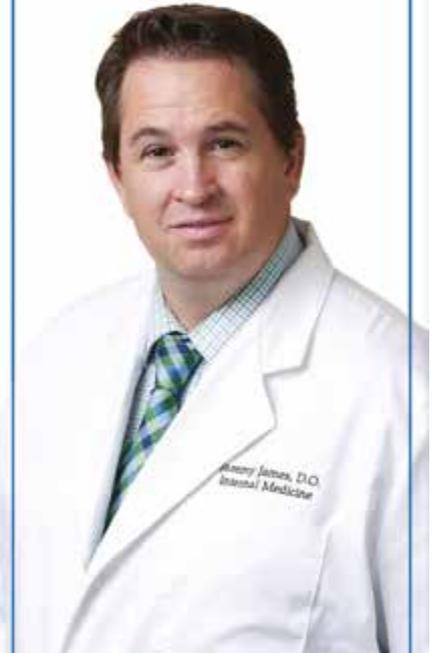
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— By Melissa Rawlins

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Reminders of loved ones surround the Hayeses, who filled their Texas room with family heirlooms, from homemade furniture to military souvenirs. The guest room holds art by fine family craftsmen, including a dresser built by Matt's brother, a four-panel nature scene painted by their mother and a freshly fluttering butterfly Brenda painted while in college. Photos of the couple's grown children grace hallways, shelves and windowsills. A woman who recently dwelt with her five kids in the children's wing threaded her signature into the watercolor-bright, storybook quilt representing faith and family she helped Brenda quilt for the master bedroom.

Matt and Brenda's 39-year union is built on love and communication. Matt asked Brenda a question one August day during history class at San Jacinto College. "Then I asked about his USMC tattoo," she recalled, "and he opened up a conversation that has never ended." They married the following May, finished college, and then Matt returned to the Marines as an officer. After 10

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years of traveling together for his military career, he found civilian work in Oklahoma. But soon the desire to be near family brought them back to Texas. While living in a large David Weekly home in Arlington in the late 1990s, the family experienced a corporate layoff, serendipitously prompting their move to Mansfield.

“Brenda said, ‘Let’s pray before we make a decision.’ Both of us heard, ‘Let’s go into the dog business,’” said Matt, explaining that a friend of a friend had already suggested they buy into a drug detection company. They accepted and now operate the largest of Interquest’s franchises. In its early stages, however, they found they had too many dogs for the city limits of Arlington.

Again, they prayed. Matt drove through the country the next day and came across



this house. Telling Brenda he’d found a little farmhouse on some acreage, they drove by the next day and found a *For Sale by Owner* sign. Brenda recalled some apprehension due to the condition of the 1,600-square-foot house, which was built in 1963. “Matt said, ‘Trust me, I can turn this into a piece of gold.’ He could see the bones and the vision,” Brenda said, “and all I could see was that it needed so much work.”

Though they’d always lived in apartments or subdivisions, their transition to country living in 2002 brought intense satisfaction. Being surrounded by trees and horses felt wonderful. They immediately went to work cleaning, strengthening and enlarging first the barn, well house, garage and, finally, the house. The challenges were many, but they have learned together.

Matt already appreciated the simplicity of construction’s puzzle-like mathematics, because as a young man he worked in his brother’s high-end cabinetry shop in Houston. By teaching Brenda to help him lay tile, frame, texture and paint, Matt has saved the couple money on labor. It’s also saved them space. “I like to bury things in walls,” he said, pointing to the ironing board built into the bedroom wall and drawer units

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built into the closet — instead of dressers in the bedroom.

Not surprisingly, their church depends upon the Hayeses to teach classes like Financial Peace University and Love and Respect together. Transforming their sweet place, built on a pier-and-beam foundation, has produced as much laughter as labor. The day they moved in, they stepped through a hole near the built-in fireplace that they have since removed. “That process left a different hole,” Brenda said. “Meanwhile, we’d been repairing the eaves. One morning, as my son, Kevin, stepped into the living room, a squirrel dropped through the ceiling! Both were shocked to see each other. He said, ‘Mom! Do you realize how long the nails and teeth are on a squirrel?’”

Such stories richly texture their lives. Every time they open the pantry door — installed by Matt so when it opens, a light automatically shines on the shelves — they are reminded that he also had to flip the glass in the door, which they got for half price, so when it is closed, it no longer reads YRTNAP. Their kitchen remodel removed a wall, added all new cabinets, tiled the backsplash and gave Brenda deep-blue granite counters on which she displays a wooden cutting board engraved with her grandmother’s handwritten peach cobbler recipe.

Across the island, near the repurposed wooden dining table, Brenda displays her maternal grandfather’s cabinet she stripped and refinished. Hanging above it is a unique clock. The sentiment on the clock reads, *Matt And Brenda ... May 20, 1978... to have and to hold.* “So, I have no excuse for missing our anniversary, and I haven’t yet,” proclaimed Matt, who is a very practical man. Above the dining sideboard, he added cabinets with a cubby between them for displaying pictures from their travels.





Lately, they travel together when he teaches classes in jurisprudence or attends courses required to remain current in the law and customs pertaining to his current role as justice of the peace in Tarrant County, Precinct 7. The living room wall boasts a beautiful map of the United States, punctuated by colored pushpins representing places they have been, in red, and others on their bucket list, in blue. “The yellow pin is our favorite destination,” he said, “and it’s in Mansfield.”

The sky blue walls, interrupted only by one accent wall painted in a pale khaki selected by Matt, remind Brenda of heavenly colors and pick up the blue in the tapestry on their astounding hall tree. They purchased it together at an auction, not only because they had always wanted one, but also because she appreciated the tapestry’s rendition of women working together in a sewing circle.

Many of the art pieces in Matt and Brenda’s home were gifts from artists, family and friends, many of whom have been made during the couple’s lifetime of political work. “The Texas Supreme Court Justice John Devine commissioned the Ten Commandments painting for his courtroom, and he gave us a print he signed,” Matt said. “He was very good friends with Brenda’s brother, Roy Stinnett.”

With so many friends and family, they needed a large venue when their daughter married. As they had been dreaming of an outdoor living area, they built a 1,700-square-foot multilevel deck with 8-by-8-inch cedar beams supporting a cathedral-style roof. It’s so tall, it doesn’t impede the view through the dining room’s picture windows. Their daughter was married here for less than the cost of renting a venue.

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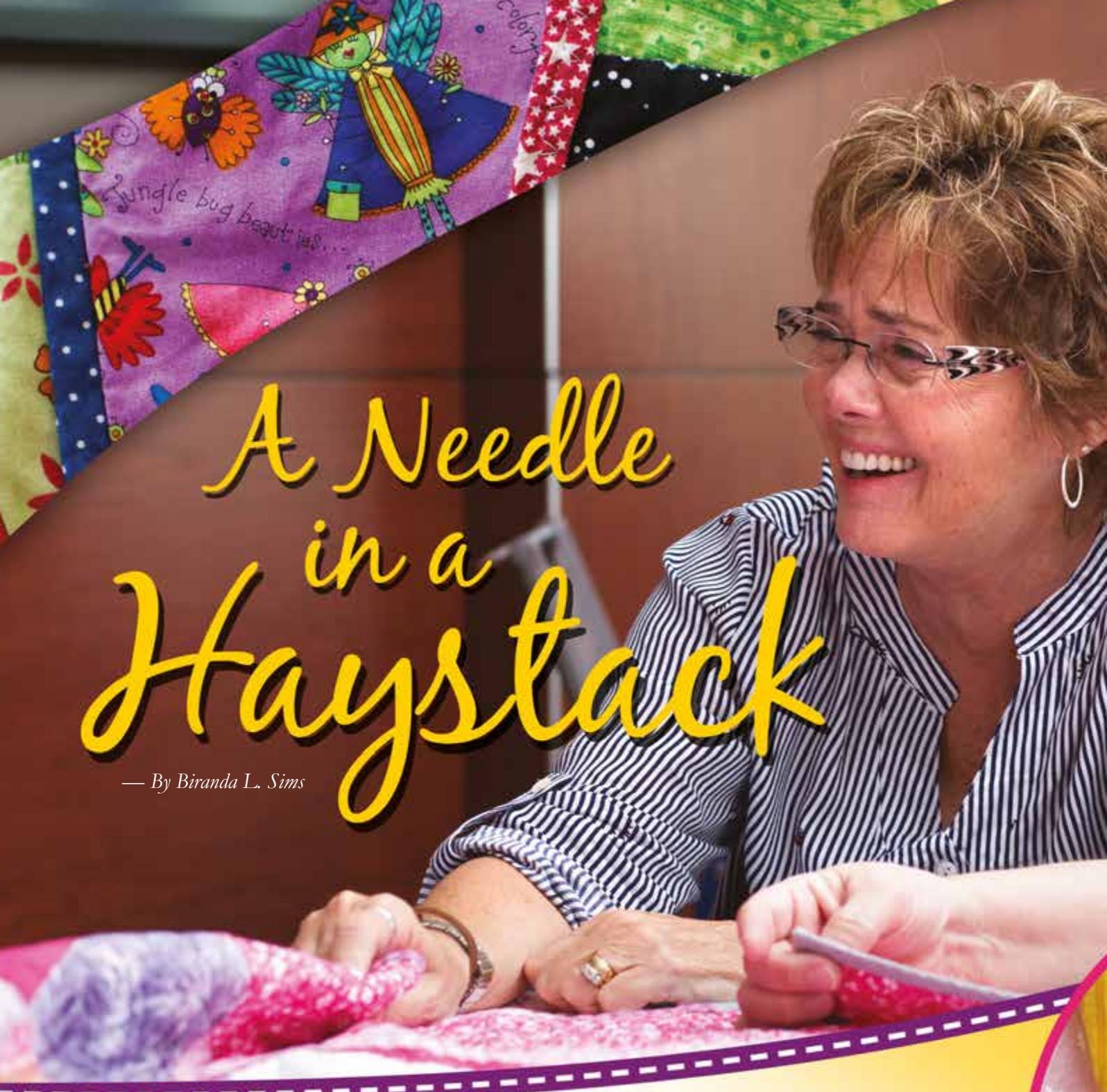
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# A Needle in a Haystack

— By Biranda L. Sims

*Cat Krueger found out very soon after moving from Arlington that the city of Mansfield had lots of things to offer, like Hawaiian Falls Mansfield and the Mansfield Historical Museum and Heritage Center. These were but a few activities that could be found in the buzzing town Cat now called home. There were endless clubs she could join, like the Women's Club that boasts empowerment, as well as numerous book clubs. But, there was still something missing.*

Last summer, Cat and two ladies from her Sunday school class at First Methodist Mansfield found out what it was. The three ladies met for lunch and discussed the absence of a quilting community. It was then that Quilting with Heart, an open-membership, no-dues gathering of quilters with a common interest, was formed. "Probably everybody I know and their friends already have a quilt



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from me,” Cat laughed. “People were always blessed by them, and I wanted to continue doing it, but I had run out of family members.”

The art of quilting dates as far back as the 13th century, although no one can be exact about its origin. “It’s had the ability to withstand time and cultures,” shared Cat, a native of the Great Lake state of Michigan, who honed her quilting skills there. She learned how to quilt at the age of 29 from a book, although she recommends learning it firsthand and in person, instead of the way she did. “I have lived in Mansfield for six years, and I love this community,” she said, “and I love my church.”

Love can come in many forms. It can be presented as a hug, an unselfish act or even in the stitches of a beautiful handmade quilt. This is the first year that Cat and the group will share their love of quilting with patients at Methodist Mansfield Medical Center. The types of quilts the ladies make for charity are referred to as “lap quilts.” They are the perfect size for a child or someone who may be confined to a wheelchair or who sits a lot, and they provide a great excuse to snuggle. They are approximately 50-by-60 inches in overall size. There are other types of quilts in addition to the lap. The twin-, queen- and king-sized quilts may sound more familiar to those who collect them.

Creating a quilt can be as simple or challenging as you choose to make it. The patterns or panels can also be purchased from the local store. No matter how a

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*“Quilts are the most comforting, loving piece of art.”*

quilt turns out, the love and time that is put into it will outshine any mistake made. It takes time to become a pro. As with everything, the more someone practices, the better they get. Some types of quilt patterns include the Central Park, the Ripple, the Spring Fling and the Equalizer. You can add lace, beads and many other embellishments to make each quilt one of a kind.

Quilting with Heart meetings are open to the public, but Cat emphasizes they don't sew and create the quilts during the meetings. They teach fellowship and spend time connecting on a personal level. Once they depart and return to their homes, the process of giving an intimate part of themselves through quilting begins. “Our whole focus was that we were done making quilts for everybody on the planet that we know,” Cat explained. “We're now going to make

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quilts for people who need them, as well as for people we don't know?"

The group meets at First Methodist Mansfield throughout the school year and takes the summers off. September 20 will be their first meeting after summer comes to an end. When the group first began a year ago, they weren't expecting too many in attendance. Maybe two or three at the most, but they were surprised when a dozen ladies showed up for the gathering. As it continued to grow in membership, the duty of giving back to the community continued, as well.

Members of Quilting with Heart were filled with excitement and anticipation as their delivery date drew near. They delivered 53 quilts to Methodist Mansfield Medical Center this summer. Although it's a known fact that Texas summers can be brutal, it's also a fact that the colder temperatures in a hospital can be just as brutal. So, the quilts will definitely come in handy.

"Quilts are the most comforting, loving pieces of art. To get a quilt from someone who doesn't know you but has prayed for you..." she paused and seemed to mentally savor the very act that she had described, "that's a giant thing. I'm so excited about this opportunity because it will allow us the kind of connections that we wouldn't get anywhere else. If we can get more people, then we can make more quilts," she stated.

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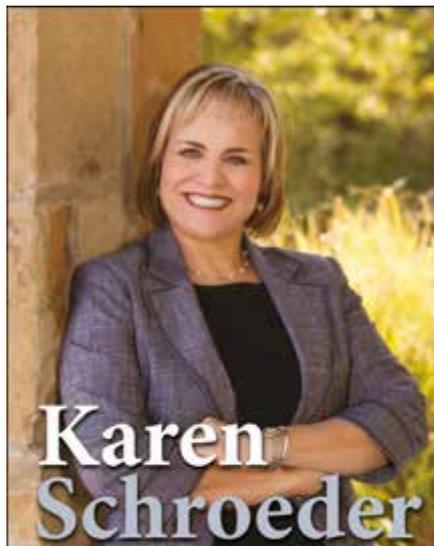
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This experience gave Cat a chance to give back to her new community. “My grandchildren are good, and my six kids are grown up. I wanted to give back what was needed,” she emphasized. “It turned out to be a wonderful thing. When you get to give back something you love to do, that’s truly God’s plan.”

One of life’s lessons that Cat has learned is that she doesn’t have to be in control. “Everything is going to be just fine,” she admitted. “It’s a freedom that I wished I’d learned earlier on.”

If she’d learned this lesson on not being in control sooner, she feels her time, energy and prayer life wouldn’t have focused on other things. “It would have been focused on important things,” she confessed. “I hate that I rushed through life so fast, and I forgot to slow down and go, ‘Whoa, smell that fresh cut grass!’ But, I am grateful that I did learn.”

Sometimes love can be seen in the eyes of a newborn baby’s mother. At other times, it can be smelled by what’s baking in the kitchen of someone you love. And every so often, it can be felt through the stitching and sewing of a simple gift like a quilt. Yes, needles can be hard to find in a haystack, but love will always make a way for it to be found. Let your needle shine. **NOW**

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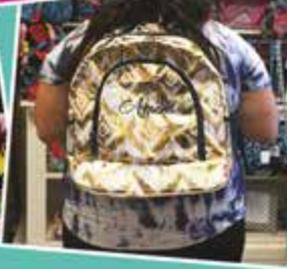


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Chef Anthony Cucci is the third of four generations of Cuccis, all honoring Salvatore Cucci by serving generous, authentic Italian meals at La Gondola.

# Taste the Love

*Experience a bit of Italy in La Gondola's casual, fine dining ambience. — By Melissa Rawlins*

Mansfield's little secret is hidden behind trees lining Debbie Lane. Once you find La Gondola, you'll want to share their homemade, family-style Italian meals. Luncheons are superb, affordable and calm. Dinners can be simple or extravagant, your choice, but always elegant.

La Gondola's service makes you feel like you've arrived home. Servers are in tune with your every desire, because that's how the owners grew up.

Chef Anthony Cucci inherited the business from his father, Chef Salvatore Cucci, and his mother, Rita. Since Salvatore has passed away, Rita is actively concerned with La Gondola, purchasing all their fresh cheese, butter, vegetables and meats, plus bread and desserts. She also cares for Salvatore's 92-year-old mother, Vita, who brought Salvatore to New York City in the 1950s.

"She did not teach him to cook. He taught himself," Rita said. "However, several of Vita's recipes are served here, like our fresh sauce

done the way we do in Italy with fresh tomato, basil, onions, salt, a little bit of pepper and olive oil."

Salvatore met and married Rita while on a trip back to Italy. In New York, they had two children, first Anthony and then Daniella. Their third child, Laura, and fourth, Stefano, were born to them in Pennsylvania, where they established The Original Italian Pizzeria. During this time, Anthony began cooking. "We sent him to North Carolina to study with a chef, and now he can cook any kind of food," Rita said.

"Here, he only makes Italian, sometimes a bit of American. Like all southern Italian people, we don't eat a lot of cream," Rita said, "but here we arrange it like the people love." Customers usually can choose between two soups, one traditionally Italian and one with cream.

In the 1980s, the family moved their pizzeria to Arlington, Texas, and clientele quickly grew. They then opened a full-service restaurant called

Italian Villa. “Those customers are always excited when they discover us in Mansfield, where we offer the same food, same people, same ambience. Only the look is different,” said Anthony, who fell in love with his wife, Patchara, when she and her father worked alongside him at Italian Villa.

Patchara and Anthony’s children, 7-year-old Isabella, and her 4-year-old brother, Gianluca, sometimes help fold napkins, wipe tables and put bread baskets together. “At La Gondola, everything is fun to make,” Anthony said. “My joy in cooking is there are no complaints. Everybody leaves here happy, because the food was good. My family has been about spirits and food my whole life, and I want to give my father that homage.”

---

**“If you show up, you’re going to be fed, full and happy.”**

---

When his customers discover a favorite dish, they often request it again. “If you like something, like sea bass or ravioli, we do it for you,” said Rita, who prefers for La Gondola to operate as a family place where everybody is welcome, even with children. Adults will still enjoy their treats, from a full wine selection to freshly made espresso and cappuccino. “It’s custom,” Rita said. “Italian people always have espresso after they eat.” La Gondola also offers desserts like tiramisu, limoncello cake, cannoli pastries or crème brûlée.

“Italians are all about food, so cooking is part of their tradition. If you show up, you’re going to be fed, full and happy,” Patchara said. Come any day, anytime and experience the Cucci family’s form of love — great food, great service and no rush. **NOW**

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Nathan Burnett learns how much strength is required to break a raw egg during a field trip his MISD class.



Ryan Foley and his son, Jax, are all smiles after winning a soccer game.



Teamwork is the daily routine for brothers Jim, Danny, Tom and Johnny Byrne, who are celebrating 38 years in their Mansfield location.



Mark Howlett and Michael Wilkerson attend a networking event to tell everyone their Jiffy Lube on Country Club now does tires.



The Chappell family enjoys reading in a nook of the Mansfield Public Library.



Jaelyn Bethea of Lake Ridge High School, second from right, received the \$4,000 Rita Hamner Scholarship from Texas Trust Credit Union.



Laurie Fleiner, Manager of Mansfield's Economic Development Business Retention and Expansion, joins Renee Parker and Amber Gosser of Workforce Solutions for Tarrant County, at a recent job fair.



This group of kids have been friends since their kindergarten days at Tarver Rendon Elementary School. Now eight years later, they show off their 2017 school awards earned at Linda Jobe Middle School.

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## When You Retire, Where Can You Find Investment Income?

As an investor, your main goals will change at different times in your life. During your working years, you need to grow as many resources as possible for retirement. Once you retire, however, you will likely need to focus more on getting income from your investments. But what are your options?

There's no shortage of income-producing investments, of course. You might immediately think of bonds, which can provide regular interest payments and probable preservation of principal, provided the bonds are considered "investment grade." Still, if interest rates are low when you retire — as they have been for several years now — bonds might not provide you with as much income as you need. And just as importantly, the income you receive from most bonds won't rise over time, leaving you susceptible to inflation and the loss of purchasing power. Consequently, you may also need to explore other types of income-generating vehicles, including dividend-paying stocks and real estate investment trusts (REITs). Some stocks have not only paid, but also increased, their dividends for many consecutive years. These stocks have historically provided the potential for rising income to help combat inflation and are typically well-run companies that strive to reward their investors. Nonetheless, you need to recognize that even these stocks are not obligated to pay you dividends, and they are free to lower or discontinue them at any time without notice.

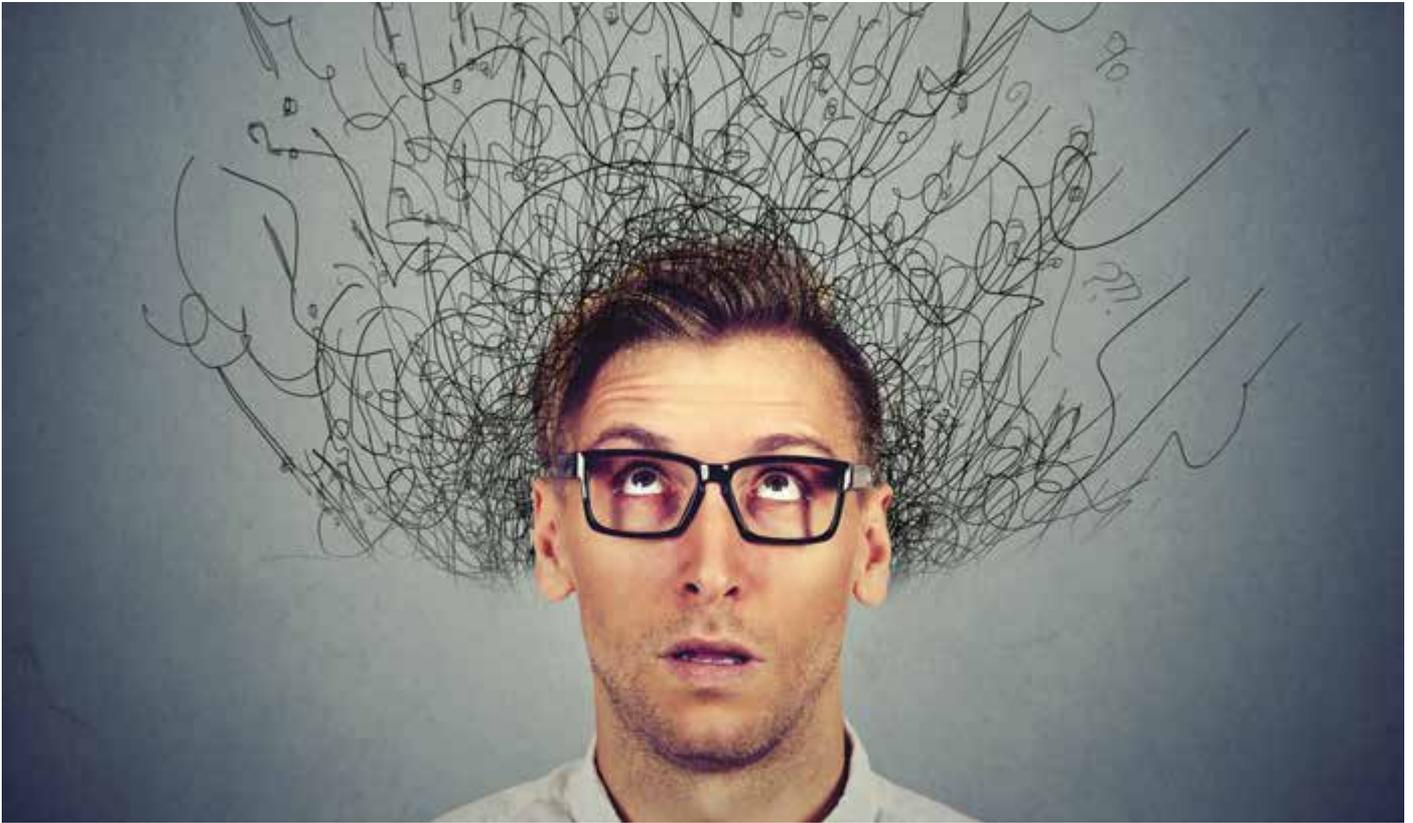
Now, let's turn to a second type of potential income-producing asset: Real estate investment trusts (REITs). Different types of REITs are available. For example, equity REITs invest in and own commercial properties, such as hotels and shopping centers, while mortgage REITs, as the name suggests, own and invest in property

mortgages. Is one form of REIT better than another? There's no simple answer. On the one hand, mortgage REITs are considered riskier than equity REITs. However, mortgage REITs often pay quite large dividends, although the payout can be inconsistent. (Like all REITs, mortgage REITs must pay 90 percent of their taxable income to investors in the form of dividends. Due to this requirement, REITs generally need to raise capital to finance their growth plans, and this necessity can affect their share prices.)

Other factors, such as changing interest rates, will affect the value of mortgage and equity REITs differently. Specifically, rising interest rates will likely cause the market value of the property mortgages inside mortgage REITs to fall, whereas equity REITs, which own actual buildings, might actually benefit if the Federal Reserve raises interest rates, as such a move would indicate a strong economy, more jobs and greater demand for office space. In the short term, though, even equity REITs can react negatively to an interest-rate increase. But over the long term, this movement can be offset by the benefits of earnings and dividend growth driven by a growing economy.

Clearly, there's much to think about when considering potential income-producing options, such as bonds, dividend-paying stocks and REITs. Ultimately, you will need to weigh the merits and risks of these investments — including interest rate risk, credit risk and market risk — and determine which of them, or which combination of them, are most appropriate for your needs. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jeff Trentham is an Edward Jones representative based in Arlington.*



## A Mind on the Run

— By Betty Tryon, BSN

“I can’t sit still.” Those words come from an online blogger, who just needed to vent about ADHD, Attention Deficit Hyperactivity Disorder. She went on to chronicle her struggle with her thought patterns. “Like, I should have one thought that’s supposed to do its thing. Instead, it feels like there’s hundreds, all darting in different directions and confusing the others.” ADHD is a neurodevelopmental disorder that begins in childhood and can last into adulthood.

There are three types of this condition: inattention, hyperactivity and impulsivity. It is possible to have only one or a combination of the types. All of these behaviors can occur in anyone, but when they reach a level that causes everyday routines to be disrupted on a frequent basis, it is characteristic of ADHD disorder. Behaviors will differ from one person to another. Some will exhibit a combination of symptoms of this condition. Whatever symptoms are most predominant determine the diagnosis. Males are more likely to have this disorder than females. ADHD often coexists with other behaviors, such as anxiety disorders, learning disabilities and depression.

Inattention is characterized by someone having difficulty with organizational skills. They have problems keeping things in order and manage their time poorly. They make careless mistakes performing important tasks and are constantly losing items. There is difficulty in focusing and staying on task. When it comes to performing tasks that require mental focus, those with inattention may completely avoid them.

Hyperactivity and impulsivity are often seen in combination. When a person is hyperactive, that behavior will often be seen in very unhealthy ways, and being impulsive is a part of that. An example of the predominantly hyperactivity-impulsivity presentation is a person who fidgets constantly and can’t seem to sit still. Engaging in quiet activities is difficult. This patient seems to be the type of person who has to go, go, go all the time, is impatient, has trouble standing in line and engages in nonstop talking.

The cause of ADHD is still unknown. Environmental toxins have been blamed, possible brain injury, genetic factors and even cigarettes and alcohol are all suggested causes of ADHD.

The goal of treatment for ADHD is to reduce symptoms for better function. The treatment has to be patient specific and age appropriate. What works for children might not work for adults and vice versa.

When helping children with ADHD, it’s important not to label them as “bad” kids. Their behavior is not meant to disrupt and with treatment can improve. Managing this disorder gives the person a chance to live a more normal and calmer life. **NOW**

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

### August 2, 9

Feed the Kids for Summer: 10:00-11:00 a.m. and 6:00-7:00 p.m., Mansfield Cares Warehouse, 150 S. 6th Ave. Contact Greg Lingle, (817) 473-8980 or [glingle@mbcchurch.com](mailto:glingle@mbcchurch.com).

### August 2, 9, 16, 23, 30

Veterans Support Groups: 6:00-9:00 p.m., C Building, First United Methodist Church, 777 N. Walnut Creek. For more information, call (817) 477-2287, x 231.

### August 5, 12

Free Live Music: 7:00-9:30 p.m., The LOT Downtown, 110 S Main St. On **August 5**, a 4-piece modern funk and soul band from New Orleans, Chapter:Soul, shares from its just-released mixtape, *The Bible:Book I*. On **August 12**, come get honky tonky with the Tejas Brothers quartet, who combine Tex-Mex with rock 'n' roll. Free. [www.thelotdowntown.com](http://www.thelotdowntown.com).

### August 5, 19

Kayaking: **August 5**, 7:00-8:30 p.m.; **August 19**, 9:00-10:30 a.m., Britton Park, 591 Seeton Rd. Pre-register. \$22 per person. (817) 728-3680.

### August 10

Business After Hours: 5:30-7:30 p.m., 1451 Heritage Pkwy., Kennedale. RSVP to (817) 473-0507 or [Lori@mansfieldchamber.org](mailto:Lori@mansfieldchamber.org).

### August 12

MISD Back-to-School Bash: 8:00 a.m.-1:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln. Admission is free for families wishing to enroll for free or reduced lunches, receive health services and take-home backpacks filled with school supplies donated from community partners. Contact (817) 299-6345.

### August 18

5th Annual Mansfield Senior Citizens Day: 9:00 a.m.-1:00 p.m., Mansfield Activities Center, 106 Wisteria. This free, Moroccan inspired celebration includes food, door prizes, bingo and entertainment that promises to enchant. Please pre-register by **August 11** by calling (817) 728-3680, ext. 3687.

### August 19

Get Growing Mansfield: 10:00-11:00 a.m., The Garden Tent (next to the snow cone stand), Mansfield Farmers Market, 703 E. Broad St. Pay nothing for secrets for your Home

Harvest, taught by Mary Elizabeth Phillips during the Get Growing Mansfield Gardening Series. [water@mansfieldtexas.gov](mailto:water@mansfieldtexas.gov).

### August 24

Pickleball Tournament: 8:30 a.m.-5:00 p.m., 106 S. Wisteria. Watch players from around the Metroplex take on other teams in this double elimination contest. If you wish to play, please register for \$20 per player by **August 17** at Mansfield Activities Center, (817) 728-3680.

### August 26

Creative Bible Journaling: 10:00 a.m.-noon, First United Methodist Church, 777 N. Walnut Creek. Register by **August 21**. For more information, call (817) 477-2287, x 231.

### Ongoing:

### Saturdays Through October 28

Mansfield Farmer's Market: 8:00 a.m.-1:00 p.m., 703 E. Broad St. Contact Rex Wenger, (817) 501-6027, or [www.mansfieldtxfarmersmarket.com](http://www.mansfieldtxfarmersmarket.com).

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*

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## In the Kitchen With Patty Waldrop

— By *Melissa Rawlins*

Patty Waldrop’s fond memories of family and food include learning to cook from her mother, still her favorite cook, who taught Patty the importance of a well-balanced meal containing protein, starch, vegetables, salad and, sometimes, dessert. “Dad bought our milk from a local dairy farmer. We would skim off the cream to make ice cream in our old-fashioned, hand-crank ice cream maker,” Patty remembered.

She still takes pleasure preparing delicious desserts containing vital nutrients to feed the body. Her Mansfield Seventh-day Adventist Church family enjoys her offerings on the third week of every month, when she leads a team serving a healthy, whole foods, plant-based lunch following Sabbath worship. She has also cooked the recipes below for volunteers, as well as patients, at the church’s free, two-day medical clinics. **NOW**

### Slow Cooker Oat Groats

- 1 cup oat groats
- 1 cup whole barley
- 1 tsp. salt
- 1 tsp. vanilla
- 6 cups water
- 1 cinnamon stick
- 1 6-oz. can coconut milk
- 1-2 cups almond milk, or your favorite non-dairy milk
- Optional toppings of your choice: nuts, fruit or seeds like chia, flax, hemp, pumpkin, sesame and sunflower, to taste

1. Add first 6 ingredients to your slow cooker and stir. Cook on low for 6 1/2 to 9 hours, depending on the speed of your cooker.
2. Once cooked, stir in coconut milk and almond milk until desired creaminess is achieved.
3. Add topping of your choice.

### Oatmeal Walnut Cookies

*Yields about 4 dozen small cookies.*

- 3 cups old-fashioned rolled oats
- 2 cups whole wheat pastry flour
- 1 tsp. baking soda
- 1/2 tsp. Rumford Baking Powder, or any brand that is aluminum free
- 1/2 tsp. sea salt
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 2/3 cup Earth Balance Vegan Buttery Spread
- 1 1/2 to 2 cups Sucanat
- 1/2 cup unsweetened almond milk, or other nondairy milk
- 1 Tbsp. finely ground flax seed
- 1 tsp. pure vanilla extract
- 1 cup shredded coconut, unsweetened
- 1 cup walnuts, coarsely chopped

1. Preheat the oven to 350 F
2. In a medium-size bowl, combine oats,

flour, baking soda, baking powder, salt and spices; set aside.

3. In a second bowl, beat together Earth Balance, Sucanat, almond milk, flax seed and vanilla.
4. Fold in half of the flour mixture to moisten, and then fold in second half. Just before mixture is completely combined, fold in coconut and walnuts.
5. For each cookie, drop 1 Tbsp. dough onto a paper-lined or greased cookie sheet. Leave about 1 inch of space between each cookie and flatten slightly with moistened fingers, or with the moistened back of a measuring cup or spoon.
6. Bake for 12-16 minutes, until edges start to brown. Let the cookies rest on the cookie sheet for 5 minutes. Transfer to wire racks to cool completely.

### Patty’s Favorite Spaghetti Sauce

*Makes about 2 quarts.*

- 1/2 cup bulgur wheat
- 1/2 tsp. salt
- 3 1/2 cups water (divided use)
- 4 cloves garlic, minced
- 1 medium onion, diced small
- 2 Tbsp. grapeseed oil
- 1 large green pepper, diced small
- 1 8-oz. pack mushrooms, cut in large pieces
- 2 tsp. dried sweet basil
- 1 Tbsp. Italian seasoning
- 2 tsp. onion powder
- 2 Tbsp. raw honey
- 1 Tbsp. nutritional yeast flakes
- 1 15-oz. can sliced black olives
- 2 16-oz. cans tomato sauce
- 1 16-oz. can diced, fire roasted tomatoes
- 1 16-oz. pkg. pasta of your choice

1. Place bulgur wheat and salt in a bowl. Boil 1/2 cup water; add to the bowl. Let bulgur stand for 1 hour. (This can be made ahead in large batches and frozen in small, 1- to 2-cup portions.)
2. Sauté garlic and onion in grapeseed oil until onions are translucent; add green peppers and mushrooms.
3. Add remaining ingredients and simmer for 20 minutes.
4. Defrost bulgur, if necessary. Drain excess water from bulgur and add to sauce.
5. Boil 3 cups water; drop in your favorite pasta. Once cooked, drain well; serve with spaghetti sauce.
6. *Note:* Can be made ahead of time and refrigerated for up to 3 days or frozen for 1 month.

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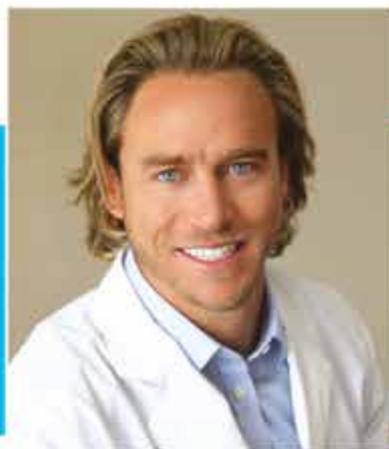


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