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M A G A Z I N E

JANUARY 2021



In the Kitchen With
Michael Sneed

What Mommy Does

Artist Ratu Adil
engages her children
in bridging a
cultural gap

Also inside:
Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:
Peak Performance
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ON THE COVER

Before her self-portrait, Ratu Adil wears an embroidered Kebaya Lasem paired with a batik skirt.

Photo by
Lori Baur.

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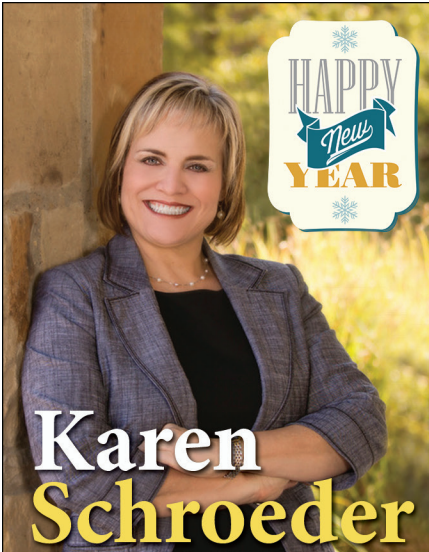
Time to hunker down . . .

Cold is cold. There's no way to explain it away. If you're out in it for too long, the bones ache and the fingers turn blue. I once read a historian's statistically evidenced theory that Americans in colder environments have to move fast in order to stay warm, and, therefore, earlier generations of Americans achieved more construction and built up more cities, universities and industrial complexes than are found in warmer states.

All I know is I'm grateful for my propane tank, my furnace, my full-house heat. I'm also grateful for my little electric space heater, which I can use in one corner of the house to amp up the warmth on days that are below freezing outside. I'm even grateful for the candles and matches I keep on hand, because when my electricity goes out, I have learned how to keep a room above 32 F just with the flicker of a few candles. In fact, placing a candle on a plate inside an upside-down clay planter creates a furnace effect that gets the room above 40 F. Thanks to YouTube, I'm a survivor.

Though food and clothing are important items we can all donate to local organizations that help those experiencing homelessness, an electric space heater is also a useful gift for those who have nothing left over after paying their rent. If you're so inclined, find a sale and buy several space heaters. Then take them to Mansfield Mission Center, Bethlehem Baptist Church or St. Jude's Catholic Church, to name a few of the places where people in need will reach out this month.

Enjoy this winter, y'all!



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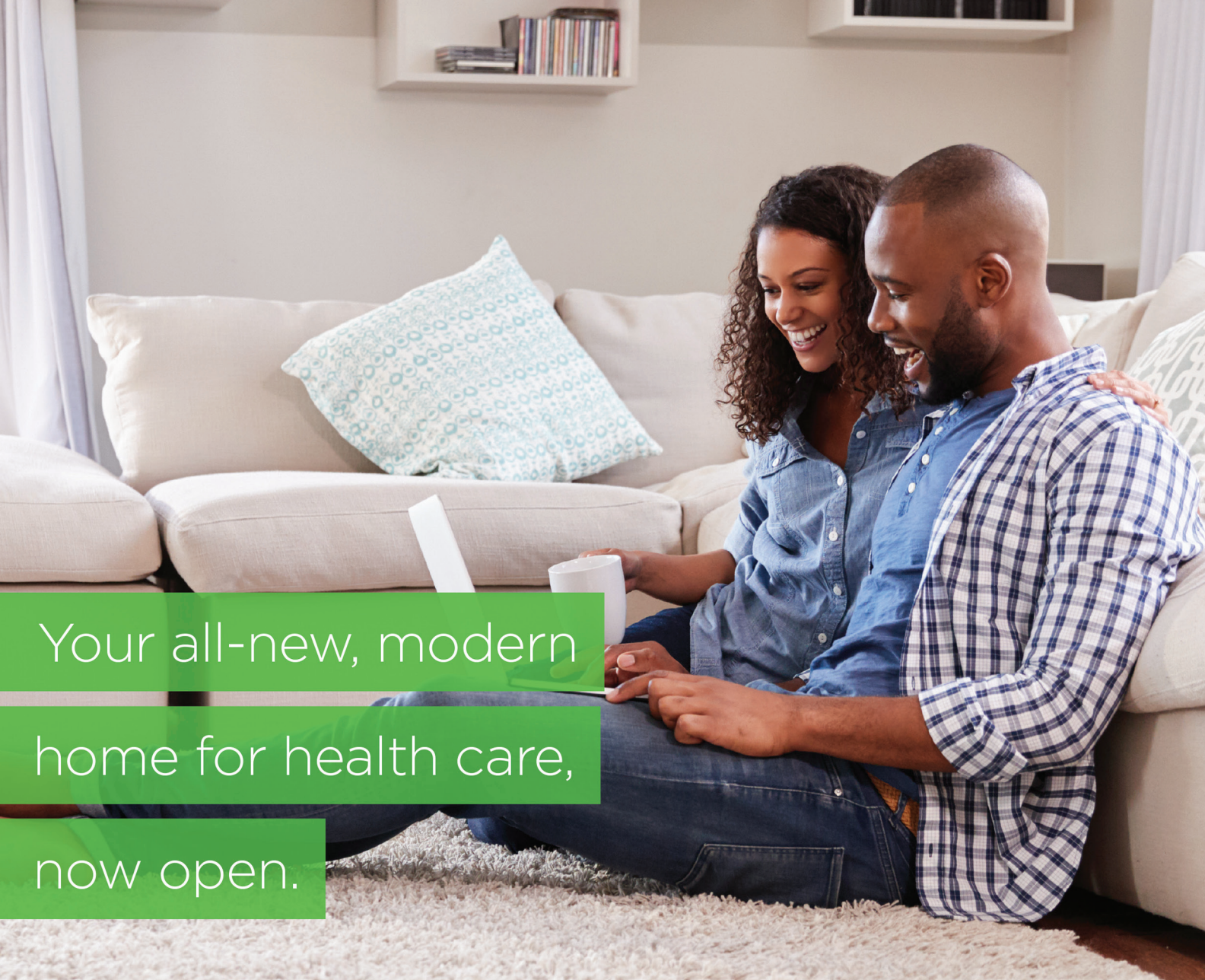
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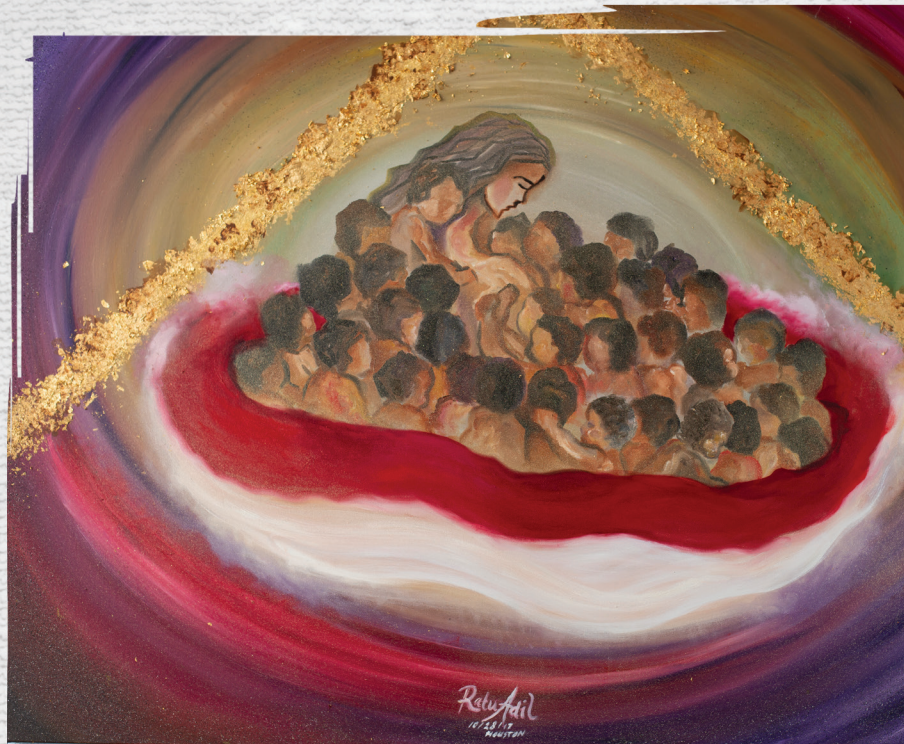
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“This is the way we stage objects for the still life,” Ratu Adil said, draping silk over a porcelain bowl and then slowly arranging one large orange, one large green apple and one small red apple. “Ready? Let’s go.” After some time, Ratu noted that her 8-year-old student, Lela Ray, is ready to shift from sketching with black pencils to coloring with Prismacolor pencils. Ratu approached the task of sharpening Lela’s green, orange, crimson and plum pencils as a meditation, sitting on the floor with one knee in the air. “When I do my art in the winter, the temperature doesn’t bother me at all. I sit cross-legged on the carpet and do *Topo Ngrame*, a kind of meditation in the cloud,” she said. “It means you observe everything. You try to read and feel the essence of the situation, the scenery, and you are seeing through your heart.” After five minutes of quiet focus, she shows Lela with a graceful finger how the top of the apple is darker than its facing curve.



Moments like these are shared experiences for both student and teacher. They are also opportunities for Ratu to use her artistry as a bridge between cultures. She moved from Indonesia in 2009 to Fort Worth, and in 2010, she bought a house in Mansfield. Ratu has loved making this community her home, where she is becoming known as an artist who works in oils and also in wax. She gives classes in how to batik fabric to local families who met her through Mansfield Commission for the Arts, for which she actively volunteers.

When she was selected artist of the month in July 2020, she caught the attention of people whose vacations to Indonesia were cancelled because of COVID-19. “They wanted to feel how it feels to be there. They came to my home, saw my decor, and I gave them Indonesian snacks,” Ratu said. “When they found me, they were really happy to find the same hospitality and the same oxygen, or energy, as if they’d gone to Indonesia.”

Ratu’s home studio is full of extra-large canvases painted with scenes from her homeland, as well as rolls of raw silk — already painted in waxy

What Mommy Does

— By Melissa Rawlins



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flowers that prevent dye from setting into just those coated floral outlines — ready for students to learn how to create batik. She frequently inserts Indonesian culture into her work. Her original painting of Mount Rushmore, which she displayed last year in the Mansfield Public Library, had blue jeans and batik around the frame, to link Americans and Indonesians. For an international Zoom presentation last October, “Batik and National Character in the Changing Era,” the talk show featured two designers, one from Russia and one from Indonesia; a silk trader from India; and Ratu, who was introduced as “an artist from Texas, USA.”

Truth be told, Ratu is Indonesian through and through. Her eccentric father nurtured his youthful daughter's artistic nature in Yogyakarta, Indonesia, a region rich in philosophy, heritage, culture, science and art. “As an Indonesian Muslim woman, I can say something to Indonesians through social media to help them understand Americans. And I can say something to Americans to help them understand Indonesians,” Ratu said. “I really love to learn and observe about human interaction, and how God created all these humans with so many thoughts. Even when they disrespect each other, I am in awe. At the same time, it's fascinating when they're trying to build each other up. God is gracious.”

Since she was young, something in Ratu's mind kept whispering, *Indonesia is not enough for you. You will go abroad.* “I never knew I would marry with my ex-husband, and he would transfer here,” she said. When she first moved here, pregnant with her third son, there

was no painting at all, and her house did not feel like home because there was no artwork in it. Adjusting to the culture shock became easier after she attended Upstairs Gallery in Arlington's open studio for artists. Working under Vern Johnson, she also hung out for the first time with American artists. "I love the way Mr. Johnson woke me up again to keep doing art," she said.

Since then, Ratu worked hard at her art and gave birth to her daughter, Maryam, who is now a second-grader at Martha Reid Leadership Academy. "Maryam is more social like me," Ratu said. "She's a go-getter, and easy to hang out with. She draws and does animation with the computer." Each of her four children love art. Her first son, 18-year-old Putra Ratuwina, is a senior at Mansfield High School and will go to Texas A&M University in College Station. "He learned a lot of philosophies and wisdom from every religion and every culture, so he's my discussion partner." Her 13-year-old son, Nararya, an eighth-grader at Worley Middle School, helps Ratu whenever she needs to document her art installations. "Nararya loves to make videos." His brother, 10-year-old Raja, also attends Martha Reid Leadership Academy. "Raja uses art to release his anger. Yesterday he said, 'I really need to paint.' He has won the Star Award from Mansfield ISD."

Recently, this mother and her children have become a team, which Ratu's social media audience can see in action when Mansfield Commission for the Arts hosts events. "I teach, and they do the documentation. I like to see the social activities we are doing from their eyes," she said. "I don't have to explain a lot. They learn what I do by watching. This is what Mommy does."

Ratu chaired the art and cultural division of the Indonesian DFW Association between 2016-2018. And for many years, she has been an avid participant in the charitable service of Lions Clubs International in the Metroplex. Ratu frequently donates her paintings to silent auctions benefiting organizations like Help for Desperate and Needy People International. "Helping people is not about making others feel better," she said. "It's about making yourself feel better, like you have purpose in life." **NOW**



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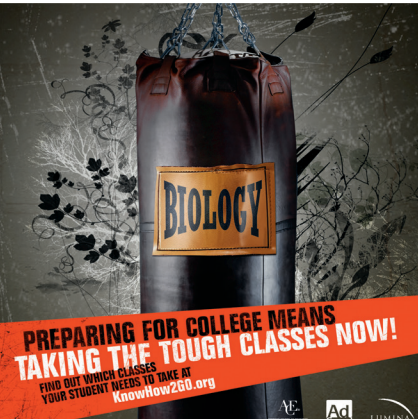


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A lifelong athlete, Dr. Gross built upon his bachelor’s degree in biology and chose chiropractic because he trusts its results. “Countless studies published in journals like *SPINE* have proven that chiropractic works. But you have to use it — kind of like the gym.” Dr. Gross hopes that more people grow to trust chiropractic, because the evidence is “overwhelmingly on its side.”

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SCAN ME



Robyn Eastman and Lanae Humbles with Twenty-Two Realty enjoy coffee at Our Place Restaurant.

Zoomed In: Richard Piscitello

By Melissa Rawlins

On the first day the Salvation Army Red Bucket Campaign began to raise money outside of Kroger's, U.S. Air Force veteran Richard Piscitello stopped by to insert cash into the red bucket. "I really hope a lot of other people will choose to give," he said, well aware that last January the Salvation Army's Red Bucket Campaign provided 58,000 meals in Mansfield and Arlington.

His generosity was greeted with a big, "Thank you," from volunteer Teresa Francis, who works for MISD as director of advanced academics. "Leading up to winter break, we don't notice so much when kids don't have coats. But January and February is when it gets really cold," she noted. And so, as 2021 dawns, Teresa is glad that the MISD Clothes Closet will also accept donations for kids in need of warm coats, blankets, shoes and even socks.



MMC volunteer Myra Brown unloads donated goods from our local Wal-Mart into the free food market.



Phoebe Spearman and 1-year-old Boone host their family from West Texas for a winter break at Katherine Rose Memorial Park.



Dr. Dana Nelson and Bonnie Crivolio and their dedicated crew, pose outside Mansfield Animal Clinic, where they are doing their part to save the world one animal at a time.



Angel Wolfe and Lashawn Hubenak cuddle Angel's Dachshunds at Dirty Job Brewing.



Gabriel Sobrepena and Cass Calderon enjoy a Jumbo Jake's Texas Hurricane after their hard day's work.



Paxton and Grayson Trook continue a family Christmas tradition of decorating the Spruce Tree next to their house.

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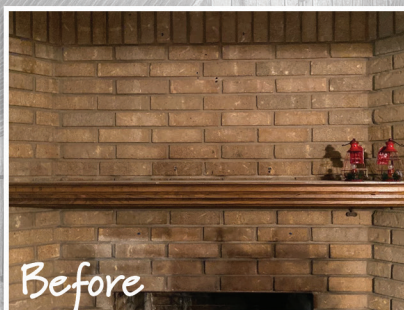
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CookingNOW

In the Kitchen With

MICHAEL SNEED

— By Melissa Rawlins



Music is Michael Sneed's No. 1 passion. Its constant companion has been cooking. By the age of 18, after 11 years of loving lessons and inspiration from his grandmother, his mother and his seventh grade music teacher, Michael accepted as fact his flair for cooking any dish that included both meat and cheese — especially his favorite, manicotti. "Then came the Food Network," Michael said. "All the different personalities were oxygen to my culinary curiosity."

When he and his family moved to the Mansfield area, almost 2 years ago, Michael turned to cooking as therapy in the wake of a family tragedy. Sharing his joy in cooking with his daughter, family, friends and community brings Michael happiness. "The Greek style of cooking has always intrigued my intricate palate," he said. Although he eats lamb year-round, he finds the tasty meat best suited for this wintery season. **NOW**

Greek Grilled Lamb Chops

4 large cloves garlic, minced
1 sprig fresh rosemary
1 Tbsp. fresh mint
1 Tbsp. lemon zest

1 Tbsp. pepper, freshly cracked
1 Tbsp. oregano
3/4 cup Greek yogurt
1 Tbsp. Worcestershire sauce
1/2 Tbsp. ground cumin
1 Tbsp. smoked sweet paprika

1 Tbsp. sage
1/2 tsp. cayenne pepper
1 Tbsp. kosher salt
2 Tbsp. extra-virgin olive oil
2 1/2 lbs. (8 rib chops) lamb

1. Combine all ingredients, except the lamb, in a small bowl, until the marinade is a thick paste.
2. Coat the rack of lamb with the marinade, rubbing it into the meat.
3. Cover with plastic wrap; refrigerate for 8 hours or overnight.
4. Before cooking, remove the lamb from the refrigerator; let rest on the counter for 1/2 hour.
5. Heat the grill to 500-525 F.
6. Place the lamb, fat side down, on the grates. Leave the meat alone for about 5 minutes to create a good sear. Watch for flare-ups; have a spray bottle of water handy for emergencies.
7. Flip the lamb; reduce the temperature to 425 F. Continue cooking for an additional

13-15 minutes, or until an instant-read, digital thermometer reads 120 F.
8. Transfer the lamb to a cutting board; let it rest for 5-8 minutes before carving.

Greek Pita Bread

1 tsp. sugar
1/2 cup warm water
1/4 oz. (2 **1/4** tsp.) active dry yeast
2 1/4 cups all-purpose flour
1/2 cup plain yogurt
1/2 tsp. salt
1/4 cup oil (divided use)
3 Tbsp. butter, melted

- In a small bowl, combine sugar, warm water and yeast; stir well. The yeast should be activated when it becomes foamy, about 10 minutes.
- Transfer flour to a flat surface; make a well in the middle. Add the yeast mixture, yogurt, salt and 1 Tbsp. oil, kneading the dough until the surface becomes smooth and shiny, about 10 minutes. (If the dough is sticky, add up to 2 more Tbsp. of flour to bind the dough.) Cover dough with a damp cloth; let rise in a warm place, such as beside the stovetop or warm oven. The dough should double in size in about 1 hour.
- Divide the dough into 8 equal portions. Using a rolling pin, roll each dough portion to an 8-inch circle.
- Heat a cast-iron skillet over high heat. Lightly grease the surface with oil to prevent dough from sticking. Place one circle of dough on the skillet. When it puffs up and bubbles, and burnt spots appear, flip it over and cook the other side. Repeat the same until all dough circles are done.
- Brush the Pita Bread with melted butter; serve warm.

Sneedville Simple Chicken Breast

1/4 cup kosher salt
4 cups warm water
1-4 boneless, skinless chicken breasts of similar size
1 tsp. star anise
1 tsp. coriander seed
1 tsp. cumin seed
1 lemon, washed and thinly sliced
1 tsp. black peppercorns
1 tsp. fresh ginger or lemongrass
1 clove garlic, smashed
1 tsp. minced dried onion
2 tsp. salt
2 tsp. pepper
1 Tbsp. olive oil or unsalted butter (or a combination of both)



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Greek Grilled
Lamb Chops

1. Combine the kosher salt and water in a shallow baking dish, stirring gently until the salt dissolves; add the meat.
2. Add the aromatics into the brining solution. Let the meat sit in the brine while preparing the rest of the meal.
3. Ideal brining time is about 1/2 hour, but even a 15-minute brine makes the meat cook up juicier and with more flavor than otherwise. Brining longer is OK, but after about 2 hours, the meat can start to get a bit mushy.
4. Once desired brine time has been reached, rinse the chicken to remove herb debris and brine juice. Pat dry; flatten the

- chicken breasts by pounding them to an even thickness with the bottom of a wide jar, glass or the bottom of a small frying pan.
5. Season the chicken breasts lightly with salt and pepper.
6. Heat a frying pan large enough to fit the chicken in a single layer over medium-high heat. When it is quite hot, swirl the olive oil or butter in the pan, so it is lightly covered with the oil.
7. Reduce the heat to medium. Add the chicken breasts. Cook undisturbed for just about 1 minute to help the chicken get a little golden on one side. (You are not actually searing or browning them.)

8. Flip each chicken breast over; reduce the heat to low.
9. Cover the pan with a tight-fitting lid. Set a timer for 10 minutes. Do not lift the lid; do not peek.
10. After 10 minutes, turn off the heat. (If you have an electric stove, remove the pan from the heat.) Reset the timer for 10 minutes; leave the chicken breasts in the pan to rest. Again, do not lift the lid; do not peek.
11. After the 10 minutes, uncover; check that there is no pink in the middle of the chicken breasts. Use an instant-read thermometer to ensure the chicken is at least 165 F.
12. Slice appropriate to presentation, and eat.

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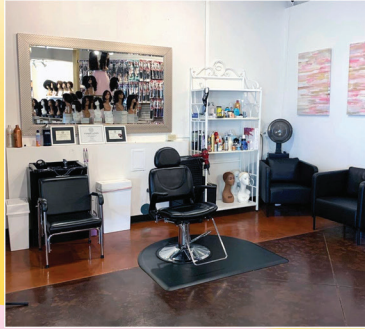
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—TALES OF TEXAS—

LOVER OF LIBERTY

— By Virginia Riddle

José Antonio Navarro's life and contributions to the birth of Texas are reflected on his historical marker erected in 1936 as part of the celebration of the 100-year anniversary of Texas independence from Mexico. Born in 1795, José Antonio saw his native land through much turmoil, war and change.

José Antonio's journey into Texas history began with his father, Don Ángel Navarro's (1748-1808) decision to leave his native Isle of Corsica to journey as a cabin boy aboard a Spanish galleon to Veracruz, Mexico. He became a successful merchant and married María Joséfa Ruiz, an aristocrat and native of San Antonio. He made his family's home in Texas for the remainder of his life. Don Ángel believed in truth, honor and freedom and passed those beliefs to his son, José Antonio.

A Mexican army unit led by a Spanish general, Joaquín de Arredondo, entered San Antonio in 1813. José Antonio's older brother, José Ángel Navarro, was a lieutenant in the infantry at the time. These lands had been claimed by the French, Spanish, United States and various Native American peoples. When José Ángel refused to carry out orders against these occupying persons, and it became clear that the family supported Mexican independence, he was relieved of his command and fled for his life to the interior of Mexico.

José Antonio was educated in Mexico but had left school at age 13 to help support his family in San Antonio following his father's death. When José Ángel was relieved of his command, the rest of the family had to flee as well. María took the minor children with her, and José Antonio, who was 18 at the time, went to Louisiana. Three years later, he returned to find his mother and siblings nearly destitute, so he went to work to support the family. Mostly self-educated, he became successful as a merchant, rancher and land investor. In 1825, he married Margarita de la Garza y Flores, a native of San Antonio. The couple would have seven children.

In 1828, José Antonio's political career began when he was appointed representative of Bexar and the State of Coahuila by Mexico and to the federal congress in Mexico City. He purchased a ranch near San Antonio and moved his family there, while also being elected as that area's representative to the Congress of Texas. José Antonio was elected in 1833 as senator by the State of Coahuila's Junto Electoral. He supported Texas statehood, so by 1835, José Antonio declined serving further in Mexican political offices.

The following year, José Antonio was elected to represent Bexar District at the Washington-on-the-Brazos convention. He became the seventh signer of the Texas Declaration of Independence. José Antonio was one of three Mexican signers, and one of two native-born Texas signers.

Mirabeau Bonaparte Lamar, president of the Republic of Texas, appointed José Antonio as commissioner of the Santa Fe Expedition, which was undertaken in 1841. While José Antonio didn't favor the annexing of Eastern New Mexico into the new republic, as planned by President Lamar, he was

persuaded to go. Mexican officials took the expedition's members captive and marched them over 2,000 miles to Mexico City. Many of the captives didn't survive.

Upon arrival, José Antonio was interrogated and offered freedom and a return to government service if he would renounce allegiance to the Republic of Texas. He chose not to and was convicted of treason and sentenced to death. His sentence was commuted to life imprisonment. José Antonio endured Mexican dungeons for four years, until he escaped and boarded a ship from Veracruz, Mexico, to Cuba. From Cuba, he sailed to New Orleans, and then to Galveston. He returned to his ranch in 1845 and was welcomed as a hero. He was the only Tejano delegate to the 1845 Constitution Convention and was twice elected to the state senate. In retirement, José Antonio became a historical and political writer and newspaper contributor.

Respect for José Antonio Navarro's patriotism and leadership, granted to Texas in its formative years, has led to the naming of Navarro County and several schools and streets in his honor and memory. The city of Corsicana, Texas, was named by José Antonio in honor of his father's homeland. In 1871, he died at his San Antonio home, now Casa Navarro State Historic Site. **NOW**

Sources:

1. www.tshaonline.org
2. Navarro County History, V. 2, pg. 9, 1978, The Navarro County Historical Society, Taylor Publishing Company, Dallas, TX.
3. www.thc.texas.gov/historic-sites/casa-navarro.
4. Various documents in the holdings of the genealogy department of the Corsicana Public Library.

Photo Credit:

Photo of José Antonio Navarro's statue on the Navarro County Courthouse grounds courtesy of Virginia Riddle, LLC.



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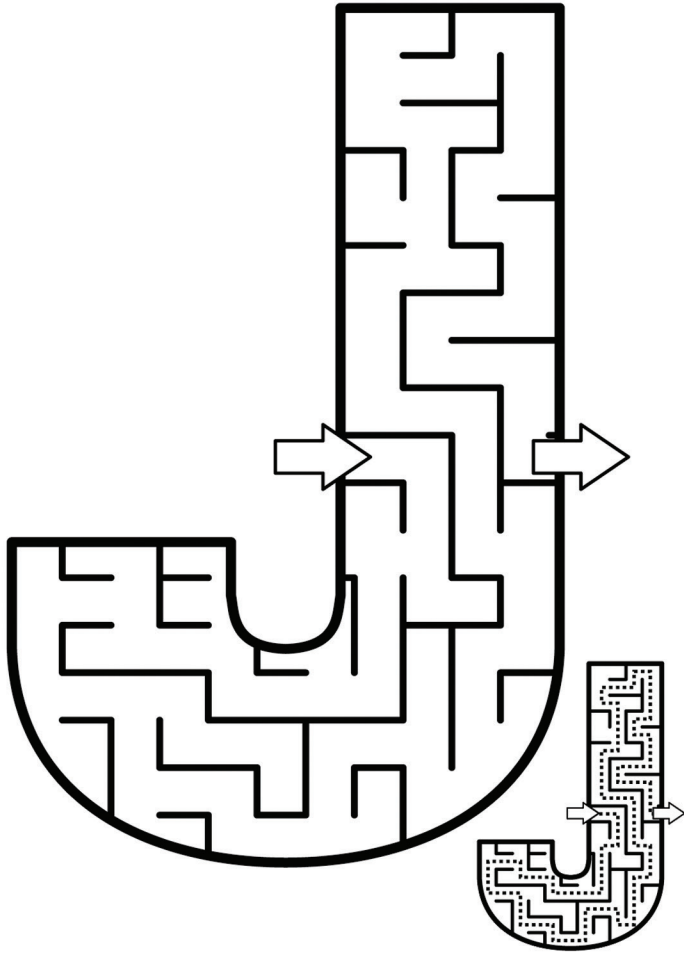


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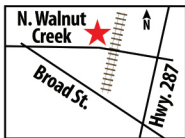
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12/31-1/1

New Year's Celebration:

Yes, face masks or coverings will be required upon entry into Epic Waters Indoor Waterpark, as well as in all common areas and lines. Face masks will not be allowed while guests are swimming or enjoying any of the water attractions at the park. \$34-\$64 admission for nonresidents. 1:00 p.m.-1:00 a.m., Epic Waters Indoor Waterpark, 2970 Epic Place, Grand Prairie. Contact (972) 337-3131.

Through 1/15

Christmas Tree Drop-off:

Recycle your live tree to be mulched. Drop off Christmas trees for recycling and help the city of Mansfield make mulch to give away in the spring. There will be a self-service trailer next to the garden center where trees may be unloaded. Flocked and artificial trees cannot be mulched and will not be accepted. Free for Mansfield residents. 8:00 a.m.-5:00 p.m., Mansfield Home Depot, 1725 N. U.S. Hwy. 287. For more information, call (817) 728-3655 or email ecc@mansfieldtexas.gov.

1/7-1/9

Household Hazardous Waste Dropoff:

A list of acceptable items is at

www.mansfieldtexas.gov/ecc. Proof of residency is required. **Thursday and Friday:** 3:00-7:00 p.m.; **Saturday:** 10:00 a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. (817) 728-3655 or ecc@mansfieldtexas.gov.

1/17

Martin Luther King, Jr. Virtual Celebration:

Bethlehem Baptist Church produces this free worship and inspirational event with the entire community of Mansfield and via Facebook and YouTube Live. The MLK Program is Bethlehem Baptist Church's annual celebration of Dr. Martin Luther King Jr.'s life and legacy. 5:00-7:00 p.m. For more information, call (817) 473-1236, email bbc@bbcmansfield.org or visit www.bethlehemmansfield.org/events/.

1/30

Stargazing:

Come and explore the night skies with astronomers from the Fort Worth Astronomical Society. Learn about the constellations and planets as you examine the skies with high-powered telescopes. Registration is not required for this program. Free. 6:00-8:00 p.m., Elmer W. Oliver Park, 1650 Matlock Rd. (817) 728-3680.

Weekends in January

The Complete Works of William Shakespeare — Abridged:

Show dates are 1/9, 1/15, 1/16, 1/22, 1/23. Three performers keep audiences laughing in a 90-minute production of 37 plays in only two acts — plus the sonnets. \$12. 3:30-5:30 p.m. or 7:30-9:30 p.m., Farr Best Theater, 109 N. Main St. For more information, contact rosalie.gilbert@mansfieldtexas.gov or (817) 728-3383.

By Appointment

MMC Free Food Market:

Families, seniors or anyone in MISD who needs access to food — even for their pets — is welcome to call. Groceries will be distributed in a drive-thru fashion. **Monday:** 6:00-8:00 p.m.; **Wednesday & Friday:** 8:00-10:00 a.m., Mansfield Mission Center, 703 E. Broad St. (817) 473-6650 or www.mansfieldmission.org.

Mondays

Miracle Mondays: We pray over the phone for people with any issues and teach others to pray for healing and wholeness. 10:00 a.m.-1:00 p.m., The Healing Place, 600 Strada Circle,

Ste. 210. Bill Dasch, (817) 319-0129.

First Mondays

Mansfield Area Marines:

Active duty, retired, honorably discharged Marines and FMF Corpsmen are welcome. 7:00 p.m., Fat Daddy's Sports and Spirits Café, 781 W. Debbie Ln. For more information, contact George Miller at (817) 705-7984.

Thursdays

Homeschool Archery Alliance:

Become a skilled archer who develops good technique through drills and games with a USA Archery-certified instructor. Bows and arrows provided. Level 1 must be completed in order to register for Level 2. Registration required. 11:00 a.m.-3:45 p.m., McClendon Park West, 799 W. Broad St. For more information, call (817) 728-3680.

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

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- 2 All over the world
- 3 Seat of the University of Oregon
- 4 Costly
- 5 Indian tea state
- 6 Laurel and Hardy, for example
- 7 Mean it about a con
- 8 The show comes --- 9
- 9 Missile housing
- 12 Drink daintily
- 16 "--- it romantic?" (Rodgers & Hart)
- 20 Hard on the eyes
- 22 ... on a --- know basis
- 24 Burning
- 25 Dried grape
- 26 Regatta entrants
- 28 Portrayed
- 30 Edge
- 31 Concept
- 32 Darth Sidious's group
- 34 Karate blow
- 36 Off-color

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1	A	G	E	D	5	A	D	I	O	S	
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13	T	O	G	A		14	S	O	M	A	L
15	I	B	E	R	I	16	A		17	A	T
18	N	A	N		19	S	M	20	U	T	
21	G	L	E	22	N	N		23	G	24	A
				27	E	T	28	A	L	29	F
30	R	I	S	E		33	C	Y	34	C	L
35	I	D	I	D	36	I	T	37	H	A	S
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	40	A	H	O	L	D		41	P	E	N

Easy

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2	6	9	1	7	5	4	3	8
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Medium

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9	2	8	7	6	5	3	1	4

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