

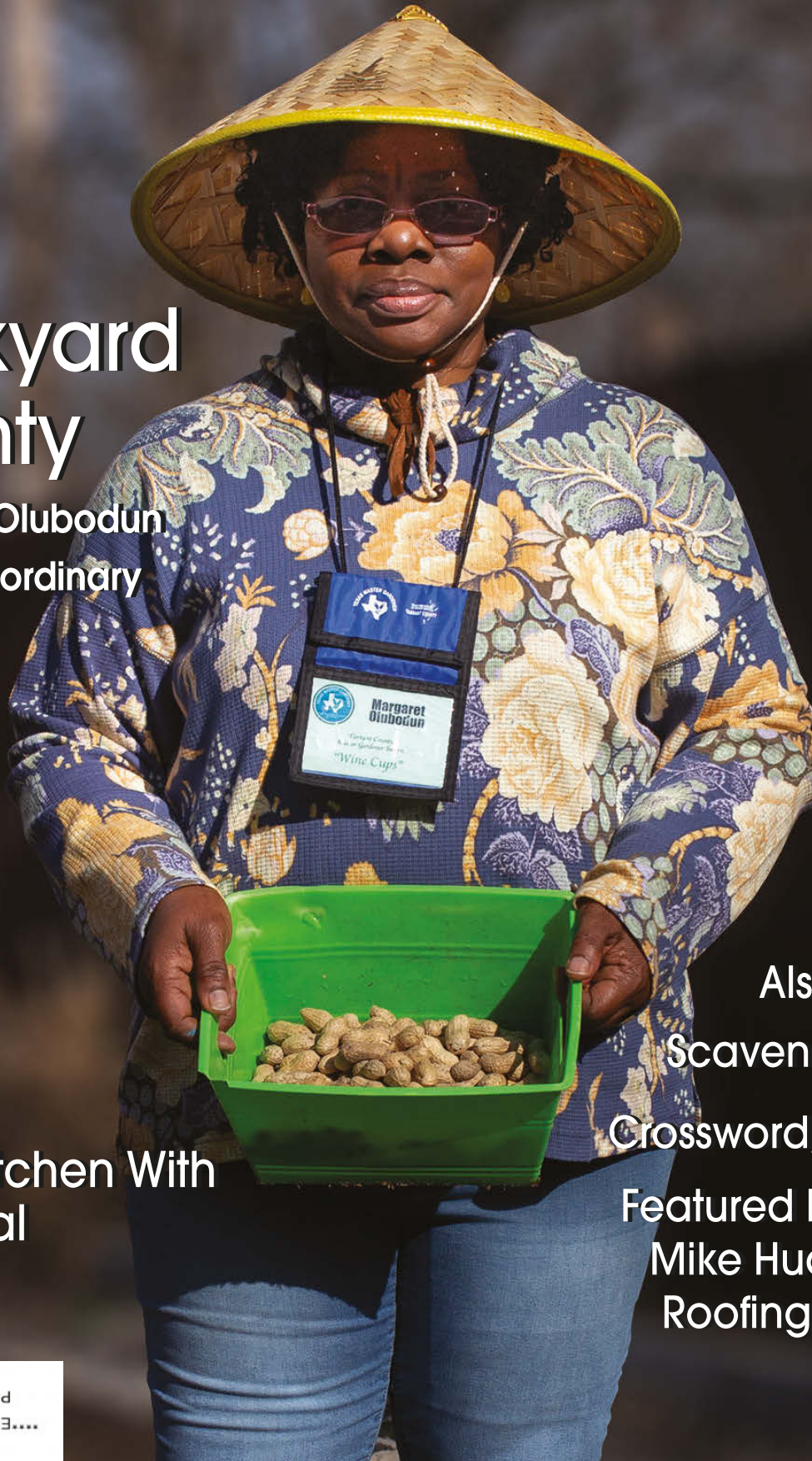
MansfieldNOW

M A G A Z I N E

MAY 2021

Backyard Bounty

Margaret Olubodun
is an extraordinary
gardener



In the Kitchen With
Amy Beal

Also inside:
Scavenger Hunt
Crossword/Sudoku
Featured Business:
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ON THE COVER

*Margaret Olubodun's
homegrown peanuts taste
great and replenish her
garden soil.*

Photo by
Lori Baur.

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EDITOR'S NOTE



Melissa

Melissa Rawlins
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I got what I asked for . . .

Last month's "Editor's Note" invited people from the community to share with me their front-burner contributions. Immediately, I heard from Mansfield Mission Center's Executive Director Carmin MacMillan. She said, "We're happy to report that [in the aftermath of the February weather disaster] nearly all of the 60-plus requests for emergency home repairs through the mansfieldtxresponds.org have been satisfied! We're now working on longer-term recovery and future safety measures for some of the most vulnerable in the Mansfield area."

Lots of people with running shoes are helping them in their work. As this month begins, runners are converging at Katherine Rose Memorial Park for the 5K appropriately titled Thrive 5. In partnership with resources like Texas Health Mansfield, Naturally Rooted, Mansfield Nutrition, The Local Farmer, Love Nutrition Coaching, Camp Gladiator for Mansfield/Kennedale and Temple Builders, the MMC hosted this 5K run to boost income for operating their Linda Nix Clinic promoting physical, financial and relational well-being.

A sense of well-being is certainly what each of us is made to enjoy. Finding peace seems easy on lovely May days, when our breeze takes the heat out of the sunrays, and our flowers put color into lawns all over town. Walking any time of day is a joy this month. It won't be too long, however, until I must reserve my walks for 7:00 p.m. in order to stay comfortable.

That's my goal: a sweat-free increase in heartrate for no more than 45 minutes. Yet I know there are others who especially enjoy getting really hot, really sweaty and really pumped. What is your favorite way to exercise?

May you realize your goals and live to tell about it!

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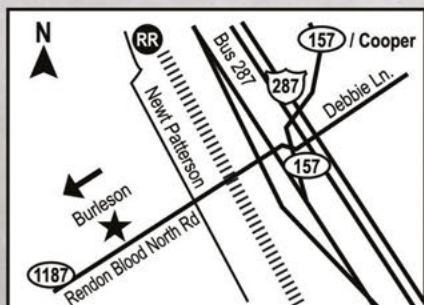
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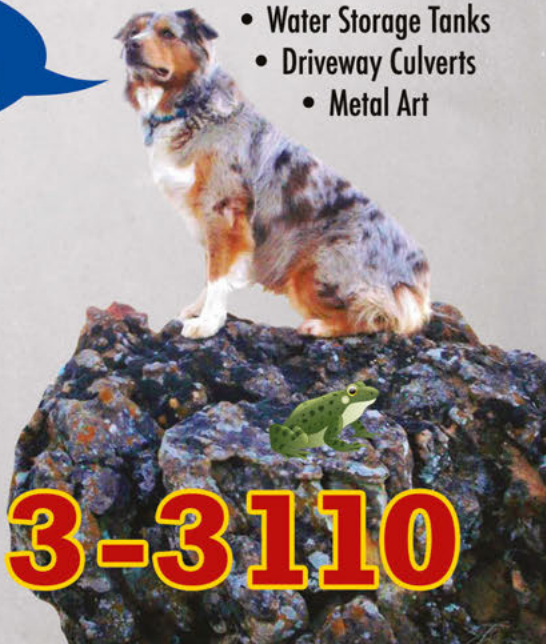
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BACKYARD BOUNTY

— By Melissa Rawlins

Sunflowers big as dinner plates will shine later this summer, beckoning neighbors to come see what else might be behind Margaret Olubodun's fence. This month, though, the baby sunflowers are steadily growing. They share dirt with okra and peanuts that are also seeking warm sun after pushing their way out of seeds Margaret harvested from last year's crop. She planted just last month, after working the month of March to recoup her outdoor spaces from February's intense freeze. A substitute teacher within Mansfield Independent School District, Margaret gardens for exercise as soon as she gets home from work. "Loading and pushing all those wheelbarrows, carrying mulch and soil from Lowe's through the house to the backyard ... by the time I sweat outside, I love it!" Margaret exclaimed. "Then I take my shower. Then I sleep."

A very active person, Margaret grew up farming in Africa. "Agriculture was mandatory for survival. My father had a full-time job at an office, but when he came home, we followed him to the big farm where we had orange trees, yams, everything. Everybody had work to do, because we produced what we ate in the house."

Forty years ago, in Otun, Nigeria, Margaret had earned a degree in education and married a medical doctor, Joel Olubodun. His career took him first to Britain, where Margaret reared three children, then to Rhode Island, where apartment living was not conducive to gardening, and, three years ago, here to Mansfield, where Margaret connected with the Master Gardeners. She and her husband travel frequently as medical missionaries. But while she's on Mansfield soil, Margaret will be gardening.

A woman wearing a traditional yellow conical hat and a blue floral patterned shirt is working in a garden bed. She is using a red-handled tool to dig in the soil. A green plastic crate is visible in the background.

**"I'M NOT THE
TYPE TO WAKE
UP, SIT DOWN
AND DO NOTHING."**

"I'm not the type to wake up, sit down and do nothing," said Margaret, whose passion for growing food was revived during a three-week residency in Jacksonville, Florida, in 2018. "There was a community farm. They give portions of land to people in the community. So, I grew lettuce. Anything grows in Florida, where the weather is good."

When she came to Dallas, Margaret applied for the \$300 Caring and Sharing training from the Master Gardeners, so she could learn, very practically, how to grow plants in our climate. "In 2019, we were the last in-person class. We socialized, talked about farming and learned from people who brought different plants and instructed us," she said, explaining that she met a Master Gardener who taught her terracing as the solution to her continually wet backyard. "The Master Gardeners also took me around to show me indoor and outdoor gardens in Tarrant County. So, when I started my backyard gardens, I knew where to go to find the plants and supplies I needed."

That first year, she brought in soil. Since then, she has rarely added more than mulch. She bought plants that will come back. She planted sunflowers in the front yard, and filled the backyard with fruit trees and vegetables.



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She even grew one vegetable native to Africa called *soko*, otherwise known as lagoon spinach, cockscomb or callaloo. Boiled with chopped onion, tomatoes and pepper, the high-protein greens turn out very tasteful.

Her plentiful peanuts did not grow tall, but they spread. "The vine puts more roots into the soil, and then the seeds, or peanuts, grow under the ground," said Margaret, who harvested them with her niece and nephews in November. "We were boiling, steaming and roasting them for quite some time. I even made soups from our peanuts."

When her second growing season in Mansfield began, so did COVID-19. Margaret's garden did well. "I was so happy during the COVID," she said. "My neighbors saw me walking and working outside. I shared a lot of food, because people were at home. Almost everybody on this street was engaged in gardening."



This will be the third year that Margaret has received companionable help from three siblings who live a few doors down. Joshua Olanipekun, a third-grade student at Mary Jo Sheppard Elementary School, comes on weekends with his brother and sister, Jedidiah and Joannah Olanipekun, who are in sixth and fifth grades, respectively, at Donna Shepard Intermediate School. Joannah is enrolled in her school's elective agriculture class, where she learned how to use the same tools Margaret provides for the children.

"They really work hard to pull out the peanuts," she said.

"But I have fun helping in Margaret's garden," Joannah said. "She makes it fun, with a table where we can have

a break and Max the dog out there bothering everyone.”

Her brother, Jedidiah, recognizes the value of the peanuts: “I know they’re good for me, and, from learning about George Washington Carver, I know they improve the soil.”

Now that the days are long, Margaret works her garden every day. “There is joy when I put a little thing in the dirt. It brings a lot to my memory, including the principle of sowing, reaping, sowing. If you don’t put anything down, nothing will come up. The handiwork of God is visible,” she said. “We couldn’t even walk to our doorway during the snow. But the sun came again to remind me about God’s word, that says in everything there is a season.”

Now that her plants are growing, Margaret’s glowing with happiness. “We love the banana in Africa,” she said. “When I came, I asked, ‘Can I grow banana?’ The Master Gardeners said, ‘You can grow them, but you are not going to produce any fruits.’ But friends from Cameroon, who live down the road, taught me to cut the leaves, wrap rice in the leaf and boil it. So sweet, so delicious. At least the leaf is useful.”



Trying to produce her own food, Margaret prefers eating organic, fresh and natural. She’ll plant more after Mother’s Day, in a spot where it will get plenty of sun and rain. “We get enough rain here, yet I also use my sprinkler twice a week and the rain barrel in-between, during the heat of summer,” Margaret said, anticipating sweet peaches, soko and peanuts. “Even the lemon is so natural, so beautiful,” she said. “I like everything that I harvest from my backyard.” **NOW**



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insurance company pays us to remove the underlayment. If you don't take that one extra step, that plywood continues to rot," Jeff said. "Most roofs in Texas don't last as long as the national average of 30 years, because of our heat, cold and hail. But our inspection will hopefully result in our customer's roof lasting 30 years."

Customers receive visits from Mike Huddleston Roofing Systems within a timely manner. Courteous professionals discuss the scope of work and provide information to the homeowners, so they will have a full understanding of what will ensue. "We have the same software the insurance company uses, so we can speak the same language with them," Jeff said. "Generally, we do the job for the insurance scope and price. We don't eat deductibles, and we don't cut corners anywhere."

Dedication to the integrity of the customer's structure is in Jeff's veins. "I do have fun with this. My dad is still teaching me new stuff every day," he said, remembering his years of apprenticing under his father. "I grew up in the building industry, and my father taught me it all. Dad still lives in the house he built when I was about 4 years old. He tells the story that I'd come into the nursery at church with a real hammer and a block of wood."

Mike taught Jeff that honesty is the only way to stay in business. Their crews provide top-notch service to commercial and residential customers in not only all of the DFW area, but also Houston and Austin. "Our guys are trained to take magnets through the sidewalks and around the driveways both during and after the job," Jeff said. "We clean up and take the extra time to make sure the job is finished. The customer is able to get into their home safely, and the driveway is not blocked."

To learn more about how Mike Huddleston Roofing Systems does business, check out their website. You'll find a link to their financing partners, if there is some need for deductible assistance. When the storms of life come your way, the people at Mike Huddleston Roofing Systems are ready to provide the service you deserve. **NOW**

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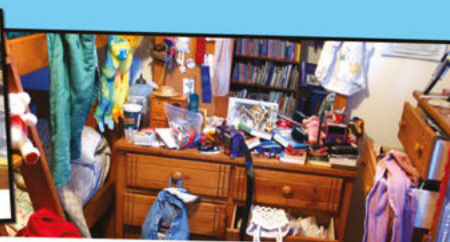
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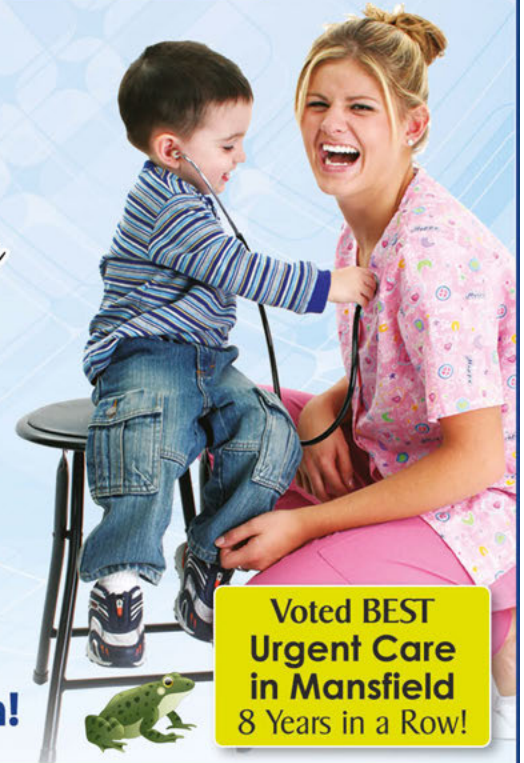
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Terri Hudspeth gets portraits in Mansfield's bluebonnets with her precious Kooper.

Zoomed In: Isreyale Harmon

By Melissa Rawlins

The future's looking bright for Mansfield High School senior Isreyale Harmon, who recently snapped a beautiful selfie at the park with her mother, Karen Harmon, and sister, Laylah Harmon. "My mother and Laylah are always there for me. My sister is only 8 years old, but she has some good words of wisdom," Isreyale said. "Knowing they're loving me gives me extra willpower to go out, do my best and, hopefully, be a very successful actor."

Once she graduates on June 2, Isreyale will celebrate with friends and family at Texas Live. "My mom said they have a bull ride. That sounds really fun," said Isreyale, who plans to study theater and performing arts at Pepperdine University in Malibu, California. "I am blessed and excited about my future opportunities."



Ashley and Deunta Hartwell get ready to work out with a speed ladder.



Santos and Stephanie Tamez toast to a resurrected life at the Hill City Family Easter Event.



Before moving on to the 3rd round, Coach Elolf and the Lake Ridge Eagles Boy's Soccer Team celebrates winning Area Championship with a 2-1 victory over Tyler Legacy.



The Cooper family visits vendors at The LOT Downtown before watching a movie under the stars.



Wendy Monique sets up at Dirty Job Brewing to help the community celebrate St Patrick's Day.



The Barragans take a family fun day at Town Park with King, Chewini and Max.

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A woman with brown hair, wearing a blue and white striped dress, stands in a kitchen. She is holding a white pedestal plate with three chocolate cupcakes. In the background, there is a stainless steel microwave, a wooden knife block, and a copper-colored utensil holder. On the counter in front of her are some small appetizers and a bowl of food.

CookingNOW

In the Kitchen With

AMY BEAL

— By Melissa Rawlins

Growing up in an artistic, creative family in Burleson, Amy Beal recalls Sunday dinners were a weekly occurrence accompanied by board games and fun. “Every holiday included a feast, and birthdays didn’t pass without your favorite cake, made by Mam-maw,” she said.

Amy and her son moved to Mansfield 11 years ago, not long after Amy made a chicken pot pie for the first time. “My son requested it again the next week and told me it was his favorite thing I have ever made,” she said. It has come to be a favorite of her husband and stepdaughters. “The best thing about cooking now is spending time with my stepdaughters and son in the kitchen, the same way my mom and Mam-maw spent time with me.” **NOW**

Wilted Spinach With Orzo and Roasted Tomatoes

2 cups fresh baby spinach
1-2 cups fresh cherry tomatoes
(Choose a variety of colors for a beautiful dish.)
1 cup dry orzo pasta
3 cups water

2 garlic cloves, skins removed
4 Tbsp. olive oil (divided use)
1 fresh lemon
Salt, to taste
Cracked black pepper, to taste

1. Wash and dry the spinach; remove the long stems.
2. Wash and dry the cherry tomatoes; cut each in half. Preheat the oven to 400 F.

3. Cook the orzo pasta in water, according to package directions.

4. Add the cherry tomatoes and whole garlic cloves to a sheet pan; drizzle with 2 Tbsp. of olive oil; bake for 15 minutes. Remove from the oven; set aside.

5. Chop the roasted garlic cloves; add to a large serving bowl, along with the tomatoes and spinach.

6. Once the orzo has finished cooking, drain the water; add the orzo to the tomatoes and garlic.

7. Squeeze in the juice of 1 lemon, straining out the seeds. Add the remaining olive oil. Gently toss to combine and wilt the spinach.

8. Sprinkle with salt and cracked black pepper.

Vanilla Bean Cupcakes With Dark Chocolate Swiss Meringue Buttercream

Dark Chocolate Swiss Meringue Buttercream:
18 oz. dark chocolate

1 cup granulated sugar
 1/4 tsp. salt
 6 large egg whites
 4.5 sticks unsalted butter, room temperature, cut into small chunks
 2 tsp. pure vanilla extract

Vanilla Bean Cupcakes:

1 2/3 cups all-purpose flour
 1/2 tsp. baking powder
 1/2 tsp. baking soda
 1/4 tsp. salt
 1/2 cup unsalted butter, room temperature
 1 cup granulated sugar
 2 large eggs
 2 tsp. vanilla bean paste
 2 Tbsp. sour cream
 1/2 cup buttermilk

1. *For buttercream:* Melt the chocolate in an oven-safe glass bowl over a pot of water at medium-high heat, stirring until almost smooth; do not overcook. Cool slightly.

2. In a large bowl, or the bowl of your stand mixer, add the sugar, salt and egg whites. Place the bowl over the pot of water on medium heat; whisk until the sugar has dissolved and the texture is slightly thick and foamy. (This will take about 4 minutes.)

3. Place the bowl back on the mixing stand, fitted with the whisk attachment. Whisk on medium speed for 5 minutes, or until the mixture has cooled and is thickened.

4. Add the butter chunks, one at a time. The mixture will begin to look curdled. Continue mixing until it comes back together in a lush and silky texture. If your space is too warm, place the mixing bowl in the refrigerator for 10-15 minutes, and then start mixing again.

5. Add the melted chocolate and vanilla; mix again until fully incorporated and fluffy.

6. Place the frosting in an airtight container; store in the refrigerator while the cupcakes are prepared.

7. *For cupcakes:* Preheat the oven to 350 F; line muffin pan(s) with paper liners. In a large mixing bowl, combine the flour, baking powder, baking soda and salt.

8. In the bowl of a stand mixer, beat together the butter and sugar until light and fluffy. Beat in the eggs and vanilla. Mix in the sour cream.

9. Beat half of the flour mixture into the butter; add the buttermilk.

10. Beat in the remainder of the flour mixture; mix until fully combined, scraping the sides of the bowl.

11. Using an ice cream scoop or 1/4-cup measuring cup, fill the muffin tins with the batter, filling each about 2/3 full. Bake for 16-18 minutes, or until an inserted toothpick comes out clean.

12. Remove the cupcakes from the oven; set them on a wire cooling rack. After 5 minutes,

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Vanessa Briggs
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Vanessa has been in the title industry since 1999, and an Escrow Officer since 2005. Vanessa is married and has one daughter and multiple family pets. She is a native Texan, growing up on Lake Buchanan in the Texas Hill Country, she attended Tarleton State University where she met her husband. Vanessa and her family enjoy spending time outdoors and on the lake, boating, skiing, swimming and camping.

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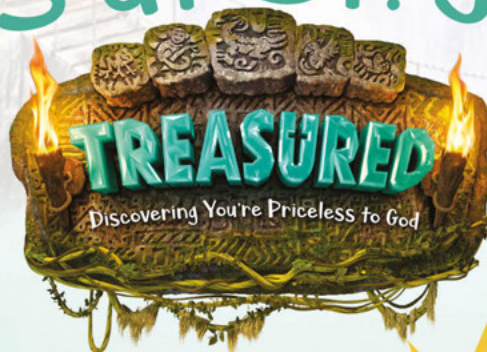
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remove the cupcakes from the muffin pan; cool completely.

13. Frost the cupcakes using a piping bag and frosting tip, or a plastic storage bag filled with frosting and the corner edge snipped off. Frost and decorate as desired. Store the cupcakes in the refrigerator for up to 3 days.

Reverse Sear Ribeye Steak With Chimichurri Sauce

1-2 cups Mesquite or hickory wood chips
2-3 ribeye steaks, cut 1 1/2-inch thick
2 Tbsp. kosher salt
2 Tbsp. black peppercorns

Chimichurri Sauce:

1/2 cup red onion, minced
1 jalapeño pepper, finely chopped
3-4 garlic cloves, thinly sliced
2 Tbsp. lime juice, freshly squeezed
2 Tbsp. red wine vinegar
1 tsp. kosher salt
1/4 tsp. black pepper, freshly cracked
1 cup cilantro, finely chopped
1 cup flat-leaf parsley, finely chopped
3/4 cup olive oil

1. Soak the wood chips in water for 30 minutes.
2. Season the steaks with salt and pepper; set aside.



Reverse Sear Ribeye Steak With Chimichurri Sauce

3. For chimichurri sauce: Add all the ingredients, except the olive oil, into a blender or food processor. Pulse a few times until chopped. Slowly drizzle in the olive oil while pulsing the mixture a few more times, until the olive oil is combined; set aside.

4. Heat the grill to low temperature, between 200-250 F. Place the soaked wood chips in a foil packet; poke holes in it to release the smoke. Place the packet on the grill; wait for smoke to appear. Place the steaks on the grill; close the lid. Cook the steaks until the internal temperature reads 110 F, using a meat thermometer (for medium-rare.) *Note: Increase the cooking times slightly for a more well-done steak.*

5. Remove the wood chips; increase the grill

temperature to high, searing both sides of the steak.

6. Remove the steak when seared and the internal temperature reaches 130-140 F. Rest the meat for 5 minutes; place it on a serving dish. Slice against the grain; drizzle with the chimichurri sauce.

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

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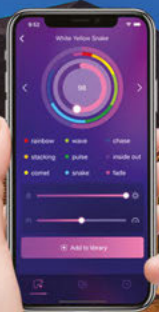
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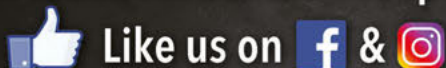
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— TALES OF TEXAS —

FOUNDING FOLKLÓRICO

— By Angel Morris



Photos courtesy of <http://www.rosaguerrero.com>.

Born in El Paso, Rosa Ramirez Guerrero is best known as an artist, dance historian and humanitarian. Also an educator, she taught for El Paso ISD, El Paso Community College and at The University of Texas at El Paso. Throughout her efforts, Rosa placed importance on cultural awareness. “My belief was to lift the spirit, soul and self-esteem of any student I had in my path. I would make them proud of who they were,” Rosa reflected.

Rosa recalls her own teachers in the 1940s and '50s were not encouraging. At that time, students were punished for speaking Spanish in school, fueling Rosa's desire to become a teacher herself.

As a result, Rosa was the first of seven children in her family to graduate and earn both a bachelor's and master's degree. “I developed a strong sense of leadership in high

school and wanted to continue that as a freshman dance major at Texas State College for Women [now Texas Woman's University],” Rosa recalled. “My counselor told me I was too pushy and aggressive.”

Hearing this took a toll on Rosa's self-esteem. Around this time, however, she met her would-be husband, Sergio, and the couple married in 1954. The coach and modern dance instructor would be her soul mate for 62 years, until his passing in 2016.

With Sergio's support, Rosa started the first folklórico dance group in El Paso in 1970. Burges High School was the first school for the folklórico, sponsored by the Spanish National Honor Society. “We practiced during lunch. Then at El Paso Community College, with the support of Dr. Alfredo de los Santos. We danced at the barracks at Logan Heights, where Ft. Bliss had loaned the college some space,” Rosa outlined. “Then in 1972 at Our Lady of the Light, the first chapel there, and then at St. Joseph's Church with my first real folklórico.”

Calling it the International Folklórico Dance Group, Rosa served as artistic director and truly began to fulfill her mission of cultural acceptance. “I felt many Mexican Americans did not know their culture, or they denied it. If I could share how I felt my culture through dance, they could also build a sense

of pride in their heritage through music, dance, folklore, language, literature, the arts, etc.” Rosa said.

Rosa went on to develop the 1974 film, *Tapestry*, based upon creating cultural harmony, and was honored with a national award for documentary filmmaking. She was a featured dancer in the film, which now has a sequel, *Tapestry II*.

In 1991, Rosa’s International Folklorico performed at the Kennedy Center. “We were told we were the first folklorico in the nation to perform there!” Rosa noted.

In 1992, Rosa Guerrero Elementary was dedicated by Governor Ann Richards. “That was the naming of the first elementary school for a Latina in El Paso. I still cannot believe it,” Rosa enthused.

Awarded a lifetime membership with the Texas PTA, Rosa credited her parents as her first teachers. “They were the best dancers in the world, I thought. My father knew so many steps, so much music, so much culture, too.”

Rosa officially started dance classes at age 6, and her dance career spanned 78 years. “I still dance sitting down, especially tap, Irish jigs, waltzes, folklorico footsteps called *zapateados*, Spanish *taconeos* and all the arm and hand movements possible!” Rosa exclaimed.

Through the years, Rosa has received local, national and international honors, including being named a Distinguished Alumni of The University of Texas at El Paso, inductee into the Texas Women’s Hall of Fame, the Valley Forge Freedoms Foundation Award, the LULAC Arts and Humanities Award, the NEA Human Civil Rights George I. Sanchez Memorial Award and the Mexican Consulate Ohtli Award for her work with Mexican Americans and other minorities. “There should be mandatory human relations classes for all Americans,” Rosa suggested as a significant way to move the country forward in cultural acceptance.

Rosa said seeing her own children — two teachers and a Christian musician — help in their communities makes her as proud as any of her achievements. “Cultural understanding and respect for each other begins in the home,” Rosa credited. “That is where we begin to stop racism.” **NOW**



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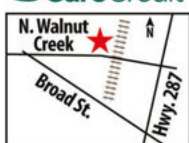
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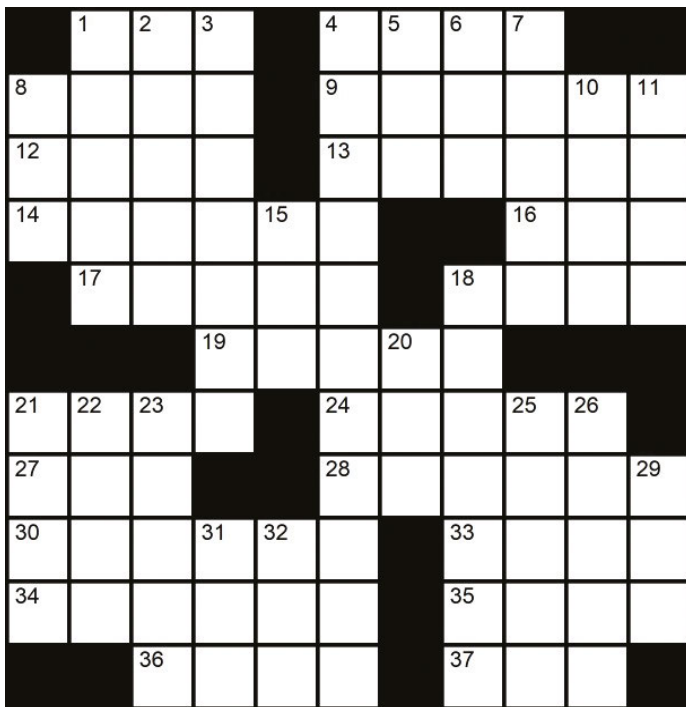
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Crossword Puzzle



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Across

- 1 London radio and TV network
- 4 "As --- alone, by blue Ontario's shores" (Whitman)
- 8 Miles of "Psycho"
- 9 Incendiary gel
- 12 Wide smile
- 13 Oscar winner --- Loren
- 14 Brush expert
- 16 Surgical procedures
- 17 Up and about
- 18 Essay
- 19 --- Hauptmann, the Lindbergh kidnapper
- 21 Twenty-four were baked in it
- 24 Overtake
- 27 Neuman's mag
- 28 Bay State capital's nickname
- 30 Native American village
- 33 Partiality
- 34 Executioner
- 35 Formerly, one sixteenth of a rupee
- 36 Woodpile
- 37 Stage joke

Down

- 1 He coined the comment: "A nickel ain't worth a dime anymore"
- 2 Cockneys, Liverpoolians et al.
- 3 Incredulous response
- 4 Trainers
- 5 Portuguese holy one
- 6 Software program, briefly
- 7 California border lake
- 8 Computer monitor letters
- 10 Hot --- (M A S H role)
- 11 Nuts
- 15 Respectful form of address
- 18 Carryall
- 20 "Forget it!"
- 21 Current units
- 22 Revere or Robeson
- 23 Best possible
- 25 Crockery
- 26 --- He (Chinese river)
- 29 Youth org.
- 31 Letters on some party invitations
- 32 Section of a race

Solutions on page 36

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Sudoku Puzzle

Easy

1	3							
				8	9			2
			1					
2		3					9	
			5	3		8		
		4		6				
	4						2	
				2	8			9
		2		7			1	

Medium

		6			5			
5		2	8	6				3
				1				
	4					7	6	
	5	1	2					8
9				7	8			
			7					
8		9	5	4				
	1			8			2	

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Crosswordsite.com Ltd

Solutions on page 36

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Crossword - Sudoku Solutions

1	B	C	4	I	S	A	T	
8	V	E	R	A	9	N	A	P
12	G	R	I	N	13	S	O	P
14	A	R	T	I	15	S	T	16
17	A	S	T	I	R	18	T	E
			19	B	R	U	20	N
21	A	P	I	E	24	C	A	T
27	M	A	D		28	T	H	E
30	P	U	E	31	B	L	O	33
34	S	L	A	Y	E	R	35	A
			36	L	O	G	S	37

Easy

1	3	8	2	4	6	9	7	5
4	6	5	7	8	9	1	3	2
7	2	9	1	5	3	4	8	6
2	5	3	8	1	4	6	9	7
6	9	7	5	3	2	8	4	1
8	1	4	9	6	7	2	5	3
5	4	6	3	9	1	7	2	8
3	7	1	4	2	8	5	6	9
9	8	2	6	7	5	3	1	4

Medium

1	9	6	3	2	5	8	4	7
5	7	2	8	6	4	1	9	3
3	8	4	9	1	7	2	5	6
2	4	8	1	5	3	7	6	9
7	5	1	2	9	6	4	3	8
9	6	3	4	7	8	5	1	2
6	2	5	7	3	1	9	8	4
8	3	9	5	4	2	6	7	1
4	1	7	6	8	9	3	2	5

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