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M A G A Z I N E

FEBRUARY 2020

Serving Up Aces and Tasty Creations

Centennial's Vincent Vu
sizzles on the tennis court
and in the kitchen

Also inside:
Scavenger Hunt

Featured Business:
Aroma Hut Massage

The Sweetest Life

For Mary Jane Bennett
—simplicity means
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ON THE COVER

Centennial senior, Vincent Vu, follows his dreams on and off the court.

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EDITOR'S NOTE



Lisa

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Love is ...

A famous cartoon strip caught the attention of America in the 1970s. The cute little couple featured always shared sweet thoughts. Appropriate for the month when we celebrate love, we should reflect on those sentiments daily. Some see February 14 as a thorn, a prickly reminder of a missing romance. But you know, the best love isn't the romantic type at all. The best love outlasts passion and feelings. True love sees past faults, yet encourages and challenges us to become the best person we can imagine — sometimes beyond what we see in ourselves.

Love strengthens us to stretch our capabilities, and with or without the romance part, we need a stronger type of love to reach our most significant goals and dreams. The most authentic love accepts us where we are, yet gently nudges us to grow and embrace destiny. It celebrates all we already accomplished without letting us grow complacent when we have so much more to offer.

As we move into February, I think back to the goals I set when entering 2020. Where am I with them? Have I made progress? Have I helped someone I love to reach his or her goals? If not, now is the best time to do it. As we move forward in this month, surrounded by hearts, may we all show love by spurring one another on to greater deeds with our words and actions. Love is showing, not just telling.

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SERV TA

— By Rick Mauch



NG UP ACES AND STY CREATIONS

Two of Vincent Vu's greatest loves are sports and food. The Burleson Centennial High School senior sizzles on the tennis court and makes a mean seafood dinner.

"Maybe someday I'll host my own tennis tournament and make food for the contestants. They'll have a great time and want to come back," Vincent said with a laugh.

The 17-year-old is returning to tennis competition this spring after injuring his knee during district competition as a junior. He learned to love the game when he was 11 and picked up a racket for the first time to follow in his father's footsteps.

"My dad used to play at Everman High. Also, one day I decided I didn't want to play football anymore," Vincent said. He was playing at the peewee level. "But I wanted a sport that gives you energy, and I wanted a sport that would push me.

"My dad talked to me about how he played [tennis] as a kid. He said, 'If you practice enough you can be one of the top players.' He worked with me on the weekends, and before long, I got the sport down."

Vincent began competing in the seventh grade at Kerr Middle School. Though he was breaking even in his wins and losses, he had a desire to go higher in the sport. "I'm a lefty, and that kind of gives me an advantage," he said, adding that his favorite all-time professional players also are left-handers. "I love to watch replays of Jimmy Connors in his time, and I love watching Rafael Nadal."

Of course, playing center court at Wimbledon, the premier tennis tournament in the world, is his ultimate ambition. As many tennis players do, Vincent dreams of being in the championship match, and he prefers the singles spotlight. "I like how it's one-on-one, you against the other player," he said. "In singles, it's all on you. I don't feel nervous





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once a match starts. Once I start hitting the ball, it's all me."

This is Vincent's third season on the varsity squad at Centennial. He's driven by the frustration of a spoiled season that appeared to have a regional berth in store for him. "I do feel slight pain sometimes, but I've got to push through. This is my last chance to get there," he said. "That's motivating me. I couldn't play in the fall because of my injury, but I'm ready for the spring."

Centennial Tennis Coach Natalya Nikitina-Helvey said Vincent's absence from playing in the late spring and fall definitely impacted the team, and they are ready for his return to competition. "Vincent always provides excellent leadership by showing up to every practice ready to learn, get better with his technique and work hard to excel even more on a tennis court. He is the type of athlete that, regardless of who he has on the other side of a tennis court, will never give up and will play the whole match like it is the most important match for him and his team. His work ethic and nice demeanor will take him far in his life."

Along with playing for Centennial, Vincent has played in several Ultimate Tennis Rating (UTR) tournaments in the 16-under division (his age before the injury). "My record was pretty good in UTR. I did mostly local, but I did travel for two or three," he said. "It showed me how much better I can get."

When he's not playing tennis — or studying, of course — Vincent loves to cook. In fact, he wants to get a culinary degree in college, along with playing tennis.

"I started cooking even before I began playing tennis," he said. "I would cook even around age 5. Mom and Dad would help me out. Starting in middle school, I would cook for my family."

Now, Vincent is in the culinary program at Centennial. He admitted the program has been a big help as he continues to advance his cooking skills. "I never knew how many ways you can cook an egg," he said, chuckling.

"Vincent has been my student for three years in a row. I taught him in Intro to Culinary his sophomore year, Culinary Arts his junior year, and I have him now in Advanced Culinary as a senior," Centennial Culinary Arts Teacher Michelle Uranga said.



"He loves everything about culinary. He is extremely committed and very hardworking. He also volunteers for every extracurricular event culinary participates in.

"I can see he has such passion for this class, and he has also mentioned following this career pathway once he graduates. Three words to describe him: hardworking, passionate and dedicated toward everything he sets his mind to."

Vincent has won some awards in culinary competition. His specialty is seafood, specifically salmon. "And I'm surprised I can cook scallops," he said. "If they're not cooked right, they can taste rubbery."

Vincent's other interests include having played clarinet in the high school marching band (his mom was in band), and being active in Troop 11 of the Boy Scouts. He is a Life Scout on the verge of becoming an Eagle Scout.

And he loves board games. "In our house, we have two shelves full of board games," he said. "I love video games also, but board games are really cool."

Vincent prides himself on being a good big brother to his younger sibling, 12-year-old Victor. "He wants to play tennis and be like me," Vincent said. "He wants to cook, be an Eagle Scout. He's really good at computer programming, very smart. He's always there, my biggest fan, but I'm his, as well."

Junior, Vincent's dad, said, "Anything Vincent picks up, he can do. In tennis, he's a natural, and he never gives up. That attitude will get him far.

"And, he can cook food from all regions. I'm Vietnamese and my wife is Hispanic. He's great at cooking food from our cultures. We have a lot of people come over." **NOW**

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Now in her 80s, Mary Jane Bennett may not move fast physically, but when she's sitting down, her hands keep flying. "I just make things for people," she said. "If I'm sitting, I'm knitting or crocheting."

Mary Jane's mom died when Mary Jane was a baby, and her dad raised her alongside four brothers. In 1963, she came to Burses, where she promptly joined the Church of Christ, which she still attends. Although she moved "a few years ago" (12 years ago) to a house in Alvarado, she considers Burses home. Each Friday morning, she meets a group of friends for breakfast at a local McDonalds.

Mary Jane's first husband, Roy Tidwell, served in the Marines. While her children toddled around, she learned to crochet from a neighbor. Eventually, she took a knitting class but said she didn't learn much from that. Using books from the library, she taught herself to knit instead.

Along the way, she also learned to sew, although she declared, "I'm not a seamstress." Still, she manages to sew whatever she wants to sew. At one point, she saw a bonnet she liked. Not wanting to spend money on fabric, she used an extra pillowcase to make one. After her daughter canned some plums, Mary Jane decided to make an apron for her to use while making blackberry jelly.

Throughout her home, treasured items fill the rooms. On one door, a crocheted rag doll smiles brightly. Elsewhere, an old Singer sewing machine patiently waits for her to create



The Sweetest Life

— By Lisa Bell



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Mary Jane held many jobs over the years, especially after Roy passed in 1999. As part of an installation team for the Hallmark company, she traveled throughout Texas, setting up stores. She also worked at Huguley Hospital as a cook and spent time as a cook at the elementary and high school, as well. For a while, she worked as a babysitter with light housekeeping. Occasionally, she still hears from that family.

Never expecting to marry again, Mary Jane reconnected with Gene Bennett, with whom she'd been acquainted in the past from community involvement and from his business, Bennett's Grocery. The two married in 2003.

At her request, Gene dug a place for a fishpond in their yard. They placed rocks from Glen Rose around the fishpond and around a tree, and she planted 68 different flowers. "It's a lot of work," she admitted. "I want to clean it out and start over." The "enchanted garden" as she called it, provided a great place to host breakfast for her friends, but she wasn't opposed to hosting inside her home either. The garden still contains benches and potential beauty she can enjoy.

Always her favorite holiday, Mary Jane spent much of 2019 crocheting bells to hang on ceiling fan chains and her truly creative endeavor, 4-foot-high Christmas trees with inverted tomato cages as

bases. After making one for each of her four children, she decided to make a tree for herself.

At one point, Mary Jane asked her husband to take her to Arkansas to buy a dulcimer. "It's the sweetest sound you ever heard," she said, her eyes shining. After a couple of lessons, she mostly taught herself to play the stringed instrument. "It's mostly for personal enjoyment. I like the sound," she added.

Mary Jane recalls former days in Burleson when open fields dotted most of what is now the city. "I used to catch the train in Cleburne and ride it to San Antonio," she reminisced. While she sometimes misses the country feel of the past, she doesn't let the growth get her down. She remembers the best parts of being a young mother in Burleson and the way things used to look — and at her age, remembering is good. At 85, she said she eats lots of vegetables, soups and beef. Avoiding most sweets, she allows herself one chocolate mint after a meal.



Still taking annual trips with her two daughters, Mary Jane admits being proud of all her children, grandchildren and great-grandchildren. And she doesn't hesitate to drive herself where she needs to go, although these days, she prefers staying close to home most of the time. After all, that's the sweetest place, surrounded by things she's made and the ability to play her dulcimer whenever she wants — just because she can. **NOW**

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— By Lisa Bell

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Although Aroma Hut Massage opened less than a year ago, Debbie Gordon began her journey in 2015. As a licensed massage therapist, she spent more than 500 hours preparing for the licensing. Receiving continuing education units in reflexology required an additional 200 hours, and her clinical aromatherapy certification meant another 250 hours of training. Passionate about her work, she doesn't regret any of it, and she



continues learning formally as well as from what clients share with her.

Debbie's intensive education is only one of the unique qualities of her business. At Aroma Hut Massage, she lists all-inclusive prices and avoids add-on services. She's also well versed in supplements and knows how to make blends of essential oils to help a client's body heal itself.

While Debbie takes pride in her knowledge about essential oils, she also has the wisdom to know that every person reacts differently. "I know what oils help with different issues," she said. "Sore throat? Let's support your body's natural defenses with an essential." However, what works for one person may or may not work for another. She also offers CBD, essential oil infused supplements, lotions and other body care products. As an additional service, she offers free consultations with the purchase of essential oils. In an on-site classroom, she has the space for a variety of classes in the future.

Liz Lupi and Lilye May, both licensed massage therapists, work alongside Debbie at Aroma Hut. Each has areas of specialization and other certifications. Physical therapy technician Andrea Gordon also offices with Debbie at Aroma Hut. Andrea currently sees clients 40 hours a week as a PT tech and is working to obtain her license as a massage therapist, as well.

At Aroma Hut Massage, they use only natural products and take great care in researching the companies from which they purchase the items used for their services. They offer face, Swedish, deep tissue and neck, back and shoulder massages.

Debbie's intensive education is only one of the unique qualities of her business.

In aromatherapy, Debbie is certified in the Raindrop Technique. All massages come with complimentary aromatherapy, hot towels and hot stones. Customers also may choose a 60-minute consultation for professional coaching on the appropriate self-care or custom therapeutic blend for support and balance.

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Debbie first became interested in the industry after her daughter suffered an injury playing basketball at 15. When Debbie tried some different essential oils, she saw the restorative benefits and wanted to learn more. As she continued learning, a desire to help people grew, not only by providing services but also by sharing her knowledge.

"You need to take care of yourself," Debbie said. And her goal is to assist people in doing exactly that by offering her services at a reasonable price. While she doesn't have space or staff to perform couple's massages, in February she will offer sweetheart pricing. Be sure to check her ad in this issue of *BurlesonNOW Magazine*. Services can be scheduled by calling, texting or booking online. **NOW**



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Zoomed In: Cathy Webb

By Lisa Bell

"When we moved to Burleson, it had a two-lane road," Cathy Webb stated. Now decades later, she still enjoys volunteering time with the Burleson Public Library. "This is our town, and we need to make sure people know what all the library offers, like the accessibility to computers for anyone." Cathy also founded a volleyball sports association when none existed in Burleson, primarily because her son wanted to play. The association now has teams for young children all the way to adults.



Virginia Richardson and Barbara Black share history at the January Russell Farm home tour.



Peggy Bailey braves a solo meal out.



Congratulations Toledo Finance on your ribbon cutting with the Burleson Chamber of Commerce.



Friends gather at the Burleson Senior Center for cards and fun.



The Young Builders Club at the Burleson library gives families a great place to spend Saturday morning.



The Jimmy King family has a blast at the park on a warmer winter day.



Reed Johnston uses wrapping paper to make a kite.



Cooler temps don't keep Kevin Kowalski and Megan Houston from enjoying a little fishing.



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CookingNOW

In the Kitchen With

ELIZABETH PETERS

— By Lisa Bell



Although Elizabeth Peters grew up in Texas, learning to cook from family members, she lived in other states and in Europe. Experiencing many foods and cultures influenced the way she cooks. “In my many years of cooking, I have created some fabulous dishes. However, I have also created some dishes that were so awful the dog would not even eat them!” she admitted.

A familiar face at the H-E-B Cooking Connection, Elizabeth enjoys cooking for others and talking about the process. “There is such a thrill in creating dishes and talking to others about how they can recreate the fabulous dishes in their own homes,” she said. “I absolutely love teaching others to cook various food items. To me, that’s the best part of cooking.” **NOW**

Autumn Tomato Basil Soup

1 yellow onion, diced
4 cloves garlic, minced
1 pkg. Italian sausage, sweet or spicy
24 oz. chicken broth
2 24-oz. jars marinara-style pasta sauce
1 14.5-oz. can fire roasted tomatoes
1 14.5-oz. can Italian-style tomatoes
1 Tbsp. Italian seasoning of choice
1 cup heavy whipping cream

- 1.** Cook onion, garlic and Italian sausage together in a skillet until done.
- 2.** In a Crock-Pot or Dutch oven, combine Italian sausage mixture, chicken broth marinara sauce, tomatoes and seasoning together.
- 3.** Bring to a boil. Reduce heat to low; simmer for 20 minutes. Stir in heavy whipping cream.
- 4.** Serve with delicious bread of choice to sop up the yummy soup.

Ten-Pound Death Trap

1 16-oz. pkg. macaroni
1 stick butter
1 16-oz. pkg. sharp cheddar cheese, shredded
1 16-oz. pkg. Parmesan cheese, shredded
1 16-oz. pkg. mozzarella cheese, shredded
1 16-oz. pkg. Mexican-style cheese, shredded
4 eggs
1 8-oz. carton sour cream
4 slices bacon, cooked and crumbled (optional)

- 1.** Preheat oven to 375 F. Cook pasta until almost done. Drain; put pasta in a large bowl. Mix butter and the four bags of cheese into the pasta.
- 2.** Add eggs, sour cream and bacon. Stir together until all ingredients are combined.
- 3.** Coat an 18x18-inch baking dish with cooking spray or additional butter to prevent sticking.
- 4.** Pour mixture into the baking dish; bake for 40-45 minutes, or until golden brown.

Italian-style Potato Soup

- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 pkg. Italian sausage, sweet or spicy
- 24 oz. chicken stock
- 8-10 red potatoes, quartered
- 1 Tbsp. Italian seasoning of your choice
- 4 leaves fresh kale, chopped
- 1 cup heavy whipping cream

1. Cook onion, garlic and Italian sausage together in a skillet until done.
2. In a Crock-Pot or Dutch oven, combine the Italian sausage mixture, chicken stock, potatoes and seasoning together.
3. Bring to a boil. Reduce heat to low; simmer for 20 minutes. Add kale; cook for an additional 15 minutes.
4. Stir in heavy whipping cream. Serve with delicious bread of choice to sop up the yummy soup.

Friday Night Pizzas

- 1 pkg. Italian sausage, sweet or spicy
- 1 pkg. ground beef
- 1 yellow onion, diced
- 4 cloves garlic, minced
- Italian seasoning, to taste
- 2 pizza crusts
- 2 tsp. olive oil
- 4 cups mozzarella cheese (divided use)
- 1 24-oz. jar marinara sauce
- 16 slices pepperoni

1. Preheat oven to 400 F. Cook Italian sausage, ground beef, onion, garlic and seasoning together in a large skillet.
2. Put pizza crusts on pizza pans; drizzle 1 tsp. of olive oil onto each crust. Add 1 cup cheese, 4 oz. sauce, half of meat mixture and 8 slices of pepperoni to each crust.
3. Top the pizzas off with the remaining cheese. Bake in the oven at 400 F for 20-25 minutes, or until the cheese is bubbly.

Southern Blackberry Peach Cobbler

- 1 stick butter
- 1 pkg. Louisiana Cobbler Mix
- 2/3 cup milk
- 1 cup frozen or fresh blackberries
- 1 cup frozen or fresh peaches
- Bluebell Vanilla Ice Cream (optional)

1. Preheat oven to 375 F. Once oven is heated, put the butter in a cast-iron skillet or baking dish of choice; place in the oven until melted and bubbly.



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2. Follow directions on mix packet; pour ingredients into the baking dish. Add fruit on top.
3. Bake for 40-45 minutes, or until golden brown. Top with Bluebell Vanilla Ice Cream or other topping of choice.

Home Comfort Hot Cocoa

1/2 cup Toll House white chocolate chips
 1/2 cup Toll House semi-sweet chocolate chips
 1 cup milk
 1/2 cup cinnamon vanilla creamer
 Whipping cream (optional)
 Other toppings as desired (optional)

1. In a saucepan, combine first four ingredients together over medium-high heat. Cook until mixture is melted and steamy.
2. Pour into large mugs; top with whipping cream and desired toppings.

Pineapple and Habanero Fish

4 fish fillets of your choice (Tilapia, Cod, Basa Nova)
 Salt and pepper, to taste
 1 Tbsp. avocado oil
 1 12-oz. jar Roasted Pineapple & Habanero Sauce



Southern Blackberry
Peach Cobbler

1. Season fish fillets with salt and pepper. In a skillet, heat avocado oil; add fillets. Cook for approximately 3 minutes.
2. Flip fillets; add sauce on top. Cook for an additional 3 minutes depending on thickness.

1. In a cooking device of your choice, add chicken thighs, carrots, chicken broth, celery, onion and seasonings together.
2. Cook over medium heat until chicken is done and veggies are tender.

Good for the Soul Chicken Soup

4-6 boneless, skinless chicken thighs
 1 cup carrots, diced
 24 oz. chicken broth
 1 cup celery, chopped
 1 yellow onion, diced
 Salt and pepper, to taste

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Winners must pick up prizes within 30 days of drawing.

Hats were found on pages 17, 21, 29, 31, 33

January winners are:

- Amber Rivas - \$50 Cash from NOW Magazines
- Chris Ann Malone - \$50 Cash from NOW Magazines



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Tales of Texas

The DeBakey Difference

— By Angel Morris

The American Heart Association reminds us that one in four deaths each year in the United States is a result of heart disease. In response, American Heart Health Month takes place each February to raise awareness of the disease and how to prevent it.

Longtime Texas resident, Dr. Michael DeBakey, was a pioneer in cardiology whose accomplishments centered around heart health. Namesake of the Houston Methodist DeBakey Heart and Vascular Center, Dr. DeBakey performed the first successful removal of a blockage in the carotid artery, establishing the field of surgical treatment of stroke, in 1953.

While today, Dr. DeBakey's name can also be found on other Texas research facilities and schools, it was not his birth name. After immigrating to Louisiana from Lebanon, the Dabaghis decided DeBakey was a more suitable, anglicized version of their name.

Born to Shaker Morris and Raheehja DeBakey in 1908, Michael is said to have shared his parents' thirst for knowledge and discipline. Shaker was not only

a pharmacist, but also an investor. Michael's compassionate spirit no doubt came from his mother, who was an activist for nonprofit organizations.

In 1926, Michael graduated high school as valedictorian, then earned his bachelor's degree from Tulane University in 1930. While finishing his medical degree at Tulane's School of Medicine in 1932, DeBakey invented the roller pump — a tool helping blood flow continuously during operations. The device went on to be used in the first open heart surgery two decades later and was the first of more than 50 surgical heart and artery instruments credited to Dr. DeBakey.

Volunteering for military service at the start of World War II, DeBakey is credited with changing the way the Army handled casualties. Serving four years in the Office of the U.S. Surgeon General, he pursued movement of medical facilities nearer to the front lines, speeding the care of wounded soldiers and increasing their chances of surviving.

In 1945, he received the Legion of Merit Award for these efforts, which resulted in the Army's standardization of MASH units — Mobile Army Surgical Hospitals —

which were first utilized in the Korean War a decade later, with helicopters and airplanes used to transport wounded soldiers from front-line care centers to surgical hospitals.

As a result of DeBakey's efforts, reports suggest soldiers who made it to MASH units had a 97 percent chance of surviving. With ongoing concern for servicemen, Dr. DeBakey also developed the Veterans' Administration (VA) Medical Center System and VA's Medical Research Program to try and ensure the treatment of soldiers returning from war and veterans with certain medical issues.

Moving to Houston in 1948, Dr. DeBakey became a staff member at Houston Methodist Hospital and joined the Baylor College of Medicine faculty. Houston Methodist's website credits the doctor as "essential to the Texas Medical Center's evolution into the largest medical complex in the world."

DeBakey recruited doctors and researchers who, with him, developed many innovative treatments. Other significant accomplishments by Dr. DeBakey include the invention of the Dacron graft — tubes which can replace or repair blood vessels — which he initially prototyped using his wife's sewing machine in 1954. This method would save DeBakey's own life decades later, when he suffered a dissecting aortic aneurysm at age 97, and doctors performed his own procedure on him.

In addition to his Dacron graft development, DeBakey performed the first aortocoronary artery bypass in 1964, and in 1968, the first multiple-organ transplant of a heart, one lung and both kidneys from one donor to four recipients. Working into his 80s, the medical statesman is credited with more than 60,000 surgeries.

Dr. DeBakey ensured Houston would continue to be synonymous with heart surgery treatment by teaching at Baylor College of Medicine, training thousands of surgeons, conducting ongoing research and co-authoring some 1,300 published articles. In 2001, Houston Methodist DeBakey Heart and Vascular Center officially opened. In 2008 at age 99, Dr. DeBakey died at Houston Methodist Hospital, where he had served a significant portion of his career and had greatly advanced cardiovascular medicine.

You can honor Dr. DeBakey's legacy by recognizing February as American Heart Health Month in large or small ways. Visit yourethecure.org for tips on living longer, healthier lives. Here you can also learn about supporting causes that promote heart health, such as being aware of upcoming health legislation and holding food companies accountable. In the spirit of Dr. DeBakey, the website helps you make decisions with heart. **NOW**

Source: houstonmethodist.org

Photos courtesy of Houston Methodist.



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Kitty Owens, winner of the \$100 Visa Gift Card from NOW Magazines, said, "Thank you *BurlesonNOW* Magazine for the wonderful prize. I enjoy playing the Scavenger Hunt each month and am excited to be this month's winner."



Jarrie Bond, winner of the Oral B Toothbrush & Teeth Whitening from Ballard Family Dentistry, said, "I gifted my prize to my wife. She was truly thankful for the Teeth Whitening and Oral B Toothbrush from Ballard Family Dentistry. What a wonderful experience!"



Melissa Lagow, winner of the Winter Reading Basket from Local Authors Lisa Bell, Angela Gutwein and Pat Haley, said, "I read the whole *BurlesonNOW*. I love playing the scavenger hunt every month."



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Don't Play Politics With Your Portfolio

You're probably aware this is an election year. During the next several months, the candidates will discuss issues that should greatly interest you as a citizen. But as an investor, how concerned should you be with the results of the presidential and congressional elections?

Maybe not as much as you might think. At different times, the financial markets have performed well and poorly under different administrations and when different parties have controlled Congress. And after all the votes are counted, outcomes in the investment markets can be unpredictable. Consequently, you'll be helping yourself greatly by not making big moves in your portfolio in anticipation of new legislation or political moves down the line.

Of course, that's not to say that nothing emerging from Washington could ever have an impact on your investment decisions. For example, if a future president and Congress decide to change the capital gains tax rate, it could affect some of your choices, such as which stocks and stock-based mutual funds you should buy, and how long you should hold them.

Overall, though, your investment results will ultimately depend on actions you can take, including these:

- *Making changes for the right reasons* — While the results of an election may not be a good reason to make changes in your investment portfolio, other factors can certainly lead you to take steps in this direction. For one thing, as

you get closer to retirement, you may want to shift some — though certainly not all — of your investment dollars from more growth-oriented vehicles to more conservative ones. Conversely, if you decide, well in advance, that you might want to retire earlier than you originally thought, you may need to invest more aggressively, being aware of the increased risk involved.

- *Following a long-term strategy* — In pretty much all walks of life, there are no shortcuts to success — and the same is true with investing. You need to follow a long-term strategy based on your goals, risk tolerance and time horizon, and you need the patience and perseverance to keep investing in all markets — up, down and sideways.

- *Avoiding mistakes* — Many people think of an investment mistake as failing to “get in on the ground floor” of some company that ultimately grew to huge proportions. But it's pretty hard to become an early investor in companies like these, many of which start out as privately held businesses without any stockholders. Furthermore, companies with shorter track records can be much more unpredictable investments. However, you do want to avoid some real mistakes, such as chasing “hot” stocks. By the time you hear about them, they may already be cooling off, and they might not even be appropriate for your needs. Another mistake: failing to diversify your portfolio. If you only own one type of asset, such as growth stocks, you could take a big hit during a market downturn. Spreading your dollars over a wide range of investments can help lower your risk exposure. (However, diversification by itself can't guarantee a profit or protect against all losses.)

After Election Day, regardless of the outcome, you can help keep your portfolio on track by not playing politics with it. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.

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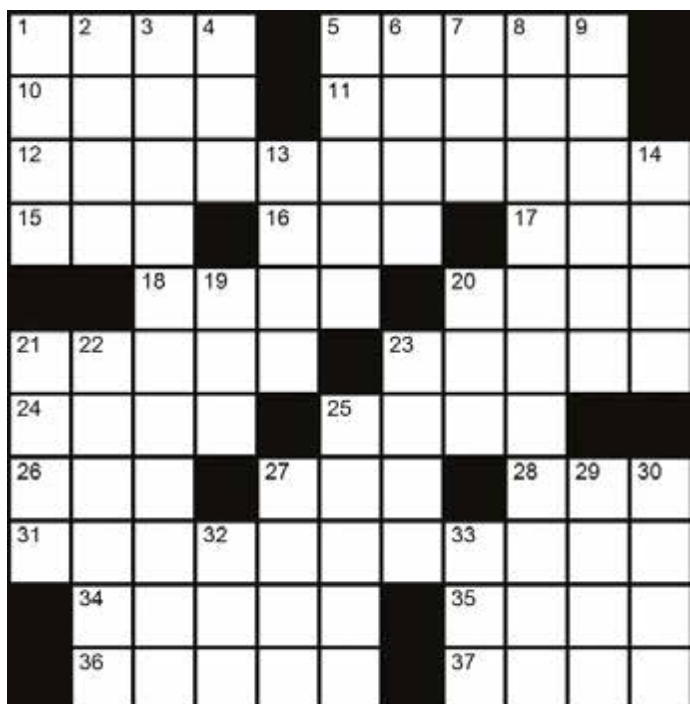


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Across

- 1 First part of a Web address
- 5 Stylish
- 10 Via
- 11 Playful prank
- 12 Entrées
- 15 Ad follower
- 16 Classic Ford
- 17 --- -Man (arcade classic)
- 18 --- the crack of dawn
- 20 The Beatles' meter maid
- 21 Settled
- 23 Head of the line
- 24 Pile
- 25 Cuckoo
- 26 And not
- 27 Trim, in a way
- 28 Letters in an open slot
- 31 Temperature reading of a sort
- 34 Get to know
- 35 Love god
- 36 Old Democrat --- Kefauver
- 37 About

Down

- 1 WWW code
- 2 Like tom yum soup
- 3 Feeders
- 4 Low form of comedy
- 5 "Ivanhoe" writer
- 6 She was urged to come into the garden (Tennyson)
- 7 Loan abbreviation
- 8 Hospital breathing machines
- 9 Dog rewards
- 13 Clothed
- 14 Hightail it
- 19 Vigor
- 20 Manipulate
- 21 "Say it ain't so!"
- 22 Persons in general
- 23 Deer in a petting zoo
- 25 Thugs
- 27 Bog
- 29 Rorschach test piece
- 30 Too
- 32 Southampton Insurrectionist --- Turner
- 33 Shooter ammunition

Solutions on page 36

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- Point to body parts when asked

By 3 years:

- Have at least 200 words
- Uses 2-3 word phrases
- Follow 2-part directions: "Get the spoon and put it on the table."

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

Medium

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

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Solutions on page 36


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Crossword - Sudoku Solutions

1	H	T	T	P	5	S	M	A	R	T	
10	T	H	R	U		11	C	A	P	E	R
12	M	A	I	N	13	C	O	U	R	S	14
15	L	I	B		16	L	T	D		17	P
				18	U	P	A	T		20	R
21	O	P	T	E	D		23	F	I	R	S
24	H	E	A	P		25	G	A	G	A	
26	N	O	R		27	M	O	W		28	T
31	O	P	I	N	I	O	N	P	O	L	L
		34	L	E	A	R	N		35	E	R
		36	E	S	T	E	S		37	A	S

Easy

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

Medium

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



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