

# MansfieldNOW

M A G A Z I N E

AUGUST 2020

## Tending the Past

Bill Beard and  
Faye Patterson  
Rydell do their  
part to preserve  
Mansfield's history

In the Kitchen  
With Melissa  
Sanseverino-Allison

Also inside:  
Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:  
Trusted Medical  
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I've lost 22 lbs. in 4 months with 3 more lbs. to my goal weight and dropped two dress sizes. My energy level has been amazing! No crashes in the middle of the day or wanting to go to bed way before bedtime.

Mika and Bailey in the Mansfield Office have been very friendly, kind and so encouraging. They give us recipes, info on brand names for sauces, toppings and even have ideas for easy sugar-free desserts. They also offer shakes, bars, cookies, chips and other snacks that are made with special ingredients to benefit weight loss.

I highly recommend Diet Solution Weight Loss Centers if you are looking for success, support, accountability and a lifestyle to keep the weight off.



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**AFTER**

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22.5 lbs. in  
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## ON THE COVER

*Two friends since their youth in Mansfield remain active in the community.*



**Photo by**  
Lori Baur.

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# EDITOR'S NOTE



*Melissa*

Melissa Rawlins  
MansfieldNOW Editor  
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*Woo-hoo! We've got 31 days ahead of us!*

I'll bet you know a person who's got a special day this month. During the 31 days of August, somebody's having a birthday, an anniversary or a first. Many children in our community will enter their first classroom. For some adults, this will be their first August not teaching in a very long time. Even if we don't have a milestone to recognize amongst our circles of friends and families, we can make one.

One list of special days I found inspired me to mark the days of this month with a spirit of inquisitiveness. I can investigate beverages early in the month by raising a glass with friends on International Beer Day, August 4, and Root Beer Float Day, August 6. I can study history in celebration of Francis Scott Key's birthday, August 1. (He was born in 1779, but do I really understand the impact he made upon our nation?) Dream Day, August 28, provides more lessons. It is the day Martin Luther King Jr. gave the "I Have A Dream" speech in 1963. I can sample food on National Watermelon Day, August 3, and National Sponge Cake Day, August 23. I can explore space by remembering Pluto Demoted Day, August 24. And I can exercise my freedom on National Wiggle Your Toes Day, August 6.

Mid-month, you'll definitely find me living serendipitously. August 18 is Serendipity Day, which is best described by Madeleine Kay as, "the willingness to live your life as though everything is a miracle, with the belief that at any moment, something wonderful is about to happen."

*Here's to making every day a special day!*



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# TENDING THE PAST

— By Alan Whiteshoes

*Mansfield is full of history — much of it in the city's historic cemeteries. When it comes to protecting and preserving the town's history, Bill Beard and his friend, Faye Patterson Rydell, are on the frontlines.*

Of course, both Faye and Bill have long historic roots of their own in the city, both having been born and raised here. Bill's father was Tom Beard, a constable in Mansfield in the 1950s who was known as “the law south of Village Creek.” Though Bill spent many years traveling the world as an intelligence officer with the U.S. Air Force, he returned to Mansfield upon retirement, and this month, he celebrates his 90th birthday.

Faye is the lone remaining child of Newt Patterson, the resourceful and respected mule trader for whom is named one of the city's main travel arteries, Newt Patterson Road. Faye was an accomplished horsewoman, wearing a bright, white cowgirl outfit for her portrait after winning the title Miss Mansfield in 1957.

Both Faye and Bill have been friends since their youth, and remain active in the community, particularly when it comes to the Mansfield Cemetery. At least three days out of each week they do a regular patrol of the property, which boasts eight sections. Bill said the Cumberland Presbyterian section is the original part, donated in 1876 by Ralph Sandiford Man, whose wife, Julia, was the first person interred there. The neighboring two-and-a-half-acre Mansfield Community Cemetery has been owned and maintained by Bethlehem Baptist Church and

the Historic West Mansfield Texas Community Development Corporation since 2010.

Bill and Faye maintain what they can of the Mansfield Cemetery. They report what they see needs tending to a crew with the Mansfield Cemetery Association that does the work if it's beyond their capabilities. “It's the most rewarding volunteer job I've ever had, and I've had a few,” Faye said. “I have such a feeling of respect for those I know and those I don't know [who are buried there].”

Bill shared that every time he visits the cemetery, he gets “a sense of awe. These are the people who built Mansfield,” he said. “And they didn't have an opportunity to see what it has become.”

Their recollection of Mansfield history could have a person sitting and listening for hours. Faye said her favorite part of the city's history is from the 1950s. “There was more time. Everyone wasn't in such a hurry,” she said.

“I started school in 1945, and there were maybe 10 cars on campus. All 12 grades went to school in the same building,” she continued. “By the time I graduated in 1957, I guess there were maybe 20 cars there.”

Bill added that his favorite parts of local history were the decades of the 1940s and 1950s. “Everyone in Mansfield knew everyone else in Mansfield,” he said. “There was never a lock on the door.”

Bill remembers visiting the cemetery when he was around age 5. He would go with his older brother, who was doing some work there. “There was this above-ground crypt, and my brother would put me on that crypt and say, ‘If you climb down, the snakes will eat your toes off.’”

Faye's home is on a site filled with Mansfield history. Originally, a three-story house was built on the site between 1864 and 1867 for Jonathan Feild, the son of Julian Feild — after whom the city is partly named. The house went through a succession of owners who played a role in the founding and growth of the city. When the house was torn down, sections of its architectural elements were carefully set aside, along with most of its lumber, and the large lot was divided into three residential lots. The Bratton Family built three smaller homes from the repurposed material in 1925, and Faye's home is in the center of those three. She has lived there since 1952.

It's barely modified, and the well-maintained front porch,



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living and dining rooms are all inspiring locations for Faye and Bill to take walks down Mansfield's memory lane. Along with their love of the city's history, the cemetery always has been dear to their hearts. Judy Reagan of the Mansfield Cemetery Association attests to that. "They have been so dedicated in every aspect, going out on a regular basis, checking and visiting with people who are there for various reasons," she said.

Volunteers such as Bill and Faye show







up twice a year, in the spring and fall, to help with repairs and cleanup. The next day a cadre of volunteers attends to the cemetery will be October 10, 2020. Sadly, sometimes, they also have to deal with vandals. In all, Bill said it takes about \$35,000 annually to maintain the cemetery, with the primary source of income being donations.

Bill is also working to get all of the gravesites listed, stored and accessible in a digital format "in the cloud," he said.

"I want it to tell you a name, day a person was born, day they died and such dates as weddings, titles, whether or not they were a veteran." Currently, all the plots are "filed" on poster board or fading paper attached to thin sheets of plywood. The rare, somewhat fragile schematics bring up names like Clyde Rawdon, whom Bill knew when he was a teen and Clyde was middle aged. "He trained greyhound dogs for races by teaching them to chase jackrabbits through the open fields around here."

Many appreciate their work in the cemetery. Bill recalled the time he and Faye received a bouquet of flowers from someone who appreciated them moving her husband's foot-side grave marker, so it could be seen more clearly. "To know she appreciated that," Bill said, "was very rewarding." **NOW**





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Annabelle, winner of the \$50 Cash Prize from NOW Magazines, said, "I love doing the Scavenger Hunt, and I never thought I'd win. It makes me happy!"



Frank Conover, winner of the 2nd \$50 Cash Prize from NOW Magazines, said, "Every month, I look forward to reading *MansfieldNOW* to see what's going on in the community, and the scavenger hunt is a bonus!"



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BusinessNOW

# Trusted Medical Centers Mansfield

— By Melissa Rawlins

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"We had one of the first patients with coronavirus in Dallas, whom we were able to transfer to Mansfield where we have a



negative pressure room, so the air stays in the room and doesn't circulate and contaminate the rest of the hospital," Trusted ER Co-founder and board-certified emergency medical physician Harvey Castro, M.D., said, "We have 10 dedicated beds. I feel blessed to be part of a system empowered to admit the patients, care for them completely and send them home again."

Trusted Medical Centers' discharge procedures provide patients the utmost in service, even Ubering a person home if they don't have a ride. While in the facility, the care includes an on-call masseuse available also to the spouse who is waiting on the patient. "Regardless of pay, we want to make sure we do the right thing," Dr. Castro said. "That is someone's mother or grandparent."

Ever since taking the Hippocratic oath, it has been Dr. Castro's goal to help people. Now he and Lori Guerrero, MBA, MHA, RN, a managing member and co-founder of Trusted ER and CEO for Trusted Medical Centers Mansfield, wear many hats while



providing thorough, thoughtful patient care in an ambience designed to be a wow experience. "I sleep well at night knowing our patients are well cared for, and we're not cutting corners," Dr. Castro said.

Nurses, doctors and vendors are recruited for their holistic vision, and then trained through the Trusted ER Academy in the culture Lori Guerrero and Dr. Castro daily nurture. They created their own billing company, so they can work out payment plans directly with each patient. "We audit charts and tell doctors not to charge a patient if they did not do anything for the patient," Dr. Castro said.

**"We have 10 dedicated beds. I feel blessed to be part of a system empowered to admit the patients, care for them completely and send them home again."**

Trusted Medical Centers offers myriad services and therapies that will do wonders for patients. Not only have they installed two hyperbaric chambers in their Mansfield hospital, they employ wound care specialists and their own nutritionist to educate people on nutrition and exercise, so that every issue with diabetes can be addressed.

"By taking care of the core root of the issue, we're taking care of the patient better. When their health gets better, their cellulitis or gangrene or neuropathy gets better, so maybe they won't have to come back to the emergency room," Dr. Castro said.

In fact, every employee at Trusted Medical Centers is expected to make time to ask all the questions to find what causes each patient's disease. The staff works together as a team, conducting group triage, so patients don't repeat their stories over and over. "Here's the beauty," Dr. Castro said. "When you tell us you are feeling better, that's when I will know you're doing well."

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Teresa grew up in Burnet, Texas and entered the mortgage industry in 1998. She started as a Loan Processor and worked as one for nearly eight years. She also worked in healthcare and higher education for a time before returning to real estate in 2015. Teresa learned the title and escrow side of the business working for a local title company prior to joining Old Republic Title. She uses her insight into the lending and escrow processes to create a smooth closing experience for her clients.

In her free time, Teresa enjoys spending time with her husband, two children and three granddaughters. She also has a cat named Diva. Her hobbies include tennis, gardening, motorcycle riding, snow skiing and sewing.

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## Zoomed In: Carter Williford and Logan Kincade

By Melissa Rawlins

Carter Williford makes it a point to pour into local charities. He and the four other Mansfield High School athletes who work with him put signs on lawns for customers of Carter's business, Mansfield Yard Cards. "We give \$5 from each sale. I gave Cami Maberry a gift card for DoorDash during the lockdown," Carter said. "We also have taken donations to the Mansfield Animal Shelter, and we donated 300 toothbrushes to Cook Children's."

Logan Kincade was on hand for the presentation to Meals on Wheels. He couldn't stop thinking about the people the money will help feed. "I always encourage the idea of giving back to the community, whether it be with time or money," he told Carter, "and you have done that."



Every day, Coconut comes to Mans Best Field Dog Park with her family, Alicia and Zoe Payne.



Jenni Alt (right), agent with Farmers Insurance, gets to know Julia Ward (left), business developer for Capital Title, at a recent Mansfield Chamber of Commerce function.



The Bradford family worships in the parking lot of The Center for the Performing Arts in celebration of the 150-year anniversary of Bethlehem Baptist Church.



At the Potts family gathering, cousins Zoe, Kylie, Kaitlyn and Sydney make beautiful memories.



Villa Nail's owners, Son and Tu Le (right) and Kevin Cao (center), celebrate the Fourth of July with assistant manager, Ratu Adil (left).





On the patio of Los Molcajetes, Bette Curtis helps her daughter, Angie Grimes, celebrate another birthday.



Mansfield's cultural arts supervisor, Rosalie Gilbert, grills burgers for the Fourth with her husband, Oscar Soler.



David Nichols toasts friends and neighbors from his seat at La Gondola.

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# FinanceNOW

## Protect Yourself Against Financial Scammers

It's unfortunate, but true: During this period of economic uncertainty, one of the busiest "industries" has been financial scamming. But it goes on even during normal times, too, so you'll want to know what to look for, and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

To help yourself from being victimized, consider the following suggestions. They are certainly not an exhaustive list, but they should prove useful.

- **Watch out for unsecure websites.** Make sure a website is secure before entering any payment or personal information. Look for sites that start with https, rather than those with just http, which are not secure and can be hacked. But even a site with https can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information, do some research to make sure it's legitimate.

- **Review your credit reports.** As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at

least once a year. You can get them for free at [AnnualCreditReport.com](http://AnnualCreditReport.com).

- **Follow up on fraud.** If you've already been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

- **Be alert for suspicious links.** "Phishers" have gotten quite good at sending out messages that look like they're from reputable businesses. But if you examine these messages carefully, you can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus.

- **Resist "act now" offers.** If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.

- **Use your shredder.** You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed.

You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Jeff Trentham is an Edward Jones representative based in Arlington.



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CookingNOW

## *In the Kitchen With* MELISSA SANSEVERINO-ALLISON

— By Melissa Rawlins



“Even now, when scraping the batter off the sides of a bowl, I can hear my Grandma Euda saying, ‘Get it all. That could be someone’s favorite bite,’” Melissa Sanseverino-Allison said. Both her grandmothers gave her two cookbooks, starting her well-used collection. Growing up in rural Oklahoma, where the closest grocery store was more than 30 minutes away, Melissa’s stepdad was happy to buy ingredients for her. “It became quite a big deal in my house to see what new dish I would be preparing.”

Today, Melissa cooks for family and friends, including members of the local Italian Club, colleagues at Paragon Payroll, other members of the PTA and the teachers they support. Known for her Italian cooking and baking, Melissa is adept at adding an element of keto to her goodies, so all her friends can enjoy her food. **NOW**

### Lemon Ricotta Cloud Cookies

*Cookies:*

- 2 1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1 stick unsalted butter, softened
- 2 cups sugar
- 2 eggs
- 1 15-oz. container whole-milk ricotta cheese
- 1 Tbsp. vanilla bean paste

- 3 Tbsp. lemon juice
- 1 lemon, zested

*Glaze:*

- 1 1/2 cups powdered sugar
- 3 Tbsp. lemon juice
- 1 lemon, zested

1. For cookies: Preheat the oven to 375 F
2. In a medium bowl, combine the flour, baking powder and salt; set aside.
3. In a large bowl, combine the butter and

the sugar. Using an electric mixer, beat until light and fluffy, about 3 minutes. Add the eggs, 1 at a time, beating until incorporated.

4. Add the ricotta cheese, vanilla bean paste, lemon juice and zest. Beat to mix. Stir in the dry ingredients until combined.

5. Line 2 baking sheets with parchment paper, or use a silicone baking mat. Spoon the dough (about 2 Tbsp. for each cookie, or use a medium cookie scoop) onto the baking sheets. Bake for 15 minutes, or until golden at the edges. Remove from the oven; let the cookies set on the baking sheet for 20 minutes.

6. For glaze: Combine the powdered sugar, lemon juice and lemon zest in a small bowl; stir until smooth. Spoon about 1/2 tsp. onto each cooled cookie and spread. Let the glaze harden for about 1 hour.

### Marinated Avellino Zucchini

*Recreated by Melissa after she ate it for the first time in a restaurant in her great-grandfather's hometown of Avellino, Italy.*

- 1 lb. zucchini
- Salt, to taste
- 3 Tbsp. extra-virgin olive oil



**3 Tbsp. balsamic vinegar (Use red wine vinegar for keto.)**  
**1 tsp. fresh rosemary**  
**1 tsp. fresh basil**  
**1 clove garlic, finely minced**  
**Red pepper flakes, to taste**

**1.** Slice the zucchini as thin as possible. Lay zucchini on a baking sheet; pat dry. Salt lightly to bring out moisture; pat dry again. Set the zucchini in a warm, sunny area, or set it in your oven on the lowest temperature, until it has a rubbery texture. (It normally takes at least 6 hours to dry at room temperature. In Italy, nonas — grandmothers — will have trays of these drying all day.)  
**2.** In a large bowl, mix oil and vinegar with herbs, a pinch of salt and red pepper flakes. Add zucchini. Marinate until ready to serve. The zucchini will absorb more flavor as it marinates.

## Easy Weeknight Baked Ziti

**5 cups water**  
**Salt, to taste**  
**1 16 oz. box ziti**  
**1 19-oz. pkg. ground Italian sausage**  
**2 tsp. extra-virgin olive oil**  
**1 onion, chopped**  
**2 cloves garlic, minced**  
**1 32-oz. jar marinara sauce**  
**1 15-oz. container whole-milk ricotta cheese**  
**1 cup Parmesan cheese, shredded**  
**2 cups mozzarella cheese, shredded**  
**2 tsp. butter, cubed**

**1.** Heat oven to 350 F. Boil water; salt it thoroughly to cook pasta according to package directions.  
**2.** In a sauté pan, brown the Italian sausage in olive oil. When the sausage is almost completely cooked, add onion and garlic; cook until translucent. Pour in the marinara sauce; bring to a simmer.  
**3.** Drain the pasta; add it back to the original pot. Toss the pasta with the ricotta cheese and Parmesan cheese. Ladle into the pasta mixture about 1 1/2 cups of the sauce, making the pasta and ricotta a lovely shade of pink.  
**4.** Pour the pasta mixture into a 10x13-inch baking dish. Spoon the remaining sauce over the top of the pasta, being careful not to overflow the pan. Sprinkle mozzarella on top; dot with butter. (I usually place this pan on a sheet pan to prevent it from overflowing into my oven.) Bake for 30 minutes, until the sauce is bubbly and the cheese is melted.

## Penne à la Vodka

**1 19-oz. pkg. Italian sweet sausage**  
**1 Tbsp. extra-virgin olive oil**



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Easy Weeknight Baked Ziti

- 1/2 onion, chopped
- 2 cloves garlic, crushed and minced
- 1/4 tsp. red pepper flakes
- 1 8-oz. can tomato paste
- 1 8-oz. can water
- 1 15-oz. can tomato sauce
- 1 15-oz. can crushed tomatoes
- 1 Tbsp. sugar (Use powdered stevia for keto.)
- 2 sprigs rosemary, chopped
- 2 sprigs oregano, chopped
- 1 handful basil, torn
- 1 tsp. salt

- 1 tsp. pepper
- 1/2 cup vodka
- 1/2 cup heavy cream
- 1/2 cup Parmesan cheese, grated
- 1 16-oz. box penne pasta (Use cauliflower or chickpea pasta for keto.)

1. In a large sauté pan, over medium heat, brown the sausages in olive oil on all sides. Remove the sausages from the pan after they have been browned but are not completely cooked.
2. Cook onion, garlic and red pepper flakes

until translucent. Add tomato paste; stir until a dark shade of red has occurred. Add can of water.

3. Combine the remaining ingredients, except the vodka, heavy cream, Parmesan and pasta. Add the sausages back to the pot; simmer for 1 hour.

4. Remove the sausages; slice on the diagonal. In a different pot, boil and prepare the pasta according to package directions.

5. Remove the large sauté pan from the heat; add the vodka to the sauce, being careful if you have an open flame. Let the sauce simmer for 5 minutes on low heat, stirring occasionally.

6. To finish, add the heavy cream and Parmesan cheese; return the sausages to the sauce. Drain the pasta; add it to the sauce.

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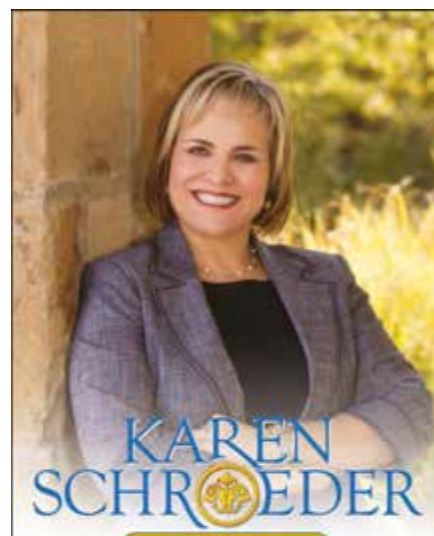
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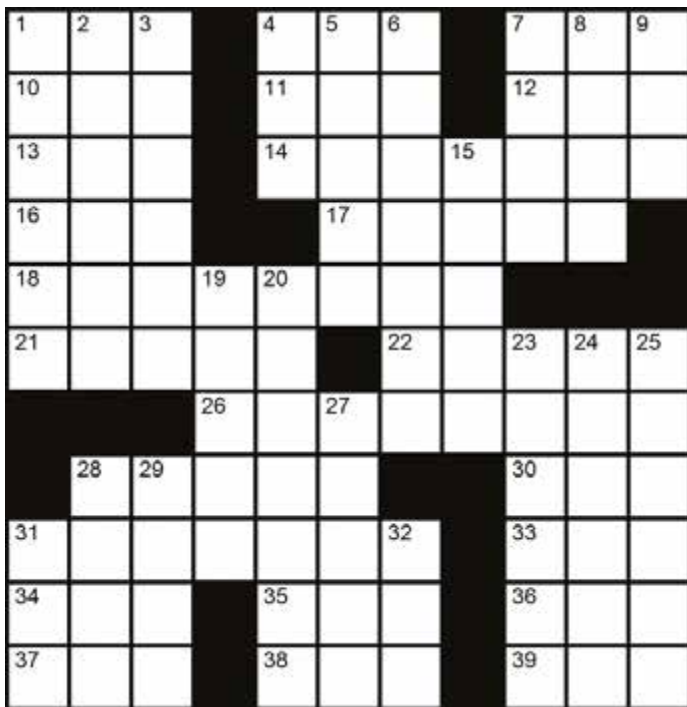
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## Across

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- 4 Trucker's bedroom?
- 7 Youngster
- 10 "Huffington Post" owner
- 11 Undergarment
- 12 Position of a golf ball
- 13 Corn eater's leftover
- 14 Organizations
- 16 Mamie's other half
- 17 Rubbed in during Lent
- 18 787 or MD90
- 21 Admitted
- 22 Some final resting places
- 26 To a certain extent
- 28 Utah's --- Hatch
- 30 Semiformal evening jacket
- 31 One is super every four years
- 33 Pismire
- 34 Bill dispenser
- 35 Ram's dam
- 36 Fifth sign
- 37 Howl
- 38 Steep
- 39 Wrongdoing

## Down

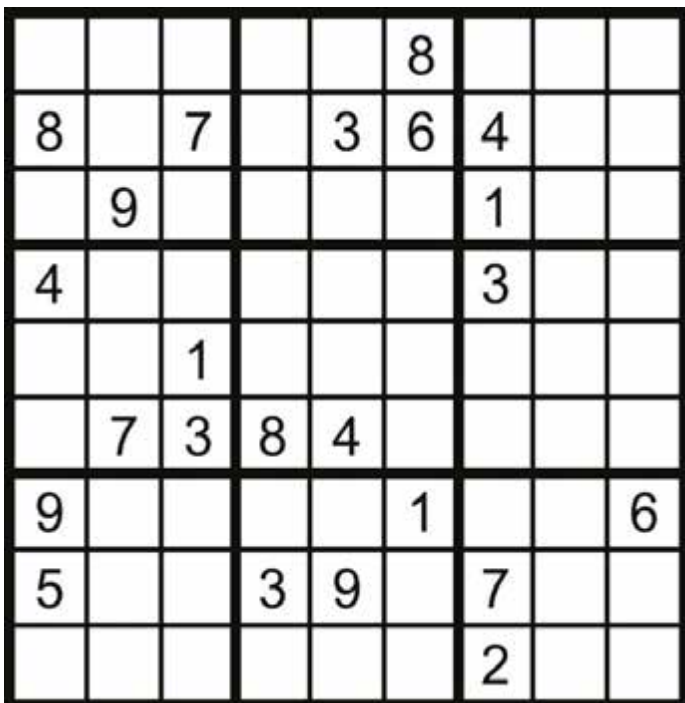
- 1 Kind of discrimination
- 2 A website might send you one
- 3 Queen Victoria's consort
- 4 TV network with eye logo
- 5 From eastern old Iran
- 6 Droopy-eared hound
- 7 Turn tail
- 8 Outer edges
- 9 Triumphant cry
- 15 Deliberately lose
- 19 Kind of poker
- 20 Person with special access
- 23 Mercury and others
- 24 Sultanate in Borneo
- 25 Churchyard gravedigger
- 27 Dumbfounded
- 28 "--- sight!"
- 29 Cognac bottle name
- 31 Check
- 32 Nevertheless

Solutions on page 28

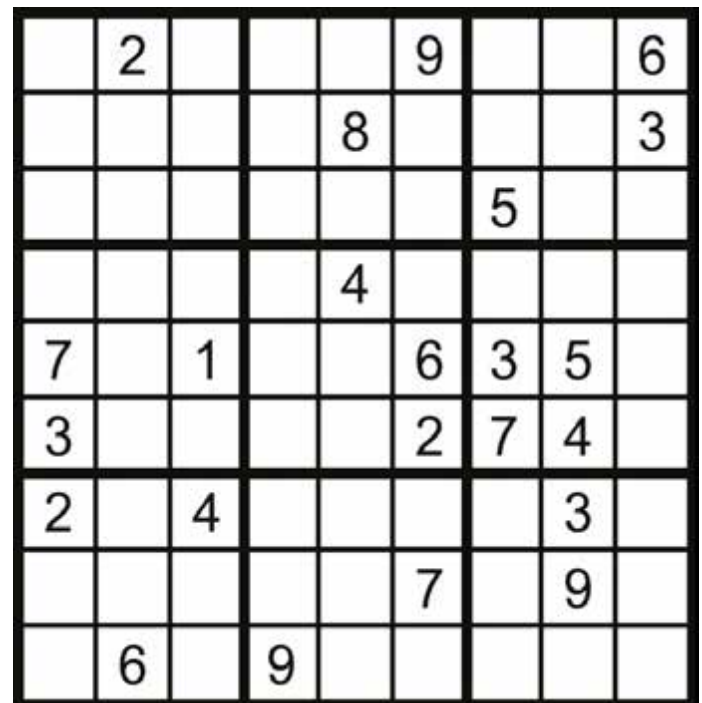
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Solutions on page 28



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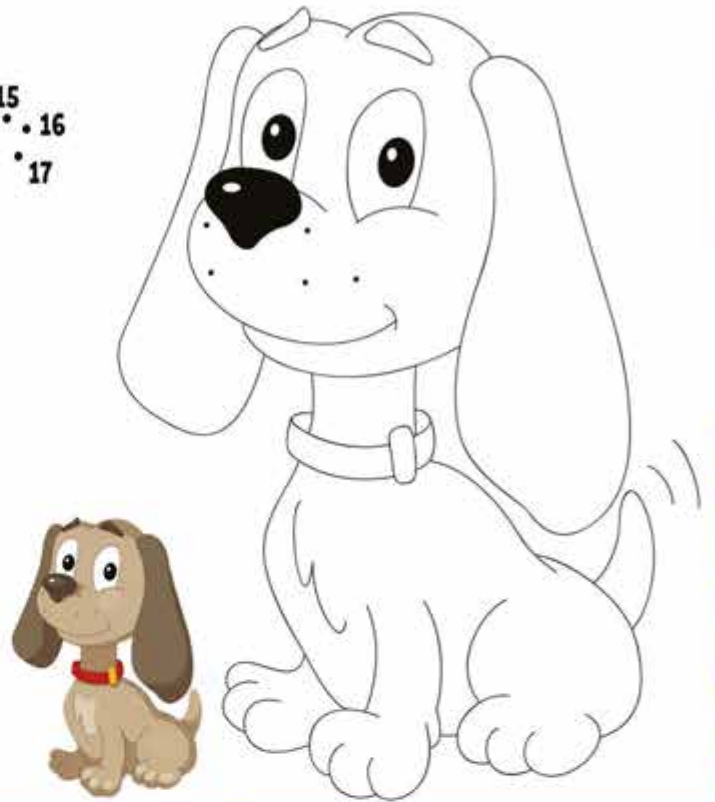
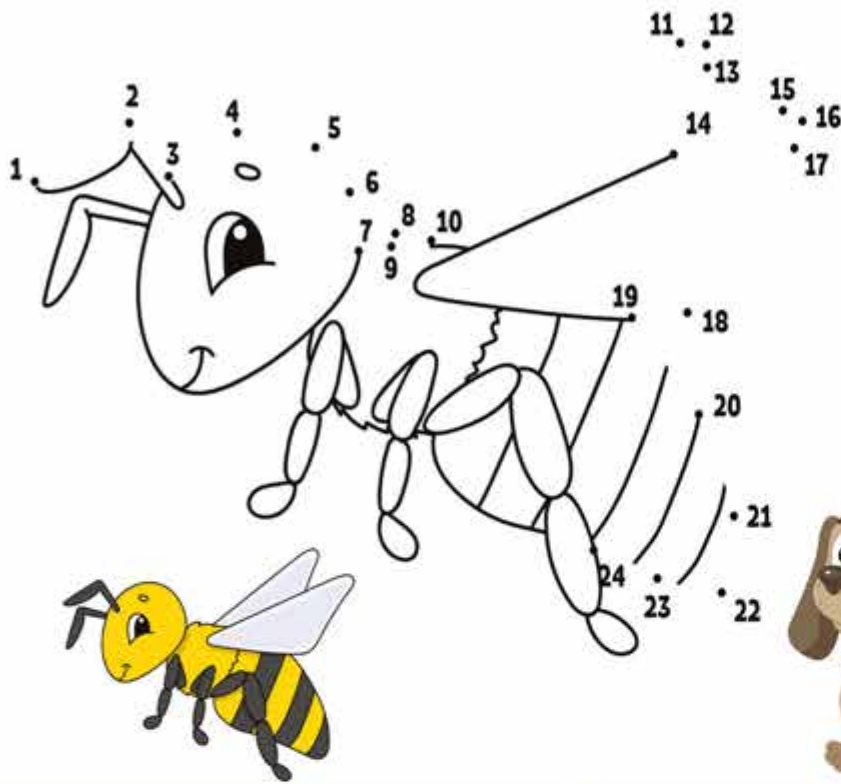
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## Crossword - Sudoku Solutions

1	R	C	A	4	C	A	B	7	F	R	Y
10	A	O	L	11	B	R	A	12	L	I	E
13	C	O	B	14	S	Y	S	15	T	E	M
16	I	K	E	17	A	S	H	18	E	S	
19	A	I	R	20	L	I	N	21	E	R	
22	L	E	T	23	I	N	24	T	O	M	B
25				26	A	S	I	27	T	W	E
28				29	O	R	R	30	I	N	
31	T	U	E	32	S	D	A	33	A	N	T
34	A	T	M	35	E	W	E	36	L	E	O
37	B	A	Y	38	R	E	T	39	S	I	N

Easy

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

Medium

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





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