

Care as only women can



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Dr. Joy Carter



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Women's Health Services now provides patient care in two locations in Arlington. We also provide state-of-the-art maternity care in the newly renovated labor and delivery suites at Texas Health Arlington Memorial Hospital (THAM). THAM is ranked among the best hospitals in Dallas-Fort Worth, and was awarded American Nurses Credentialing Center's Magnet status, an award that recognizes hospitals that provide nursing excellence.

Women's Health Services has been providing quality health care for women of all ages for the past 32 years. Our OB/GYN group been recognized in the community for its reputable and thoughtful care. In 2017, Women's Health Services won Suburban Parent Magazines' award for Best of Family Healthcare in Obstetrics and Gynecology, as well as DFW Child Magazine's Mom-Approved Doctors award for OB/GYN.

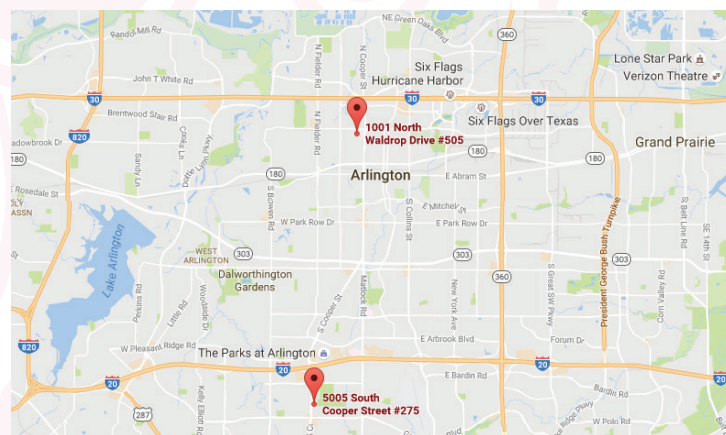
Women's Health Services' doctors provide full OB/GYN services and are skilled in managing all aspects of women's health care, such as normal and high-risk pregnancy care, gynecologic surgery, incontinence treatment, annual exams, and contraceptive and hormone therapy needs. Visit our new website and make your appointments online at www.womenshealthservices.com. We look forward to seeing you soon!



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real moms.



AN INSIDE LOOK

AGE 39 **HAILS FROM** Arlington **LIVES IN** Fort Worth **ALMA MATER** Texas Christian University **SIGNIFICANT OTHER** Kent Offspring Ellis, 11, Tate, 10, Glory Evelyn, 9, and Karis, almost 8 **EARLY CAREER:** "I was an interior design major for about a year in college, and my adviser said that it was a dying profession, and I should use my mind for something different. I was really interested in sign language, so I'm fluent in American Sign Language. I taught in the school system for a few years. Then after I got my master's, I started doing language therapy for babies. **CURRENT CAREER** Interior designer and star of HGTV's *One of a Kind* **FAVORITE COLOR** Aqua blue **WHAT SHE WANTED TO BE AS A KID** "I always used to tell myself that I was going to be a mystery solver." **FAVORITE DESTINATION** Seaside, Florida

ABOVE // Grace Mitchell with her four kids in the sun room of her Fort Worth house.

mom next door /
GRACE MITCHELL
one-of-a-kind mom

INTERVIEW HEATHER VANCE DEVERS
PHOTOGRAPHY CARTER ROSE

WITH GRACE MITCHELL, WHAT YOU SEE IS WHAT YOU GET, and that's refreshing for an up-and-coming HGTV star. We visited her the afternoon before the season two premiere of her show, *One of a Kind*, with her four school-age kids popping in to give hugs and request snacks. For the whole family, being on-screen has become the norm—even though, ironically, there's no TV allowed in the house on weekdays.

Before all the national attention, Mitchell was just blogging to connect with the outside world; now, the craziness of it all is finally setting in.

"It all happened very fast," she reveals. "When my production company said, 'We need to sit down and have a Skype,' I thought they were going to tell me when the pilot was going to air, and they were like, 'Just kidding. You're going straight to series, and we need you to start filming next week.'"

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ForthWorthChild: What was the idea behind your blog, *A Storied Style*? **Grace Mitchell:**

When you're a mom and you have a bunch of littles, it's hard to feel connected, and it can feel kind of lonely. I've always loved creating and been very interested in art; the blog was just a good way for me to connect.

FWC: Why a blog about interior design?

GM: At the time I ran a vintage furniture business. My husband was in training for his job—he was working really crazy 80-, 90-, 100-hour weeks. I had to teach myself how to do things at our house and started fixing up our house. Then I started my blog, and through my blog I started getting some attention. I wrote for *Domino* magazine and for *Better Homes & Gardens*. I wrote for a TV show called *Home Made Simple* on OWN. One day I got an email from a production company, and here we are.

FWC: How did you make time to work on your blog with four kids and a husband who worked a lot? **GM:** I would work until 3 or 4 in the morning. I would sleep two or three hours, and then I'd wake up and do the full day with the kids.

I honestly came to a point where I felt like I was doing OK at a lot of things and not awesome at anything. I really had to take a step back. I stopped blogging five days a week, then slowly it fizzled out, and I started working on magazines and clients. For a long time, I thought, *I've worked so*

hard all these years, and I'm giving it all up. But ultimately, I feel like taking that time really gave me a chance to hone my craft.

FWC: When did you realize that you were onto something successful with your blog?

GM: Every year *Better Homes & Gardens* chooses 50 style-makers of the year. I was pretty new in the design world, and somehow, they had found some of my work and asked me to come. It was really the first time that I felt like I belonged. I didn't feel right calling myself a designer because I didn't have the degree. It took me a really long time to get past that.

FWC: Have you ever dealt with being uninspired or creatively drained? **GM:** I've never really felt like I was low on creativity. With the show, it's different because the pace is very, very fast. There are times where I think, *Oh my goodness, I have to stop and breathe for a second so I can take in the world*

around me. That's really where I get a lot of my inspiration—outside, or just something that I see at my kids' school.

FWC: How do you best balance being a mom of four and running your interior design business and putting together a show?

GM: Something that Kent and I are really passionate about is just being a student of our kids. I feel when I'm really authentically trying to be a student of them, then I can tell what they need and how I need to shift or change to meet their needs. I can provide for them the best way when I'm really observing who they are.

FWC: Having your own show on HGTV is obviously a career highlight. What does that feel like? **GM:** It still hasn't sunk in. I've been doing this for two years now, so it's sort of normal life to us. The other day, I just happened to catch the commercial when I took my kids to the dentist. For the first time I was just like, "Whoa, we're really doing this."

FWC: Do you think not having a TV in your home helps you and your kids have a perspective on it? **GM:** Yeah. It was funny because we told them, "Hey, there's going to be cameras in our house; we're just gonna do our thing and love on people and be kind." They were like, "OK, can we go play outside now?"

FWC: What's your design motto? **GM:** When I was first starting, I had a mentor, and I remember her telling me, "You've got to roll through these projects. You're never going to make it if you keep making it personal." At first, I just thought, *Is she right?* As time went on, I found that when people invest in things that are meaningful to them and bring that into their home, their decor isn't as likely to change because it's personal.

FWC: Have you had a moment where you felt like you've made it? **GM:** I don't think I'll ever have that moment. I am very driven, and I will always be dreaming about what can be and exciting things that could happen in the future.

FWC: Where do you picture yourself in five years? **GM:** I would love to have written a few books. I would love to be creating products, and I would love to have a house in Seaside to renovate. Seaside Grace is really my favorite version of myself. Seaside Grace does not care what her children are wearing or if they eat cereal for three meals a day. She's pretty awesome. ☺

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