Mansfield Magazine

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**JULY 2020** 

# Miracle at First Base

Back in the game, Mike Anguiano offers his new perspective on life

Also inside: Scavenger Hunt Kids' Fun Page Crossword/Sudoku Featured Business: Poured



Postal Customer

In the Kitchen With Brian and Patti Farrell

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Poured

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## ON THE COVER

Mike Anguiano is here today because numerous people pitched in to save his life.

Photo by Lori Baur

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## EDITOR'S NOTE

#### Flexibility is the key to air power!

That's a line I stole from my father, a veteran fighter pilot who nearly qualified to be called an ace during the Vietnam War. But I'm using his line today, as I consider the prospects for celebrating Independence Day. The city of Mansfield has made the decision to cancel this year's Rockin' 4th of July, an event usually held at Big League Dreams. But The LOT Downtown has pitched in to host a free, family-fun event from 8:00-10:00 p.m. on July 4. The gathering will be followed by a live broadcast of local fireworks on The LOT's big screen. People who registered online, in advance, will still be practicing 6-foot social distancing and enjoying food and drinks they've purchased from local Mansfield restaurants.

I'll never forget *my* most unusual — and quite socially distanced — memorial of our nation's independence from British rule. Granny's retirement home was on Lake Lyndon B. Johnson in the Hill Country. Some members of our family got in Grandpa's ski boat. Others caught a ride with Daddy in his 1929 Model A Roadster. We met up at the bridge to Kingsland. On one bank of the wide part of the lake, high school band musicians were playing patriotic music. On the other bank, Rotarians were prepared to set off fireworks. The boats slowly gathered. The vehicles found "parking" spots on the bridge alongside people in lawn chairs. Once the sky darkened, the light show exploded above our heads. When its sparks settled, we were left with the smell of bottle rockets, the heat of the pavement under our picnic blanket and the surging sound of katydids.

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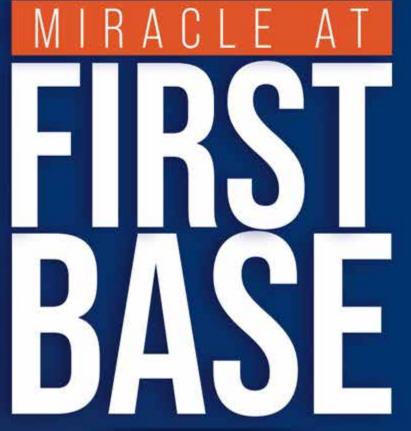
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- By Melissa Rawlins

After a person's heart stops beating, it takes 4-6 minutes before the oxygen already in the blood is used up. But Mansfield Youth Baseball Assistant Coach Mike Anguiano beautifully survived a cardiac arrest on the field where he was coaching on May 20, one year ago. He and his wife, Christi Anguiano, believe they owe Mike's life to the community that supported his healing. Now, this same community is pulling through to accommodate summer league play in deference to the COVID-19 protocols.

"In the two months preceding the anniversary of my near-death experience," Mike said, "we did not think it possible to play this season. Yet, the Parks and Recreation Department was happy to work with us during the gradual reopening of city facilities to allow for league



play this summer." All athletic fields were open in May with strict protocols for practices and an abbreviated season in June. "The only strangeness was that during practice, no more than four people could be on the field at any one time, and it's a little hotter in June. But when gameplay starts, the protocols are relaxed, and the Mansfield Tigers are enjoying the opportunity to play. Honestly, despite all the challenges, it's great to be back in the game."

The most intense challenges of Mike's life began during a season last spring when he was busy studying for his doctorate at Dallas Baptist University, working full time as a higher education administrator, raising three sons and involved in Cub Scouts and youth baseball. He may never know exactly why his heart stopped. But, he is clear that its function revived and his brain was not damaged because four different people performed chest compressions to keep his oxygenated blood moving to his brain before the Mansfield EMS arrived on the scene.

"We consider it nothing short of a miracle that things happened the way they did," Mike said. "Each of the physicians we meet with all say the same thing: Were it not for the immediate action of the bystanders at the field; their use of the automated external defibrillator at the field; and the quick action of the paramedics







to get me resuscitated and to Mansfield Methodist, a hospital that specializes in heart health, the outcome could have been very different. They all say this is what happens when a community prepares for events like this."

Of the nearly 900 people at the MYBA fields at Skinner Sports Complex that night last May, four adults with CPR training were near enough to notice when Mike suddenly collapsed. Their eldest son, Jake, was on third base when Mike was coaching on first. That's about the time Christy Coon, a physician's assistant, stepped in to get CPR started. "If you've had the basics, you can react," said Christi, who is trained in CPR as a prerequisite for teaching preschool. "It's scary, but just doing 100-120 compressions per minute will help."

Head Coach Josh Crary, retired from the U.S. Air Force, was the first to give Mike compressions. Mike, a veteran of the U.S. Marine Corps, has been certified in CPR, and explained that a person needs to push on the bone right in the middle of the chest. "The doctors were amazed I did not break any bones, but it was because Josh, Christy, Rob and Bre were doing quality compressions, pushing down then letting my chest come up," Mike explained. "You press with the heel of your hand to the rhythm and beat of the disco song, 'Staying Alive.' That's how you know how fast to compress. After more than 10 minutes of compressions, it's no wonder the individuals working on me got tired."

It was important to Mike's story that more than one person pitched in. "Josh was getting exhausted, looking around for someone else to help, and a big tattooed arm came down. Rob Hamilton, a Dallas SWAT officer, began compressions, without Josh even saying anything. He just stepped in, and kept it going," Mike said. Soon Bre Randall joined the effort. Her son was playing in a different league, on a field across from Mike's team. "She is a nurse and knew something was going on. She came in toward the end and offered quality control right off the bat."

Mike and Christi have heard the recorded 911 call, and appreciate the awareness and teamwork reflected through the communication. "Dispatch was requesting an ambulance from someone else just to get someone to me," Mike said. "The 911 dispatcher's first question was, 'Do you have an AED? Go get it. Tell me when you have it.' And then they started walking them through how to use it." The MYBA keeps an AED at the field for the just-in-case scenarios, like if a child gets hit in the chest with a baseball. "That's partly what makes Mansfield a heart safe community - businesses and organizations have AEDs and know where they are at all times."

To Mike, the immediate outpouring of support from so many people, most whom his family do not know, is still overwhelming. "The days and weeks after the event were a testament to the goodness that is in people to help those in need and the way in which God works through us to help others," Mike said. "Without asking, people prayed for positive outcomes. They lined up to help us with meals and chores, and helped keep our boys active and engaged, while I stayed 15 days in the hospital, and the months of recovery after that."

With a deep love for the Mansfield community, Mike thinks the best way to say thanks is to live his life according to his new sense of purpose. "I will find ways to guide others," he said.

One way he'll do that is by telling the story of the men and women who acted on his behalf. "Having the courage and the confidence to do something is a very important quality to have and to teach to others," said Mike, who continues coaching the Mansfield Tigers and developing the team as players and people, just as his own father did for him. Now more than ever, he'll teach them: "Any way you can help somebody's situation, do it." NOW













## BusinessNOW Poured

By Melissa Rawlins

#### Poured

Carroll Burney, Owner and Chief Wine Officer 1601 E. Debbie Ln., Ste. 1105 (in Shoppes di Lucca) Mansfield, TX 76063 (817) 453-7919 carroll@pouredtx.com www.pouredtx.com

**Hours:** Tuesday-Wednesday: 4:00-10:00 p.m. Thursday-Saturday: 4:00-11:00 p.m. Special events by appointment.

Now that you can freely leave your house for social hour, drop in to Poured, and relax with friends, wine, beer and bubbly in a cozy-and-cool, almost-home kind of experience. Owner Carroll Burney set her heart on providing such an environment well over seven years ago, and most enjoys being able to educate people about wine.

With both culinary and marketing degrees, Carroll offers rare wine varietals and gives people something new to discover

with wine. Happy hours at Poured are always accompanied by Carroll's homemade spinach dip, which take-out customers also call and order entire pans of.

"We do a reservation-only brunch the last Sunday of every month, and it's become super popular," she said, adding that every item on the menu is scratch-made.

Poured customizes breakfasts and lunches beyond their posted hours, as well as weddings, bridal luncheons and meetings for community organizations. "Even though our normal business hours don't include daytime hours, we are able to do business lunches, corporate meetings and networking meetings during the day," she said. "It's a great place to host holiday parties and birthday parties, and we've even had two weddings! It's nice to bring people joy and be able to help take some of the stresses away from the host for events like this."

When you first walk into Poured, you see the fun side of the bar's proprietor. A bright red, velvet loveseat beckons from the far wall, while chairs fit for royalty break the spacious lounge into several cozy seating arrangements. The deep, dark wooden bar boasts plenty of comfortable stools for people who want to taste a few beers or wines.

Since it's summer, moms and dads who need a little break are coming in. Carroll is recommending sensations on the lighter side — a crisp, clean white; a fun, floral, fruity, fragrant, lean and cool sparkling rosé; or an Italian red blend that's great to drink on the patio.

For beers, Carroll suggests some of the summer beers made by Lakewood Brewery in Garland. "They make a lemon ale that doesn't taste like beer or like lemonade. It's just refreshing and different," she said. "Kolsches are good, and more interesting than a domestic beer. Ciders are also great for summer. Bishop Cider Company in Dallas offers some good ciders that we carry, as well." One of her favorite beers is Panther Island Sweet Fang, which she has poured over vanilla ice cream and enjoyed like a float.

With both culinary and marketing degrees, Carroll offers rare wine varietals and gives people something new to discover with wine.

Beyond pairing great beverages with delicious food, Carroll and her staff make customers feel comfortable enough to ask questions about all their offerings. In their unpretentious way, they are able to teach. "I've studied and taken certifications, but it's fun to learn more from my customers who know way more about wine than I," she said.

Happy hour is from 4:00-7:00 p.m. daily and all night long every Wednesday. Whether you're in the mood to enjoy a simple glass of cab or an obsolete varietal from Greece, Poured is a place you'll want to hang out.





**Zoomed In:** Lisa Points

By Melissa Rawlins

One fine day after restaurants began serving at 25 percent capacity, Lisa Points was visibly smiling behind her multicolored mask while serving at Chili's Bar & Grill. "I've worked here 17 years," she said, explaining that she selected fabrics to match her purple spiked hair for the masks she started sewing after the pandemic began in our community.

"When this thing first started, I made more than 400 that I donated to nursing homes," said Lisa, whose grandmother taught her to sew when she was I0. "I've been sewing as long as I can remember. When I realized the COVID thing wasn't ending, I made masks for other people. And myself. And all of the workers here." Lisa's generosity is astounding, and her smile is contagious.



Nathan Wood, a teacher at the Ben Barber Innovation Academy, receives the Secondary Teacher of the Year Award from Sean Scott and Kimberley Cantu.

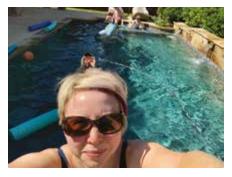


The Woods family spends family time cooking and dancing during a virtual cooking class by Chef Coko Antwan.

## Around Town



Lawrence Perkins took his stand for peace at the Mansfield High School Black Student Association's walk for justice.



Jessica McCoy has fun with her family.



Robyn Eastman and Lanae Humbles have some quarantine fun at Twenty-Two Realty.



Mat Ortiz and Diana Perez, from Living Church, lead worship in a big way at Mansfield's National Day of Prayer held at The LOT Downtown.

## NOW



Mi'Kayla Mainer of the Lake Ridge High Class of 2020 receives a gift basket from Dr. Gayle Jones as part of the adopt-a-senior program.



Lyla Coots shows her brother, Christian, a photo of Rosie, the garden snake she found at James McKnight Park.



Cadee Shaw shows her brother, Ryland, some glad-to-be-American love.





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By 8 years of age, Brian Farrell had started barbecuing, preparing ribs and chicken with his granddad, who also loved boiling crawfish. "I was raised in Baton Rouge, Louisiana. We would cook for the family or some of Granddad's buddies. As a young boy, it was fun to learn and to hear all their stories about being young boys," Brian said.

These days, friends and family volunteer Brian to bring dishes to gatherings. With more family in the Metroplex, Brian and his wife, Patti, moved to Mansfield and opened Pinch A Penny Pool, Patio and Spa. "We love the friendliness of the residents, being close to family and a change of seasons without all the snow." After hours, Patti creates the side dishes, while Brian creates tasties on the barbecue grill. Now

### **Pool Side Fruit**

- 2/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup brown sugar, packed
- 1/2 tsp. orange zest, grated
- 1/2 tsp. lemon zest, grated
- l tsp. vanilla extract
- 2 cups fresh pineapple, cubed
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced

3 bananas, sliced2 oranges, peeled and sectioned1 cup grapes2 cups blueberries

**I.** In a medium saucepan, add orange juice and lemon juice.

**2.** Add in brown sugar. While stirring, add orange zest and lemon zest. Bring to a boil; remove from heat.

3. Add vanilla extract; allow mixture to cool.

**4.** In a medium glass bowl, layer the fruit starting with pineapple, following the order listed.

**5.** Pour the liquid mixture over the fruit; enjoy.

### Momma's Grilled Chicken

1/4 cup balsamic vinegar
3 Tbsp. extra-virgin olive oil
2 Tbsp. brown sugar
3 cloves garlic, minced
1 tsp. dried thyme
1 tsp. dried rosemary
Kosher salt, to taste
Freshly ground black pepper, to taste
4 chicken breasts
Fresh parsley, chopped, for garnish

 In a medium bowl, whisk together balsamic vinegar, olive oil, brown sugar, garlic and dried herbs; season generously with salt and pepper. Reserve 1/4 cup.
 Add the chicken to the bowl; toss it around in the marinade. Let sit for at least 20 minutes, or up to 24 hours. **3.** Preheat grill to a medium temperature. Add chicken to the grill; discard marinade. Pour some of the reserved, unused marinade over the chicken.

**4.** Cooking time will vary, depending on the size of the chicken breasts. Plan for about 6 minutes per side.

5. Garnish with parsley and serve.

## Grandma's BBQ Bacon Beans

1 28-oz. can Bush's Best Honey Sweet Baked Beans

- 3 Tbsp. brown sugar
- 3/4 cup barbecue sauce of your choice
- 3 slices bacon, pre-cooked and chopped up 1/4 cup sweet onion, chopped and
- cooked for about 5 minutes
- I/4 Tbsp. garlic powder I/4 Tbsp. onion powder

Salt, to taste

Pepper, to taste

**I.** Drain about 2/3 of the liquid from the can of beans.

In a medium-size bowl, add all the ingredients, one by one; mix well.
 Place the bean mixture in a casserole dish. Bake for 30-40 minutes at 325 F.

## Strawberry Cannonball Sheet Pie

Crust:

2 1/4 cups all-purpose flour
1/4 cup sugar
1/4 tsp. kosher salt
1 cup cold butter, cut into cubes
PAM Cooking Spray

Pie:

6 oz. strawberry gelatin
1 1/2 cups sugar
1/3 cup cornstarch
1/2 tsp. salt
20 oz. Sprite
32 oz. strawberries, washed and tops removed
1 cup whipped topping or whipped

cream, for garnish

**I.** *For crust:* Preheat the oven to 325 F. **2.** Mix flour, sugar, salt and butter together until crumbly.

**3.** Spray Pam on a sheet pan. Press the crust into the prepared pan; prick all over with a fork.

4. Bake for 22-25 minutes, or until light brown. Remove from the oven; cool.
5. For pie: Add gelatin, sugar, cornstarch, salt and Sprite to a saucepan; heat over medium heat.





**6.** Bring to a boil. Constantly whisk until thickened. Remove from heat; cool to room temperature.

**7** Slice the strawberries; arrange them over the crust.

**8.** Pour the filling over the strawberries. Refrigerate for 2 hours, or until set.

**9.** Serve with 1 spoonful of whipped topping atop each slice.

## Lazy Man Ribs

Fruitwood Blend pellets, as needed 1 rack pork spareribs 2 parts pepper to 1 part salt Garlic powder, to taste Onion powder, to taste Paprika, for color 1/4 cup olive oil 1/4 cup apple juice 1/4 cup apple cider vinegar 3/4 cup barbecue sauce of your choice

**I.** Preheat the smoker to 275 F. Bring ribs to room temperature.

**2.** Mix 2 parts pepper to 1 part salt, garlic powder, onion powder and paprika into an empty spice shaker, for a fine distribution of rub.

- **3.** Trim the ribs to remove excess skirt, etc.
- ${\bf 4.}$  Spritz the ribs with a little olive oil to help

the rub stick. Apply the rub evenly and lightly to avoid clumps. Place the ribs in the smoker, unwrapped, meat side up.

**5.** Place a small pan of water in the smoker; cook for 2 hours.

**6.** Check the ribs for desired color. Remove the ribs from the smoker; spritz lightly with a mixture of apple juice and apple cider vinegar, just to add some moisture. Smear on the barbecue sauce, diluted with some water or apple juice, if necessary.

**7.** Cook an additional 15 minutes. Remove ribs; place on foil. Re-apply spritz and barbecue sauce; wrap in the foil.

8. Place the meat side down for around 2 hours, depending on your size of rack.9. Unwrap the ribs; check in the center for tenderness.

**IO.** Let the ribs sit for 20-30 minutes, with the foil loosely covering them. Slice and serve.

#### Pool Boy Caviar

- 1 15-oz. can black-eyed peas, rinsed and drained
- I lb. Roma tomatoes, seeded and diced
- 1 15-oz. can black beans, rinsed and drained
- 1 cup sweet corn
- 1/2 cup red onion, chopped
- 1/2 cup red bell pepper, diced



1/2 cup green bell pepper, diced

- 1/2 cup olive oil
- 2 Tbsp. granulated sugar
- 1/3 cup white vinegar
- 1 tsp. chili powder
- I tsp. kosher salt
- 1/4 cup fresh parsley, chopped
- I large pkg. crackers, Tostitos or other corn chips

**I.** In a large bowl combine the first 13 ingredients; toss it up.

**2.** Serve chilled or at room temperature with crackers, Tostitos or other corn chips of your choice.







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Ann All

## **Crossword Puzzle**

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32		1	-	+	1		33		1	+
34		+	+	+			35		+	+

Solutions on page 28

#### Across

- 1 "Summertime" singer --- Fitzgerald
- 5 Long for
- 10 Quick look
- 11 Diddy record label
- 12 Constant
- 14 Long-leaved lettuce
- 15 Baby weight units
- 16 It's boring to be stuck in one
- 17 Cosmetic ingredient, often
- 19 Audition sample
- 20 Can cause temporary blindness
- 21 Drones might attack you here
- 22 Some docs' degs
- 23 Bond's M
- 24 To be unwell
- 25 Pony ---, for small beer perhaps
- 26 DoJ enforcer
- 29 Interrogation aid
- 32 Starts an answer to "What's in the paper today?"
- 33 Goat's milk cheese
- 34 Snug shelters
- 35 Horatian works

#### Down

- 1 Huge in scope
- 2 Former "Tonight Show" host
- 3 Ever-decreasing
- 4 Copy
  - 5 Elevator chambers
  - 6 Vitamin-bottle abbreviation
  - 7 Cut short
  - 8 Book
  - 9 With an --- (mindful of)
- 11 Sacred name in baseball history
- 13 Used to move 20 Across
- 18 LA article
- 19 Solved
- 20 Sunni counterpart
- 21 Very important
- 22 Much-lampooned Alaskan politico
- 23 High-speed streams
- 25 In Florida, they're 113 miles long
- 27 Schlep
- 28 Italian monks
- 30 "Who ---?" (Saints' chant)
- 31 Corp's money mgr.

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

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Solutions on page 28





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## Wednesdays

Food Pantry: Free and fresh meat, fruits and vegetables given away under the carport to anybody, regardless of your address. 10:00 a.m.-1:00 p.m., Bethlehem Baptist Church, 1188 W. Broad St. (817) 473-1236.

## Wednesdays and Saturdays

#### **Food Pantry:**

Families in need of food are welcome twice monthly with a photo ID and proof of residency. 9:00-11:00 a.m., St. Jude Catholic Church, 310 Graves St. (817) 595-6511 or stjudesvdp500@yahoo.com.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

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Farmers Market:

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E. Broad St. at Walnut Creek Dr.

www.mansfieldtxfarmersmarket.com.

7/10

Movies on Main:

Frozen 2 will show on a first

come, first served, always free

basis for families and friends.

Doors open: 9:00 a.m.;

show time: 10:00 a.m.,

Farr Best Theater,

817-473-1159 😂 📼 217 N. Walnut Creek Mansfield, TX 76063 Se Walk-ins Welcome! Open Saturdays!

OFFICE HOURS: Tuesday: 9am - 6pm Wednesday: 8am - 1pm Friday: 7am - 3pm Saturday: 8am - 1pm Se Habla Español • Vietnamese Spoken



(817) 447-2800 506 N Broadway St, Joshua, TX Hours: Mon -Fri 9am - 7pm, Sat 9am - 5pm





Ron Thorson, winner of the \$50 Cash Prize from NOW Magazines, said, "MansfieldNOW is the best local periodical I've seen. The scavenger hunt and puzzles keep citizens engaged, and advertising extraordinaire Lori O. is very cool."



Katherine Graham, winner of the 2nd \$50 Cash Prize from NOW Magazines, said, "Finding the hidden objects in *MansfieldNOW* each month is fun. It's even MORE FUN to win! Thanks *MansfieldNOW*!"

## Crossword -Sudoku Solutions

'E	<sup>2</sup> L	3 L	<sup>4</sup> A			5 C	6R	A	٥V	ε
<sup>10</sup> P	Е	Е	Ρ		<sup>11</sup> B	A	D	В	0	Y
12	N	S	E	<sup>13</sup> P	A	R	A	В	L	Ε
<sup>14</sup> C	0	S		15 L	В	S		R	U	т
		17 A	18 L	0	E		19 D	E	М	0
	20 S	N	0	W		21 H	t	٧	Ε	
22 P	н	D	s		23 J	U	D	1		
24 A	1	L		25 K	Е	G		<sup>26</sup> A	<sup>27</sup> T	28 F
29 L	1	Ε	<sup>30</sup> D	Ε	Т	E	<sup>31</sup> C	Т	0	R
32	Т	S	A	Y	S		<sup>33</sup> F	E	т	A
34 N	E	S	Т	S			35	D	E	S

Easy

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

Medium

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



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