

# MansfieldNOW

M A G A Z I N E

MAY 2023

## Family Is Everything

An Lam and Christy Phan recount their journeys to America

In the Kitchen With  
Kenya Watkins-Johnson

Also inside:

Scavenger Hunt

Crossword

Featured Business:  
iDRIVE Driving Academy

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## Amanda F., Crandall, TX

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I thought I was doing right by changing how much or what I ate, but I put myself into starvation mode and overall decreased my health, physically and mentally. My friend mentioned Diet Solution to me; I was highly skeptical so we called together.

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Heather and the staff have been nothing but supportive. This journey has not felt like I'm going to an appointment or to see a clinician. The Burleson center has welcomed my family's involvement. In fact, their educational tools have impacted my household and co-workers.

Their approach is individualized and super effective. I do not view this as a diet. I see it as another tool for your toolbox to enable yourself to reach your goals, improve your overall health, gain lifelong knowledge, and impact others.



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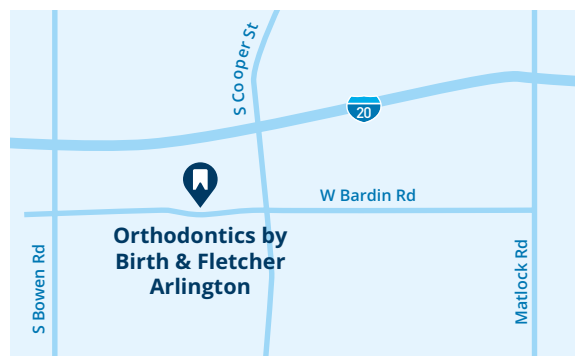
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ON THE COVER



An Lam and Christy Phan celebrate their past by honoring relatives.

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*Sandra*

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MansfieldNOW Editor  
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## EDITOR'S NOTE

*Mansfield Family ...*

May is here! And many of you will be celebrating Mother's Day in a variety of ways. Some will create memories as moms for the first time. Others may follow certain Mother's Day traditions while children acknowledge their mothers during this time. In my opinion, being a mother is one of the toughest jobs there is.

When I Googled different types of moms, I was surprised that many derogatory titles and descriptions appeared. I immediately wanted to stand up for all moms. Not saying that we're all perfect, but respect the role. A few years ago, I had the privilege of facilitating a parenting class for moms whose kids had been taken by Child Protective Services. In the process, I discovered these mothers wanted the best for their children, too, despite their circumstances.

I believe being a mom made me a better person because it's a selfless job. So, today, I honor all moms! If no one has told you lately, thank you for following through with pregnancy, changing diapers, feeding kids, sleepless nights, wiping tears, hugs, kisses, nurturing sick babies, enduring mommy wars and tantrums. There were times you wanted to scream or quit, but this is a never-ending assignment. We just show up differently as we get older because our role changes.

If you have a hard time with Mother's Day, I suggest that you look for the good. That might simply be appreciating *yourself* or memories you made with your mom.

*Have a great month, and I salute mothers!*



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# Family Is Everything

— By Sandra Walters

*In the United States, the history and customs of Asian Americans and Pacific Islanders are honored during Asian Pacific American Heritage Month. Their accomplishments are celebrated every May, and An Lam and Christy Phan recount their story.*

As Christy Phan remembered her modest childhood beginnings in Vietnam, she recalled her parents working hard, so she learned not to take things for granted. “My parents always worked incredibly hard to advance, believing their efforts would eventually pay off,” Christy said.

“My Aunt Truc immigrated to America in 1975 with her husband, who happened to be a pilot. After they left, we learned about the potential in America, so the entire family became eager to follow them. Five years later, my grandparents moved here in hopes for more opportunities. When people found out my aunt lived in the U.S., they automatically assumed she had a lot of money and sent us money all the time. However, this wasn’t the case, but my aunt could sponsor us. A sponsor is a person who can help an immigrant become a lawful permanent resident by signing an affidavit of support. At that time, sponsorship was strict. It was challenging to immigrate to America, even for those with money. Immigrants had to fulfill the requirements. Therefore, my parents began saving money to move to the United States. As a kid, I didn’t know how it was going to be better, but the thought intrigued me.”

Christy’s Uncle Tho sent her a beautiful American doll when she was 11, and she desired to take it out of the box. “I didn’t have many toys to play with, so of course, I wanted to play with this pretty doll, which fascinated me. However, my mom said to leave it in the box, so we could sell it as we continued saving money to move to America. It seemed like we were always saving, never having extra. I recall not having simple things like a TV. I went to people’s houses to watch TV, or I watched from the outside looking through the window. I thought, *One day, I’m going to buy everything I want*,” Christy acknowledged.

It took about 10 years for their paperwork to go through. After the waiting period, they flew by plane with excitement and nervousness at the same time. She and her parents arrived here in 1991. They lived in an apartment in the Arlington area. “I attended Bailey Junior High as an eighth-grader and remember everybody being so kind. My English teacher, Mrs. Gilmore, was so helpful. I didn’t know any English, so they tried to pair me up with another Vietnamese student, but he didn’t know how to translate. However, I adjusted. I was an ESL student for only one year. The next year, I enrolled into Arlington High, and there were more Vietnamese students there. So, I found that exciting,” Christy added.





# ng

An Lam began to share, "My story is a little different. My dad was in the Vietnam Army, and we left Vietnam when I was 6 years old. My mom and sisters stayed behind because if my dad got caught coming to America, he would have gone to prison. We tried to leave three times, but the plans changed. After being cleared to travel, we finally sailed for four days, but two of those days we didn't have any food. Eventually, we made it to a refugee camp in Indonesia and stayed there for a year-and-a-half. Then we came to America in 1985, and I was in the second grade.

"I recall staring at people because I was scared. Everything looked different. Not sure of what was going on, I remember being partnered up with a Vietnamese translator-student. After a few months, I caught on. We lived in the Forest Hill area, and the teachers were extremely nice. My mom and sisters finally joined us around 1987. We didn't have much, but I'll never forget the day the teachers surprised

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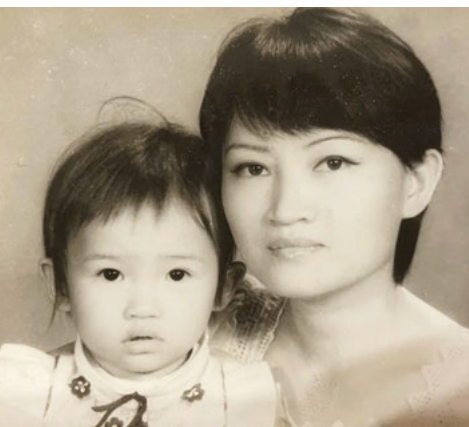
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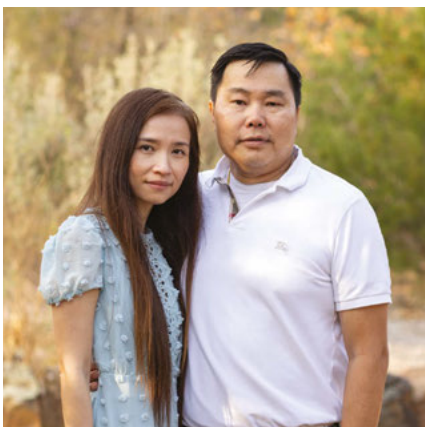




us by sending a huge truck full of food and clothes to our family. We had six to eight families living in the same house. Each family shared a bedroom.”

Looking back, he reminisced about not having many toys and helping his mom sew from second to 12th grade to help support the family. Eventually, he got a job at a pharmacy as a pharmacy technician, and while working there, he recommended that Christy would be an excellent employee. Because they trusted him, they hired her.

An Lam and Christy Phan were UTA students. Christy initially wanted to be



a primary care doctor, but after working in a pharmacy, she changed her mind. At that time, she was completing her bachelor's degree in biology. Next, she earned a doctorate in pharmacy from The University of Texas at Austin. She said, “As a pharmacist, I conduct research in an effort to prevent negative interactions with various medications, so I get to ensure patients are receiving the right prescriptions. In addition, I take great pleasure in getting to know my patients while making certain their health is my utmost priority.”

An continued, “We met in UTA’s

library studying on the first floor in '96, and the rest is history. I graduated from UTA with a Management Information System degree, so I work as a software engineer. My parents instilled an excellent work ethic into me. I wouldn't have made it without them.”

Christy stated, “I'm proud of the efforts and sacrifices my parents and Aunt Truc made to give us the opportunities that we share. Most of all, I love and appreciate my parents for always encouraging me to put school first and to do my best. They would rather work extra hard, so that I could focus on achieving my goals. We are passing this amazing legacy on to our daughter, Tiffany Lam, who is a junior attending Summit High School. Our parents did so much for us, so we must pour this back into her.”

They are truly living the American dream. Christy concluded with, “Hard work really pays off! And taking care of your family is everything. Spending time with them is important. Enjoy each other while you can. We honor our parents and celebrate them because time is so important.” **NOW**

*Happy Mother's Day!*

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## Zoomed In: Patricia Ray

By Sandra Walters

Patricia Ray visited the Mansfield Police Department to express her gratitude for the lifesaving actions of Officers Harvey, Williams and Curiel. A few months ago, medics transported Patricia to the hospital. Her heart stopped three times, but she survived because multiple people came to her aid. “When I collapsed and suffered a cardiac arrest at the Sam’s checkout counter, Officers Harvey and Curiel arrived on the scene and began performing CPR,” Patricia recalled. “Later, Officer Williams and an off-duty fire captain arrived and assisted with CPR until the ambulance arrived.”



Cynth Marshall and Mansfield’s very own, Jessica Yanet, share the stage.



Olivia Burris plays around in her moustache.



New nurses graduate from Methodist Mansfield Medical Center’s Texas Tech School of Nursing satellite campus.



Asher Wimbrey celebrates by wearing his championship ring as Energy 12U wins.





Mansfield Texas Parks & Recreation representatives, Trent and Kyle Roper, showcase animals from the animal shelter.



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# BusinessNOW

## iDRIVE Driving Academy

— By Sandra Walters



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Brandi Millstid is a longtime Mansfield resident. “I’ve lived in Mansfield for 41 years and graduated from Mansfield High. I recall when the new Mansfield High was built on Broad Street in 2004. Currently, I teach at my alma mater as a special needs teacher. My job is extremely rewarding. At this level, my students are required to learn an employable skill, so a few years ago, I wrote a grant to create a coffee shop at our school to help my students acquire the skills needed to operate a business. We were awarded a grant from

the MISD Educational Fund to start these endeavors, and it has paid off,” she said.

For example, students learned customer service, management, operation costs, profits and how to work toward a goal. Brandi developed her business skills through assisting students at the coffee shop and while working for iDRIVE Driving Academy for the last 10 years.

“I worked closely with the previous owner, Stephanie Slimak. We’ve been friends since childhood, so when she asked me to take over the business, I replied, ‘Yes,’ with the confidence I gained over the course of time. I took a leap of faith. My friend was moving out of the area, so she thought I would be an excellent fit,” Brandi added. Since she has known the employees for years, she considers them as family and enjoys working with each of them. They have one employee who works with clients during the day. iDRIVE creates a unique, intimate feel by providing small classroom sizes that max out with 15 students. All of the instructors are certified by the Texas Education Agency and licensed by the Texas Department of Licensing and Regulation. They prepare



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iDRIVE Driving Academy offers classroom instruction for minors as young as 14 years old. Students who are at least 15 years old may take class instruction, in-car only instruction or parent-taught online drivers' education. The online course is 504 and Special Education friendly. This includes text to speech, added white space, checks for understanding, re-teaching, larger fonts and more for students between the ages of 14 and 17.

**"iDRIVE creates a unique, intimate feel by providing small classroom sizes that max out with 15 students. All of the instructors are certified by the Texas Education Agency and licensed by the Texas Department of Licensing and Regulation."**

Also, there are adult only offerings for 18- to 25-year-olds. These students will be eligible for a driving test once they have successfully completed the Adult 6-Hour course, taken the completed certificate to DPS to receive the learner license permit and have a valid learner license present at the time of the driving test. In addition, they must have completed the 1-hour Impact Texas Youth Drivers Online Program (ITYD). After that is accomplished, print the certificate for in-car instruction, which is offered once a month. "We also provide a Spanish drivers' education class once a month and private in-car lessons for this group as well," Brandi concluded. "If you are looking for a driving school, reach out to iDRIVE Driving Academy, and we would be happy to help you and your teen." **NOW**





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**James 1:16-18 NIV**

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KENYA WATKINS-JOHNSON

— By Sandra Walters

Turning on music while cleaning her home or cooking takes Kenya Watkins-Johnson back in time. “I believe cooking shows that you simply care. It enables me to be free-spirited and creative as I revisit my childhood memories,” she said. “As a little girl, I helped my grandmother in the kitchen all of the time, and we had people over for dinner frequently.”

She considers herself a Comfort-Cajun style cook who fries a lot and can grill anything. However, she’s still working on her smoking skills. “I am originally from Cincinnati, Ohio, so being from up North, smoking is not a big thing,” she said. “But my grandmother and family are from West Virginia and Georgia, so this is where I get my soul food Southern traditions.” **NOW**

## Pot Roast

3 lbs. boneless chuck roast  
Salt, to taste  
Fresh ground black pepper, to taste  
2 Tbsp. olive oil  
1 large yellow onion, coarsely chopped  
3 cloves garlic, minced  
1 14.5-oz. can beef broth  
3/4 cup dry red wine (optional)  
1 pkt. Lipton Onion Soup Mix  
1 pkt. ranch dry seasoning  
2 sprigs fresh thyme

2 sprigs fresh rosemary  
1 bay leaf  
6 medium carrots, peeled and chopped into 1 1/2-inch pieces  
2 lbs. Yukon Gold potatoes, cleaned and diced into 1 1/2-inch pieces

1. Preheat the oven to 275 F. Season the roast all over with salt and pepper.  
2. In a large Dutch oven, heat the olive oil over medium-high heat. Place the roast in the pot; brown it on all sides for about 2 minutes per side.

3. Transfer the roast to a cutting board; set aside. Add the onions to the pot; sauté until brown for 4-5 minutes, while adding the garlic during the last minute.

4. Return the roast to the pot; pour the beef broth and optional red wine over roast. Add the Lipton Onion Soup Mix, ranch packet, thyme, rosemary and bay leaf.

5. Bring to a simmer; cover the pot with a lid; transfer to oven to cook for 2 hours.

6. Remove from the oven; add the carrots, potatoes and additional salt and pepper to the pot. Cover; return to the oven to cook for 1 to 1 1/2 hours longer, until the roast and veggies are tender.

7. Remove the roast. Shred or cut it into large pieces, while removing the fat; return the meat to the pot. Remove the bay leaf and herb sprigs; serve warm.

## Rasta Pasta With Jerk Chicken

1 lb. boneless, skinless chicken tenderloins, sliced into 2-inch pieces  
1 lime  
4 Tbsp. Walkerswood jerk seasoning  
2 tsp. fresh thyme, stems removed



1/2 tsp. browning sauce (optional)  
6 tsp. avocado or canola oil (divided use)  
1/2 green pepper, thinly sliced  
1/2 red pepper, thinly sliced  
1/2 yellow pepper, thinly sliced  
1/2 yellow onion, thinly sliced  
3 cloves garlic, minced  
8 oz. penne pasta

**Sauce:**

2 cups heavy cream  
1/2 tsp. salt  
1/2 tsp. black pepper  
1/2 tsp. paprika  
1 cup Parmesan cheese, shredded

1. Put the chicken pieces into a large mixing bowl.
2. Roll the lime to soften it; slice it in half. Squeeze the lime juice onto chicken; add both lime halves to the bowl with the chicken. Fill the bowl with water to cover. Using a wooden spoon, stir the chicken. Cover with plastic wrap; let sit for 15-20 minutes.
3. Add the jerk seasoning, thyme, browning sauce and 2 tsp. oil to a bowl. Massage the seasoning into the chicken. Cover the bowl with plastic wrap; refrigerate. Let the chicken marinate for 30 minutes or overnight.
4. Remove the chicken from the refrigerator; remove the plastic wrap. In a deep, nonstick skillet over medium heat, add 2 tsp. of oil. Place the chicken into the pan. Sauté about 10 minutes until it is browned on all sides. Once the temperature reads 165 F, remove from the pan; set aside.
5. Place the remaining 2 tsp. of oil in a skillet. Add peppers, onions and garlic; sauté until tender but still crisp, about 5 minutes. The peppers should still retain their color. Put the chicken back into the pan with the vegetables; toss to combine.
6. Cook the pasta per instructions on the box.
7. For sauce: Add the heavy cream, salt, black pepper and paprika. Let cream simmer for 5 minutes. Stir in the Parmesan cheese; cook for an additional 1 to 2 minutes until the cheese melts.
8. Combine the pasta, sauce and chicken to simmer together for 20 minutes. If more heat is desired, add more jerk seasoning.

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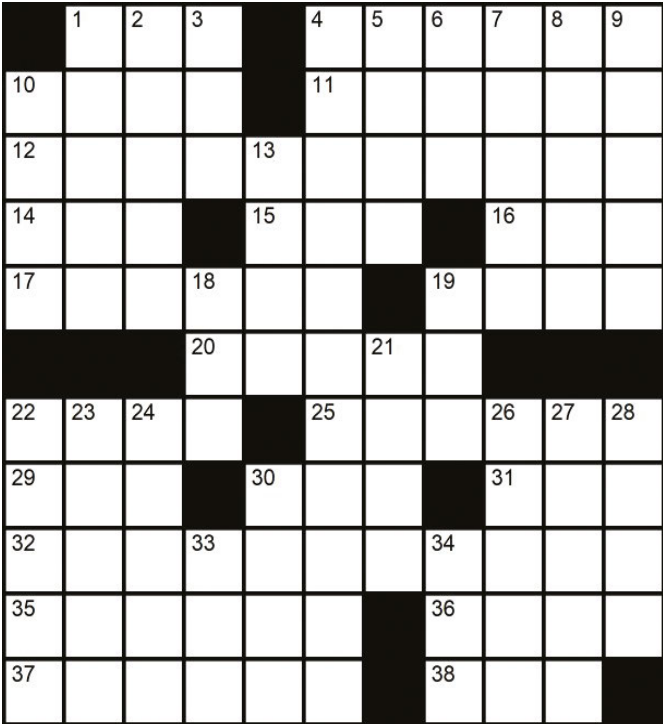
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- Across**

  - 1 USSR successor
  - 4 Savanna grazer
  - 10 "Bless me, Father, --- have sinned"
  - 11 Impulse transmitter
  - 12 Formal attire
  - 14 1/100 yen
  - 15 Contents of some whistles
  - 16 Heard in a herd
  - 17 Small earthquake
  - 19 Numerous
  - 20 Sesame Street grouch
- Down**

  - 22 Encourage in wrongdoing
  - 25 Stifle awkward pronoun
  - 29 They're white at Guaranteed Rate Field
  - 30 Hindu honorific
  - 31 Myself, in Munich
  - 32 Repaired, decrepit lab is unsurprising
  - 35 Sign up
  - 36 Shellac
  - 37 Irritate
  - 38 Health security agency
- 1 Lid**

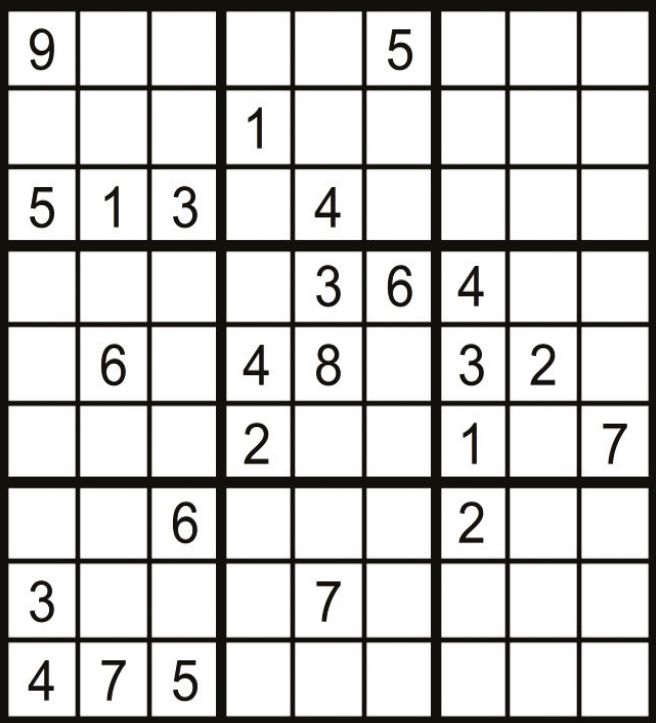
  - 2 Castle of the turkey trot
  - 3 Transgression
  - 4 Coterie
  - 5 Starter for a million
  - 6 Brick-making clay
  - 7 Fragrance
  - 8 Running out of
  - 9 Bug
  - 10 Celebration suffix
  - 13 Nasdaq events
  - 18 Witty remark
- 19 Miss, once?**

  - 21 On the job
  - 22 Trembling poplar
  - 23 Carried
  - 24 Apply
  - 26 Plant firmly
  - 27 Pale purple
  - 28 Guitar ridge
  - 30 Low-down horizontal beam
  - 33 Half a colon
  - 34 Simplicity simile

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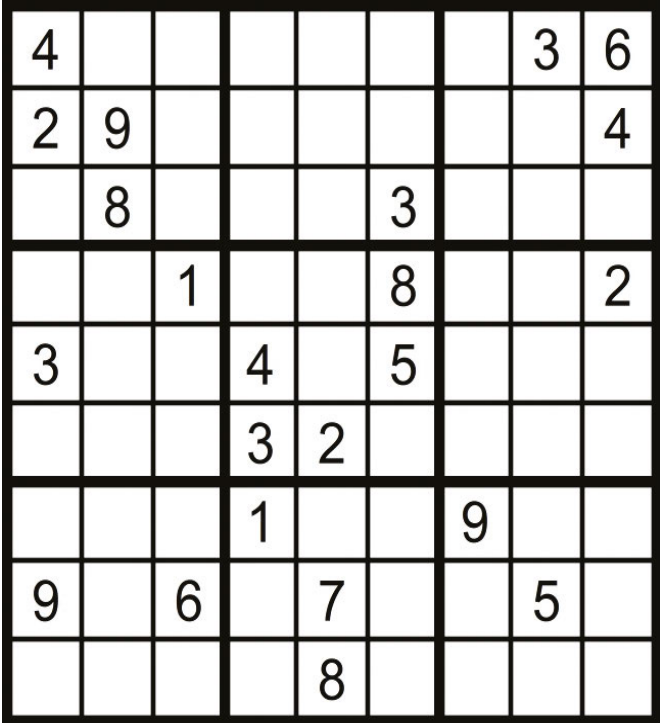
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Easy



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# MAY

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.

5/6

## Historic Downtown Mansfield Car Show:

Come celebrate Mansfield's automotive heritage. Throughout the '30s, '40s and '50s, more and more vehicles came to Mansfield. Cost: Free. 9:00 a.m.-1:00 p.m., 108 W. Broad Street. For more information, call (817) 276-4226 or email [art.wright@mansfieldtexas.gov](mailto:art.wright@mansfieldtexas.gov).

5/6-5/13

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5/13

## Monarch Festival:

Crafts, games, guided hikes and a butterfly house. Off-site parking at Willie Brown Elementary School. Free shuttles. Free, but preregistration recommended. 9:00 a.m.-noon. Elmer W. Oliver Nature Park, 1650 Matlock Road. <https://www.cognitoforms.com/MansfieldActivitiesCenter/MonarchFestival>.

## Historic Mansfield Guided Walking Tour:

Join Mansfield's historic preservation officer on free guided walking tours of

Historic Downtown Mansfield each weekend in May. Cost: Free. 5:30 p.m. or 7:00 p.m., Mansfield Historical Museum and Heritage Center, 102 N. Main Street.

5/13-5/14

## Hawaiian Falls

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5/26

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6/3

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Submissions are welcome and published as space allows. Send your current event details to [sandra.walters@nowmagazines.com](mailto:sandra.walters@nowmagazines.com).

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