MansfieldNoW

MAY 2024





Dr. Alan M Taylor II

Martha, Midlothian, TX

For much of my adult life, I fluctuated with my weight. I'm 5-foot 2, and at my heaviest, I weighed 198 pounds. I used various fad diets to shed some of it off, but it always came back. I started my journey with Diet Solution in February, of 2023. What I discovered was I needed accountability. The best thing about Diet Solution Centers is that I've kept the weight off. I am on the maintenance plan and still losing pounds. This is not a short time diet program. It is a long-term lifestyle.



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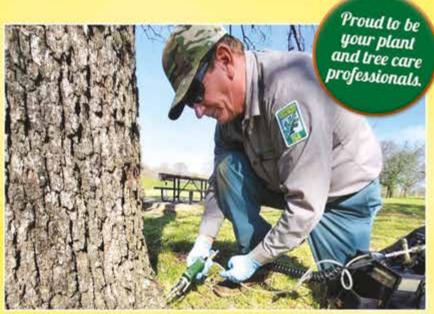
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Micheal Moisant, D.O.

ON THE COVER



Bryant Le shares his culture and passion for music with Mansfield.

Photo by Lori Baur.

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Sandra

Sandra Walters MansfieldNOW Editor sandra.walters@nowmagazines.com (682) 554-1743

EDITOR'S NOTE

A month for celebrating!

While turning the page to May, we find ourselves greeted by the gentle whispers of spring. I am reminded of the old saying, "April showers bring May flowers." This month nature will blossom in all its glory, painting the world in vibrant hues and breathing life into every corner as we celebrate Asian American and Pacific Islander Heritage Month and Mother's Day.

As the month begins, we embark on a journey of discovering Asian American and Pacific Islander heritage. Let us embrace diversity and cultivate understanding as we celebrate the unique traditions, rich culture, stories and contributions these communities have made to the United States.

In addition, we honor mothers on Mother's Day. Take a moment to express gratitude to the remarkable women who shaped your lives with their love, wisdom and unwavering support. Some people may simply thank their mom for the gift of life because the other adjectives don't apply. If that's you, celebrate the memory or the woman who played that role for you.

Personally, I am excited about May 4th! I will watch my daughter receive her bachelor's degree in journalism from the University of Mary-Hardin Baylor. The mommy and English teacher in me are proud of the young lady she has become. Celebrations are in order all around during the month of May. Take lots of pictures to commemorate all the great times. Seize the opportunities.

Here's to a May filled with joy as you listen, create and reflect on memories!





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"I was so nervous about going to a new doctor, but as soon as I walked into the office I was happy I came. The office is very nice and clean. The front desk receptionists were so friendly and greeted me with smiles. I didn't feel rushed when speaking with the nurse, and she listened to everything I was concerned about. Dr. Peters was a breath of fresh air. Her bedside manners are excellent, and she took time and addressed every single concern and issue I had. I am so glad I found her, and she will be my family's new PCP." - Lezley

"From the front staff, Alexis and Janet were both very nice and assisted me with the forms. Dr. Tomi was amazing. She took her time and listened to my concerns. I didn't feel rushed at all. I can feel the comforting spirit that permeates the whole office!! I am so excited to continue my health journey." - Sharon

"This was my first visit to see Dr. Peters, and she was amazing. She was attentive, patient, a good listener and wanted to give top notch overall care. Her staff was friendly and professional. I just found my new PCP doctor! I highly recommend her." - Leah

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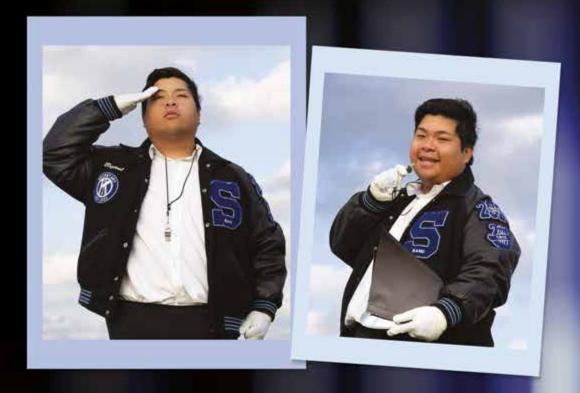
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EMBRACINA By Sandra Walters Monday American Control of the Control

Asian American and Pacific Islander Heritage Month provides an important opportunity to acknowledge and appreciate the culture, history and contributions of Asian Americans and Pacific Islanders in the United States of America. Bryant Le, a first-generation American, graciously shares his authentic story, offering a glimpse into his unique cultural background. His family's journey from Vietnam to the United States highlights the resilience and diversity of immigrant experiences. Growing up with three generations, including himself, Bryant's narrative showcases the intergenerational aspects of his cultural identity.

"My grandparents were superstitious about everything, especially around New Year's. They emphasized the importance of avoiding negativity during that time to ward off potential bad luck. They carried a strong connection to our Vietnamese heritage, which included deep-rooted superstitions," Bryant said. "I honor these traditions because they remind me of my family's love and culture. I miss my grandparents so much."

Bryant discovered his musical ability around age 7 or 8. He and his cousin frequently strolled down a hall with padded walls in his house and sat on tall stacks of paper towels to assume their performance positions. "I spent a lot of time with my cousin in the old house singing in 'concert style' and laughing almost nonstop while encouraging each other in our silliness. The acoustics in that room were excellent, so we recorded our performances on our phones," he admitted. When Bryant started intermediate school, he introduced his grandfather to extracurricular activities. This was new to him. Since





Bryant's parents and grandparents didn't have electives in their schools in Vietnam, they didn't fully understand the whole band concept.

Originally, Bryant wanted to play the saxophone in sixth grade, but after playing a variety of instruments for his band directors at Cross Timbers Intermediate School, he was informed that he would be a great oboe player. He scored a 10+ on the oboe and bassoon, but he chose the oboe. "My grandfather dropped me off at practices and attended performances because my parents had to work. After a while, he started learning about the band and asking questions. I recall my grandfather inquiring about the top band. That caught my attention, so I prepared to achieve being a part of Honors Band. My grandfather motivated me," Bryant said.

In seventh grade, his dedication increased when his middle school band played along with the Summit High School Band in the football stands. "The students conducting the band intrigued me, so I found out who they were — drum majors. I immediately thought, That's what I want to be!" he shared. Proudly, he reached Honors Band by eighth grade.

Bryant remained in the top band his first year of high school during the pandemic. When he considered marching, he realized people didn't march with oboes, so he taught himself how to play the saxophone. He remembers marching while wearing a mask with a slit in it through which to play the instrument. "It was strange, but I enjoyed marching. That year, there were no competitions. We had one junior and two senior drum majors, as I recall. Kenneth, the junior drum major, helped me prepare for drum major auditions for the upcoming year.

"I don't remember the interview being difficult, but it was incredibly brief. So, this led me to believe I wasn't going to get the position. Although, to my surprise, they chose two drum majors that year. My friend, Kenneth, and me — a senior and a sophomore — were chosen. As a drum major in my sophomore year, I was laying the groundwork for becoming a student leader and having a terrific time participating in my first-ever high school competition. Also, we made history, the Summit High School Band qualified for the UIL State Marching Band Competition," he declared with pride.

Drum majors audition each year, so it isn't a given that a person will be a drum major the following year. However, Bryant secured the head drum major position his junior year. As a result, he has learned to serve by looking after the group, making sure students have rides home and assisting the band directors. "I get to see every single section, and my personality works well with building relationships. Being a drum major has taught me a lot — time management, making connections and being responsible.

"I enjoy being a part of the Summit High School Band. We are a team, so we help each other. When I'm about to perform, I shake my hands, take a deep breath, wink and smile. This posture is fun, which helps me alleviate the nervousness. Eventually, I will become a high school band director and maybe get a doctorate in music. As a first-generation American," Bryant concluded, "I am proud I received the opportunity to represent my culture, honor my grandparents as a leader and share my passion for music education." NOW



Trinity Metro's On-Demand rideshare service comes to Mansfield on July 15, 2024.



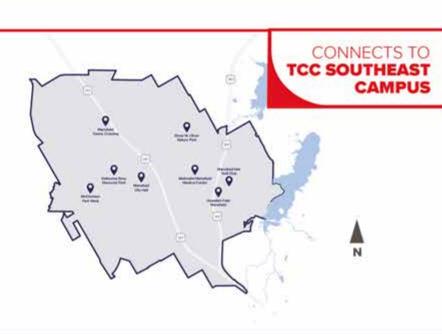


<u>Beginning July 15, 2024</u> - A new commuting option is around the corner for Mansfield residents with the introduction of the six-month pilot program, Trinity Metro On-Demand.

Trinity Metro On-Demand will deliver riders to many fun-filled and essential destinations, including Historic Downtown Mansfield, parks, shops, restaurants, plus grocery stores and medical facilities. The new service offers connectivity with other Trinity Metro services, including buses and TEXRail through transfers at Tarrant County College – Southeast Campus. You will be able to book rides straight from your phone, get picked up in minutes, and access local shops, restaurants and workplaces without needing a car.

Trinity Metro On-Demand hours of operation effective July 15, 2024: Monday - Friday: 7 a.m. - 7 p.m.











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"We like the structure of being able to learn different languages... and the uniform was nice for me to not have to pick out outfits in the morning! But even better because everybody is the same equal. We really like that aspect of it. For our son being in a military family, he likes the routine and structure of it." - Kristi Rose, First Grade Parent

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NEW STUDENT INFO NIGHTS:

MAY 2 MAY 9 MAY 16

ADMISSIONS DAY:

MAY 18





ILTEXAS.ORG/APPLY

Around Town



Across the state of Texas, a large number of people gathered to see the eclipse through their unique shades. A variety of activities took place in downtown Mansfield. As Jakovye Johnson wore his special glasses in the community, he positioned his phone to take pictures of the moon. "Seeing this historic feature displayed while hanging out with friends and family was so much fun," he said.

The Mansfield community witnessed a once-in-a-lifetime celestial event: A total eclipse passed directly overhead. The people in the city of Mansfield observed the moon's totality for approximately three minutes and twenty seconds. This event started around 12:22 p.m. and ended at about 1:45 p.m. The celebration began before and continued after.



Evan Hinojosa wears his colorful, flowered shirts as he brings in the season.



Grayson and Rhett Phillips enjoy the best milkshake ever.



The Sugar & Spice Girls Mentor Program educates young ladies about conflict resolution.



Ellie Jasper's facial expression displays her excitement about dance.

By Sandra Walters



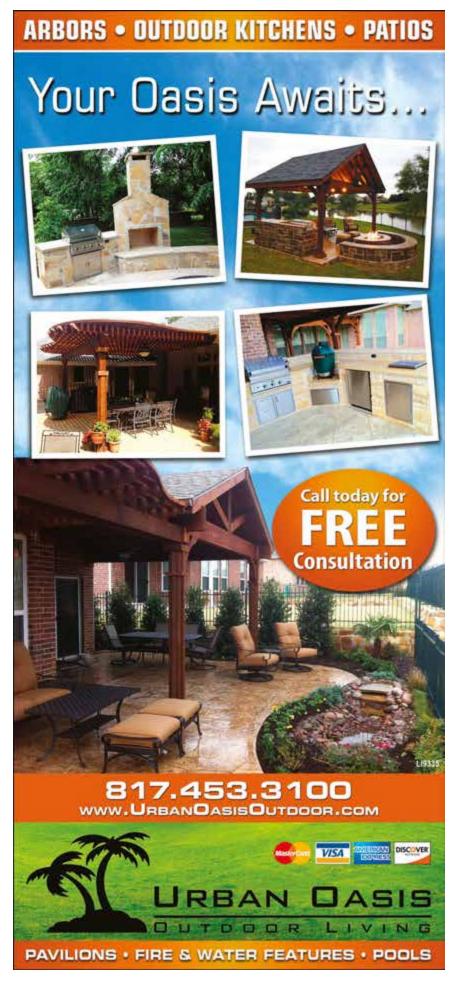
Irving Romero shares his love for baseball with his sons, Maddox and Noah, at the Sports Complex.



Greyson Hawkins experiences the spring season.



Matthew Wynn looks out of the window as he enjoys the train.





BusinessNOW

Trees Hurt Too, Inc.

By Sandra Walters

Trees Hurt Too, Inc. Ken Hewlett, Owner Mansfield, TX 76063 (972) 521-1552 ken@treeshurttoo.com https://www.facebook.com/trees.hurt.too www.treeshurttoo.com

Ken Hewlett worked in pest control for many years. As a problem solver, he researched trees to address issues for customers. "Eventually, I went back to school and became an arborist because I was concerned about plant health care. I learned that some trees were stressed out," he said.

"I realize trees are living organisms, and they hurt like people," he said. "If some trees could talk, they would be screaming, 'Get this truck off my feet!' People park their heavy trucks on the root systems of trees, and it impacts the soil while damaging the tree. Save your tree! Save your money!"

Ken takes pride in what he does and believes in passing on the information. In fact, he designed his website to be educational. "When working for another tree and lawn

care company, I consistently noticed that trees were dying because of the chemicals people used on their lawns," he said. So, as a certified arborist with 20-plus years of experience and a dream, he started his own tree and lawn care business, Trees Hurt Too.

As an arborist, Ken provides pest management, lawn maintenance and care for ornamental trees. His services are based on intuition, knowledge and compassion for both trees and people. He believes in saving money and trees' lives. Trees Hurt Too provides non-traditional fertilization and weed control. "We work on the trees, lawn and soil to make them healthy," Ken stated. "It's more expensive to chop down a tree because of the cost of removal, and the utilities increase when the tree is gone."

Trees Hurt Too uses organic and carbon-based products. "I don't believe in tree trimming just for the sake of it. There's a proper time," Ken said, adding that he spent the fall conducting borer treatments on trees that endured last summer's droughts. "Summer storms can cause cracks in tree bark, which means trees leak sap, and that sap attracts

tiny baby insects that love to chew and feast on the inner bark and wood of trees.

"At Trees Hurt Too, damp management is the primary focus this month. Gravity and evaporation cause water to evaporate by July and August, regardless of how wet the winter and spring were. Protecting roots doesn't require constant watering. In order for a plant to withstand drought, it needs healthy soil that retains moisture and has enough carbon," Ken explained.

"We work on the trees, lawn and soil to make them healthy. It's more expensive to chop down a tree because of the cost of removal, and the utilities increase when the tree is gone."

To prevent property owners from watering their plants more than necessary, he and three licensed technicians can take care of compacted soil and unhealthy lawns by applying a biodegradable product that produces water for plants. When on-site. technicians search for additional methods to assist. When they discover weeds growing in the gaps or sidewalks surrounding homes and decks, they utilize environmentally friendly products that won't harm trees. Ken empathized with trees while learning to inject their vascular system with medicine to circulate throughout the tree.

Ken offers advice to those wishing to construct a home with established ornamentals, such as 200-year-old oaks. "We deal with urban forests when working with people's landscapes," he stated. "Unfortunately, most individuals contact me five to seven years after construction, and it becomes more difficult to revive native plants that are sick. Preventing it is less expensive than treating it afterward."

Trees Hurt Too technicians travel in a 25-mile radius around Mansfield to save trees, plants and lawns. Call Ken today. He'll call you within 24 hours and make himself available to restore your plants' health. **NOW**







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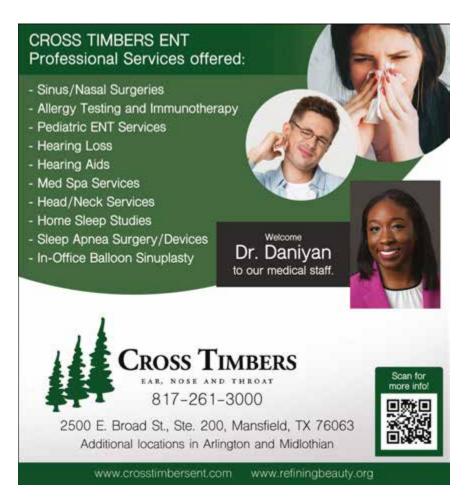
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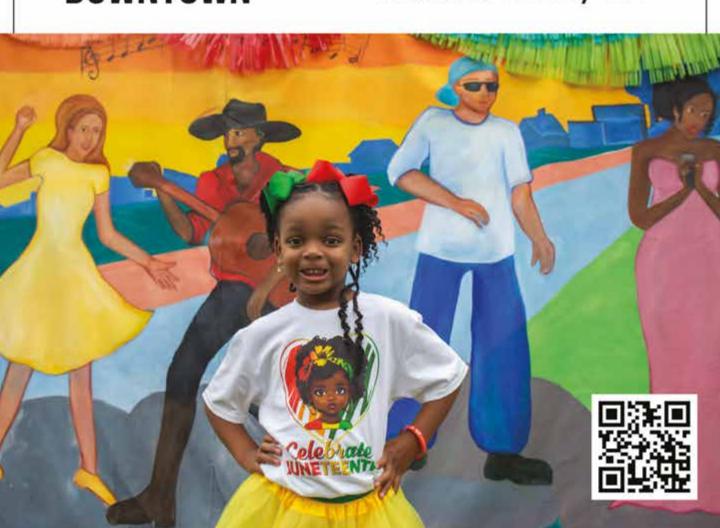




4-9 P.M. - SATURDAY, JUNE 15

THE LOT DOWNTOWN

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"I would say I'm a typical Southern mama. The first thing I'm likely to ask when you come to my home is, 'Have you eaten?' Or, 'Let me fix something for you,'" Cyndi Perry said.

She was born in Central California but grew up in rural southeastern Oklahoma. Her grandmother from Oklahoma would prepare homestyle Southern staples like beans and corn bread and serve vegetables from her garden. "I cook for my family, neighbors, friends, co-workers and church community. It gives me a lot of joy to share something from my kitchen that warms someone's heart and feeds their body and spirit," Cyndi said. "I show love through cooking." NOW

Cyndi's Baked French Toast

I loaf day old French bread, cut into I-inch slices

6-8 eggs

2 1/4 to 2 1/2 cups milk

1/3 to 1/2 cup butter, melted

l tsp. vanilla

1/2 tsp. cinnamon

1/4 cup butter, slightly softened

1/2 cup brown sugar

1/4 cup flour

1/2 cup rolled oats1 Tbsp. corn syrup1 cup sliced almonds (optional)

1. Grease a 9x13-inch pan. Arrange the bread, overlapping it to completely fill the pan.

2. Combine the eggs, milk, melted butter, vanilla and cinnamon. Pour over the bread. Cover with plastic wrap; refrigerate overnight.

3. The next morning, heat the oven to 350 F. In a small bowl, combine the slightly softened butter, sugar, flour, oats

and corn syrup. Evenly spread the mixture over the bread.

4. Sprinkle the sliced almonds over the top, if using. Bake, uncovered, for 45 minutes. Insert a knife into the center to ensure the toast is cooked.

5. Serve warm with syrup.

Rock Rolls

Easy, no kneading.

2 cups warm water, like bath water

2 1/4 tsp. yeast (or 1 pkg.)

2 Tbsp. honey

4 cups flour

1 1/2 tsp. salt

I. Mix the water, yeast and honey together. Let sit for about 5 minutes. When it's frothy, the yeast is proofed.

2. Combine the flour and salt together. Add the yeast mixture; stir to combine. The mixture will be wet and sticky.

3. Let the mixture rise in the same bowl for about 1 hour. Note: Cover the bowl with a clean, dry kitchen towel, and place it in a

warm place while the dough rises.

- 4. Spoon the dough into well-greased muffin tins. Cover with the kitchen towel again; let the dough rise for 20 minutes.
- **5.** Bake at 400 F for about 20 minutes.
- 6. When done, the rolls will be crispy on the outside and soft on the inside.

Sausage Balls

I lb. bulk breakfast sausage 3 cups Bisquick

1 lb. sharp cheddar cheese, shredded

3-4 oz. Velveeta, any kind

1 4-oz. can green chilies, diced

- **1.** Combine all the ingredients in a large bowl using a mixer. If the mixture seems too wet, add an extra 1/4 cup of Bisquick. (Note: For spicy balls, add Pepper Jack cheese to the cheddar.)
- 2. Once the ingredients are mixed, shape the mixture into 2-inch balls.
- 3. Place the balls on an ungreased baking sheet.
- 4. Bake for 20-25 minutes at 350 F until golden brown.

Stuffed Pepper Soup

2 lbs. lean ground beef

I tsp. minced garlic

1/2 cup onion, chopped

1 28-oz. can tomato sauce

1 28-oz. can tomatoes, diced

2 cups cooked rice

2 cups bell peppers, chopped (any or all colors)

2 beef bouillon cubes

1 Tbsp. Worcestershire sauce

1/4 cup brown sugar

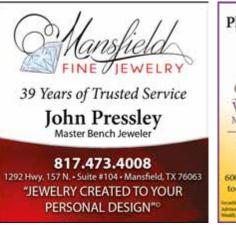
2 tsp. salt

1 tsp. pepper

2-3 cups water

- 1. In a skillet, brown the meat with the garlic and onions; drain the grease.
- 2. Transfer the meat mixture to a stock pot. Add the remaining ingredients; bring to a boil.
- **3.** Reduce the heat. Cover; simmer 30-40 minutes until the peppers are tender.









NAPP SISTERS SELF STORAGE





If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives.

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the

newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill, I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

"I LIKE BEING WELL ROUNDED. I ENJOY BEING AN OVERACHIEVER, SO I'M CONSTANTLY TAKING CONTINUING EDUCATION, KEEPING UP WITH ALL THE NEWEST TECHNIQUES AND TECHNOLOGY."

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency - working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training,"

theserenitydentist.com | 972-634-1434 Dr. Cristina Allala 605 E. Belt Line Rd., Suite 101, Cedar Hill

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

- Virginia Woolf







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- Diamond element?
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- October's birthstone
- Puncture
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- Tip off
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- And Still I Rise" poet
- Luxurious Kind of deal in
- Open mesh fabric
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- personality 31 Muse of comedy a hit,

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- 32 Start of something big?
- 33 E M Forster's "Howards --- "
- 34 German-Polish
 - border river
 - 10 Deploy Earl badly on stage.
 - 11 Humiliating meal?

- 12 It'll never get off the ground in Australia
- 16 AIDS fighter
- 18 Cloth
- 21 Amazement
- 22 Adam and Eve's third
- 23 Overpowering fear
- 24 Skier's shelter
- 25 First animal in the Chinese Zodiac.
- 26 "Little Shop of Horrors* dentist ---Scrivello
- 28 Shakespeare character "more sinned against than sinning*
- 30 Medical insurer

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45TH ANNIVERSARY

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5/4

Second Annual Historic Downtown Car Show:

Celebrate Mansfield's automotive heritage.
Pre-register your car at https://form.jotform.
com/230635197476161 if you're interested in participating in the car show. Free. 9:00 a.m.-2:00 p.m., 100 Block of Historic Main St.

5/5

Cinco de Mayo Mercado:

Get ready for a fiesta like no other. Music, food and a variety of vendors bringing art, crafts and artisanal treasures, plus free Lotería! Cost: Free. 2:00-7:00 p.m., Tagueria La Ventana,

109 S. Main St.

5/11

Monarch Festival:

Crafts, games, butterfly house. Off-site parking at Willie Brown Elementary School. Free shuttles running to the park continuously. Free, but preregistration strongly encouraged. 9:00 a.m.-noon, Elmer W. Oliver Nature Park, 1650 Matlock Road. Register at: https://www.cognitoforms.com/MansfieldActivitiesCenter/MonarchFestival.

Historic Mansfield-Chalk the Walk Contest:

Decorate the sidewalks of the historic downtown district using

chalk in this family-friendly contest. This year's theme is Education: What Did You Learn in School? Free. 9:00 a.m.-1:00 p.m., North Main Street.

Spring Style Show Fundraiser:

Hosted by the Mansfield Women's Club. Show, lunch, raffles and silent auction. Cost: \$50. 11:00 a.m.-2:00 p.m., Walnut Creek Country Club, 1151 Country Club Dr. For more information, call (817) 932-2329.

5/12

Rockstars of Tomorrow Frisco/Mansfield Showcase:

Help encourage the youth of

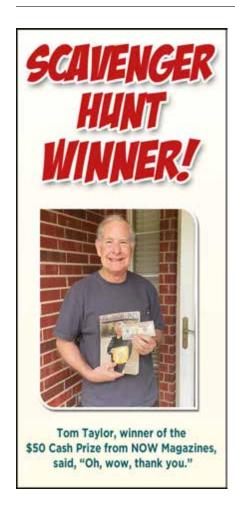
today to keep rock 'n' roll alive. Fat Daddy's is partnering with Rockstars of Tomorrow Frisco/Mansfield to provide a stage and production for their bands to showcase their talent. Free. 1:00-3:00 p.m., 781 W. Debbie Ln.

6/1

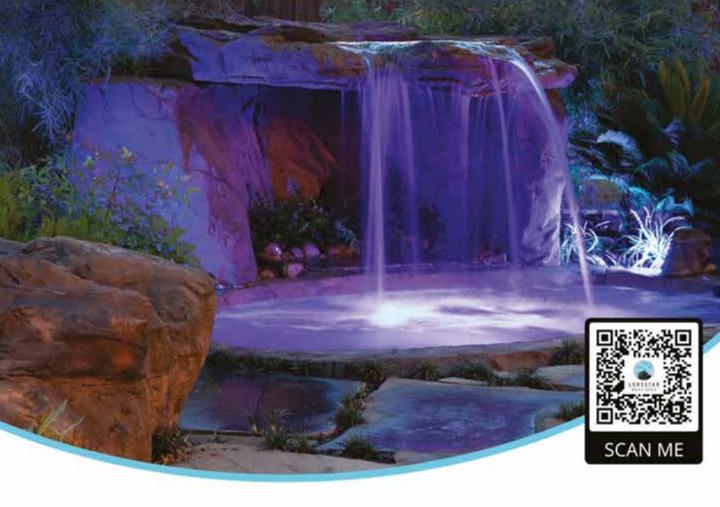
Mid-Way Regional Airport Pancake Breakfast Fly-in/Drive-in:

See classic airplanes and helicopters, and hitch a ride! Free entry. Breakfast: \$7; under 8: \$3. 8:00-11:00 a.m., 131 Airport Dr., Midlothian.

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







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