

# MansfieldNOW

M A G A Z I N E

JULY 2023

## Honoring His Country

Robert Gilmore  
highlights the  
advantages of  
military service

In the Kitchen With  
Linda King

Also inside:  
Scavenger Hunt  
Crossword

Featured Business:  
HomeWell Care Services

Postal Customer

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Fourth  
of July*



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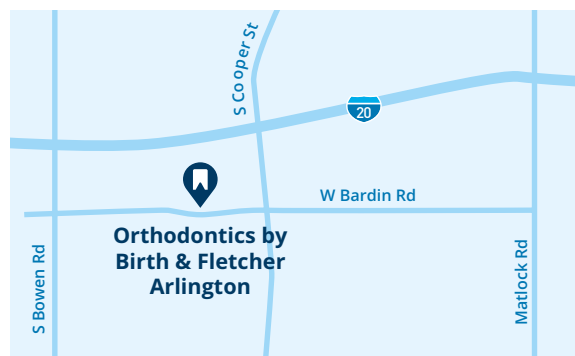
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Sandra

Sandra Walters  
MansfieldNOW Editor  
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(682) 554-1743

## EDITOR'S NOTE

*Let freedom ring!*

The month of July is one of my favorites. While we are celebrating the Fourth of July and taking time to relax, remember the veterans and active-duty personnel. They reflect a unique mentality in their willingness to give their lives for our freedoms.

Our liberties are ones that many people have fought for, and we honor them. I think everyone has a unique talent or calling, but I'm convinced being in the military resonates with some special people. I know a young man who wanted to be a police officer or go into the military, so he was always defending others. I found him to be so unique. He was unlike anyone I'd ever met. Now I'm reminded of him whenever I have the privilege of interviewing veterans. They are extremely warm and continue to serve in some way. Many come back into the civilian world and figure out how to help others. The heart of a service person is like no other. Also, I find that they pass their hearts to their children, and they stand out in the world differently.

I didn't truly understand how blessed I was until visiting other countries. During this experience, I changed my complaints to gratitude. Our nation isn't perfect, but people are constantly trying to accomplish that American dream by coming here. I challenge you to celebrate, and honor those who have gone before us and those who continue to fight for our freedoms.

*Let's celebrate America!*

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Opeoluwa Daniyan, MD is a board-certified Otolaryngologist. She graduated from the University of Georgia with a major in microbiology and a minor in Spanish and attended medical school at the Medical College of Georgia. She then completed her Otolaryngology/Head and Neck Surgery residency at Jackson Health System in Miami, Florida.

Dr. Daniyan provides compassionate medical and surgical ear, nose, and throat care for children and adults and strives to treat her patients like family. She enjoys the full breadth of general ENT including thyroid surgery, neck masses, and sinus and nasal surgery.

Her interests outside of ENT include drawing, ping pong, shopping, traveling, and spending time with her husband, spunky daughter, and extended family.



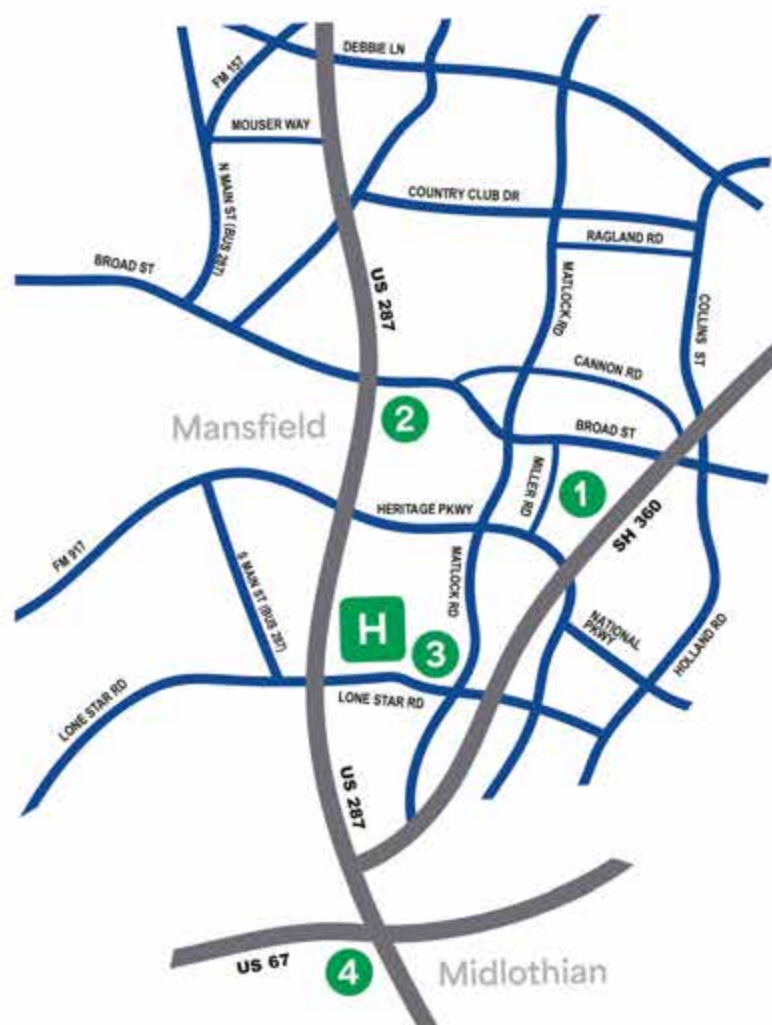
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Robert Gilmore, known as “Truck,” was born in Durham, North Carolina. “I didn’t know we were poor until I became a certain age. We stayed in the same 715-square-foot apartment at 1102 Linwood Avenue, Apt. B with my mother, sister and uncle,” he said while rehearsing the address like he currently lived there.

“Some of my friends were raised in two-parent households. Also, their parents both held respectable careers and drove nice cars,” he remembered. While visiting, he noticed their refrigerators were stocked. His circumstances appeared to be a lot different, so he desired to achieve that success but questioned how. College wasn’t considered in his home. Therefore, he watched his best friend’s family closely. Robert received substantial guidance and military-related mentoring from Billy’s father, a retired Air Force Veteran. “I could see how well it worked. They lived in a beautiful home, and being at their house allowed me to dream.

“To be honest with myself, I knew I wouldn’t be receiving a full academic or sports scholarship, so I had to determine what I wanted to do with my life. If I stayed in Durham, I was going nowhere because there wasn’t anything good happening in my environment. So, at 17 years old, I decided to enlist in the Marines. I scheduled a meeting with a recruiter, but the person never arrived. I felt let down. However, the next day, an Army representative called, and a female staff sergeant rank E-6 set up an interview with me. Mentally, I prepared to sign all of the paperwork before she showed up the following day. My mother had previously been informed, and she agreed. When the recruiter showed up, she began sharing her sales pitch, but I stopped her, since I had been thinking about this for a while. She said my mother needed to sign, but I was well aware of that. I yelled, ‘Mama!’ from the living room in a respectful tone, and she came out of her room replying, ‘Hey, baby! Where do I sign?’ She took the pen and signed the paper without hesitation. I grew up in a time where devotion to God and country came first, even if serving your country meant dying. It was an honor, and I believe my mom knew she gave me an opportunity to be successful that day,” he acknowledged.

Robert first enlisted for four years and completed basic training at Fort Leonard Wood in Missouri. Then, he was deployed to Germany. At the end of those four years, he called his mom and told her he wanted to get out, but his mom replied, “Truck, there ain’t nothing here but hard times. You need to go ahead and enlist again.” He did re-



# HONORING HIS COUNT

— By Sandra Walters



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enlist and went to field training at Fort Stewart, Georgia. Shortly afterward, he was told the lieutenant was looking for him. That concerned him, until he learned that he had been selected to go to recruiting school. He worked as a recruiter for three years at Fort Wayne, Indiana.

“As a military man, I learned not to sweat the small stuff and to simply discover the good in everything. Don’t give people ammunition to control you. Don’t make emotional decisions. Be smart!” Robert added. He learned he could retire from the military at the age of 38, pay for college and travel. No other profession offered him these types of benefits, so he desired to retire from the Army and even earn a pension. “I began to strive for rank. Eventually, during my enlistment of active duty, I advanced to the rank of E-7 Sergeant First Class (SFC) and received the Bronze Star Medal for performing heroically and meritoriously during war conflict among other awards,” he said.

On his third deployment, he was stationed in Killeen, Texas. He recalled



attending a New Year’s Eve party at the Chinese Garden Palace. When he walked in and looked up, his eyes met LaShonda’s. His immediate thought was, *Who is that?* and he began to ask other service men if they knew her. They didn’t, so he thought, *I’m going to find out about her.* He did, and she happened to be a U.S. Navy Veteran. After a while, they started dating, and both discovered that they had a lot


in common. Within two years, Robert and LaShonda married before his next deployment. They resided in the Fort Hood area for 10 years, then, at age 44, Robert retired from the U.S. Army as a combat engineer with four Iraq War deployments.

Robert and Dr. LaShonda Gilmore re-created the two-parent household with a lovely home and nice cars that Robert saw during his childhood. His best friend’s dad not only gave to his country, but he also deposited hope into a young man from Durham, North Carolina. Robert’s ability to pay attention and listen brought him a great deal of success. The Gilmores live in Mansfield with their daughter, Brooke, experiencing what he dreamed. Robert served this country proudly, so he walks around with his head held high because he fought for the freedom of his brothers and sisters in the United States of America. Listening to the right people produced great results for him. Now he and Dr. LaShonda coach and teach at St. Paul’s Preparatory Academy, passing on to the next generation the knowledge they obtained through hard work. **NOW**


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— By Sandra Walters

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In 2022, Eli da Silva researched different franchise brands, looking for a new business opportunity. At that time, he discovered HomeWell Care Services. This company intrigued him because it aligned with his calling. He said, “I had been a pastor for many years, but I stepped away. However, the passion for helping people was ingrained in me.

“The leadership team of HomeWell Care drew my attention. As I evaluated the company, I thought about Daniel Slider and Matt Hodgson, who had experience with



caring for elderly and disabled family members. I met Daniel in the ministry, so I knew I could trust him. Also, I saw the potential of eventually letting Daniel and Matt take on greater management roles as the company grew.”

Home caregivers aren’t home health care providers. There is a difference. The caregiver aids seniors or those dealing with some limitations temporarily or permanently. In this instance, the HomeWell Care caregivers offer assistance for basic needs like helping clients get dressed, washing dishes, putting dishes away and more — basically, activities of daily living or ADLs, as the industry calls it.

“I believe that 80 percent of seniors desire to age at home where they are comfortable. Many want to maintain their dignity by staying in their own home, but they just need a little help managing the daily tasks. I recall taking care of my mom as she got older, and I realized the difficulty of doing certain things. This is where I learned to help without turning her life upside down,” Eli acknowledged.

He recognized the business, HomeWell Care Services, assisted people in doing exactly that. They believe the heart

of home care is to truly get to know everyone, quickly adjusting to changing needs and anticipating potential obstacles. Every person deserves respect and compassion, and they should be allowed to be in their own space, where they have created memories. HomeWell Care Services also believes in providing cost-effective, flexible in-home assistance and elderly care solutions that range from basic to advanced.

***"I believe that 80 percent of seniors desire to age at home where they are comfortable. Many want to maintain their dignity by staying in their own home, but they just need a little help managing the daily tasks."***

When Matt and Daniel were introduced to the possibility of being partners, they both viewed home care as a means of meeting a critical need for local seniors and families. They had witnessed the importance of home care firsthand while caring for family members, which ultimately influenced their decision to join Eli.

HomeWell Care Services started January 23, 2023. Now they have 32 caregivers and are currently hiring quality staff members who share their mission. They serve Fort Worth, Dallas, Arlington, Irving, Grand Prairie, Cedar Hill, Mansfield, Duncanville and surrounding areas with basic care, companion care and companion care plus.

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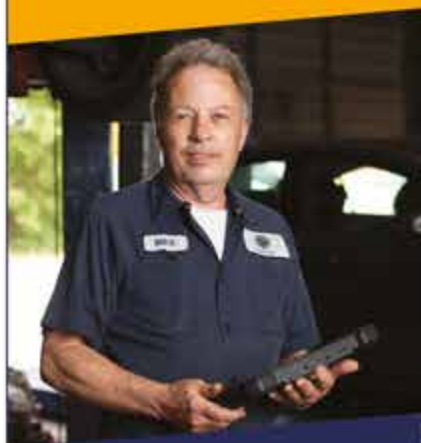
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Winner must pick up their prize within 30 days of drawing.

Beach Balls were found on pages 1, 13, 14, 17 & 29

June winner is:  
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## Zoomed In: Amy Ryan

By Sandra Walters

When Amy Ryan thinks of her father, she also thinks of a particular beverage. “I originally enjoyed coffee with my dad. We used to go spend time together at various coffee shops, and I loved it!” she said.

Amy’s father was a United States Air Force pilot for 20 years. In tribute to him and other veterans who served their country, she opened Flying Squirrel Coffee Company in Mansfield’s historic downtown. Hoping to bring smiles and a unique vibe to the community, Amy explained the coffee shop’s name: “Flying” represents her father’s role in the military, and “Squirrel” relates to her imaginative nature.



Skylar Moncure is excited about summer camp!



LaShaun, Eliana and James Kinard celebrate special time together.



Cast members from *Beauty and the Beast* practice their lines.



Debbie Andrews and her granddaughter smile as they get quality time.

A photograph of two women standing in front of a building. The woman on the left has long dark hair and is wearing a colorful striped tank top. The woman on the right has blonde curly hair and is wearing a yellow patterned tank top. Behind them is a large sign that reads "THE Henry" in a stylized font, with a light fixture above it and a decorative curved element below.



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## CookingNOW *In the Kitchen With* LINDA KING

— By Sandra Walters

“I love cooking and baking because it’s a challenge to provide something tasty for my husband, my two sons, their families who live next door and for friends,” Linda King shared. “My passion for cooking comes from watching my mother, and I still use her recipes. Also, Mansfield High School’s homemaking classes helped me learn the fundamentals of sewing and cooking,” she said.

Her cuisine is down-home and country. “I enjoy experimenting with new recipes by adding ingredients to modify the dish, making it my own,” she said. “I am blessed to have a husband who will eat anything I put in front of him. His facial expressions rapidly reveal whether the experiment is successful or unsuccessful.” **NOW**

### Banana Pudding

4-5 bananas  
1 12-oz. bottle Sprite  
1 8-oz. pkg. cream cheese, softened  
1 can Eagle Brand Milk  
1 Tbsp. vanilla  
1 large 5.1-oz. banana instant pudding  
2 8-oz. tubs Cool Whip (divided use)  
1 11-oz. box vanilla wafers  
Caramel drizzle (optional)

1. Slice and soak the bananas in the Sprite while mixing the pudding ingredients.
2. Mix the softened cream cheese and the can of milk together in a mixer; add the vanilla.
3. Mix the instant pudding per package directions; add to cream cheese mixture. Mix slowly; fold in 1 tub of the Cool Whip.
4. In a 9x13-inch casserole dish, place a layer of the vanilla wafers. Layer the banana slices to cover the wafers.

5. Spread enough of the pudding to cover the bananas and wafers.
6. Add another layer of wafers, bananas and the remaining pudding. Refrigerate until the pudding is firm.
7. Cover pudding with the remaining tub of Cool Whip. Sprinkle with crushed wafers. Drizzle with caramel sauce, if desired. Refrigerate until ready to serve.

### Mexican Beef Casserole

Cooking spray  
1 lb. hamburger meat  
1 1 1/4-oz. pkg. taco seasoning  
1 cup salsa  
1 24-count pkg. corn tortillas  
1 15-oz. can Ranch Style Beans, undrained  
1 lb. Velveta, sliced  
1 10 1/2-oz. can cream of chicken soup  
1 10-oz. can Ro-Tel  
1-2 cups shredded cheese

1. Preheat the oven to 325 F. Spray a 9x13-inch casserole dish with cooking spray.
2. Brown the hamburger meat; add the taco

- seasoning. Mix per the package instructions.
3. Add the salsa to the casserole dish. Layer 6 tortillas on top of the salsa.
  4. Cover the salsa with the seasoned and cooked hamburger meat.
  5. Cover the meat with the Ranch Style Beans. Cover with the Velveta.
  6. Layer with 6 more tortillas.
  7. Mix together the cream of chicken soup and Ro-Tel. Pour over the layer of tortillas.
  8. Cover tightly with foil; bake in a 325 F oven for 1 hour.
  9. Leave covered; let set for 10 minutes. Uncover; sprinkle with shredded cheese.

### Veggie Pizza

- 1 13.8-oz. can refrigerated pizza dough
- 2 8-oz. pkgs. cream cheese, softened
- 1 1-oz. pkg. Ranch Dip Mix
- 1 cup mayonnaise
- 1 cup each vegetables of your choice (green, yellow, red or orange peppers; broccoli; cauliflower; purple onion, etc.), finely chopped
- 2 cups cheese, shredded

1. Spread the pizza dough onto a cookie sheet; bake as directed on the package until light brown. Let cool.
2. Mix the softened cream cheese, Ranch Dip Mix and mayonnaise together until well blended. Spread the mixture on the cooled pizza dough.
3. Layer the pizza with vegetables and shredded cheese.
4. Refrigerate until ready to serve.

### Black Cherry Cola Jell-O Salad

*My Mother's special Christmas recipe.*

- 1 6-oz. pkg. Black Cherry Jell-O
- 2 cups boiling water
- 1 1/2 cups cold Coke
- 1 16-oz. jar maraschino cherries, drained and chopped
- 2 cups pecan pieces

1. Dissolve the Jell-O powder in the boiling water. Add the cold Coke; stir well. Refrigerate until the Jell-O begins to thicken.
2. Stir in the chopped cherries and pecan pieces; mix well. Pour the mixture into a serving container. Refrigerate until firm and ready to serve.

### Cranberry Apple Walnut Salad

- 2 cups dried cranberries
- 2 Honeycrisp apples, chopped
- 2 cups walnuts, chopped
- 1 cup celery, chopped
- 2 6-oz. containers vanilla yogurt

1. Mix the cranberries, apples, walnuts and celery together.



“Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.”

Romans 8:1-4 NASB1995

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2. Add the yogurt; blend everything together.
3. Refrigerate for approximately 2 hours.

## Butterscotch Chocolate Chip Cookies

Makes approximately 5 dozen.

- 2 1/2 cups flour
- 1 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup butter, softened
- 3/4 cups sugar
- 3/4 cup dark brown sugar, firmly packed
- 1 3/4-oz. pkg. butterscotch instant pudding
- 2 eggs
- 2 Tbsp. Mexican vanilla
- 1 12-oz. pkg. chocolate chips, semi-sweet or milk chocolate
- 1 cup pecan pieces (optional)

1. Preheat the oven to 350 F Line a baking sheet with parchment paper.
2. In a bowl, mix the flour, baking soda and salt together; set aside.
3. In a separate bowl, beat the butter and sugars until creamy.
4. Add the dry pudding powder; mix.
5. Beat in the eggs, one at a time; add the vanilla.
6. Gradually add half of the flour mixture;



Banana Pudding

mix until well blended. Add the remaining flour mixture; mix until well blended.  
 7. Add the chocolate chips and pecans, if using; mix.  
 8. Drop the dough in 1 heaping Tbsp. size portions onto the prepared baking sheet. Bake for 9-11 minutes.

## Strawberry Bread

- 1 cup vegetable oil
- 3 eggs
- 1 Tbsp. vanilla
- 3 cups flour

- 1 cup sugar
- 1 cup dark brown sugar, packed
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1 20-oz. can strawberry pie filling

1. In a large bowl, beat together the oil, eggs and vanilla.
2. In another bowl, sift together the next 5 ingredients; gradually add to the egg mixture.
3. Mix until combined well.
4. Fold in the pie filling by hand, or use a mixer at low speed.
5. Pour the batter into 2 greased and floured loaf pans.
6. Bake at 350 F for 50 minutes to 1 hour.
7. Variation: Apple or cherry pie filling may be used if preferred.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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- Virginia Woolf



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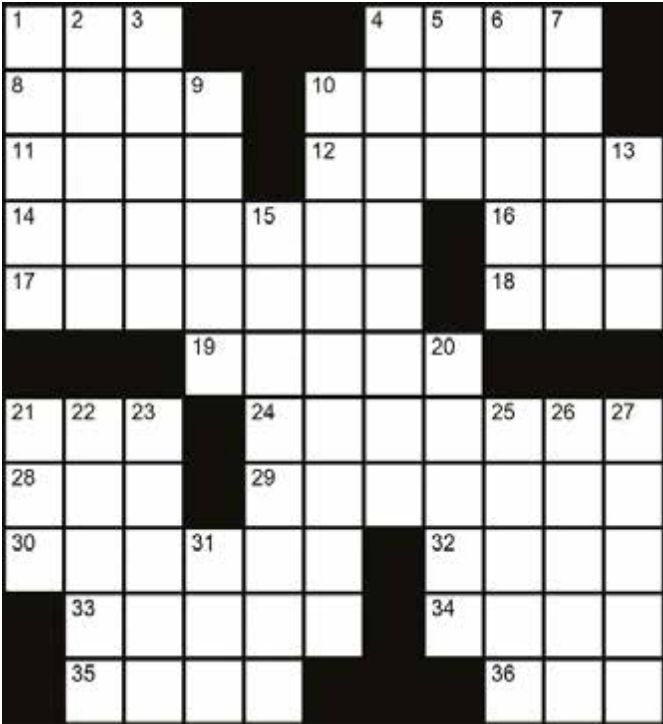
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## Across

- 1 Obsolescent PC screen type
- 4 "--- the gods would destroy they first make mad" (Longfellow)
- 8 Rules
- 10 Historic Tuscan city
- 11 Go for --- in the sea
- 12 One of several English kings
- 14 Flat-tailed Everglades animal
- 16 Place for critical cases
- 17 Lead the way
- 18 Hold up
- 19 Ed Asner has seven
- 21 Breach
- 24 Pit's C E O organized literary study
- 28 Part of a military address
- 29 Finished
- 30 In abundance
- 32 Shame
- 33 Bob ---, former Alabama Governor
- 34 "--- make a long story short ..."
- 35 Mary Lincoln's maiden name
- 36 24-hour Canadian sports channel

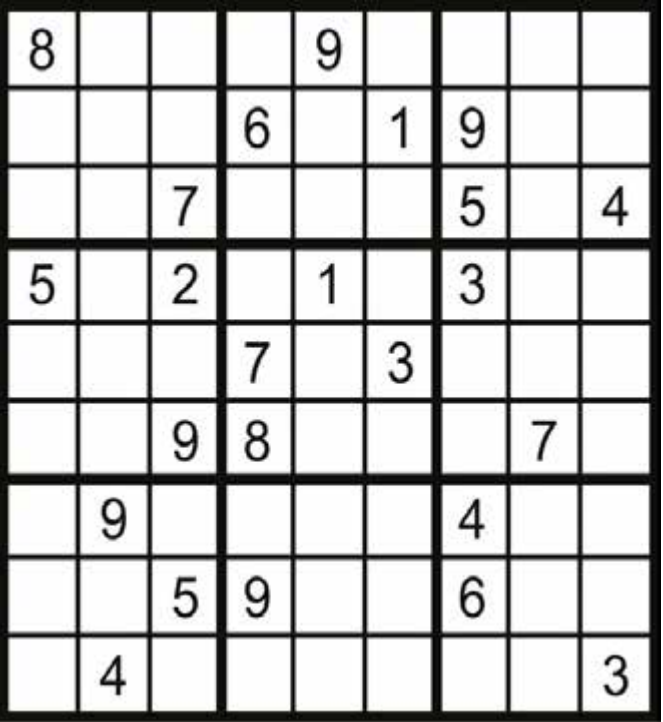
## Down

- 1 Workbench gripper
- 2 It's not so good against stealth technology
- 3 Strong thread
- 4 Looking amazed
- 5 Chop
- 6 TV studio warning
- 7 --- Polo
- 9 Room
- 10 Initial funds
- 13 Provide with a soundtrack in a foreign language
- 15 Toughened up
- 20 Paces
- 21 One-liner
- 22 To pieces
- 23 Salk beat it
- 25 Utterly stupid person
- 26 The historic --- - Madison House, Washington DC
- 27 Bug
- 31 Well stricken in years

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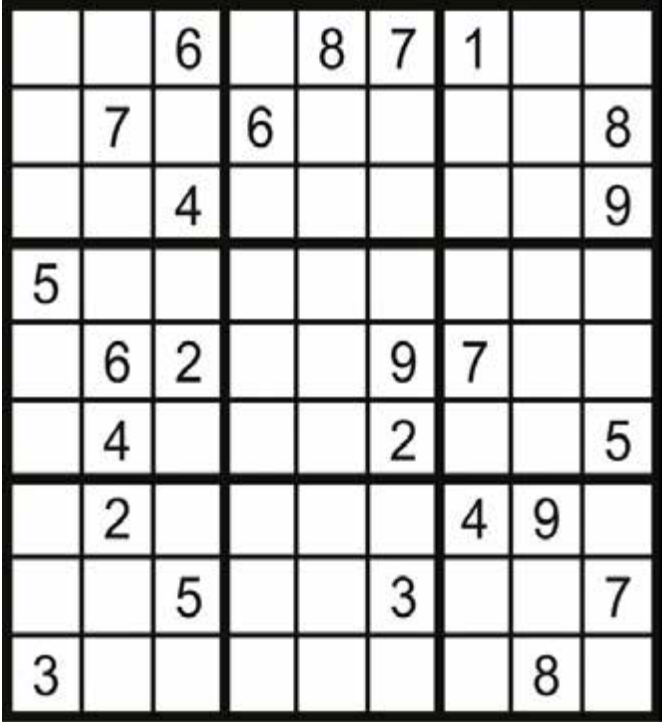
# Sudoku Puzzle

Easy



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# HAPPY Independence Day

## JULY

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

### 7/3

#### **Mansfield Rocks:**

Big League Dreams and Hawaiian Falls are celebrating 15 years of family, fun, freedom and fireworks in Mansfield! Enjoy games, food, live music, slides and wave pool at Hawaiian Falls, while capping it off with the world-class fireworks show. \$20 per car. 6:00-10:00 p.m.  
[www.MansfieldRocks.com](http://www.MansfieldRocks.com).

### 7/14

#### **Paddle Battle Pickleball Tournament (10-plus):**

Bring your paddle and your game face. Choose your partner or have one assigned. Cost: \$9. Registration required.

5:30-9:00 p.m., Mansfield Activity Center, 106 S. Wisteria St. For more information, call (817) 728-3680 or visit [mac@mansfieldtexas.gov](mailto:mac@mansfieldtexas.gov).

#### **Open Mic Night:**

This month's theme is "Summer Poetry Slam." Early bird prices: Student and seniors: \$7; adults: \$10. At the box office: Student and seniors: \$12; adults: \$15. 7:30 p.m., Farr Best Theater, 109 N. Main St. To perform, contact Mike G at (972) 704-5001.

### 7/20

#### **Tick, Tock, Boom! (Family):**

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### 7/22

#### **Self Defense 101 (13 years, plus):**

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



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