# Mansfield Now

Giving Back

Della Sapp demonstrates that community service can take on mainy forms

In the Kitchen With Michelle Thomas

Also inside:

Scavenger Hunt

Crossword

Featured Business: Mansfield Urgent Care

& Family Medicine

Postal Customer ....ECHM28 EDDW ....



Dr. Alan M Taylor II

#### Amber J., Mansfield, TX

About 4 months ago, I found myself fed up. Fed up with being tired all the time, fed up with what I saw when looking in the mirror and knew what I needed to change, but didn't know where to start. One day when checking my mail I opened the MansfieldNOW magazine and saw a familiar face on the front page advertising her progress with DSC and it felt like a sign. Calling and making that first appointment was one of the best decisions I've made. This program is a life changer. I have energy now. I learned to discipline myself with what I eat and feel better than ever!

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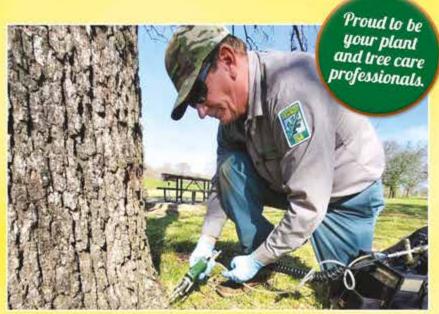
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On Staff





# **New Trash and Recycling MANSFIELD Services Coming to Mansfield**

The City of Mansfield will transition from Republic Services to Frontier Waste Solutions as the city's solid waste provider on Oct. 1, 2023. The company will provide the same level of service that Mansfield residents are accustomed to, including twice per week manual curbside trash pickup and once per week automatic recycling.

City Council approved the new contract during the July 10 meeting. as the current contract with Republic Services ends.

Frontier Waste Solutions was founded in 2017, and is a Texas-based solid waste and recycling services company headquartered in Dallas.

Questions? Contact us by email at recycling@mansfieldtexas.gov, or by phone at 817-728-3349. Scan the code to visit the city's website and stay informed about transition updates.

#### HIGHLIGHTS

- NO CHANGES to current level of service for trash, bulk waste, or recycling service
- The transition to the new Frontier recycle carts will begin in mid-September.
- · More information will come as the transition dates approach, as well as any potential changes to route pickup day schedules.



mansfieldtexas.gov





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WaterSmart is a free online portal for Mansfield Water Utilities customers with the tools to manage your water use and your bill:

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#### ON THE COVER



Della Sapp expresses the joy of helping people in her neighborhood.

#### Photo by Lori Baur.

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# Sandra

Sandra Walters MansfieldNOW Editor sandra.walters@nowmagazines.com (682) 554-1743

#### **EDITOR'S NOTE**

Mansfield Family ...

This month marks my second anniversary of being the editor of MansfieldNOW. It has been a privilege and honor to serve this community. I had no idea how enjoyable it would be!

I've learned more about this fascinating city, discovering things that Mansfield offers. This isn't a large place, so it has that small-town feel. However, there are a variety of big-time events, like the Back to School Bash, Pickle Parade, Juneteenth Celebration, Veterans Day Parade, Marine Corps Reserve Toys 4 Tots Program, Mansfield Rocks, Summer Reading Club and the list goes on. The Parks & Recreation Center, Mansfield Activity Center, Mansfield Library and the Mansfield Historical Society present numerous opportunities for people in this great place. There are some outstanding volunteers here as well, who work with Mansfield Women's Club, Kiwanis Club, Mansfield Mission Center and Mercy Street Kitchen. As I have engaged with many of you, I have created relationships with outstanding business owners, neighbors and developed friendships. I hear often how much they love getting our magazine in the mail. That makes my heart smile. It is our goal to spotlight families, organizations and businesses in our community with uplifting and informative articles.

I am open to new possible magazine features, so send a brief paragraph to sandra.walters@nowmagazines.com. As I start my upcoming year, let's make the magazine even better. Send some story ideas and/or advertise your business. We're in this together. Teamwork makes the dream work!

Also, have a great August and school year!





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English

Sat 5:00 PM Sun 7:30 AM Sun 10:00 AM Sun 11:30 AM Spanish

Sat 7:00 PM Sun 1:00 PM

## **Daily Mass**

Mon - Sat 8:30 AM (English) Thu 6:30 PM (Spanish)

#### **Eucharistic Adoration**

Thu 9:00 AM - 6:30 PM Fri 9:00 AM - 5:00 PM

#### <u>Reconciliation</u>

Sat 3:30 PM - 4:30 PM



Big things are coming to the St. Jude youth!
Our team is growing, which means more opportunities are on the way for the Mansfield community. Follow us on social media and keep an eye on the St. Jude website to stay tuned!

# the well



Calling all High Schoolers to join us at

The Well every Wednesday night
starting in September.

Evenings will consist of formation, fun,
prayer, and more!

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the St. Jude
website for more information.



Don't forget to register for Faith Formation!

Classes begin September 10th Faith Formation classes are offered for students Kinder-12th grade. Slots are filling up!

> Volunteer teachers are needed for all grade levels. Please contact Sister Theresa Paul Tran for grades K-5 or Anna Biran for grades 6-12.

sr. theresa@stjudemansfieldtx.org a.biran@stjudemansfieldtx.org



In 1963, Della Sapp's parents purchased farmland in Mansfield. Her "bonus dad" farmed the land on Morgan Road for many years. Between '63 and '68, her family built a home nearby. Eventually, Della's mom gave birth to her in 1968, and Mansfield instantly became home.

"My mother, who worked as a nurse for 35 years, ingrained the value of helping. I learned how to serve people by observing her take care of many. I briefly lived with my aunt and 100-year-old grandmother, which included being given various tasks to help my grandmother and my aunt's friend who was a hairstylist. She instructed me to wash customers' hair, so I went into action at the shampoo bowl and could articulate well at 8 years old. I soaked up wisdom as I took care of my grandmother and washed hair. Since I considered this fun, I didn't complain or get tired. It was entertaining," Della remembered.

Believing everyone eventually needs help and support, Della considers it a privilege to assist, whether it is through caring for the elderly, the homeless, children or even politicians. With great conviction, Della said, "Everybody has value, no matter their circumstances! Despite the fact that some don't think highly of all, I will jump in and create a rally for them. I root for the underdog!"

Through countless mentors, Della learned the importance of celebrating and recognizing others. Her interest in politics came from a variety of individuals who made an impact on her life, but her biological father was the biggest influence. He was the mayor pro tem, president of the Lions Club and a mega voice in another city, which sparked a fire in her. The mission statement for Lions Clubs International states, "To empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding." Della is not a member of the Lions Club, however, those morals were instilled in her through her father.

"If I learn that something might harm or improve this community, I will fight or support with the people's best interests in mind," Della said. She has been known to exercise the right to protest for causes she believes in, and she was eventually recognized for her efforts by receiving the key to the city a few years ago.





Della merely loves getting involved. The desire to look out for others never fades. Whatever she can do. she will assist, despite the difficulty. She has participated in charity work for organizations. She volunteered so many hours at Mansfield Nursing & Rehabilitation Center, employees thought she worked there. She also joined in with the nonprofit, Fisher of Men, by picking up the homeless and taking them to church. Recently, she chaperoned a group of Mansfield ISD students to the Texas State Capitol to meet legislators, and the kids had a realistic social studies experience being exposed to this branch of government. Della works as a Juneteenth board member and campaigns for numerous politicians, with no desire to run for office herself.

The civic mindset has been instilled in the family, as Della's kids and grandkids now contribute to their communities as well. Her daughter and son, T'erica White and Freddie





Cruz, give back to society in different capacities. T'erica campaigns for politicians, helps the homeless, works in the nursing field and is a mom to countless children in this neighborhood. Many of them call her Mama T. Freddie proudly served his country and retired from the military. He is currently an

attorney who represents children in the courtroom. "My grandkids are receiving the philosophy that 'it's better to give than to receive.' Therefore, my granddaughter volunteers for various causes. Naturally, she pitches in, and her skills continue to grow. As we consistently give of ourselves, we grow



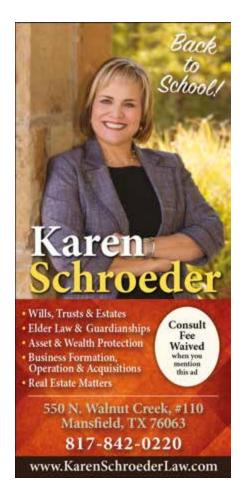
intellectually and spiritually.

"It is a delight and an honor to give back to Mansfield by working and celebrating with those who make a difference locally," Della concluded. "My husband knows that giving to everybody as much as I can makes me happy, so he supports me in the journey. I appreciate him so much. I'm giving back what my husband, parents, aunts, grandmother, church, educators, neighbors and friends have given to me, a token of my love." NOW

















scavenger.man@nowmagazines.com

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# **Around Town**



# **Zoomed In:** Opal Luella King

Opal Luella King, a longtime resident, recently celebrated her 100th birthday. At her small come-and-go party, she said, "I cannot believe I am 100. Quite a bit has occurred throughout this period. And the only place I've ever called home is Mansfield. Mansfield is home."

While marking her centenarian date of birth, Opal shared fond memories from her past. "I grew up, married Cordell W. King and raised my family in this city. Historic Mansfield looks similar, but yet different because of all of the changes over the years," she acknowledged. However, one thing remains the same, Opal's friendly demeanor lights up any room. Also, it was said that she never met a stranger, and she passed her affectionate personality to her children.



Steve Cosio prepares for podcast recordings.



The Mansfield Garden Club can be found at the Farmers Market.



Many join Mayor Evans in celebrating Juneteenth at The LOT Downtown.



Mansfield Women's Club awards scholarships to seven Mansfield high school students.

## NOW



Londyn and Piper prepare to see The Little Mermaid.



These friends enjoy Mansfield Rocks during the Fourth of July festivities.



Moms and children enjoy storytime during the 100 Hours of Play event at McClendon Park West.







**BusinessNOW** 

# Mansfield **Urgent Care** & Family Medicine

By Sandra Walters

Mansfield Urgent Care & Family Medicine Dr. Jeffery Fisher, M.D., Medical Director 1811 Hwy. 287 N., Ste. 150 (817) 473-3979 info@mansfieldurgentcare.com www.mansfieldurgentcare.com

Dr. Jeffrey James Fisher's concern for people was the reason he established Mansfield Urgent Care & Family Medicine 19 years ago. He desired to address patients' needs through convenience by opening the first walk-in clinic with

extended and weekend hours for families in need of high-quality care in Mansfield.

By providing a call-ahead option, patients can wait for their turn while remaining in the convenience of their own homes. The patient receives a call from Mansfield Urgent Care & Family Medicine staff informing them that their appointment is 15 minutes away. Therefore, he or she may begin their drive to the clinic. Additionally, those who require walk-in accommodations are welcome.

Once an individual walks into the large, comfortable waiting area, which houses a credenza with magazines for adults and children's books, the front desk staff provides polite, reassuring client service that reduces any worries. They accept almost all insurance. Prior to the patient being seen, the staff evaluates the patient's insurance by using electronic technology to check benefits. According to Office Manager Didi Gleeson, "We make our services easily accessible and cost-effective. And, if necessary, we'll file claims and appeals." Insurance companies have certified the clinic as a family practice, so patients' PCP or primary care benefits will apply.

People seek assistance for various sicknesses and emergencies, so two care providers are always on duty to assist patients, which reduces waiting and frees up staff time for patient care. The medical staff at Mansfield Urgent Care & Family Medicine has more than 40 years of expertise.

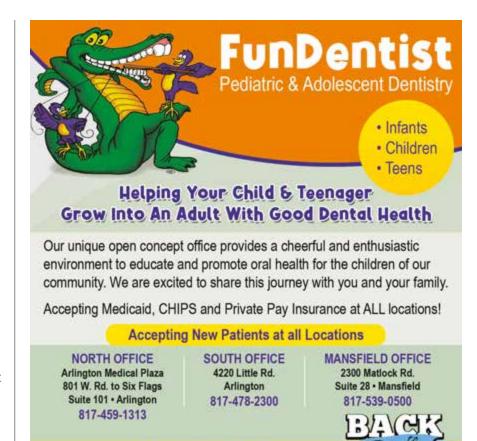
Children and adults experiencing common illnesses or small injuries are treated immediately in the clinic with compassion. Mansfield Urgent Care & Family Medicine also takes pride in being able to offer well-woman checks, annual physicals, immunizations, sports injury care, removals of foreign bodies and repairs of lacerations year-round.

The summer months are the ideal time to get preventive well-visit exams and up-to-date vaccines because the cold and flu season has passed. Children can be effectively helped for the school year by the Mansfield Urgent Care & Family Medicine staff. Make an appointment for your child's school physical or an adult well visit right away to create a friendly rapport with the physician, nurses and staff who have helped the business become known as one of Mansfield's top urgent care facilities for many years.

#### "WE MAKE OUR SERVICES EASILY ACCESSIBLE AND COST-EFFECTIVE."

Dr. Fisher strives to help patients live healthier lives, and in order to do that, he suggests preventative checkups that will assist people in saving money in the long term. Thanks to the on-site Quest phlebotomist at Mansfield Urgent Care & Family Medicine, screenings for blood pressure, cholesterol levels, diabetes, cancer, nutrients, sleep disorder, thyroid, liver, kidney, lung, digestive tract diseases, as well as annual physicals with all routine lab work, can be completed quickly. Dr. Fisher's services are aimed at discovering and treating medical disorders before they become more serious because proactive. preventative health care is one of the best methods to improve overall health.

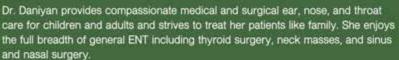
It is comforting to know that skilled medical personnel are close at hand. Mansfield Urgent Care & Family Medicine is here for you whenever anything unexpected occurs in the middle of your life. NOW





www.fundentist.com

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.



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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"The women in Panama did the cooking, so I learned how to cook from my grandma, aunts and mother. I recall watching them build a cooking structure out of rocks. Also, we didn't have refrigerators, so we salted the meat heavily to keep it from spoiling," Michelle Thomas said.

At age 9, Michelle became responsible for making daily meals while taking care of her younger sister and brother. Her mom expected dinner to be ready when she returned from work. As Michelle grew, she continued learning how to cook the traditional foods. However, eventually, they moved to New York, where she added tamales to her repertoire of recipes. Today, she carries on her family's rich history through cooking. Michelle concluded, "When I'm in the kitchen, I'm in my happy place." Now

#### Bacardí Rum Cake

2 boxes yellow cake mix

5 eggs

1/2 cup oil

I cup water

1/2 cup Bacardí brown rum

I tsp. vanilla

1/2 cup raisins

1/4 tsp. vanilla pudding

1/8 tsp. cinnamon 1/8 tsp. nutmeg

- **I.** Add the cake mixes and eggs to a large bowl; mix them together.
- **2.** Add the remaining ingredients to the bowl; mix together.
- **3.** Grease a 6x2-inch round cake pan; pour in the cake batter.
- 4. Bake for 45 minutes. Make sure the cake

is baked all the way through by inserting a butter knife into the cake. If the knife comes out clean, the cake is ready to serve.

#### **Beef Empanadas**

1 lb. ground beef

1/2 tsp. salt

1/3 green bell pepper, chopped

1/2 red bell pepper, chopped

1/2 yellow bell pepper, chopped

1/4 tsp. fresh parsley

1/4 tsp. fresh garlic

1/3 tsp. paprika

1/3 tsp. adobo seasoning

1 pack Goya Empanadas Discs

- **1.** Put the ground beef in a bowl. Add the salt, green, red and yellow peppers, parsley, garlic, paprika and adobo seasoning to the beef; mix well.
- **2.** Cook the ground beef mixture in a pan until well done. Allow the ground beef to cool
- **3.** Place 1 tsp. of the ground beef mixture

in each Goya disc. Seal the edges with a fork. Bake for 15 minutes at 325 F until slightly brown, or fry in hot oil until brown on each side.

- 4. If fried, place the empanadas on a paper towel to drain the oil.
- 5. Let it cool slightly before serving.

#### Agua de Jamaica (Drink)

1/2 cup fresh ginger 6 cups water

1 cup sorrel leaves

1/2 cup sugar

1/2 cup red wine

1/4 oz. vanilla

1/3 tsp. allspice

- **I.** Wash the ginger, but leave the leaves on. Add the water and ginger to a pot; bring to a boil for 20 minutes.
- **2.** When ginger is done, turn off the stove. Pour the sorrel leaves into the ginger until the water turns red.
- **3.** Strain the sorrel and ginger in a strainer; place liquid in a pitcher. Add the sugar, wine, vanilla and allspice to the liquid and serve.

#### **Ierk Chicken**

1 lb. chicken legs or thighs

1/4 tsp. garlic powder

1/3 tsp. onion powder

1/3 Tbsp. adobo seasoning

1/3 tsp. paprika

1/2 red bell pepper, sliced

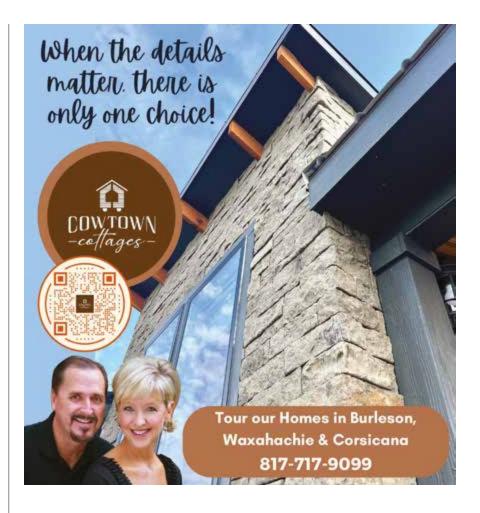
1/2 yellow bell pepper, sliced

1/2 onion, sliced

1/2 cup bottled jerk seasoning Barbecue sauce of your choice, to taste

- **1.** Wash the chicken well. Put the garlic powder, onion powder, adobo seasoning, paprika, red and yellow peppers and sliced onions on the chicken. Rub the jerk seasoning and other seasonings onto the chicken.
- 2. Grease a baking pan with butter. Place the chicken in the pan. Cover with foil.
- 3. Bake for 1 hour at 350 F. Take the dish out; uncover and set aside for 15 minutes. Place some of the barbecue sauce on the chicken to give it an extra nice color; serve.















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# THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf







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# **Crossword Puzzle**

10	9	8	7	6	5		4	3	2	1
$\vdash$	T			$\vdash$	12		$\vdash$	T	T	11
T	T	T	$\vdash$	$\vdash$		14	$\vdash$	T	$\vdash$	13
			16			Н	T	T	T	15
	1	19			18	Н	T	T	T	17
			22	21	Н	$\vdash$	20			
29	28	27	T	T	26			25	24	23
	T		$\vdash$	32			31	T	T	30
	T		$\vdash$	Т	35	34	T	t	$\vdash$	33
	T		37		$\vdash$	$\vdash$		$\vdash$	T	36
	+	+	39					+	1	38

Across

1 Preceded by E. it can cause illness

5 Wields the gavel

11 Undoing

12 Elton's collaborator

13 Currently

15 Lieu

16 Drop the ball

17 Early screen Jean

19 Salt Lake City letters

20 Soft tissue

23 Old Ford model

26 Shakes led Sue astray

30 "Bearded" bloom

32 Overhead

33 Its occupants look for a catch

Medium

36 Site of a famous "galloping" bridge

37 Bring to naught

38 Mushy

39 Complaint

Down

1 Collide

2 "I Think I'm ---Here" (Carroll O'Connor, autobiography)

3 A quart, and then some

4 Right down the middle

5 It owns Simon and Schuster

6 "--- So Fine" (The Chiffons' hit)

7 Skills

8 As a whole

9 Inflexible

10 Oozes

14 Image of a deity

18 Itsy-bitsy

21 Smelting byproduct

22 Racket

23 Boosts

24 Experiment

25 "Saturday Night Fever\* genre

27 Blackmore's Lorna

28 Dodge

29 Play by a different --rules

31 Hit the mall

34 Little terror

35 Dissenting vote

8

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.

# Sudoku Puzzle

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

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45TH ANNIVERSARY



#### 8/2

#### Lyle, Lyle, Crocodile:

The Summer Movie Clubhouse at Cinemark will be wrapping up their movie features this month. Bring the kids, and enjoy exciting big-screen entertainment. Cost: \$1.50 (plus applicable taxes and fees) per ticket for each movie. 9:30 a.m., Cinemark Mansfield & XD, 2041 Hwy. 287, Unit 901 Mansfield. For more information call (800) 246-3627.

#### 8/5

## Mansfield ISD Back to School Bash:

The Bash will officially kick off the start of the 2023-2024 school year. In addition to a wide variety of activities and games, there will be school supplies, student health services and more — completely free of charge for all Mansfield ISD students. Free. 7:30 a.m.-noon, MISD Center for the Performing Arts, 1110 W. Debbie Lane.

#### 8/11

#### Rocket League ESports Tournament (10 years-plus):

It's a battle to find the best Rocket League player in Mansfield! Join the virtual tournament with friends or get placed on a squad with other competitors. Cost: \$10. Registration required. 10:00 a.m.-7:00 p.m. For more information, call/text (817) 728-3680 or visit mansfieldparks.com.

#### 8/13

# Pay-What-You-Can Workshop Series:

This workshop series offers actor training while exploring unique techniques of performing, methods of devising original theatrical works and/or expressive movement. No training or previous experience is required. Cost: Varies. 6:00-8:00 p.m., Farr Best Theater, 109 N. Main St. For information, visit https://buy.ticketstothecity.com/donate.php?donation\_id=1323.

#### 8/19

#### **Mac Powell in Concert:**

An evening of acoustic worship with Mac Powell of Third Day. Tickets: \$20 in advance; \$25 day of show. Doors open: 5:30 p.m., Walnut Ridge Baptist Church, 1201 SH 360. Purchase tickets at https://www.itickets.com/events/473761.

#### 8/26

# Kayaking 101 (7 years-plus):

Take a break from the hiking trails, and get on the water to enjoy a scenic paddle

looking for wildlife and plants with a naturalist! Explore our local lakes with dual-seated kayaks. Cost: \$30. 7:30-9:30 a.m., Britton Park, 829 Seeton Rd. For more information, call/text (817) 728-3680 or visit mansfieldparks.com.

#### By Appointment

## Mansfield Mission Market:

Families, seniors or anyone in MISD who needs food is welcome to walk-in. Pets are provided for, as well. **Monday-Saturday:** 10:00 a.m.-6:00 p.m., Mansfield Mission Center, 703 E. Broad, Thrift Store. For more information, call (817) 473-6650 or visit www.mansfieldmission.org.

#### Mondays

#### Sunrise Toastmasters Club:

Become the speaker and leader you want to be. 7:00-8:00 a.m., Methodist Mansfield Medical Center, Canedy Community Room, 2700 E. Broad St. Gary Lockhart garylock28@gmail.com.

#### Miracle Mondays:

We pray at no charge for people with any issues and teach others to pray for healing and wholeness. 10:30 a.m.-1:30 p.m., The Healing Place, 600 Strada Circle, Suite 210. Bill Dasch, (817) 319-0129.

#### Second Tuesdays

# Mansfield Garden Club Meeting:

Come grow with others learning about native and adaptive plants for North Texas from Sher Dunaway, a Tarrant County Master Gardener. 6:00-8:30 p.m., Chris W. Burkett Service Center, 620 S. Wisteria St. Sonya Bryant, (817) 266-4422.

#### Second Wednesdays

## Mansfield Lions Club Meetings:

Work closely with MISD to provide free vision testing and eyeglasses to students who need them. Noon-1:00 p.m., Mansfield Methodist Medical Center, 2nd Floor Conference Room, 2700 E. Broad St. RSVP to Karen Williams, president, (817) 729-4978.

#### Second Thursdays

#### **Business Unplugged:**

Unplug from your social media for face-to-face networking, free food, drinks and music. 4:30-6:30 p.m., wwwmansfieldchamber.org.

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







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