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M A G A Z I N E

FEBRUARY 2024

A Servant's Heart

Chiketa Williams
stands on the
backs of giants

In the Kitchen With
Tiffany Williamson

Also inside:

Scavenger Hunt

Crossword

Featured Business:
DivineTouch
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Office Assistant, Kristin Bato
Editors/Proofreaders, Rachel Rich
Virginia Riddle

GRAPHICS AND DESIGN
Creative Director, Chris McCalla
Artists, Kristin Bato . Beth Davis
Martha Macias . Anthony Sarmienta

PHOTOGRAPHY
Photography Director, Chris McCalla
Photographer, Lori Baur

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Advertising Representatives,
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Sandra

Sandra Walters
MansfieldNOW Editor
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EDITOR'S NOTE

Mansfield Family ...

Wow! How time flies. I've written three editor's notes for the month of February in the past three years, and that feels utterly surreal! It seems like just yesterday I stepped into this role, but evidently, that's not the case. I guess that means I'm no longer new.

Someone called and said, "Hello, I heard you were the gatekeeper of *MansfieldNOW*." I laughed hysterically. I thought, *I haven't even been in this position that long*. Yet, the truth is, it's been a delightful journey, and most of the time, it doesn't even feel like work. Initially, adjusting to the public nature of this role was challenging for me. I'm naturally a private person, so stepping somewhat into the spotlight was a bit nerve-racking at first. However, the warmth and love shown from the community have been overwhelming, and I am grateful for each of you.

As we embark on Black History Month, we are, in essence, living Dr. Martin Luther King's dream on a daily basis. I get the pleasure of learning about a variety of cultures firsthand — interviewing, attending church with people from all walks of life, the freedom to go anywhere and being one of the editors of *NOW Magazines*.

When I imagine being separated from loved ones — such a thought brings tears to my eyes. I will forever appreciate my ancestors and other individuals who changed America's history. I realize making a difference has a lot to do with the fight, strength and heart. It looks like love. As my husband's grandmother wisely used to say, "Just love one another." In the end, we share more similarities than differences.

This month I challenge you to love as many people as possible!

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A SERVANT'S HEART

— By Sandra Walters

In the United States, the history and customs of the African-American culture are honored during the month of February. The observance, which was originally only one week long, was extended to a month in 1976. President Gerald R. Ford officially recognized Black History Month and called upon the public to honor the historic contributions of Black people. We share the accomplishments of Chiketa Williams as we celebrate this rich culture.

Chiketa's compassionate nature has been ingrained in her since childhood. "I watched my parents consistently give to others. We opened our home up to those in need and actively volunteered at various functions," she said.

In 10th grade, her grandfather moved into their home, and they shared a room. "He had been diagnosed with dementia, and at that time, we really didn't know what that was. As I learned about his health condition, I became one of the caregivers for him along with the rest of my family. This is where the desire to pursue a career in nursing originated," she admitted.

After graduating from high school, Chiketa attended nursing school to become a licensed vocational nurse (LVN). Eventually, she moved to Louisiana, where she worked with experienced nurses' aides and nurses, acquiring excellent nursing skills. She spent many years working there before moving back to the DFW region to be near her family. "When I got a job, I was shocked to discover that the employees there didn't advocate for patients' rights like they had at my previous position," she remembered.

As Chiketa cared for others, she was diagnosed herself with stage 1 triple-negative breast cancer. While fighting for her



life, she had a double mastectomy, chemotherapy, breast reconstruction and several other surgeries. During this process, “I learned that I was so busy taking care of others that I had neglected my own health. People who serve must conduct ‘self-care’ to effectively impact others,” she confessed.

Dealing with these health conditions allowed her to see the different needs that people encounter when struggling in a variety of ways, so she created Chiketa Cares Foundation Inc., a nonprofit that offers financial assistance for mammograms, treats patients without insurance and assists with groceries and utilities for those who can’t afford them. She networks with others and creates charitable

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events to serve as many as possible. This nonprofit organization bridges the gap for struggling individuals and families who face financial and other challenges by providing temporary assistance and education, which foster lifelong changes. When Chiketa married Demarcus Williams on August 19, 2022, they asked for the guests to donate to the Chiketa Cares Foundation instead of giving them gifts.

As her concern for the community increased, she desired to educate more people about their health, so she established The Black Nurses Society of Greater Arlington during the pandemic. This nonprofit is a local independent organization committed to doing work in the community. She said, “Our mission and hearts’ desire is to educate our community on the health care disparities that affect us. We make every effort to build, heal and not destroy. We are here to help and not hinder. This organization conducts health workshops to educate, does food drives, toy drives for Christmas, conducts a back-to-school rally and more.



Chiketa has been in the nursing field for 30 years, and her desire to help people continues to grow. “I carry on the legacy of our family of being kind, caring for people and going out of my way to do so,” she concluded.

Prior to the late 1960s, these opportunities would not have been presented to her as an African-American woman, since it was against the law to be a nurse in diverse settings. Chiketa’s parents were raised in the era of Jim Crow Laws. As a result, they were aware of the possibilities that became available to her because of the equality movement.

In order to take pride in their identity and strive for power on a local and national level, many Black Americans battled against racism and prejudice. Across the nation, there was a general feeling of hope, optimism and a commitment to improving the standard of living for Black people. While numerous civil rights organizations, such as the National Urban League and the NAACP, had long been addressing the issue, the main catalyst that moved Black people from all walks of life and professions was the Civil Rights Movement. Today, we celebrate Chiketa Williams because she represents the accomplishments of African-Americans in the United States of America! **NOW**

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Mitchelle Handley represents Mansfield as she achieves the Guinness Book World Record of baking desserts for 55 hours.

Zoomed In: Mansfield Business Alliance Joe Jenkins

By Sandra Walters

The Mansfield Business Alliance ribbon cutting turnout was astounding. Well over 100 people attended, including business owners, community leaders and residents. "The Mansfield Business Alliance is very excited about bringing business together in person, which includes ribbon cuttings, business after hours and lots of other events. We will also be working closely with the city to promote existing businesses in Mansfield while encouraging the growth of new business in our city," Joe Jenkins said.

The launch was only the beginning, and the hard work began immediately, with more events already planned for the year. Mansfield Business Alliance believes it will do great things in Mansfield.



Kayden and Kinsleigh King do a photo shoot with their mom.



The Henderson family enjoys their vacation.



Quinton Browder shares his story with About Mansfield podcaster Steve Cosio.



Brothers Jonothan Guice and Joseph Watson enjoy a beautiful day.



Lily Lam smiles while sitting on the sofa.



Tashara Robinson takes a road trip with her son, Kenneth, to see her youngest son's game at Texas A&M.

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A photograph of a female nurse in pink scrubs smiling and interacting with a young child who is sitting on a stool.



BusinessNOW

DivineTouch Medical Center

— By Sandra Walters

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Dr. Tomi Ola-Peters cherished reading books as a young child. “I remember my mom bringing home a lot of books for us to read, but there was one particular book that really stood out. This book explained the functions of the various organs and body parts. I was captivated! I reread that book numerous times,” she said.



By fifth grade, she knew exactly what she wanted to be — a medical doctor. Eventually, she attended medical school and completed her post graduate certificate in public health at the University of North Texas Health Science Center at Fort Worth, internal medicine residency at The University of Texas at Tyler Health Science Center, worked in outpatient and inpatient medical centers at Good Shepherd Medical Center-Longview, John Peter Smith Hospital and Methodist Mansfield Medical Center. Dr. Ola-Peters holds a diplomate status with the American Board of Obesity Medicine and is a certified board member of the American College of Lifestyle Medicine. She joined the TCU School of Medicine as an adjunct associate professor to mentor the next generation of health care providers. Now, she has 16 years of experience in the medical field.

“I thoroughly enjoy working and living in the community of Mansfield. The schools are excellent, and there is great camaraderie in the city. I built a commendable rapport with patients as well as colleagues at the hospital. However, I always thought about starting my own private practice.

During the pandemic, the urge to take the leap grew stronger. As a hospital physician, I frequently offered services to patients. I wanted to continue to assist in improving their health, but I only saw them once. I desired to maintain a deeper degree of patient-doctor relationship. I am passionate about adding value to my patients and community at large,” she admitted.

In 2023, Dr. Ola-Peters founded DivineTouch Medical Center with the mission to deliver exceptional health care, while empowering individuals to embrace a healthy lifestyle for improved well-being. This internal medicine primary care clinic is dedicated to working in collaboration with individuals to create and execute customized wellness programs that will enhance their quality of life. They offer proactive health management, which is easily accessible, reasonably priced and convenient — all while providing compassionate care.

“I THOROUGHLY ENJOY WORKING AND LIVING IN THE COMMUNITY OF MANSFIELD. THE SCHOOLS ARE EXCELLENT, AND THERE IS GREAT CAMARADERIE IN THE CITY.”

Dr. Ola-Peters is dedicated to integrating lifestyle changes into the prevention, treatment and management of chronic conditions. It’s been a journey transitioning from the hospital setting to a private practice. However, she considers it a privilege to serve her patients and community as their primary care physician. “I am grateful to God for the opportunity to serve my community, and I’m excited about what He has in store for me in the coming years,” she concluded.

If you are in need of a primary care doctor, contact DivineTouch Medical Center for sick visits, preventive care, physical exams, wellness tests, allergy treatments, chronic disease management and weight management. Dr. Ola-Peters and her team would be delighted to offer health care services to new patients. Schedule an appointment soon. **NOW**



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Roman Catholic Diocese of Fort Worth



ASH WEDNESDAY-FEBRUARY 14

CELEBRATION OF MASS-ENGLISH
7:00 AM, 8:30 AM, NOON, 5:00 PM
DISTRIBUTION OF ASHES 6:00 PM

CELEBRATION OF MASS-SPANISH
8:00 PM
DISTRIBUTION OF ASHES-7:00 PM

Lent Friday's

Stations of the Cross:

5 PM English & 6:30 PM Spanish

Friday, Feb 16

March 8

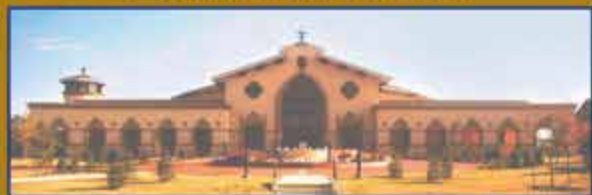
Friday, Feb 23

March 15

March 1

March 22

**Welcome to St. Jude
Roman Catholic Parish**



Mass Times

Mass (English)

Mass (Spanish)

Saturday: 5:00 PM

Saturday: 7:00 PM

Sunday: 7:30 AM, 10:00 AM & 11:30 AM

Sunday: 1:00 PM

Daily Mass: Mon-Sat - 8:30 AM

Thu - 6:30 PM (Spanish)

Reconciliation: Sat - 3:30 - 4:30 PM

Eucharistic Adoration: Thurs - 9:00 AM - 6:30 PM

Fri - 9:00 AM - 5:00 PM



CookingNOW *In the Kitchen With* TIFFANY WILLIAMSON

— By Sandra Walters

“My family played a major role in my love for cooking and mainly baking,” Tiffany Williamson said. “I began cooking with my mom and aunt as an assistant in the kitchen. During Christmastime when I was younger, my dad and I made Christmas cookies, packaged and delivered them to family and friends for the holidays.”

Acts of service is Tiffany’s love language. Providing food for others makes her happy. “I adore our shared history of generations preparing meals for one another,” she concluded. “Many recipes, cooking utensils, roasters and pans have been passed down to continue our special occasions.” **NOW**

Funfetti Cookies

1/2 cup unsalted butter
3/4 cup sugar
1 egg
1 1/2 cups flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt

1 tsp. cornstarch
6 Tbsp. any type of sprinkles

1. Preheat the oven to 350 F
2. Put the butter in a microwave safe mixing bowl; microwave until the butter is halfway melted. Remove the bowl; whisk until completely melted.
3. Add the sugar to cooled butter; whisk

until the butter absorbs the sugar. Add the egg; whisk until combined.

4. Add the remaining ingredients, including the sprinkles; stir to combine with a wooden spoon or spatula.

5. Refrigerate for at least 30 minutes and up to 2 days. Roll into 2-tablespoon-sized balls; place on a parchment lined baking sheet. Bake for 10 minutes.

6. They may look undercooked, but they will be ready to serve after cooling.

Lemon Velvet Cake

Cake:

2 1/2 cups flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 3/4 cups sugar
3/4 cup canola oil
1/4 cup shortening
2 eggs
1-2 tsp. vanilla extract
1 Tbsp. pure lemon extract

- 1 tsp. lemon zest
- 1 cup milk
- 1/2 tsp. white distilled vinegar
- 1/3 cup hot lemon water (hot water mixed with 2 Tbsp. fresh lemon juice)
- 4-6 drops yellow food coloring

Lemon Buttercream:
 1 cup butter, softened
 4 cups powdered sugar
 Juice of 1 lemon
 1 Tbsp. zest of lemon
 1 Tbsp. milk (optional)

- 1. For cake:** Preheat the oven to 325 F. Thoroughly grease and flour 2 9-inch cake pans.
- 2.** In a large bowl, mix the flour, baking soda, baking powder and salt; set aside.
- 3.** In another large bowl, mix the sugar, oil and shortening. Mix in the eggs, one at a time.
- 4.** Add the extracts and lemon zest. Alternately combine the dry ingredients and the milk into the wet ingredients. Mix the distilled vinegar and lemon water into the batter. Add the food coloring until the desired shade of yellow is reached. Pour the batter evenly into the prepared pans.
- 5.** Bake for 25-30 minutes; cool.
- 6. For buttercream:** Using a stand mixer, cream the butter using a paddle attachment on medium-high for 4-5 minutes, until light and fluffy. If necessary, halfway through, scrape the sides of the bowl and continue mixing.
- 7.** Slowly add the powdered sugar, lemon juice and lemon zest while mixing on low for 1 minute, until it incorporates and starts to look crumbly.
- 8.** Turn up the speed; continue mixing on medium to high for 3-4 minutes until light and fluffy. If the frosting is too thick, you can add 1 Tbsp. of milk. If it is too thin, you can add another 1 or 2 Tbsp. of powdered sugar.
- 9. To assemble:** Use a cake board covered with foil. Put a small smear of the buttercream on the cake board to help the first layer stick.
- 10.** Flip the first cake pan upside down. Place on the cake board on top of the buttercream. Spread a layer of buttercream on top of the cake. Add the next layer along with more buttercream to cover the entire cake. Pipe on the top with 1 m tip until complete.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.



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One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf



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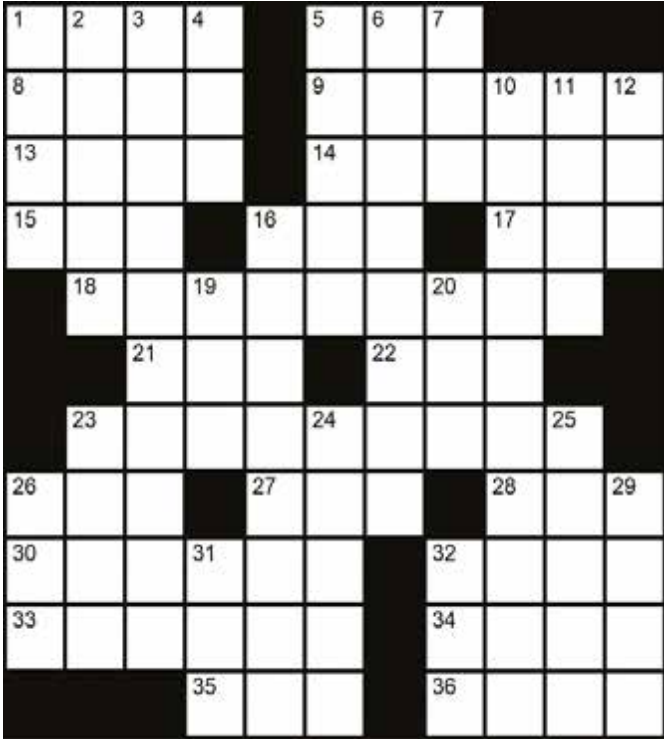
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Across

- 1 Boston's Faneuil ---
5 Inlet
8 --- Lackawanna Railway
9 Blood poisoning
13 Day of jubilation
14 Some of the "Bounty" mutineers were found here
15 Feature film channel
16 Artillery angular measurement
17 Tennis call
18 Problem-solving code

Down

- 1 Heave
2 Circus Maximus, for example
3 Tots smashed stolen tile
4 Shelter
5 Up and about
6 A-listers, not regular down to earth types
7 Dash info
10 Dark outline named after a French Minister
11 Separate article
12 Be in session
16 Atomic cluster
19 Special someone
20 Bardic "however"
23 High plateau
24 "Angel Has Fallen" actor Nick ---
25 Edible flatfish
26 Familiar address to a fella
29 More than willing
31 "Awesome!"
32 Vase handle

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FEBRUARY

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

2/2

The Mansfield ISD Spelling Bee:

The district spelling bee will include the student champions from each MISD elementary, intermediate and middle school. The winner will advance to the *Star-Telegram* Regional Spelling Bee to represent the district. Cost: Free. 9:00 a.m., MISD Center for the Performing Arts, 1110 W. Debbie Lane.

2/9

Reparations:

Presented by Poised Productions, this groundbreaking stage play gives the audience a glimpse of what it could possibly look like if African-American descendants of slaves were each awarded 1.2 million dollars. The question on everyone's mind is, "What will they do with the money?" *Reparations* will ignite conversations as many thought-provoking opinions are shared on stage for the audience to digest. Cost: \$25. 7:30-10:00 p.m., Farr Best Theater, 109 N. Main St.

2/13

Valentine Quilling:

For ages 18-plus. Discover the art of paper quilling, while making a small gift for a loved one. Learn how to make various shapes out of paper strips that you can combine

into beautiful designs and take home your finished project. All supplies will be provided. Cost: Free, but registration is required.

6:00-7:00 p.m., Mansfield Public Library, 104 S. Wisteria St. For more information, call: (817) 728-3690.

2/22

2.22.24 Tutu 2.2 Fun Run:

A 2.2-mile tutu fun run. It's too too cute and too too silly to miss! No chip timing, but prizes for the runners who are too too cute, too too slow, most creative tutus and too many more to count! Free, but registration required. 6:00 p.m., McKnight Park East, 700 U.S. Highway 287 North.

2/24

HBCU Fair & Black Business Expo:

This event will expose high school students in Mansfield ISD and the surrounding areas to HBCUs and local Black-owned businesses. Cost: Free. 10:00 a.m.-4:00 p.m., Bethlehem Baptist Church, 1188 W. Broad St., Ste. 500.

Venues, Vendors & Vibes Mansfield Event Expo:

Bringing together all the best local event venues and vendors. This expo is perfect for professional event planners, brides-to-be or anyone planning a party or special occasion. Cost: Free.

10:00 a.m.-4:00 p.m., The Lot Downtown, 110 S. Main St.

By Appointment

Mansfield Mission Market:

Families, seniors or anyone in MISD who needs food is welcome to walk-in. Pets are provided for, as well. **Monday-Saturday:** 10:00 a.m.-6:00 p.m., Mansfield Mission Center, 703 E. Broad, Thrift Store. For more information, call (817) 473-6650 or visit www.mansfieldmission.org.

Mondays

Sunrise

Toastmasters Club:

Become the speaker and leader you want to be. 7:00-8:00 a.m., Methodist Mansfield Medical Center, Canedy Community Room, 2700 E. Broad St. Email Gary Lockhart at garyllock28@gmail.com.

Miracle Mondays:

We pray at no charge for people with any issues and teach others to pray for healing and wholeness. 10:30 a.m.-1:30 p.m., The Healing Place, 600 Strada Circle, Ste. 210. Bill Dasch, (817) 319-0129.

Second Tuesdays

Mansfield Garden Club Meeting:

Come grow with others learning about native and adaptive plants for North Texas

from Sher Dunaway, a Tarrant County Master Gardener. 6:00-8:30 p.m., Chris W. Burkett Service Center, 620 S. Wisteria St. Sonya Bryant, (817) 266-4422.

Second Wednesdays

Mansfield Lions Club Meetings:

We work closely with MISD to provide free vision testing and eyeglasses to students who need them. Noon-1:00 p.m., Mansfield Methodist Medical Center, 2nd Floor Conference Room, 2700 E. Broad St. RSVP to Karen Williams, president, (817) 729-4978.

Second Thursdays

Business Unplugged:

Unplug from your social media for face-to-face networking, free food, drinks and music. 4:30-6:30 p.m., www.mansfieldchamber.org.

Submissions are welcome and published as space allows. Send your current event details to sandra.walters@nowmagazines.com.



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