

MansfieldNOW

M A G A Z I N E

JUNE 2025

The Heart of an Officer

Public Information Officer
Cecily Santana allows us
into her world

Clean as a Whistle

Purchase or rent a power
washer when you need
more than elbow grease

In the Kitchen With
Nidia Robles

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
Pain Management
Associates of Texas

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WEIGHT LOSS CENTERS

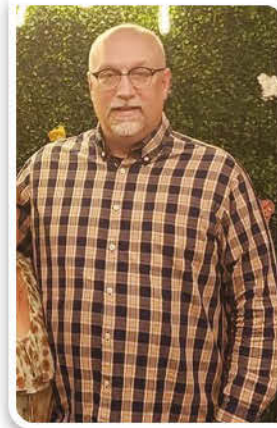
Dr. Alan M Taylor II

Brad M., Midlothian, TX

I've always been fairly thin and never gave much thought to my weight. I ate what I wanted when I wanted, but this started catching up to me over the years, and became more pronounced when I started working remotely (at home) during COVID. My health status became more apparent to me while on vacation in Summer of 2024 when I couldn't do many of the things that I wanted to because of my weight.

When I approached Diet Solution Centers (DSC) in July 2024, I was told that taking the weight off wouldn't be a problem. DSC was confident yet caring and personalized the approach for what would work best for me to help me reach my goals. I had never been on a weight loss plan, so I was naturally skeptical. DSC reminded me and taught me about food as a good or poor source of the nutrients that my body needs, and how my body processes the foods and beverages that we consume. I soon found that my initial goals that I had set for myself were not aggressive enough. The staff at DSC were encouraging, resourceful, honest, and never shamed me when I didn't have a good week.

I'm now on maintenance and look forward to pictures, being with friends, new adventures, and keeping up with my grandkids. If you're even slightly thinking about weight loss, DSC is THE BEST!



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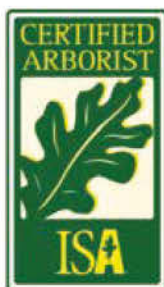
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Sandra

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EDITOR'S NOTE

Hello, Mansfield Family!

Summer's here, and the pace is shifting. June isn't just the midpoint of the year — it's a moment to reset, recharge and celebrate. School's out, vacations are beginning, and there's energy in the air. Whether you're slowing down or pushing forward, this issue is for you.

Start the month by stepping outside. Wake up early and take a walk — sunlight naturally lifts your mood. Reconnect with someone who energizes you over coffee, or take a staycation to break the routine. Small shifts can reset your mindset. June is also Public Safety Month, a time to honor those who keep our community safe. From police officers and firefighters to paramedics and everyday citizens who stay alert, we're grateful for everyone who plays a

role in protecting our neighborhoods.

In Texas, June 19 marks Juneteenth — a powerful reminder of delayed justice. On this day in 1865, enslaved African Americans in Galveston finally learned they were free, more than two years after the Emancipation Proclamation. As we enter this new season, let's pause to reflect, make meaningful changes and recognize the voices — past and present — that educate, uplift and protect our communities.

Have a wonderful month!

June 2025
Volume 20, Issue 6

ON THE COVER



Officer Cecily Santana proudly shows off the new building and reflects.

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Lori Baur.

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THE HEART OF AN OFFICER

— By Sandra Walters

National Safety Month, observed every June, is a time to raise awareness about the importance of safety — at work, at home and throughout our communities. In honor of this commitment to public well-being, Public Information Officer Cecily Santana offers an inside look at Mansfield's brand-new, state-of-the-art Police Department headquarters while sharing her personal journey to becoming a police officer.

"I've always been a helper," Cecily said. "I'm the oldest of seven, raised by a single mom. Helping is just part of life — it makes me a natural problem solver." Despite this inclination, her early view of law enforcement was complicated. "My siblings and I were actually afraid of the police. My mother is a diabetic, and when she got really sick, we hesitated to call emergency services because we feared being separated. So, we learned to comfort each other and stick together."

After high school, Cecily enlisted in the United States Air Force and served for four years. Upon completing her service, she sought a new way to continue serving others. A visit to Mansfield to see her father sparked something in her, and she soon relocated to the city while pursuing her goal of becoming a police officer.

She began her career in patrol, later transitioning into roles in public information, crisis negotiation and accident investigation. "I've been here almost five years now, and I still love helping people figure things out," Cecily said. Her empathy, shaped by her upbringing, drives her approach. "Everyone is going through something. I want to be the calm in the chaos — helping people think clearly. I don't just want to arrest people. I desire to help them through what they're facing. Most of our calls are family related. Sometimes, helping means making an arrest, but compassion is always at the heart of what I do."

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As the department's public information officer, Cecily serves as the primary liaison between the police and the public, delivering timely updates on police activity, investigations and community safety initiatives. She played a key role in the November 23, 2024, open house event that introduced the public to the department's new headquarters at 1601 Heritage Parkway. The 54,000-square-foot facility, constructed at a cost of \$41.9 million, marks a major milestone in Mansfield's investment in public safety, bringing all divisions together under one roof for the first time in nearly two decades.

"We used to be scattered across different buildings," Cecily explained. "Now, everything from patrol and administration to communications, jail operations, investigations, evidence and crime scene units, burglary prevention, dispatch and specialized units — like SWAT and the Auto Theft Task Force — are all on one campus."

The facility also includes a modern 28-person jail with advanced security features, an electronic property bin, a two-lane/four-car sally port, padded and accessible rooms and a dedicated arraignment space. The jail also serves neighboring cities and departments including Burleson, Kennedale, Mansfield ISD Police Department and Methodist Mansfield Police Department.

The new campus includes two 7000-square-foot support buildings for SWAT, canine units and vehicle services. Officers now train on-site with advanced resources like red dot sight systems, precision aiming, live fire ranges and emergency vehicle driving pads, eliminating the need to practice at local parks and avoiding disruptions to the community. "When we used to train at Skinner Park, we closed the park

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to practice, which caused annoyance for the nearby residents. Now we are thrilled that all of our training can be completed on-site,” she remarked.

Designed for both function and honor, the building includes a Wall of Honor, a historical badge display, briefing and conference rooms, a multipurpose space, a gym, electric lockers, outdoor workout areas, locker rooms and a spacious break room. “This environment helps us do our jobs more efficiently,” Cecily said.

Communication is a cornerstone of Cecily’s role. She adapts her tone depending on the audience: “When I write for the public, my tone is reassuring. But when I write reports, I have to be objective — almost robotic — removing emotion from the content. It’s all about knowing who I’m writing for.” Cecily credits Chief Aaron for his leadership and mentorship. “He’s incredibly encouraging, and I continue to learn from him every day. I’m proud to celebrate five years with the Mansfield Police Department — and to introduce this incredible new building, which was completed in just 18 months.”

With their new headquarters, dedicated leadership and persistent focus on public safety, the Mansfield Police Department has built more than just a facility — they’re continuing to build a future rooted in compassion, readiness and community trust. Public servants like Cecily are willing to put their lives on the line to protect our communities. **NOW**



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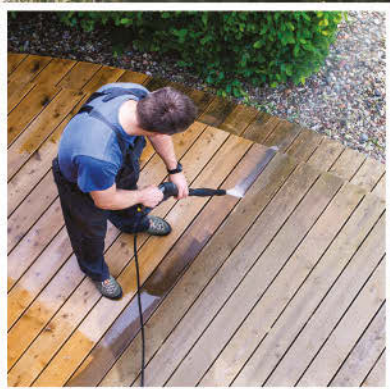
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CLEAN AS A WHISTLE

— By Bill Smith



Sometimes just a rinse with a garden hose is all you need to remove a little dust and debris from your front porch, and maybe some spray cleaner and a little elbow grease will take care of the exterior surface of your doors and windows. However, when the grime has been there for a while, or you want to clean porous surfaces, such as concrete or brick, your best bet may be to use a power washer.

If the project is small and something you may be inclined to repeat several times each year, then purchasing a power washer may be your most economical route. Should your project be one that you seldom have to perform or one that would require more power than a consumer-size power washer can handle, the tools can be rented from your local hardware or home improvement store. Electric- or gasoline-powered models are available. Whatever route you choose, be aware that you may be working with higher pressures than you are used to, and you should follow the instructions carefully including the use of proper safety precautions.

Like most do-it-yourself projects, proper preparation will

make the job go smoother. Clear the space to be washed of anything that could be considered delicate or hazardous. For instance, if you are going to clean the patio, remove things like potted plants and children's toys or bicycles. Set patio furniture and grills to the side. If the area is large enough, plan to wash half of the area and move the patio furniture to the area that you cleaned when it is time to tackle the other half.

Sensitive plants and landscaping can be covered with tarps. Note where your outlets are and possibly tape over them with duct tape. Sweep the area thoroughly to remove any rocks or other debris that could become projectiles if caught up in the water pressure.

Depending on the size of the job, you can choose either a gas- or electric- power washer. For larger, heavy-duty jobs, a gasoline washer may be best because they are generally the most powerful. A typical gasoline washer may generate 3,000 pounds of pressure per square inch (PSI). For smaller jobs, such as cleaning outdoor furniture or grills, an electric pressure washer generating 1,300-1,400 PSI may be more appropriate.

Pressure washer nozzles come in different sizes. A smaller opening will generate the most cleaning power, so that should be a consideration based on what your project is. While some nozzles may be adjustable, the heavy-duty gasoline-powered washers will often come with several choices to attach to the spray gun.

Select the correct nozzle size for your project. Attach it to the spray gun, and attach your water hose to the washer. Make sure the connections are sufficiently tightened. Your home's water supply should be sufficient, but if you want to test it beforehand, a good indicator that it is adequate will be reflected if you can fill up a five-gallon bucket in less than two minutes.

Remember you are working with a significant amount of force. When you turn the power washer on, make sure it is on the lowest setting. Turn it up gradually, and you will feel the pressure increase. Do not use a higher setting than your project requires.

Begin cleaning using a pattern. Start at the top and move side to side. A wider nozzle opening will clean a larger area faster, but a narrower spray will provide deeper cleaning. You will find the "sweet spot" early into the project, but you can adjust it as needed if you find an area that needs more pressure to remove a stubborn stain.

Note that some power washers may include a heat option that creates steam. There are surfaces that may require this much power, but it can also be damaging to some surfaces like brick, concrete or masonry. Some people refer to a washer that generates heat as a "power washer" and one that does not produce heat as a "pressure washer." Others use these terms interchangeably, so again, refer to the instructions, and take the proper precautions. Probably one of the first rules of any do-it-yourself project should be to use the proper tool for each individual job.

After your job is complete, carefully turn off the water and release the pressure according to the instructions. Do not immediately remove the hose, as pressure may have built up. Turn the machine off. Now, step back and admire your work! **NOW**

References:

1. <https://www.homes.com/blog/2018/01/7-things-you-should-know-before-you-power-wash-anything/>.
2. <https://www.homedepot.com/c/ah/how-to-use-a-pressure-washer/9b4683603be9fa5395fab9010ddcd7ab>.





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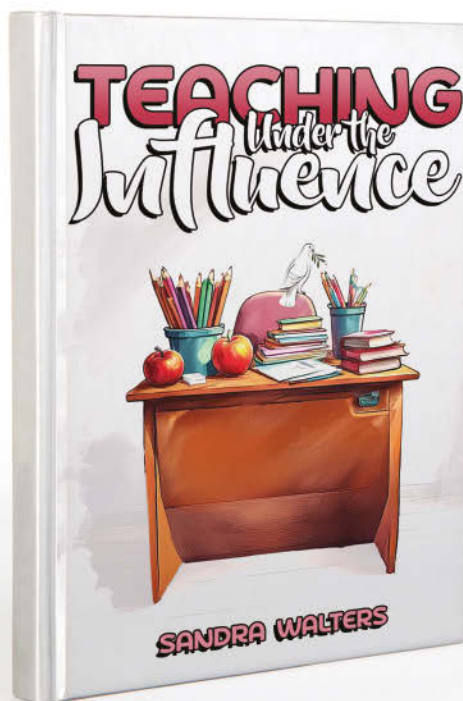
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Sandra Walters honors and celebrates those called by God, understanding the immense strength it takes to embrace this mission—especially in today's world. Being in education is not for the faint-hearted. Daily, teachers face spiritual battles that require the full armor of God to endure. Teaching without divine guidance leaves little room for survival or success.



Zoomed In: Glenn Pemberton

By Sandra Walters

At 62, Glenn Pemberton isn't slowing down — he's speeding past obstacles with his handcycle and fierce determination. "I have complex regional pain syndrome in my legs," he said. "It took away every outdoor activity I loved. I was stuck inside."

However, that changed when a friend suggested he try a handcycle. Riding gives him freedom again. Now, Glenn trains with a handcycle coach and competes in races. His training takes place on the roads of East and Southeast Mansfield, typically five to six days a week. "Cars slow down to take pictures or record videos all the time," he laughed. "I wish I had a dollar from everyone who takes a picture or recording."



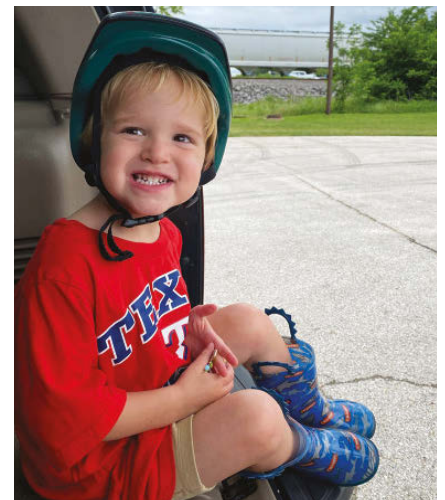
Kaleb, Jair, Sarai and Josiah Betts smile after the Cora Spencer End of Year Bash.



Hudson Bohmaker and Josiah Forna are happy to see each other.



The Police Department receives cookies from a local Girl Scout Club that were supplied by EECU Bank.



Archer Davis, a Texas Rangers fan, is ready for a rainy day.



Madeline Lynn is surrounded by the bluebonnets at Elmer W. Oliver Nature Park.



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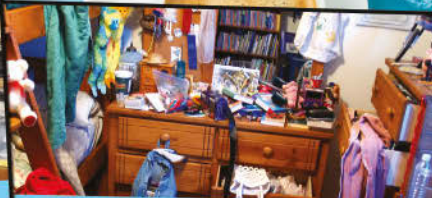
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Innovation Will Meet Intention in the Upcoming LinQ

The City of Mansfield joined local business Sellmark Corporation in April to celebrate the groundbreaking of its new project Verdexium.

Verdexium will serve as the first anchor project for the up-and-coming innovation corridor: The LinQ.

The LinQ is one of Mansfield's initiatives to shape the future of work and community. Located along Heritage Parkway, this 1-million-square-foot master-planned community will feature Class-A office space, parks, trails, and a state-of-the-art innovation hub. Intentionally designed to connect thought leaders

with well-thought-out living spaces, the LinQ aims to be a premier destination to attract a highly skilled and well-educated talent pool to live and work in Mansfield.

A recent laborshed study showed most Mansfielders commute to jobs outside of Mansfield. The LinQ aims to reverse this trend by creating opportunities for high-skill, high-wage employment within the community, making it possible to live, work, and play right here in Mansfield. By bringing together innovative businesses, entrepreneurial incubator spaces, and thoughtfully designed living environments, the LinQ

is set to be a catalyst to retain Mansfield's talent in the city.

Verdexium is one such project. Verdexium will span just over 170,000 square feet across a multi-phase campus designed to accelerate American-led manufacturing. This space will empower entrepreneurs to prototype and refine products using shared infrastructure, access to expert networks, and advanced manufacturing capabilities all in one space. The goal is to accelerate the commercialization of American-made products and strengthen the nation's supply chain, all within Mansfield.



Conceptual Image of Admiral Legacy project within The LinQ



Groundbreaking of Verdexium with Sellmark Corporation - April 2025

Other LinQ projects include the Mansfield Innovation Community by developer, Admiral Legacy, which includes a 150,000 square foot Class-A office building with access to the latest technology and amenities that biotech and life sciences companies are now requiring.

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Conceptual Images - Verdexium



The LinQ Mansfield's Innovation District





BusinessNOW

Pain Management Associates of Texas

— By Sandra Walters



Dr. Chris Dyer, founder of Pain Management Associates of Texas, shared how his journey into medicine was shaped early on. “Growing up, I was always drawn to the sciences,” he said. “Most of my family works in the medical field — my mom and several aunts are nurses, and my uncle was the first physician in our family. That left a big impression on me.”

Originally from Oklahoma, Dr. Dyer graduated from the University of Oklahoma, where he received his Bachelor of Science degrees in zoology and radiologic technology. He then went on to receive his Doctor of Osteopathic Medicine from Oklahoma State College of Osteopathic Medicine. This specialized medical degree focuses on the evaluation, diagnosis and treatment of disease through a holistic lens. He then moved to Texas in the late '90s to complete his residency in anesthesiology and pain management at UT Southwestern/Parkland. During the completion of his residency, Dr. Dyer fell in love with the Dallas-Fort Worth area and decided to stay. Nearly three decades later, he remains deeply rooted in the community.

For years, Dr. Dyer worked alongside other physicians in a group setting,

Pain Management Associates of Texas

Owner: Dr. Chris Dyer
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Mansfield, TX 76063
(817) 442-6482
txpaindoctors.com

Hours: Monday-Thursday: 8:00 a.m.-4:00 p.m.
Friday: 8:00 a.m.-noon

but he always had a vision of opening his own clinic in Mansfield. In March, that vision became a reality when he opened Pain Management Associates of Texas on Broad Street. "I love this area," he said. "It only made sense to establish my practice here."

With a background in anesthesiology, Dr. Dyer still works in hospitals to treat temporary pain. But he wanted to go further, helping people manage chronic pain and improve their long-term quality of life. "Many patients tell me they've never felt heard by other doctors," he explained. "That's why I listen carefully. I don't just treat the symptoms — I explain the solutions, step by step. My goal is to help patients manage their pain, so they have no more questions."

Dr. Dyer is a trusted name in pain management in the Dallas-Fort Worth area. Known for his patient-centered approach and deep expertise, he specializes in diagnosing and treating a wide range of chronic pain conditions, from back and neck pain to neuropathy and joint issues. With a background in anesthesiology and interventional pain medicine, he combines advanced techniques with a clear goal: Help patients regain control of their lives. Whether through minimally invasive procedures, targeted injections or personalized treatment plans, he focuses on reducing pain and improving function without over-reliance on medications.

He develops personalized treatment plans based on the individual patient's needs and goals, which may involve a combination of therapies. For example, medications can be prescribed for pain relievers, anti-inflammatory drugs or other medications. Also, minimally invasive methods such as radiofrequency ablation, spinal injections or nerve blocks can be used to carry out interventional procedures. To increase strength, mobility and function, physical therapy techniques such as stretching, exercises and other modalities may be suggested. Acupuncture, massage and yoga are examples of complementary therapies that can be used in conjunction with other treatments. "Finally, we address the psychological and emotional components of pain with pain psychology, offering cognitive behavioral therapy, psychotherapy and other psychological approaches," Dr. Dyer said.

Pain Management Associates of Texas follows a multidisciplinary model, combining the best of medical science and compassionate care. Dr. Dyer's practice goes beyond prescriptions — it integrates healing support from every angle. If you're living with pain and looking for real solutions, reach out to the team, and they will be ready to help. **NOW**

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CookingNOW

IN THE KITCHEN WITH NIDIA ROBLES

— By Angel Morris



“Growing up in Mansfield, I watched my parents in the kitchen and learned how to cook. My mother doesn’t measure anything when cooking authentic Mexican meals. During Christmas Eve, we still prepare our traditional tamales. We cook from the heart. And for more than 35 years, my dad worked as a chef at a fancy country club in Dallas,” Nidia Robles said.

She mentioned there were fewer dining options available while she grew up here, and for financial reasons, nothing compared to a home-cooked meal. She finds new recipes in old cookbooks, on Pinterest and at restaurants, making them her own by adding her own touch. “I go to the grocery stores and admire the vibrant, fresh produce to get inspired,” she said. “This is the beginning of culinary creativity.” **NOW**

Pozole Verde de Pollo (Mexican Chicken Green Pozole)

- 1 Tbsp. oil
- 1 onion, diced
- 5 cloves garlic, chopped
- 6 cups chicken broth or water
- 2 lbs. boneless chicken breast
- 2 tsp. oregano
- 2 25-oz. cans hominy, drained and rinsed
- 1 lb. tomatillos
- 2 jalapeños, halved and deseeded (optional)
- 2-3 poblano chilies, halved and deseeded

- 2 tsp. chicken bouillon
- 1/2 cup cilantro, coarsely chopped

Garnishes:

- Radishes (optional)
- Lime wedges (optional)
- Fresh cilantro (optional)
- Shredded cabbage (optional)
- Tortilla chips (optional)

1. In a large pan, heat the oil over medium-high heat. Add the onions; cook until tender for about 3-5 minutes. In another pan, sauté the garlic for 1 minute; set aside.
2. Add the broth, chicken, oregano and hominy to a large pan; bring to a boil.

Reduce the heat; simmer until the hominy is tender but still has the al-dente chewiness.

3. Meanwhile, roast the tomatillos, jalapeños and poblanos until lightly charred black in a cast-iron pan over high heat or over the direct flames of a gas stove. Peel as much charred skin off the poblano peppers as possible. Then puree the peppers, tomatillos, cooked onion and garlic, chicken bouillon and fresh cilantro with 1 cup of both from the soup; mix it back into the soup.

4. Remove the chicken from the soup; shred the meat. Return the meat to the soup; bring to a boil.

5. Place the soup in individual bowls; add optional garnishes to your taste.

Tacos Dorados (Fried Ground Beef Tacos)

- 1 lb. ground beef
- 3 Tbsp. chicken bouillon
- 20 corn tortillas
- Cooking oil

1. In a large skillet on medium-high heat, brown the ground beef with the chicken bouillon; drain.

2. Warm the tortillas on the stove or in the microwave.

3. Place a spoonful of the beef filling onto each tortilla.

4. Heat a large skillet over medium-high heat; add enough cooking oil to cover the bottom by about 1/4-inch.

5. Using tongs, carefully place the tacos in the hot oil.

6. Fry the tacos for 2-3 minutes on each side, or until golden brown and crispy.

7. Carefully remove the tacos from the pan. Place them on a plate lined with paper towels to drain excess oil.

8. Serve with optional toppings like lettuce, additional sour cream and guacamole.



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- Virginia Woolf



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SOMETHING FOR EVERYONE

— By Virginia Riddle

A city just north of the Red River, Ardmore, Oklahoma, is a treasure trove of fun for the whole family. A nostalgic step back in time begins with travels through tree-covered, gently rolling hills whether by vehicle, RV or train service from Fort Worth. Historic treasures, including the train depot, line the downtown streets. Parks dot all areas of Ardmore, and Oklahoma's largest state park, Lake Murray State Park, is about a 20-minute drive from downtown.

The city's heritage revolves around ranching in the Chickasaw Nation and the arrival of the Santa Fe Railroad in 1887. Before the turn of the century, Ardmore boasted the largest inland cotton market in the world.

Twice in the early 1900s, the city was nearly destroyed by fire and a gasoline explosion, but with oil discovered in 1913,

the city was rebuilt. The 1918 Santa Fe Railroad Depot has been rehabilitated back to its original use, and a walking tour of downtown is available. Catch Amtrak's daily, round-trip Heartland Flyer from the depot.

Museums and the arts abound. Greater Southwest Historical Museum exhibits showcase agriculture and petroleum aspects of the area. The Chickasaw Cultural Center connects visitors with Native American history. Vintage dolls line the walls of the Eliza Cruce Hall Doll Museum, and the Military Memorial Museum preserves military history and honors those who have served. The Charles B. Goddard Center for the Visual and Performing Arts is a theater, dance, music and visual art venue.

Public events and galas are scheduled throughout the year. Visitors will find a full array of hotels, motels, bed-and-breakfasts and eateries for every budget and appetite since modern Ardmore lines Interstate 35.

If getting back to nature is the goal, visitors can hike more than 40 miles of trails, admire historical sites, enjoy water sports, swim, play miniature golf, ride horses or cruise the 700 acres of unmarked ATV riding trails at Lake Murray State Park. With 12,500 acres; a large sports facility for baseball,



Photo by Virginia Riddle, LLC.

softball, tennis and golf; and a large, clear water lake, Lake Murray State Park is a multifaceted gem. Be sure to book a spot on the pontoon boat's moonlit guided cruise around the lake.

One can also book a room at the lodge; an RV site; floating cabins; or one of the 56 cabins in the woods, which were built by the Civilian Conservation Corps in the 1930s when the CCC and the Works Progress Administration worked together to create the lake and park. The lodge offers meeting rooms, a ballroom, catering and a restaurant.

Located on the southwest side of the lake, the Lake Murray Nature Center at Tucker Tower gives visitors a look at the flora and fauna of the area. Tucker Tower, built by the WPA, is a striking sight. Named for Fred Tucker, a state senator when the tower was constructed, it is believed the original intent was to be a vacation home for the state's governors. It never served that purpose, nor did Senator Tucker reside there.

Don't have your own sports equipment, horse or boat? No problem. The Lake Murray Marina rents wave runners, island cruisers and miniature golf equipment. The Lake Murray Riding Stables offers trail rides, weather permitting, and the golf course has a driving range, putting green, 18-holes and instructors.

Relax, drift back in time and into nature. Ardmore is a place where new experiences and memories can be made and shared. **NOW**

- Sources:
1. www.achp.gov/preserve-america.
 2. www.exploreadmore.com.
 3. www.travelok.com/state-parks.



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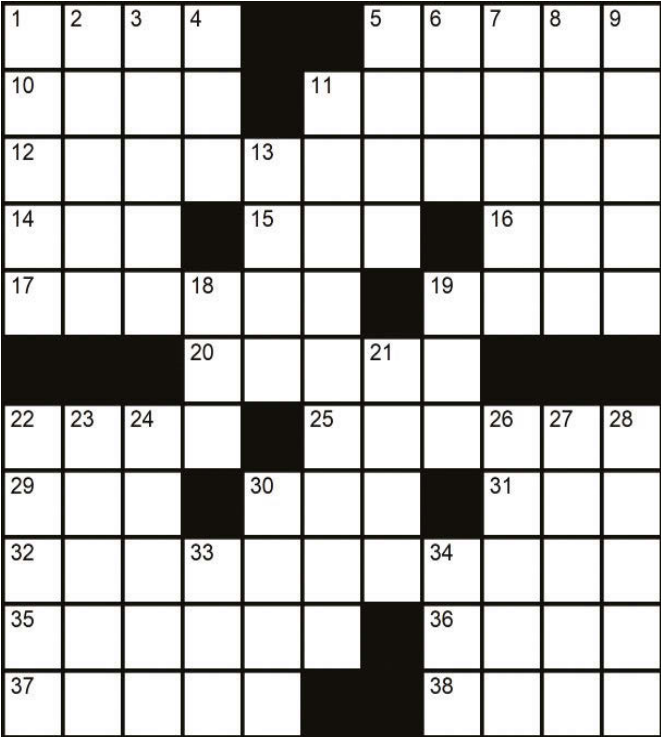
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Across

- 1 Doe's beau
- 5 Draconian
- 10 Prolonged unconsciousness
- 11 "It Started in Naples" star --- Loren
- 12 Distorted caps trap oil for cosmetician's pencils
- 14 --- Air, Los Angeles
- 15 "Friends" actress Courteney ---
- 16 Lair
- 17 "Peekaboo, I ---"
- 19 Coin
- 20 Hidden

Down

- 1 Signs of healing
- 2 Pith sun helmet
- 3 Plentiful
- 4 "Has Anybody Seen My --- ?" (1920s song)
- 5 Hoodwink
- 6 Disposed
- 7 --- Island Sound
- 8 Seductively beautiful woman
- 9 Is lacking
- 11 Cruel dons whipped a dirty dog
- 13 Clickable image
- 18 "Somewhere Over the Rainbow" lyricist --- Harburg
- 19 Old-style computer screen
- 21 Long fish
- 22 Self-satisfied smile
- 23 Fabric woven from flax
- 24 Embellish
- 26 Rub out
- 27 Christmas guy
- 28 "Iron Mike" ---
- 30 "Les États- ---" - that's us to a Quebecer!
- 33 Cereal grain
- 34 "--- a Rock" (Simon & Garfunkel hit)

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6/2

MISD Education Foundation's 25th Annual Golf Tournament:

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6/7

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Hairspray:

See this Broadway musical set in 1962 Baltimore. \$20-\$25. 7:00-10:00 p.m., Farr Best Theater, 109 N. Main St. <https://www.zeffy.com/en-US/ticketing/hairspray-the-broadway-musical>.

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

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