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May 2026
 Volume 21, Issue 5



Sandra Walters
MansfieldNOW Editor
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ON THE COVER

Allison Keng and Abby Rinzel turned casual strolls into a lifeline for moms.



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ONE WALK AT A

What began as a simple walk down the street has grown into one of Mansfield's most meaningful mom communities. Mansfield Moms Walk started quietly, without a mission statement or long-term plan. A few moms with small children wanted to get out of the house and connect. It was never meant to be official. It was just friends, strollers and a shared need for company. "I struggled with postpartum depression after having my kids," Abby Rinzel said.

Therefore, she started inviting neighbors with small children on a walk. They strapped their kids into strollers and walked down the streets together, talking while their babies smiled, babbled and enjoyed the ride. The walks were scheduled for Mondays. They were simple, casual and exactly what many moms needed.

Eventually, Abby asked another mom, Allison Keng, to help her expand the operation beyond the neighborhood. "Initially, we had no idea what we were doing, but Abby came up with these amazing ideas, and I supported her. We were deeply committed to helping as many mothers as we could because we understood the value of our friendship," Allison said. Motherhood comes with challenges that can feel relentless: lack of sleep, constant diaper changes, meal planning and isolation. The group emphasizes how vital it is to get out of the house, especially during periods of depression. Moms share resources, encourage therapy when needed and step in for each other without hesitation.

By May 2025, the group had grown to nearly 80 moms. As summer arrived and temperatures climbed, the group adapted. Outdoor walks at various Mansfield parks turned into indoor meetups at places like Play Park MTX and the FieldhouseUSA Gym. Instead of walking in neighborhoods, moms circled gym floors while kids played safely nearby. Abby and Allison paid out of pocket to provide coffee and donuts, so moms wouldn't have to worry about feeding their children or grabbing something on the way. In addition, Abby's husband even made coffee for many events before local businesses began stepping in to sponsor.

The group quickly became known for its warmth and inclusivity. Stay-at-home moms, teachers on summer



TIME

— By Sandra Walters

break, nurses, working moms and moms from a wide range of religious and cultural backgrounds all found a place. There was no pressure to fit a mold. The goal was simple: no mom should leave without feeling less alone. "We noticed that when husbands come along, the moms don't talk to each other as much. So we started asking them to stay home," Allison laughed! "Sometimes these friendships grow beyond the group, which we love."

That sense of connection caught wider attention, so turning the group into a nonprofit became necessary as costs increased. The process felt intimidating at first, until one mom, Alisha Thomas, casually mentioned she had a degree in nonprofit management. The group rallied, formed a board, and Mansfield Moms Walk officially launched as a nonprofit organization. A few months



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spoke on camera as well.

"This all started in the spring of 2025. We didn't know it would grow like this. The conversations are real. The support is practical. Most of our events are free because we want everyone to be able to participate. We didn't create a group that only includes 'certain' people. Everyone is welcome. You just have to be brave and show up," Abby said. "When you're lonely in motherhood, making mom friends can change your life."

As the group grew, so did the response to their needs. Methodist Mansfield Medical Center began sponsoring events, and other businesses regularly contributed food, services and resources.

"We're in awe about how many companies sponsor our events," Allison said. "And the amount of people who attend. Interestingly, about half of the moms don't live in Mansfield. Friends invite friends from surrounding communities."

In October of 2025, the Momster

Mash event drew 400 attendees and was sponsored by over 20 companies. During events, Abby or Allison will grab the microphone to welcome everyone and lead an icebreaker. It's a small touch that makes a big difference, especially for first-time attendees who may feel nervous walking in alone. To date, the group has greeted more than 1,000 moms.

In the future, they want to organize meal trains for moms who have just given birth. In addition, they are developing an app to match new participants with someone during events to help them feel at ease. The mindset is simple: Help because you remember how hard it can be. "We simply want to love on the moms," Abby and Allison concluded. One walk turned into a movement. One conversation turned into hundreds of friendships. And for many moms, Mansfield Moms Walk became the place where they realized they didn't have to do motherhood alone. **NOW**

following, they were featured on *CBS News Texas*. While they were being filmed at an indoor park, the venue buzzed with activity as kids played, moms shopped, talked and laughed. Families brought gently used clothes, books, toys and other items to trade. The founders were interviewed, and a few moms

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Trees Hurt Too, Inc.

— By Sandra Walters

Ken Hewlett spent many years working in pest control. As a problem solver, he began researching trees to better serve his customers. His interest led him back to school. “Eventually, I became an arborist because I was concerned about plant health care,” he said. “I learned that many trees were under stress.”

Trees are living organisms that respond to their environment. “They



Trees Hurt Too, Inc.

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hurt like people,” he explained. “If they could talk, some would be screaming, ‘Get this truck off my feet!’ When people park heavy vehicles over root systems, it compacts the soil and damages the tree. Save your tree. Save your money.”

He takes pride in educating homeowners, which resulted in him designing his website to help people better understand tree care. While working for another tree and lawn company, he noticed a troubling pattern. “I kept seeing trees die because of the chemicals people were using on their lawns,” he said.

With more than 20 years of experience and a certification in arboriculture, Ken launched his own business, Trees Hurt Too. Today, they provide pest management, lawn care and ornamental tree care. Their approach blends knowledge, intuition and compassion for both trees and the people who care about them. The



company focuses on nontraditional fertilization and weed control methods to strengthen the soil. "We work on the trees, the lawn and the soil together," he said. "It's far more expensive to remove a tree than to care for it. And when a tree is gone, utility bills often rise because you lose that shade.

"We don't believe in trimming just for appearance. There's a proper time to prune," Ken said. Last fall, he treated trees for borers after a harsh summer drought. Drought stress can cause cracks in bark, which leads to sap leakage. Sap attracts insects that feed on the inner bark and wood.

This month, moisture management is the company's main focus. Ken explained that by midsummer, gravity and evaporation have already pulled much of the moisture from the soil, no matter how wet winter and spring were. Healthy soil is the key to drought resistance. "For a plant to withstand drought, it needs soil to hold moisture and contain enough carbon," he said.

To prevent overwatering and revive struggling landscapes, Ken and his team of licensed technicians use organic and carbon-based products to improve compacted soil and unhealthy lawns with biodegradable products, enhancing water retention. When they're on-site, they look for other ways to help. If weeds are growing in cracks along sidewalks or decks, they use environmentally friendly products, which won't harm surrounding trees.

Trees Hurt Too advises homeowners who are building on lots with established ornamental trees, including centuries-old oaks, and they deal with urban forests on people's landscapes. He stated, "Most people call me five to seven years after construction, when trees are already declining. It's much harder and more expensive to treat a problem than to prevent it."

Recently, Ken added chemical-free mosquito control to his services to target mosquitoes without harming pollinators like butterflies and bees, helping families enjoy their outdoor spaces safely. If you need to restore your trees, plants and lawns, contact Trees Hurt Too. They serve customers within a 25-mile radius of Mansfield. Ken personally returns calls within 24 hours and makes himself available. **NOW**



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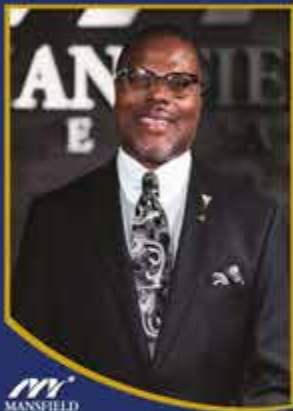
Getting to know your City Council shouldn't feel complicated. That is why the Council launched a campaign last year called Council Chat. City leaders deliberately designed this series of small, come-and-go events to meet people where they are. By hosting chats in everyday spaces across the city at

varying times and days, these gatherings are meant to make it easier for more people to connect, because not everyone's schedules look the same.

Council Chats create another opportunity for you to connect face-to-face with your representatives in a setting that is relaxed

and approachable. So, whether it's over a coffee or a snow cone, we hope you will take a few minutes to stop by, say hello, and have a conversation. At its core, the goal is simple: get to know your Council and be part of the community conversation.

Meet your City Council.



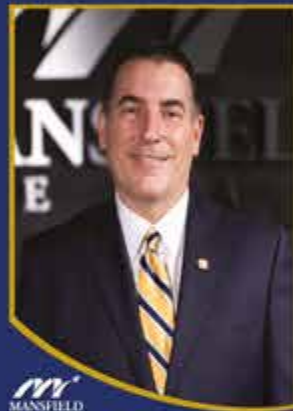

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Zoomed In: Zander Worthington

By Sandra Walters

Zander Worthington's face was painted into an interesting little creature, white foundation with outlined features. A stuffed green bag hung from his hand, heavy with chocolates, candies and plastic eggs filled to the brim. He glanced down at his haul with a satisfied grin. It had not been an easy hunt. "I ran, laughed and searched all over the field, and even raced a few determined kids to the best spots filled with goodies," he recalled.

The young man sat on the Easter Bunny's lap looking both exhausted and proud. Whatever challenges the day held, he had clearly embraced every moment of the adventure. He smiled, still catching his breath from the hunt.



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By Sandra Walters

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Homemade Guacamole

- 4 ripe avocados
- 1 lime, juiced
- 1/2 tsp. salt
- 1/2 cup onion, diced
- 3 Tbsp. fresh cilantro, chopped
- 2 Roma tomatoes, diced
- 1 tsp. minced garlic
- 1 jalapeño pepper, minced
- 1 pinch ground black pepper

1. Cut the avocados in half. Remove the pits; scoop the flesh into a mixing bowl. Mash with a fork until the desired consistency is reached, leaving some chunks for texture.
2. Immediately add the lime juice and salt, stirring to prevent browning.
3. Fold in the onions and cilantro; mix well.
4. Add the tomatoes, garlic and jalapeños; stir gently to combine.
5. Season with black pepper; adjust the salt to taste. Serve immediately with warm tortilla chips.

Chicken Tacos With Fresh Salsa

- 2 lbs. boneless chicken breasts
- 2 Tbsp. olive oil

- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 4 medium tomatoes, diced
- 1/2 cup white onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño, seeded and minced
- 2 Tbsp. lime juice
- 1/2 tsp. salt
- 12 corn tortillas
- 1 cup lettuce, shredded
- 1 cup queso fresco, crumbled

1. Brush the chicken breasts with the olive oil on both sides.
2. In a small bowl, combine the spices; rub the spice mixture generously over the chicken.
3. Grill or pan-sear the chicken over medium-high heat for 6-7 minutes per side until cooked through.
4. While the chicken cooks, prepare the salsa by combining the tomatoes, onions, cilantro and jalapeños in a bowl.
5. Stir in the lime juice and salt; mix well.
6. Once the chicken is done, let it rest for 5 minutes before slicing into thin strips.
7. Warm the corn tortillas in a dry skillet or over an open flame until pliable and slightly charred.

8. Assemble the tacos by layering sliced chicken onto each tortilla and topping with fresh salsa, shredded lettuce and queso fresco.

Mexican Cinnamon Ice Cream

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup granulated sugar
- 2 cinnamon sticks
- 4 large egg yolks
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon

1. In a saucepan, heat the cream, milk, sugar and cinnamon sticks over medium heat until steaming.
2. Remove from heat; let steep for 30 minutes, then remove the cinnamon sticks.
3. Whisk the egg yolks in a bowl. Slowly add the warm cream mixture while whisking constantly.
4. Return to the saucepan; cook over low heat, stirring constantly, until thickened.
5. Stir in the vanilla extract and ground cinnamon; chill completely.
6. Churn in an ice cream maker according to the manufacturer's instructions. Freeze until firm.

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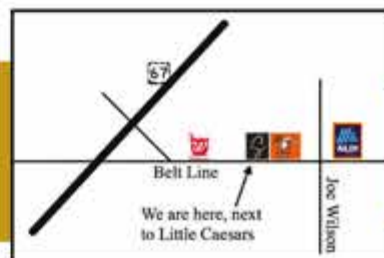
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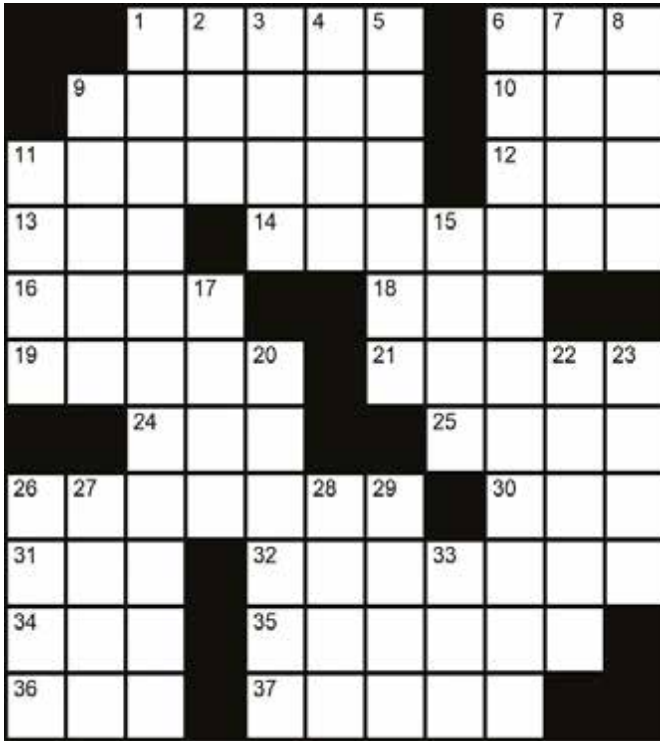
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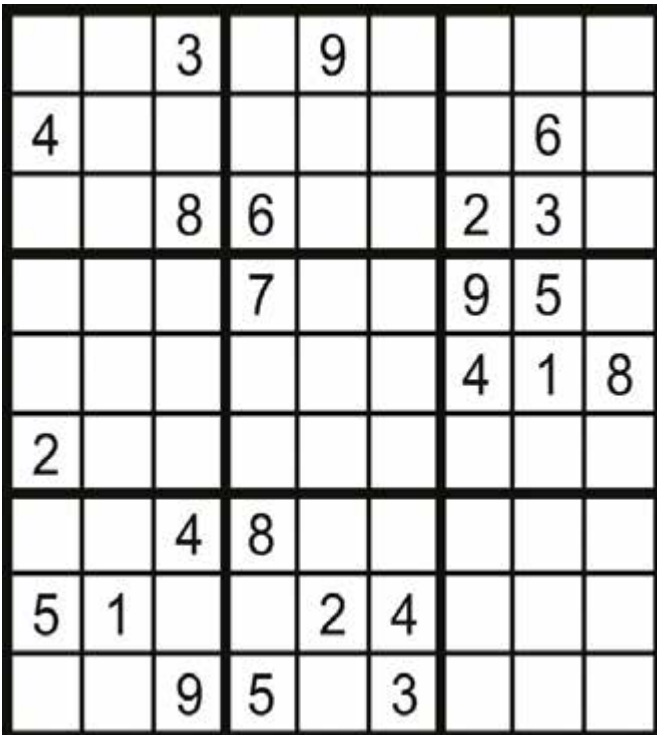
Across

- 1 World's gambling center
 6 Check
 9 The Donald's youngest
 10 Lawyers' league
 11 Homilies
 12 Range of knowledge
 13 "... a stupid question ..."
 14 Manipulates seals we dissected
 16 Brainy sort
 18 Monogram for Jesus
 19 Loft
 21 "Unleaded" coffee
 24 Ammo for a non-lethal weapon
 25 Battle of --- Alto, 1846
 26 Polls
 30 "Blame It on ---" (1984 Michael Caine movie)
 31 "Market basket" cost measure
 32 Sushi wrap
 34 AMEX alternative
 35 "Darkness ---" (Koestler novel)
 36 Bath water tester
 37 No longer stuck with

Down

- 1 Going rate
 2 Upper limb
 3 Boast
 4 Jim-dandy
 5 Tacit
 6 Handles ecofreaks at butchers
 7 First murder victim
 8 Prohibits
 9 Assailed on all sides
 11 Narrative of heroic exploits
 15 Loyal Fort Benton dog
 17 "The Great Gate of ---" (Modest Mussorgsky)
 20 Comic Sid ---
 22 Not from here
 23 "... glorious ---" ("Oliver!")
 26 Caber tosser
 27 "He's --- no good"
 28 Abominable snowman
 29 Quartz grains
 33 Solicit

Easy

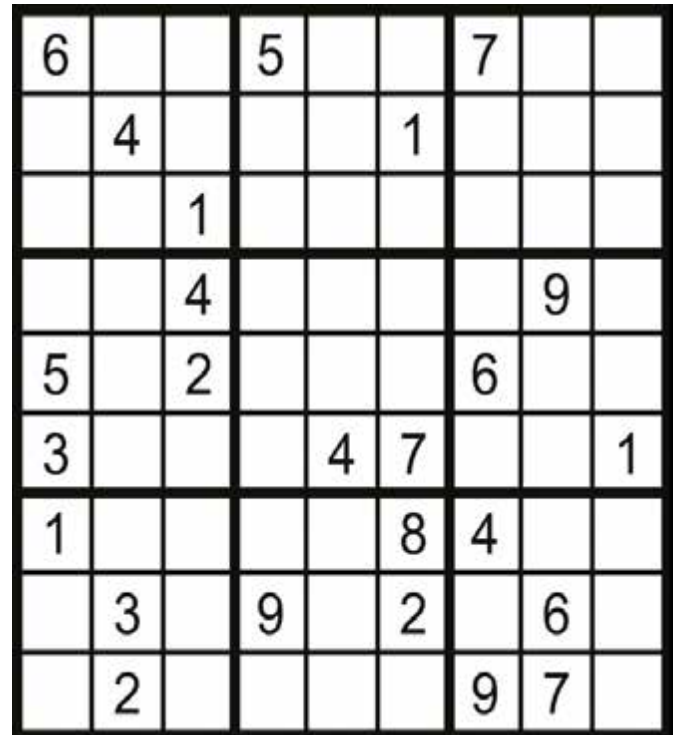


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Sudoku Puzzle

Medium



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 LaKeisha Glover; mercystreetkitchen@outlook.com, P.O. Box 182618 Arlington, TX 76096.

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	1	2	3	4	5		6	7	8
	M	A	C	A	U		T	A	B
9	B	A	R	R	O	N	10	A	B
11	S	E	R	M	O	N	S	12	K
13	A	S	K		14	W	E	A	15
16	G	E	E	K			18	I	H
19	A	T	T	I	C		21	D	E
							22	C	A
							24	P	E
							25	P	A
26	S	U	R	V	E	Y	S		30
31	C	P	I			32	S	E	A
							33	W	E
34	O	T	C			35	A	T	N
36	T	O	E			37	R	I	D

Easy

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

Medium

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

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