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OCTOBER 2016

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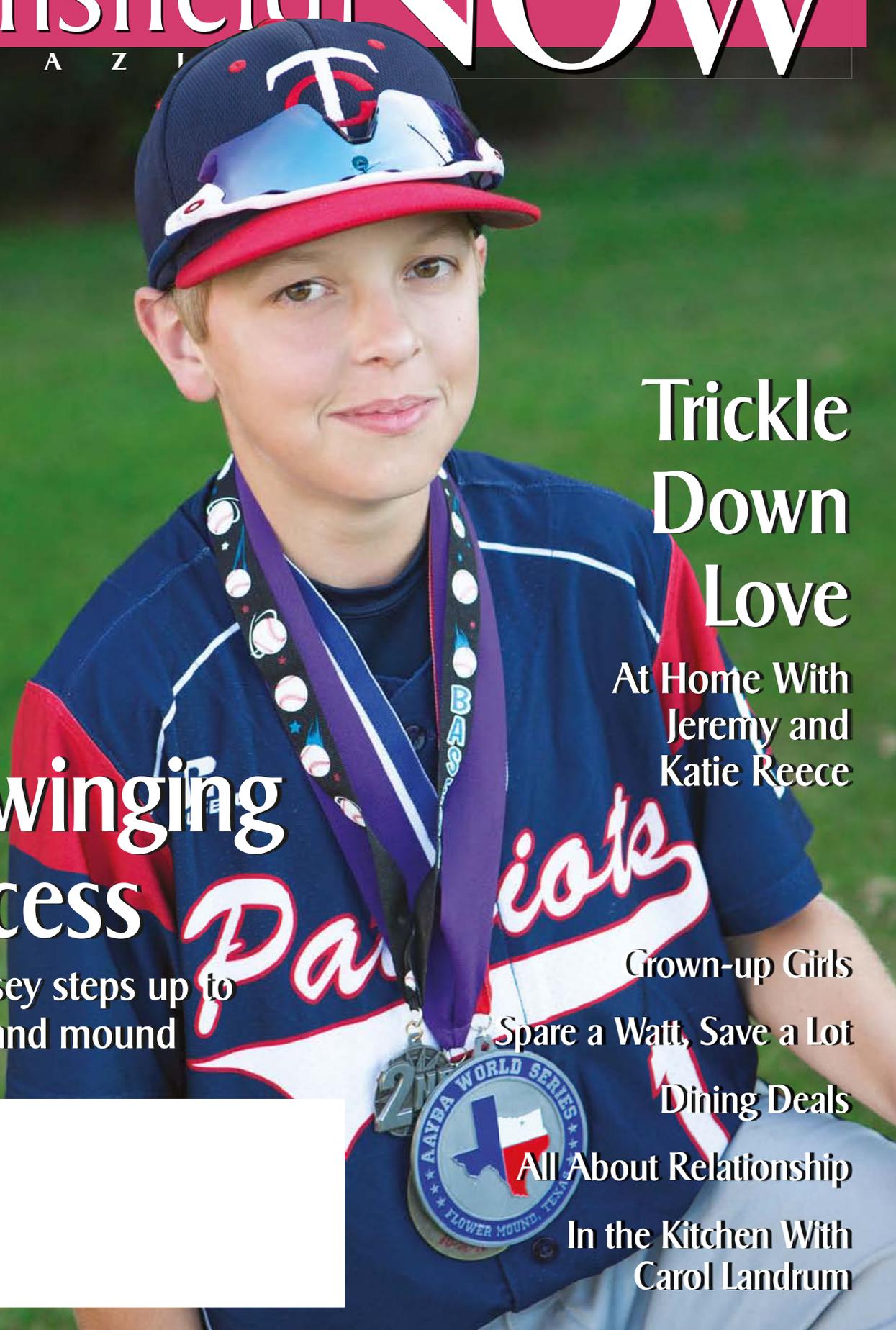
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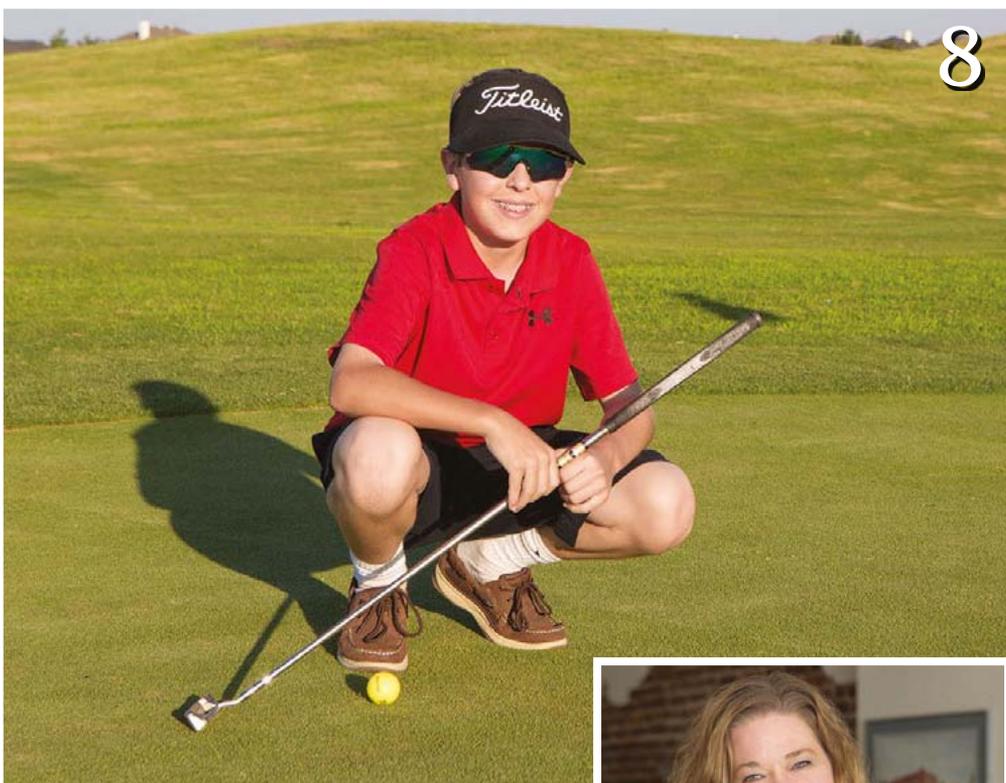


Tate Lindsey IV plays both baseball and golf with great success.

Photo by Vanessa Polozola.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



Editor's Note

Dear Friends,

My mind is on history these days. Several people in town encouraged me to find the story down on Britton Road, where stand the few remaining portions of an old Citizen's Bank. Unfounded rumors say it was robbed by Bonnie Parker and Clyde Barrow. Jeff Guinn denies them. When I read a book by Jim Gatewood, hoping for evidence, I found no mention of Mansfield but a detailed story about the time the notorious duo robbed a

bank on the square in Lancaster.

Lo and behold, I can trace my father's paternal side to Lancaster. Walking around that town's square, reading historical plaques stating the Rawlinses were amongst its founding fathers, I learned that Randolph Clark opened Randolph College northwest of downtown in October 1898. Our family lore says my great-grandfather was given the middle name of Clark in honor of that steward of education. Now I have a little mystery to solve — were the parents of my great-grandfather friends with Randolph Clark?

Here's to satisfying curiosity!

Melissa

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A Summer

— By Virginia Riddle



Swinging Success

The great Hank Aaron may be in the National Baseball Hall of Fame, but this retired American Major League right fielder found the game of golf to be very humbling. He remarked, "It took me 17 years to get 3,000 hits in baseball. I did it in one afternoon on the golf course." Tate Lindsey IV, however, plays both sports with great success. "He's just a natural," Becca Lindsey, Tate's mom, said proudly.

That natural ability coupled with a desire to play at a young age. Tate was swinging his set of small junior golf clubs at age 3 at the Mansfield National Golf Club with his parents as his coaches. "We used to live on the seventh hole, so it was easy to play a few holes anytime," Tate's dad, Tate Lindsey III, explained. This year, Tate IV, a freshman at Lake Ridge High School, is a Lake Ridge Eagle golfer.

Along the way, Tate has amassed some honors both on the golf team at Danny Jones Middle School and in private tournament play. By age 9, he played in the Northern Texas PGA Junior Golf Tournament, and he has already achieved a feat that any golfer can envy — an eagle on the par five 16th hole at Lake Arlington Golf Course last fall. "It was really exciting," Tate remembered. "I am shooting even par on the front nine, and I really like sinking a long putt." Tate's parents and granddad caddy for him during tournaments.

With Coach Shaun Alsup at Danny Jones Middle School, Tate competed well in two tournaments his seventh grade year and three tournaments this past year. Popular courses played by Tate have been the Waxahachie Country Club, Walnut Creek Country Club and Meadowbrook Park Golf Course.

Tate is no stranger to Fort Worth's Colonial Golf Tournament. He enjoys collecting professional golfers' autographs. He has two pros whom he admires and follows — Zach Johnson, whom he met, and also Justin Leonard, who picked Tate out among the spectators and gave him his autograph because Tate was wearing an orange University of Texas shirt!

Playing golf is challenging, and Becca reflected that Tate is hard on himself. Tate agreed. "My biggest problem with golf is not getting mad at myself," he said. Practice helps. Tate enjoys playing rounds with two older players and friends, Cameron Shayman and Garrett Smithers, as well as with his parents.

However, during his select baseball seasons, golf takes a backseat to baseball. "I play golf at least once a month during baseball season and more between seasons," he said.

T-ball at age 4 at the "good ol' Y" got Tate started in the world of baseball. By age 5, he was playing in the Mansfield Youth Baseball Association, playing for the Cardinals, Hurricanes and Storm, and by age 7, he had moved to select baseball. The Drillers, Airhogs, Texas Sox, Texas Dingers and D-Bat Mustangs were his teams. "I have a lot of Mom shirts," Becca said. Tate plays shortstop, pitcher and second



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Becca Lindsey is proud of her son, Tate IV.

base. His baseball tournaments have taken the family from McKinney to Waco and to the World Series in Gulf Shores, Alabama, with the Dingers.

"We took second place! That was a fun week," Tate recalled.

His current team, The Leaders, is part of the Tarrant County Patriots organization. Tate is playing "up." He started playing on a 14U team, when he was only 13. He is prepared for the challenge again and determined to attain that eventual World Series win. He has a large box full of baseball trophies and championship rings that show he is used to coming out on top.

"In both sports, I have to keep my eye on the ball, use hand/eye coordination and be a good sport."

Team practice takes place twice weekly during the year-round select baseball seasons, but Tate doesn't stop there. He is coached weekly in pitching and hitting by longtime baseball trainer John Davis, also known as Coach D, at his Select Baseball Training Academy. "Tate's little in stature, but looms large in 'Want to?' Hitting a baseball is the hardest thing to do in all sports. We've worked with him for five years, and his attitude, heart and desire to be the best he can be, despite his size, has never faltered. He's a winner," Coach D said.

"Unlike golf, in baseball the ball's moving when you hit it. You have to know how it's going to break if you're going to hit it, and then know where it's going to go in the field," Tate explained.

At 4 feet 10 inches, Tate is usually the smallest player on the field in any game, but he is one of the top base stealers in his league. "I try to play big. I'm all business on the mound," he said. "My favorite professional player is José Altuve, since he's only 5 feet 6 inches tall."

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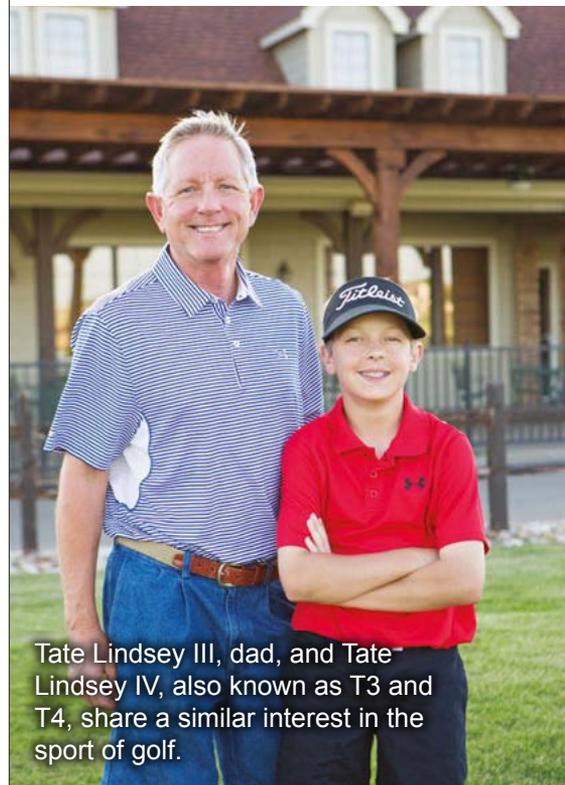
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One of his most memorable moments in baseball came when there were runners on second and third and two outs, against his old team, the Airhogs. Tate doubled in two runners in the last inning. His team won 5-4. He has several pregame rituals. "I like to put the eye black on and smear it, my last warm-up throw has to be behind my back, and I never step on the chalk," Tate revealed. To help save his arm, he never pitches two days in a row.



Tate Lindsey III, dad, and Tate Lindsey IV, also known as T3 and T4, share a similar interest in the sport of golf.

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Tate's family moved to Mansfield when he was a 1-year-old. He learned baseball and football terminology and rules from playing video games. Scholastically, he is taking pre-AP classes and making the grades needed to, hopefully, attend The University of Texas at Austin. "I want to play baseball and golf for UT," he said.

The future is set in Tate's mind. "I'm going full steam ahead to the 'big's' in baseball. Then my second plan is to go into finance and marketing or become a lawyer," he said.

Family and friends are very supportive of Tate's endeavors. "Everyone roots for Tate. We have lots of fun following his games, and we've met lots of people who, over the years, have grown into family," Becca said.

While the swings in golf and baseball are different, Tate has developed both successfully. "In both sports, I have to keep my eye on the ball, use hand/eye coordination and be a good sport," Tate said. He cites the confidence he's gained as more valuable than even his curve ball. That confidence will carry him well into whatever his future holds. **NOW**

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GROWN-UP



As Shelley Hunter grew up with three brothers, her attitude was that girls can always do anything boys can do — and maybe even better. By 1985, she'd graduated from Eastwood High School in El Paso, Texas, and was completely comfortable with challenges of all sorts. Shelley embraced life from a creative, competitive nature. Calling on the same qualities in women throughout Mansfield, Shelley is expecting this month's Tablescape Luncheon to connect businesswomen with the Women's Professional Group. While supporting women in business, they'll be raising funds for scholarships to be given to deserving local young ladies.

Girls

— By Melissa Rawlins



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As chair elect for 2017, Shelley headed up the 2016 Scholarship Committee. 'These ladies are professionals, sharing the same mission and desire to work,' said Shelley, who's skilled at discerning different personalities and learning how to work with them.

Through her years in the staffing industry during her 20s and 30s, Shelley dealt with women and men of every level — from secretary to CEO to warehouse foreman —



and learned to adjust her style depending on whom she was with. As she matured, she noticed there are differences between men and women in the professional world. Yet with confidence, she accomplished her goals.

At a very young age, she was promoted into sales positions because, at every job, supervisors noticed she was not afraid to approach people and converse. "Sales training, sales seminars, sales personality tests, all helped develop confidence to start my own business," she said. While running a temporary staffing company, and dealing with a lot of men working in an industrial environment, Shelley found she wasn't taken seriously until she learned to speak their language.

When she started her own staffing firm, she had the confidence necessary because she recognized the opportunity, and she had female business partners affirming that together, they could succeed. She was patient with the every-so-often question from businessmen: "Oh, you help your husband with this company?"

Throughout the challenge of being a woman conducting business, Shelley knew that whether male or female, actions speak louder than words. "If you keep showing people you can do it, you get respect that way," she said.

While Shelley maintained integrity and found success over 30 years in business, the workplace evolved and developed a casualness, Shelley noted. "In today's workplace, for instance, I don't have to wear pantyhose, or heels, if I don't want to, and men don't have to wear suits, either.

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to teach them the beauty of patience is going to be the challenge. The new generation is going to have to learn both urgency — to take care of things — and patience — so that immediate gratification is no longer their goal.”

Working hard throughout the '90s, Shelley sold her share of the business and moved to Mansfield in 2003 with her husband, Layne, and children, Casey and Konnar. It took time and patience to help them become the software engineer and artist that they are, respectively, and Shelley and Layne are now loving their five grandchildren. Konnar helps her mother in Shelley's independent sales position with TNT Promotions, a women-owned, HUB-certified business providing promotional products and trade show marketing services. “I'm very blessed with being able to work in a different way than I ever have,” she said. “I can be creative and am in charge of my own schedule and income potential.”

“THE FOUNDATION HAS DONE A VERY GOOD JOB EXPLAINING TO THESE STUDENTS THAT MULTIPLE COMPANIES AND OTHER NONPROFITS ARE MAKING THESE DONATIONS INTO THEIR FUTURE.”

Reflecting on her life and her reasons for devoting volunteer efforts to helping the WPG give graduating senior girls college scholarships, Shelley said, “Young ladies today have more opportunity than probably I did. There's a huge need in the engineering world, and we need to encourage our girls to go into the more technical fields, like software engineering or architectural designing fields, which traditionally do not see as many women as men. Overall, we're not even supposed to look at people's gender anymore. That's where we're going, to where everybody's equal and the same, as it should be.

“Yes, now there's more opportunity. But there's also a lot of hard work ahead,” Shelley said. “It makes sense to help the young women in our community, as we are helping the women already in business. Being female-driven, the Women's Professional Group wants to help push those girls a little bit.”

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This year, six girls from Mansfield high schools were chosen from nearly 100 applicants to receive scholarships funded, in part, by last year's Tablescales Luncheon. "All the monies we have given are funneled through the Mansfield Education Foundation to these recipients," Shelley explained. "The Foundation has done a very good job explaining to these students that multiple companies and other nonprofits are making these donations into their future."

Hardworking women in the WPG selected the recipients in a seamless process. Often working remotely, Shelley's committee communicated a lot via email. She emailed instructions about where to get the applications from the school and what her deadlines were. Each woman reviewed at least 25 confidential applications and selected girls from each school based on an application, a written essay, transcripts and financials. Most girls had earned equal grades and engaged in similar volunteer activities.

"With the essay, you kind of get pulled in. Which is the one that is going to speak to you? To me they were all equally deserving," Shelley said. "The challenge was narrowing down the one most convincing to give them the opportunity."

Each girl took time to handwrite thank you letters to the WPG, expressing beautifully just how motivated they are. Shelley is excited as she watches these young women entering the world.

"We need a lot more women who are like them — women who are driven because they see past their present into the future," she said. Leading the effort in 2017 to help another set of young ladies graduating high school next May, Shelley's looking forward to the Tablescales Luncheon and gathering with a fun group of grown-up girls. **NOW**



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TRICKLE DOWN LOVE

— By Virginia Riddle

AT HOME WITH JEREMY AND KATIE REECE

On a quiet, tree-lined cul-de-sac sits Jeremy and Katie Reece's home that is filled with laughter, love and music. Their yard, which is now beautifully landscaped and maintained by Jeremy's green thumbs, was the prime selling point for this couple when they first saw the house. "The backyard has room for kids to run around," Jeremy said. "We felt really blessed to find this home and neighborhood."

Built in 1971, the house had "good bones" but needed a great deal of updating and remodeling. Jeremy, who is the sports director at Walnut Ridge Baptist Church, was ready for the heavy lifting, and Katie had plenty of ideas and assisted. "We bought our home six years ago right before





we got married, then renovated it and moved in,” Katie recalled.

The couple met at Jeremy’s church. Katie was teaching music in Arlington ISD and continued teaching through their home renovations, but then Jeremy and Katie started fulfilling that kid-filled backyard dream. Already starting with Kylie, Jeremy’s daughter (now 18), they added Austin (now 2 years old) and baby Cooper. With Austin’s birth, Katie chose to become a stay-at-home mom and is planning to homeschool the boys. The collection of toys and musical instruments carefully stored throughout their home indicates that Austin and Cooper’s educations are already well underway. “The kids have commandeered most of the two bottom shelves in every room,” Katie said.

Gone is the harvest gold color scheme from the ’60s-’70s. It has been replaced with bright, cheery pastels and earth tones. “We replaced all the floors and old countertops, tore out walls and hung



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drywall, painted, completely gutted the two baths and the kitchen and replaced the electrical and plumbing systems and windows,” Jeremy explained. The couple’s “before” and “after” pictures speak

“It’s where the boys are learning to crawl, walk and play.” Comfortable seating and glass doors to the patio allow the couple to entertain inside and outside with ease. Most meals are freshly homemade with the family dining at the table. “We often have fresh flowers on the table — a perk of Jeremy’s parents owning a local florist,” Katie added. Granite countertops and a new sink and appliances update the kitchen into a useful space. A large over-the-sink window allows these parents to keep an eye on the kids’ backyard activities.



volumes about the home’s transformation.

In their home’s entryway is a letter R collection. Another collection, crosses, decorates the music/office room, where the family can play together — Kylie, on her clarinet; Jeremy, on his saxophone; and Katie, on her piano or guitar. The room also gives Katie a studio space where she gives private piano lessons. Katie plays the piano and sings at Walnut Ridge. “My whole family is musical,” she said. “My father and two brothers are music ministers, and my mother taught piano.”

“The backyard has become an extension of our living room,” Jeremy explained. “Church groups, friends, Kylie’s high school graduation party — we take everyone outside. We enjoy having people over and our backyard is where we have the space to gather.” Jeremy replaced an old tool shed with a new one, and an old carport with added recycled barn wood provides a dining and dance floor area. A trampoline and a kids’ play area provide the fun, while a hammock and a tree-shaded stone patio that Jeremy and Kylie built for Katie’s birthday provide a restful respite.

Emma, the family’s rescued part-hound dog, is present when the family congregates in the living and dining rooms and the kitchen, which are now an open space. “We do a lot of living here,” Katie said.

Kylie’s bedroom, decorated in cool green and blue shades, features two large



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windows around which she has hung her All-Region band plaques and photos. Kylie served as assistant drum major as a junior at Burleson High School and was head drum major her senior year. A 2016 graduate, she is a freshman at Tarleton State University fulfilling her plans to go into nursing or become a physical therapist. "I love dogs and taking photos of everything," she said.

The boys' bedroom is green with a Scripture inscribed on one wall surrounded by framed treasures, including a framed teddy bear print from Katie's childhood days. "Scripture is all over the house, especially here, though, because I pray over the boys while I rock them to sleep," Katie said. "I love singing and reading to the boys in this room." A toddler bed and mini-crib, which fits exactly into the room's nook, are covered with handmade quilts. An animal block quilt embroidered by Jeremy's 97-year-old grandmother and a baseball-themed quilt created by Jeremy's aunt are currently covering the beds. "They were made with love and are very precious to us," Katie explained.



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Family photos line the hallway walls to the master bedroom and bath. Romans 8:28 is inscribed above the couple's bed. "My grandpa made this bed for himself, then it was passed on to my mother and now to me, and I look forward to handing it down to one of our children," Jeremy said.

"Scripture keeps our minds on godly things rather than earthly things during the day. God's always working behind the scenes no matter what's going on," Katie stated. A framed dry erase board on the chest-of-drawers says, I love you because ... "We write encouraging words to each other during the week. I got the idea from someone else's home."

"The master bath was a complete remodel," Jeremy said. "They didn't build big baths or closets in the '70s." So, the couple has tried to maximize the space.

Treasured memories are being created in this home. "We've added two kids to



our family, and we've hosted a lot of birthday parties, friends and family, and we have gotten to know our wonderful neighbors," Jeremy said. "We are thankful for our home."

Jeremy, a graduate of Texas Christian University, is an outdoorsman who loves hunting and fishing, especially along the Texas Coast. He goes on mission trips and volunteers with Union Gospel Mission and SBTC Disaster Relief. Katie graduated from Dallas Baptist University and helps in the preschool program at their church. She enjoys music, dance and playing sports. The family has traveled to St. Croix, Mexico, Florida and Michigan and loves their beach and snorkeling times.

"We like the small-town feeling that Mansfield has while enjoying the big city amenities," Jeremy said. "We are very blessed. We hope our love for Christ trickles down to our family, friends and neighbors." **NOW**

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SPARE A WATT, SAVE A LOT

— By Zachary R. Urquhart

What seemed like it might be a passing fad 10 years ago, appears to be here to stay — energy-efficient upgrades to new and existing homes. With oil prices constantly in flux, homebuilders have started adding key improvements to energy efficiency in their construction process, and many appliance manufacturers offer models that can cut bills in half. Here are some things to consider including as you build a home, as well as simple upgrades you can take advantage of in a home that has already been built.

New Appliances

• *Do the math.* When appliances, such as refrigerators, washers, dryers or ovens start having problems, think about the potential monthly energy savings of a new model before pouring money into repairing an older, less efficient unit. If you are buying replacements, or completing a new build, make sure you know the monthly energy costs before simply picking the cheapest model. You can easily find the energy use specifications on manufacturer or retail websites.



• *Look for the logo.* For two decades, the government has sponsored Energy Star, an agency that tests products and reports on their energy efficiency. Products that meet the highest standards will have a small blue sticker with the word, “energy” followed by a star. When buying new appliances, it is usually worth spending a few dollars upfront for the savings over the life of your machine.



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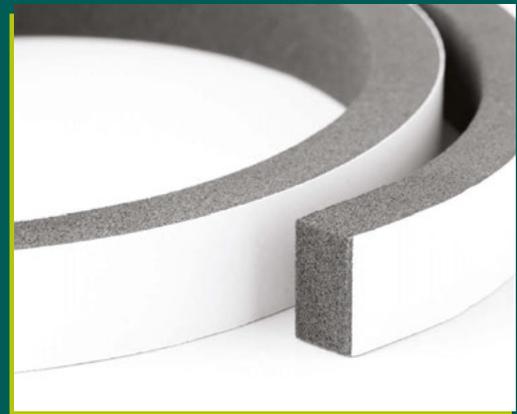
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• *Remember the "Big Two."* Draining your water heater allows you to get sediment out. This allows your heating elements to last longer and work better. For your air conditioning system, you can change your filters yourself, but it might be worth calling a professional for a yearly air duct cleaning to help the unit, and to give your family cleaner air. Preventative maintenance on your unit is important. When it comes to repairs, though they can be costly, many issues may lead to larger, more expensive problems if left unchecked. Contact your local plumber or HVAC serviceman to keep your equipment running smoothly.



Keep the Air In

• *Do not cool the outside.* The average Texas home uses more electricity on the cooling system than it does on anything else, and letting air out through cracks makes it worse. You can probably solve the issue with weather stripping, which is available at any hardware store or superstore. If that is not enough, you might need to adjust the door to square it in the frame and minimize air drafting to the outside.



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• *Check your windows.* Air can also escape through cracks near your windows, and weather stripping and caulk should be all you need to correct this problem. If you have older, single-pane windows, getting an estimate from a local window replacement company may be worth your while.

Shield It Inside and Out

• *Think about shade.* While they are great for offering views of the yard and can be made to be very attractive from the outside, windows have a notable downside. During the hot summer months, heat comes in through the windows. If you are building a new home, try to include some trees or shrubbery close enough to shade some of the direct sunlight coming in through your windows. And if you need a quick fix or cannot add vegetation, consider solar screens instead.

• *Insulation is key.* Hot air comes into the house in the summer and flows out during the winter, and your main defense against that unwanted and expensive heat transfer is insulation. If you do not have adequate insulation in your walls and attic, you need to add it as soon as possible. There are pros and cons to options, such as batting, spray foam and radiant barriers, but the key is to have it installed properly, so be ready to hire a professional.



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Make Small Changes

- *Insulate your pipes.* Your attic and walls are not the only things that need insulating — your pipes do, too. The copper pipes for your central air unit undoubtedly have insulation already, but some people neglect to cover their hot water pipes. Insulation there will keep your hot water from cooling down as quickly, which means your hot water heater won't have to work overtime to do its job.

- *Invest in new bulbs.* You might have noticed that the light bulb section at the store has changed more and more over the last 10 years. Compact fluorescent lamps (CFL) and light-emitting diodes (LED) are replacing what used to be standard incandescent light bulbs, and for good reason. There is some fluctuation, but CFL and LED lights typically cut electricity by more than half, with some LEDs cutting cost by as much as 90 percent. While there is a bit of an upfront cost difference, the bulbs last much longer, and emit less heat, leading to less electricity being used in the home's cooling process.



More Incentives

- *Consider tax credits.* If saving money over the life of an appliance and conserving energy and electricity use is not enough, the government offers tax credits for making many efficiency upgrades to your home. When you are looking at windows, central air units and even simple appliances, you can often get a credit on your taxes the following year just for buying the units that save you money in the long run.

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Editor's Note: For more information about energy efficiency, tax credits and the Energy Star program, visit www.energystar.gov/.

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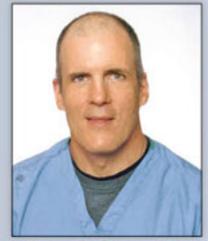


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Shawn Malley and Dawn Freeman (bottom right) work hard to please clients like Dee Davey (far left) who rely on the Edward Jones system of wealth management.

All About **Relationship**

*At Shawn Malley's Edward Jones office, clients' interests take top priority.
— By Melissa Rawlins*

“Shawn and Dawn” have a lot of friends. Clients of their Edward Jones team often call just to talk with Senior Branch Office Administrator Dawn Freeman. Shawn Malley’s telephone rings all the time. Whether it’s a client saying, “Hey, I’ve got some money to invest!” or “Let’s have lunch,” people doing business with this Edward Jones branch appreciate that Shawn and Dawn are confident, calm and accessible.

Shawn is all about relationships. “It’s purely a one-on-one relationship,” he said. “When we call our clients, it’s not to talk about the weather. It’s serious business, though we may talk about the weather, too.” Shawn designs individual financial strategies with every single client. They meet face-to-face and come up with a strategy that is best for them. Often there are

follow-up calls, and calls when the market is going through changes. Some days it is a full day of phone calls to discuss current conditions.

For years, Dawn managed Kroger stores, where she had up to 150 employees and many targets to meet every day. Shawn owned and operated AlphaGraphics in Arlington and downtown Ft. Worth, where he met up to 150 deadlines every day.

No longer quite so fast-paced, he and Dawn take a slow and measured approach to building and monitoring 20-year, 30-year and longer plans for their clients. In their first meeting, they make sure the people they’re building relationships with are comfortable with the Edward Jones system of wealth management.

“The perfect investor is consistent,” Shawn said. They range from the 20-year-old investing \$100 per month, to the 70-something sending \$100 per month, to the husband and wife investing \$10,000 per month. Shawn enjoys all his clients who are eager to learn how to be serious investors — and strong enough to stay the course. He encourages them to include their children, to help them get a great head start on their financial futures also.

“It’s purely a one-on-one relationship.”

Right now, Shawn is recommending people look into becoming an Edward Jones advisor. “We have room for more great people, and there are so many folks who can benefit from our business model,” he said.

Edward Jones, founded in 1922 by Edward D. Jones Sr. and later managed by his son, Ted Jones, holds its own among the top five wealth management companies nationwide. Edward Jones locates its offices in communities, so financial advisors can develop face-to-face, personal relationships with their clients. Just like Shawn does.

For those times when a person is just too busy to stop by and meet face-to-face, new technology is also benefiting Edward Jones clients. Online Access, videoconferencing, secure document sharing and electronic deposits are some of the convenience options available to them. Also on the website is a list of 40-plus products from which to choose.

After you have reviewed the list, you might want to come in and talk with Shawn, who can better explain how they might benefit you. For personalized service, attention to detail and trustworthy guidance, consider Shawn Malley with Edward Jones as your financial advisor. **NOW**

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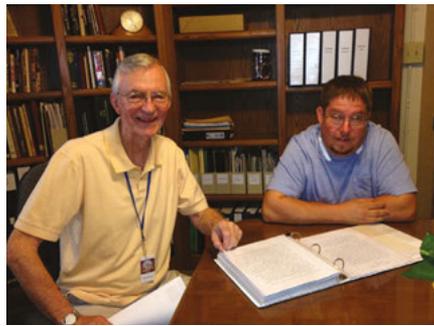
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Carrying balloons gifted to him by his office manager, Angel Rodriguez, DDS, happily finishes his first day on the job.



At the Mansfield Historical Society's museum, Vern Raven takes a moment to review the William Stewart Lamb family history with Lamb's descendant, John Mann.



Beckham Reno is excited to read the new book he got at Mansfield Public Library on a visit with his mom, Lindsey.



Volunteers give out almost 5,000 backpacks with school supplies at the Mansfield ISD and Common Ground Network event.



Jessie Lee gets help finding the battery he needs from Neil Mallard.



Skeeter Pressley has a great relationship with Tank, his 4-year-old Pit Bull.



Hazel Roberts, property manager at Regalia Apartments, prepares to bake cookies for the hungry children coming home from school.



Seniors have a blast learning the art of hula dancing at Mansfield's Senior Citizens' Day Celebration.



Officials from the City of Burselon, Angmar Properties and Windmill Properties break ground on The Standard at Chisenhall retail development.



Making good use of Mansfield's green spaces, Ron Smith shoots a video starring Ivan Cortez for Creek Wood Church.

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How to Choose a Financial Advisor

Your financial advisor can be an integral part of your personal financial professional team. Just as important as your doctor, family attorney and your CPA, a financial advisor can assist you with what may be your largest asset and retirement income. There are several items to consider when choosing a financial advisor, so let's go over a few of them.

First, before you set an appointment, go to the FINRA website, www.brokercheck.com, and type in the name of the advisor. This site will allow you to generate a report that shows broker qualifications, registration history, disclosure events, and any other business activities. The report will provide you a full history and background of the advisor during their entire career (some information is limited to the past 10 years) which may help you decide whether or not to keep the appointment. Pay particular attention to the disclosure events section.

Second, have questions ready before your meeting. Write them down and be prepared to document the answers. These may include: What are your fees and expenses? What is your investment philosophy? Do you use proprietary investments? How much freedom do you have when choosing my investments? How long have you been in helping clients with their money? Do you have any other businesses outside your financial advisor business, or is this your full-time career? If you do not understand an answer, ask for clarification. Remember, you are interviewing someone who can have a significant impact on your financial future.

Third, take note of who does most of the talking during your first interview. You should be able to ask questions, and also be allowed to

express your goals, needs and ideas about how you want your portfolio managed. If you get the sense that your side of the conversation is not important, that may be an indication of how the relationship will be down the road. Your financial advisor should be able to explain and answer questions in a way that you understand.

Finally, as with any important decision, take time to evaluate the first appointment. Make sure all your questions were answered. Ask your friends who they use for their investment advice. Choosing a financial advisor is important. If you do not have the time, expertise or desire to manage your own money, get some help. But make sure the advisor you choose has been around long enough to have seen at least one full market cycle: market high, bear market correction and back to new market high. A full cycle can sometimes take four to five years. So make sure the advisor you choose has experience. Always be prepared to get a second opinion, and if you are not comfortable with a product being pitched, just say no until you can make an informed decision. Trust is one of the most important aspects to the advisor/client relationship. And it works both ways. Make sure you get the service you expect, but if you say you will do something, then make sure you do it. **NOW**

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A Breath of Fresh Air

— By Betty Tryon, BSN

For a group of empty air sacs, the sinuses can cause a lot of problems. They take their name from the bone in which they exist: frontal sinuses located in the forehead, maxillary sinuses behind the cheekbones, ethmoid sinuses in the area that separates the nasal cavity from the brain and sphenoid sinuses are found in the back of the skull.

Anything that interferes with air flowing into the sinuses and the ability of mucus to drain from the sinuses can cause inflammation or sinusitis. The sinuses may become swollen and filled with fluid contaminated with viruses, bacteria and fungi, which lead to the development of a sinus infection. Allergic rhinitis could also create the swelling and inflammation. Other conditions that block the pathway for proper drainage from the sinuses are having nasal polyps and a deviated septum. Polyps are growths within the lining of the sinus cavity, and the septum, if deviated at all, can make one side larger than the other, giving the smaller side a disadvantage in performing its function properly. Having immune system deficiencies also leads to an increased susceptibility to sinusitis and infections.

There are basically three types of sinusitis: acute, subacute and chronic. Acute sinusitis starts suddenly and may last a couple of weeks, unless a secondary bacterial infection develops. Acute sinusitis is most often caused by the common cold and results in

a stuffy nose and headaches. The sinus areas around your face may be tender to the touch and feel as if they are full. Subacute sinusitis may last up to three months. Chronic sinusitis has less to do with bacterial growth and more to do with structural problems, such as polyps and deviated septum and with allergic rhinitis. This type may last three months or even longer.

Treating sinusitis could mean using something as simple as a warm compress on your face or a humidifier in your room, or it could mean something more serious, such as surgery. Of course, much of it depends upon what type of sinus problem you have, what's causing it and the general state of your health. To target specific symptoms of a runny nose, thick mucus, stuffiness, headaches and face pain, over-the-counter medications, such as antihistamines, guaifenesin, decongestants, pain relievers and nasal steroids are beneficial. Your doctor may want to order prescription medication that may be more effective. If you have developed an infection, then you will probably be on antibiotics. If your symptoms continue, you might want to seek help from an otolaryngologist for more specialized care. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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Mansfield Farmer's Market: 8:00 a.m.-1:00 p.m., Saturdays, 206 Smith St. at Oak St. For more information, contact Rex Wenger, (817) 501-6027.

October 1 — 8

National Fire Prevention Week: **Saturday**, 10:00 a.m.-2:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. (817) 276-4778.

October 1 — 31

Pumpkin Patch: **Monday-Thursday**, 9:00 a.m.-7 p.m.; **Friday**, Noon-7:00 p.m.; **Saturday and Sunday**, 9:00 a.m.-7:00 p.m., Corner of Walnut Creek Drive and Pleasant Ridge. Contact Leanne Johnston, (817) 477-2287, x165.

October 6, 7, 8, 20, 21, 22

Live High School Theater: 7:00-9:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Summit High School thespians present *39 Steps* in early October; Timberview High School theater students present *Peter and the Star Catcher* later in the month. (817) 299-1252.

October 9

Liberty Church Bludworth School Open House:

1:00-3:00 p.m., 1715 Gertie Barrett Rd. Pastor Marvin Raines, (817) 891-9569.

October 13

Business After Hours: 5:30 p.m.-7:30 p.m., Mansfield Chiropractic Center, 1071 Country Club Dr. Wear Halloween costumes. (817) 473-0507.

October 14

Heath & Wellness Expo: 9:00-11:00 a.m., Mansfield Activities Center, 106 S. Wisteria St. Register at (817) 728-3680, x 3682.

October 20

Women's Professional Group Tablescape: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151 Country Club Dr. Pre-register: (817) 473-0507.

Ghost Tours: 5:00-8:00 p.m., Mansfield Historical Museum, corner of Broad and Main streets. \$5. RSVP to (817) 473-4250.

October 21, 29

Free Movie and Music: 7:00-10:00 p.m., The LOT Downtown, 108 S. Main St. **Oct. 21**, enjoy *ET: The Extraterrestrial* with the whole family. **Oct. 29**, Danni & Kris present harmonies and unusual guitar sounds. Bring blankets and

lawn chairs. (817) 449-4732.

October 27

Phantom of the Opera: 11:00 a.m.-5:00 p.m., First United Methodist Church of Mansfield. Email: cindib@fncm.org.

Mansfield Area Chamber of Commerce Luncheon: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151 Country Club Dr. \$35 for non-members. RSVP to (817) 473-0507.

October 28

Clay Shoot: 8:00 a.m.-1:00 p.m., Alpine Shooting Range, 5482 Shelby Rd., Ft. Worth. Support your Chamber of Commerce. (817) 473-0507.

October 29

21st Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. (469) 309-4040 or www.waxahachiecvb.com.

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



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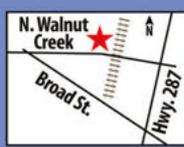
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In the Kitchen With Carol Landrum

— *By Melissa Rawlins*

Although Carol Landrum is a Jamaican and loves spicy dishes, she is married to an American and creatively balances ingredients and sensations to promote a healthy life. Her primary influence is her mother, from whom she learned a cooking style rarely requiring measurement.

Carol fell in love with cooking and entertaining about 20 years ago. She and her husband lived in the foothills of Ahwatukee, Arizona, where Carol was a nurse. By chance she met a woman, also a nurse, and was invited to join her new friend's dinner club. Learning from six other ladies, she perfected her preparation and presentation. She and her husband now reside in Mira Lagos, very near the Landrum's daughter and granddaughter, and Carol continues to treat her new friends with tasty Jamaican cuisine. **NOW**

Sweet Potato and Spinach Salad

- 1 1-lb. bag baby spinach leaves**
- 1 medium sweet potato, baked and diced**
- 1 navel orange, peeled and cubed or 1 8-oz. can mandarin orange segments**
- 1 cucumber**
- 6 strawberries, sliced**
- 12 red grapes**
- 1/2 yellow bell pepper, thinly sliced**
- 1 avocado, thinly sliced**
- 10 cherry tomatoes, halved**
- 1 bottle lite walnut raspberry vinaigrette dressing**
- Goat cheese, to taste**

1. Place bed of spinach leaves on a platter. Add diced baked sweet potato over spinach.

- 2.** Arrange orange cubes or segments atop potatoes and spinach.
- 3.** Scrape cucumber with sharp edge of fork; slice thinly. Place slices above orange segments.
- 4.** Add sliced strawberries, whole grapes, bell pepper and avocado. Top with tomatoes. Sprinkle with a handful of goat cheese.
- 5.** Toss together and chill for 15-30 minutes. Serve individually with dressing when ready to eat.

Honey Glazed Salmon

- 4 precut medium-size wild salmon fillets, with skin (approximately 1/4- to 1/3-lb. size)**
- 2 tsp. olive oil**
- 2 Tbsp. honey**
- 3/4 Tbsp. Tony Chachere's Original Creole Seasoning or sea salt**

- 2 tsp. garlic powder**
- 2 tsp. onion powder**
- 1/2 tsp. fresh crushed black pepper**
- 1 cup corn flakes**

- 1.** Wash salmon with water and drain off excess.
- 2.** Drizzle with olive oil and honey; sprinkle with seasonings.
- 3.** In a separate plate, crush corn flakes into very small pieces. With a fork, dip salmon pieces into corn flakes, covering both sides, shaking off excess.
- 4.** Place salmon into lightly olive-oiled glass baking dish. Bake for 40 minutes at 350 F, turning each salmon after 25 minutes.

Pinto Beans Over Rice

Beans:

- 1 lb. pinto beans**
- 1 lb. beef stew meat (omit for vegetarians)**
- 1 clove fresh garlic, chopped**
- 1 medium onion, chopped**
- 2 green onions, chopped**
- 1 green bell pepper, chopped**
- 2 sprigs fresh thyme**
- 1 15-oz. can coconut milk**
- 2 Tbsp. Complete Seasoning**
- 1 Tbsp. sea salt**
- 1 cup water**

Rice:

- 2 cups jasmine rice, uncooked**
- 1 cup water**
- 1 tsp. sea salt**
- 1 tsp. coconut milk, cold-pressed (optional)**
- 1 tsp. butter**
- 1 green onion, chopped**
- 1 sprig thyme**

- 1.** *For beans:* Wash beans and beef, unless omitting meat for vegetarians. Place in Crock-Pot.
- 2.** Add remaining ingredients; cook on high setting for 8 hours.
- 3.** *For rice:* Wash rice and add to a stockpot with remaining ingredients.
- 4.** Bring to a boil. Simmer, covered, for about 25 minutes on low heat, until flaky when stirred with a fork.
- 5.** Serve beans over warm rice.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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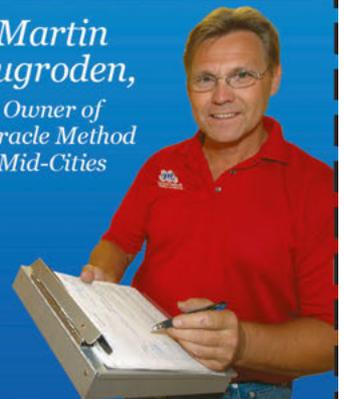
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