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JULY 2016

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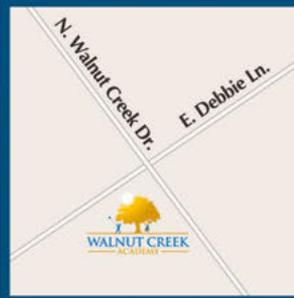
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ON THE COVER



*Kim McCaslin, a multifaceted go-getter, helped community advocates bring The LOT to downtown.*

*Photo by Vanessa Polozola.*

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## Editor's Note

*Happy Independence Day, Friends!*

Who doesn't love dressing dogs up in costumes? I once partnered with my younger sister and both parents to clothe our Dalmatian in blue jeans, a plaid flannel shirt, red suspenders, a bandana and a plastic firefighter's helmet. The 4-H Club contest on the morning of July 4, 1974, was filled with similarly silly looking canines and their youthful handlers, and I have no idea who won. What mattered is that after the contest, we all got in line to march in the Fourth of July parade in our small Virginia town. It was a family affair, to start with, and the community cheered our family on, while we joined forces with a city full of fun-loving patriots. Daddy was kind enough to follow it up with a trip to 7-Eleven, for Coca-Cola Slurpees all around! That's a day that will forever come to mind when it's hot outside and fireworks are on the horizon. What are your cherished memories from Independence Days?

Enjoy making some new ones!

### Melissa

Melissa Rawlins  
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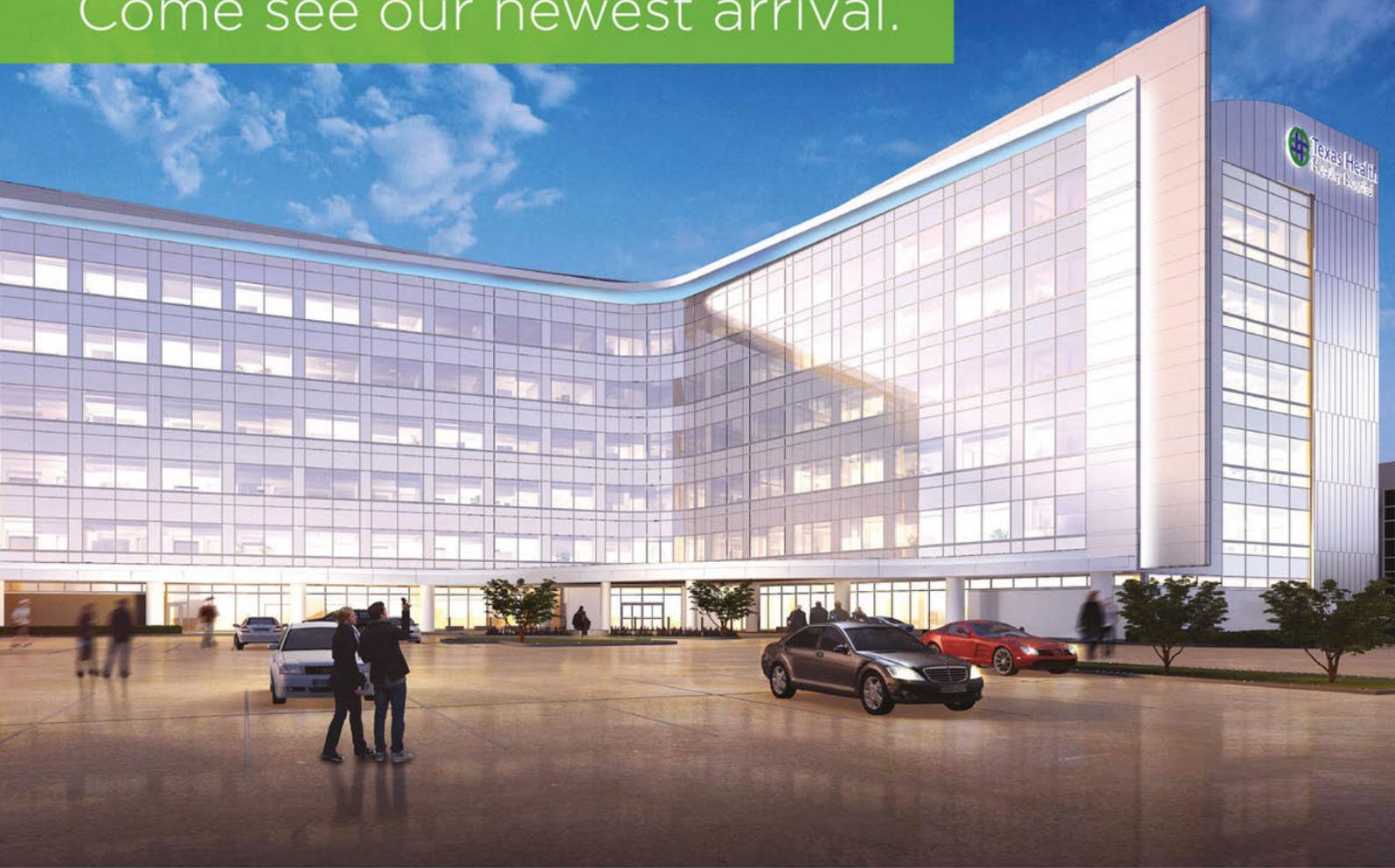
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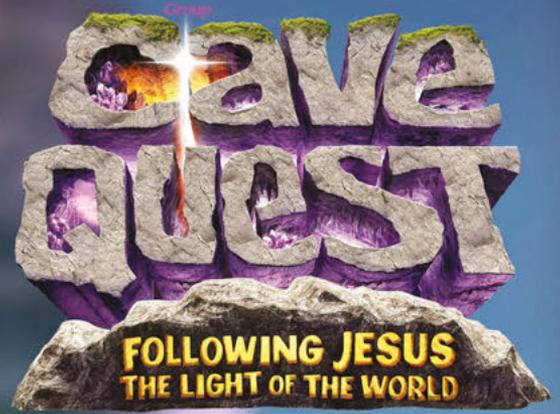
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# A Gift of

# Culture

— By *Melissa Rawlins*

*In the pursuit of happiness, Mansfield’s visionaries came together and gave citizens the gift of culture. This month, families are enjoying free movies at The Live Outdoor Theater Downtown thanks to men and women with faith and know-how. Spearheading this effort are Kim McCaslin, Daryle Perez and Justin Gilmore, who envisioned The LOT Downtown as an outdoor venue representing a unique public/private partnership providing free live music, theater and cinema to the community. The work is just beginning, since fundraising must continue to support this nonprofit’s mission to serve the residents of Mansfield and surrounding communities.*

Kim recalls her first outdoor concert in high school, when she watched a country band play at the Starplex (now known as Gexa Energy Pavilion). Being a very social creature, Kim likes the casual nature of amphitheaters. “You can bring your cooler and lawn chair and gather with friends. I enjoy that,” she said, explaining that The LOT Downtown has a family-oriented lineup of concerts and is intended to be a venue for everyone. The summer movie nights offer some family flicks and some, shown in collaboration with the MAC, that make good date nights.

North Richland Hills is Kim’s hometown, and she treasures memories made with friends and family out in our Texas evenings. She and her brother grew up to operate a family business, M.R. Development, which came here in 1992.

Mansfield welcomed and supported them, and Kim endeavors to give back to the community. “My dad always instilled in us: ‘to whom much is given, much will be required.’ In the way that I can, I want to make this community a better place to live, and to keep our dollars in this town,” she said.

Her current dream is to provide creative, sit-and-stay-awhile developments that help people enjoy the community she loves.

# “Activity



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Her children have been a big help while she investigates ideas. Caroline and Christian, 10 and 12 respectively, are thrilled to tag along on Kim's fact-finding visits to other communities that inspire her. "One of their favorite things is when mom comes home and says we need to take a Mansfield Field Trip," she said, smiling. "They know that means we're going to eat something good, see something fun or go do some unique shopping, so we can see, feel and touch something I've heard about."

Impressed by the beautiful downtowns in Granbury and Roanoke, Kim has even taken Caroline and Christian to Branson, Missouri. While eating some frozen custard there, her children recommended she bring a similar establishment to Mansfield. They know Kim's not satisfied simply watching other people make improvements to their community. There's always something she's after, whether she's thinking of bringing a restaurant or boutique to town or discovering how to replicate an outdoor concept.

Free, live music is not a new idea. Many larger cities and some smaller, local cities offer concert series in the spring and summer. But creating The LOT Downtown, offering year-round cultural energy in Mansfield, required forces outside of Kim's control. Serendipity brought her in touch with The LOT's initial designer, Justin Gilmore with



Level 5 Design Group. Justin is an architect with a background in historical preservation, and he already had plans drawn up when he and Kim first met.

"I was aware the city is putting a tremendous effort toward improving downtown," Kim said, explaining that the city's development of its linear trail system will encourage downtown to be the first thing on people's minds. "City Council is very forward thinking as far as how this town grows, but they are very careful about what they do allow into the town. I want to be thoughtful about the way this town grows, as well." In early 2015, she started looking downtown to see how she could concentrate efforts there. She met Justin then, and he showed her what he wanted to do in downtown.

At the time his concept did not have a name, yet his staff had already

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rendered the downtown amphitheater in phenomenally detailed CAD drawings. "He'd done a lot of research as to sound systems, lighting and how to build it for optimal acoustics," Kim said. When Justin showed her his design, he said he wanted it to be a community project.

Right away, they knew they needed a board to get the project going. Justin had been talking to Daryle Perez, the owner of Mansfield Funeral Home and a civic-minded man who is very heavily involved with Discover Historic Mansfield. "It seems like an odd pairing between a real estate developer, a funeral director and an architect," Kim said, laughing. "We all bring a different set of skills to the project, and it makes it a good partnership."

The board went to the city of Mansfield, which owns the land where The LOT is located. "We made a lease agreement with the city," Kim said, "to lease the land for \$1 per year for 50 years." The board was off to the races, and started raising money to build the venue in mid-2015. The list of area supporters grew.

Construction and production costs were partially underwritten by major concerts, such as the Sawyer Brown



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show two months ago, and sponsorships by individuals, families, corporations and philanthropic foundations.

The process was a labor of love. “I have served on Chamber, hospital and other boards, which are usually an advisory position, but this was in-the-trenches work. The three of us were building a nonprofit,” Kim said. “The LOT will change the face of downtown 100 percent, coupled with other developments. I tell people all the time: downtown won’t look anything like this a year from now.”

Across the street from The LOT, M.R. Development is already planning a development that will have three restaurants opening up to a big backyard with access from the new Pond Branch extension of the linear trail system. Kim can’t quit talking about synergy. “Activity breeds activity,” she said.

She and The LOT’s directors share a common vision of Mansfield’s potential. “We talk all the time, outside The LOT or sitting at Mary Lou’s for a sandwich, about what we want Mansfield to look like,” Kim said. She shares with Daryle and his wife, Melisa, and Justin and his wife, Allison, a very strong faith and sense of philanthropy. The LOT is their gift of the arts, intended to benefit all citizens and businesses in the city. Thanks to a father who taught her how to nurture vision, Kim has been able to help Justin and Daryle bring their vision to the people. The LOT Downtown is now Mansfield’s reality, and every donor has left a legacy to this town. **NOW**

*Editor’s Note: For details on sponsorships, volunteer opportunities, summer and fall movies and musical performances, visit [www.theLOTdowntown.com](http://www.theLOTdowntown.com).*

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# BROTHERHOOD OF GIVING

— By Sara Edgell

*Brotherhood, at the most basic level, is defined as a relationship between brothers. At a more complex level, a brotherhood, more specifically a fraternity, is commonly known as an association or society of individuals with common professions or interests joined by a shared goal or belief. That is precisely the substance of the MAC, the Mansfield-Cedar Hill Alumni Chapter of Kappa Alpha Psi. Formed in 2009 for the fundamental purpose of achievement, the Kappas shared interest is growing strong community leaders by helping young men in the middle/high school age group, called Kappa Leaguers, get involved in community service.*

The MAC fraternity's signature program is called Guide Right. The Kappa League, a mentoring program, and community service projects are under the Guide Right umbrella. The MAC chapter won the fraternity's national award — the Jay Crosby Award — for having the best Guide Right program in the nation. The chapter consists of many successful men who are doctors, ministers, educators, bankers, accountants, biochemists, engineers and more. And one of those men is Brock Johnson.

At the impressionable age of 11, Brock witnessed brotherhood firsthand after the unexpected passing of a close family friend who happened to be a Kappa. Brock saw young men dressed in red shirts with funny lettering coming and going from the family home.



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They were helping with cleaning, cooking, planning and grieving. He witnessed a band of brothers coming together in honor of their fallen friend. "I had never seen anything like that before," Brock remembered. "It was really amazing."

For the first time in his young life, he saw men taking a positive action, rather than engaging in negative behaviors. This one instance of brotherhood stuck with Brock for the rest of his life. In that moment of witnessing, he decided that was the type of man he wanted to become. "They came in and out in groups and helped the family in any way they could," he said. "They were respectful and kind. I wanted to be just like that."

These same values that took hold of his life are exactly what Brock hopes to pass along to other young, impressionable men in the community. Therefore, he joined the fraternity in 1998 and the MAC chapter in 2010.



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He joined because he wanted to take action and give back to the youth in the community of his new home.

Originally from Ohio, Brock made his way to Dallas, after graduating with a business degree from Central State University in 1984. "All I had was a suitcase, \$500 cash and confidence to make a start for myself," Brock recalled. To top it off, he only knew one person in the area, and that was a family friend who gave him a place to stay while he searched for a job. Eventually, he found one with the former GTE. He worked and saved his money until he could obtain his own home.

Along the way, he married his wife, Ronnette, in July 1986. Together, they have two children — daughter, Blair, and son, Trae. With his career successfully established and moving forward and his family built and thriving, Brock followed his calling to get involved. "When I was in college, I lived with my grandmother, whom I called Gran.

We became great friends during that time. Gran was a good influence in my life. She taught me the importance of helping others," he explained.

The MAC chapter's Guide Right program includes the Kappa League mentoring and community service projects. As the community service chairman since 2012, Brock is in charge of organizing monthly events for the fraternity members. These events include voter registration drives, a breast and prostate cancer awareness walk/



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Ronnette Johnson supports her husband, Brock, in his commitment to give back through Kappa.

run, fundraising for St. Jude's Children's Hospital in Memphis, food and toy drives and a host of other events. Their biggest event is the golf tournament — The Swing for a Cause — which raises funds for scholarships and Kappa Kamp.

Brock's favorite event is the Thanksgiving Basket Blessing. "Every year when the kids were younger, my wife and I would take them to the Arlington Mission to hand out turkeys and serve meals at Thanksgiving," he smiled. "It's important to me. Last year, the MAC gathered 900 canned goods and 200 turkeys, which were donated to eight churches and one elementary school to hand out to needy families. It was amazing!"

Brock and his committees are responsible for scheduling each event and coordinating all the details, so things run smoothly. He does this with a limited budget, as they try to work from donations. Members donate money and time. "Last year, our members donated over 900 hours participating in outings and raising money for our scholarship program," he explained.

Kappa League is a mentoring program whose primary purpose is to place successful college-educated men with youth to offer educational and occupational guidance. "Helping these young men achieve worthy goals and make constructive contributions to the community is what it's all about," Brock stated. From graduating high school and entering college to helping find employment in their chosen field,

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Brian Davis, Michael Brundy and Brock Johnson work closely directing the Guide Right Program.

MAC mentors are there to lend a hand and offer guidance. Essentially, they are extending their brotherhood beyond the borders of the fraternity.

With special attention on educating these young men about the dangers of street life, Kappas take Kappa Leaguers on trips to ball games, museums and college campuses. In fact, significant focus is given to sharing the importance of higher education. Assistance is offered in terms of finding scholarships, counseling, obtaining loans and employment opportunities. Furthermore, the fraternity awards \$1,000 scholarships to each Kappa Leaguer who graduates to help start their college careers.

Brock has even coordinated four college fairs, where an average of 30 colleges gather to present information, so the youngsters can learn about different schools they might attend. Showing young men how to gain access to resources that will enable them to better reach their goals is something Brock finds both rewarding and satisfying. "Sometimes, young men do not know what is available to them concerning higher education. That's what the fairs are intended to remedy," he said.

Ultimately, Brock's involvement with Kappa is his way of giving back and teaching others. It helps them realize their potential in life. The young boy who once watched a family receive the kind gestures and care of a brotherhood is now one of those men he admired so much. He is the man in the bright-colored shirt with the funny-lettered print stepping up and taking action in the lives of young men in the community. Brock is sharing the brotherhood that will, undoubtedly, continue to grow. **NOW**

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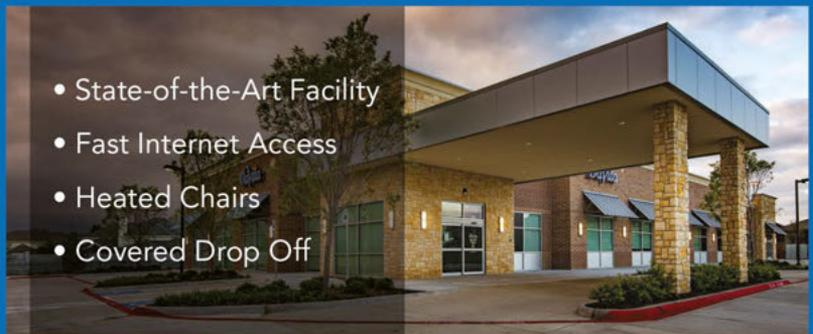
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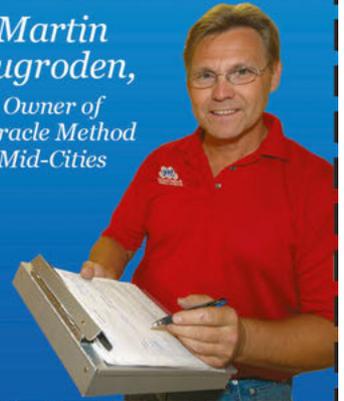
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Itzey, Ron and Debbie's rescue dog, greets all visitors, and there have been many. "I love to entertain, and our home easily accommodates over 100 guests at a time because it just flows," Debbie explained.

In 1988, this couple decided to marry and blend their children together. "We were looking at houses. I wanted a pool and large bathroom, and Ron, who loves to cook, wanted a big kitchen. We married on the garden side of





the fireplace with our children and close friends in attendance, and we ate lobster tails and drank champagne while sitting on the floor,” Debbie remembered.

Their house was just one of five homes in the neighborhood at the time. “It was still pretty much country, but Mansfield has grown up around it,” Ron said. Over the years, he and Debbie have “pretty much changed the whole house” adding wood floors in most areas, Ron’s trophy room and most recently, an outdoor kitchen in which he enjoys grilling. Ron, who has been an executive with Ben E. Keith Foods for 35 years, spends his time off being a grandfather, hunting wild game, fly fishing and playing some golf. His hobbies have taken him to all seven continents.

“Luckily, we have the same tastes,” Debbie said. “We go on trips together and shop wherever we are.” Debbie retired from her career through which the couple met — sales rep with Sweetheart Cup Company. She loves her grandmother role, and practices yoga, attends Zumba classes, gardens and plays tennis competitively on the Kick Aces tennis team.

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when furnishing their interior spaces. The formal living room features a carved wood coffee table from Africa and other souvenirs from that continent and Santa Fe, New Mexico. Other treasures readily available in the living room are “Camp Boyd” photo albums created by Debbie. “Each year, we write a letter to each of our seven grandchildren inviting them to spend three to four days with us. They are the center of our world, but during Camp Boyd, we make every day special and take tons of pictures. I put them into a book written especially for each grandchild. They keep a copy of their own book, and we keep a copy of all of the books,” Debbie explained.

“Will you read about my special day?” is a frequent request from the grandchildren while they’re here,” Ron added.

The see-through fireplace, with its large mirror above, serves as a focal point and draws the eyes to the second floor landing. The landing leads to the children/grandchildren’s bedrooms and a home office. “They always have wondered how I knew what was going on up there,” Debbie revealed. Reflected in the mirror

is a collection of framed pencil drawings Ron commissioned an African by the name of Innocent to draw.

The formal dining area is open to the living room. The table is hand-carved with turquoise inlays. A metal design hanging over the matching credenza holds the couple’s favorite wines.

Whether cooking his mother’s lasagna recipe for the grandchildren or a lamb roast for friends with whom they share dinner parties, Ron enjoys time in the



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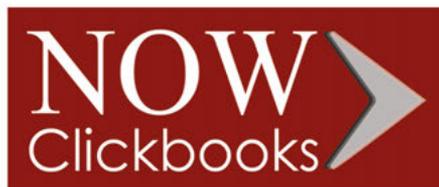
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kitchen with its mesquite wood butcher block covered island and its stools. One of Debbie's collections of crosses blesses the wall. The informal dining room is furnished with an antique table that doubles as the grandchildren's craft table.

The informal living area lies on the other side of the see-through fireplace. It's here that movie nights with popcorn take place. "This is a totally kid-friendly room, where we can all be happy as larks," Debbie said.

The addition of Ron's trophy room begins with a hallway lit by carved ostrich egg scone globes. A bronze elephant statue and a wall-of-water feature complete a small rotunda, which opens through one passageway to a wet bar made of California red burl. A pool table is encased in a carved wood cabinet with legs featuring warthog tusks. A lion is featured in stained glass and big cats "perch"





on limestone ledges above the doorways, complete with hand-painted mural backdrops and appropriate native vegetation.

Entry into the trophy room is like walking into an African jungle or plain. Ron and Debbie commissioned a wood-carver to create the mantel and the railing for the “staircase to nowhere,” which displays trophies in their natural habitat. The wood-carver also fashioned the Big Five African animals into the lamp with its zebra shades. Ron shares his love of hunting with some of their children and grandchildren. “Haylee, who is only 8 years old, goes with me to the ranch and hunts,” Ron said proudly.

Beautiful double doors open widely onto Debbie’s world of wood and wonder in the back and side yards. Tucked away is the grandchildren’s Secret Garden, a fairy garden complete with a gnome house carved from a tree stump. Each night, a stained glass giraffe reflects outwardly from the home, and Itzey loves looking through a window at the birds who enjoy treats from their feeder. The swimming pool is enhanced with two bronze water features — Tinkerbell and a fish — and is surrounded by a flagstone path, which leads to Ron’s new outdoor kitchen with its tin roof and countertops made from Wild Horse stone. Along the walkway is a tree where the couple’s initials have been carved. Beyond the kitchen are the grandchildren’s sandbox and a stone fireplace with another water feature and comfortable seating. Surrounded by her beautiful landscaping, Debbie said, “I enjoy relaxing out here every evening year-round.”

Ron and Debbie’s focus is on the grandchildren. “I gave up my sports car for a car that holds three child car seats,” Debbie said. “We love having fun with our grandchildren.”

“We loved being in the country when we first moved here, and we like that Mansfield still feels like a small town where you know people at the grocery store,” Ron added. “It’s been really enjoyable watching the town’s evolution.” **NOW**



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# Ready, Set, SHOOT

— By Zachary R. Urquhart

*Summer is the time for making memories, and one of the best parts of making memories is capturing the perfect shot to commemorate the occasion. Whether your little ones jumped off the high dive for the first time, or you need a photo of your family pet fetching a Frisbee out of the water, getting the picture can be harder than it seems. These simple steps will help make sure you get an image to last a lifetime.*

## KNOW HOW TO USE YOUR EQUIPMENT

- Modern-day single-lens reflex cameras are amazing, as long as you know how to use them. If you have, or are buying an SLR, the manual should be your friend. Most SLRs, whether digital or manual, offer many features, but



the novice photographer often misses some of the features available. Specifics differ from one camera to another, but some common features include: changing shutter speeds, optional flash and the ability to take rapid-fire photos.

- Lenses have zoom capabilities for specific ranges, and bigger is not always better. For closer photos, a smaller lens gives a clearer picture, but shots from far away are greatly enhanced by lenses with a range of 55-300 mm.<sup>1</sup> Most companies also offer a lens choice that is branded “vibration reduction” or “image stabilization,” which steadies the subject but can also slow some camera functions.

## IF YOUR CAMERA IS A PHONE

Phone companies have come a long way when it comes to their camera features, although a phone picture will

probably not have the quality of a stand-alone camera. Here are some things to remember when your phone is the only camera you can use:

- Use space behind the subject to make sure



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# Focus on having fun.

they stand out as much as possible. This could include the sky, a field or even a solid-colored wall. Most phones will automatically enhance the subject of the photo, but even the smartest phone may not know whether the subject is your son or the celebrity on the poster behind him.

- Use the flash and zoom sparingly. Most camera flashes overexpose the subject and leave colors looking washed out. And if you have to take a picture from far away, crop it afterward instead of zooming. You will see a drastic reduction in quality when you zoom in on a subject that is far away. Instead, let the subject be far away and fix it in the editing stage.<sup>2</sup>

- Find the right editing app. Different phones will have different best options, so find out what apps are ideal for your use.<sup>3</sup> Getting out red-eye, touching up lighting issues and adding enhancements

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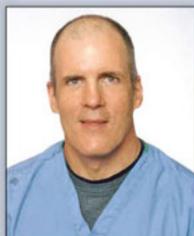


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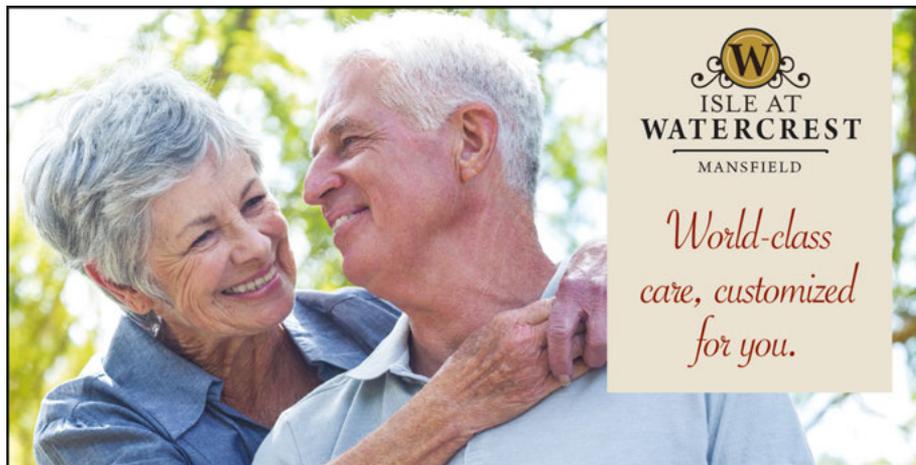
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## FINDING THE RIGHT LIGHT

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it outdoors.<sup>4</sup> Too much sunlight can be bad, but on a mildly cloudy day, just enough light means fewer shadows and rich colors for the photos. If you have to take a picture in the middle of a cloudless day, try to use trees with large openings to diffuse the sun, without completely putting your subjects in the dark.

- Make sure you and the subject are in the right spot. You may not be able to control the amount of light, but putting the light source to the side of the subject will decrease washout, if the light is behind them, and should eliminate the awkward squint that happens when your subject has to look into the sun. If you see shadows, you might consider adding a light source on each side of the subject, which will provide equal lighting for the photo.

- Learn how and when to use your flash. Make sure not to let the flash reflect off a mirror or window. On the other hand, using the flash when the sun is behind your subject can reverse the shadowing effect that typically ruins some pictures.



## HOW TO CAPTURE YOUR LOVED ONES

Even with the right camera, the perfect light and complete understanding of how to use what you have, getting a great shot of a moving target can seem impossible. Remember these tips:

- Anticipate the movement, and use the shutter speed to your advantage. Aim your shot in the direction your subject is moving. It is better to get your child's

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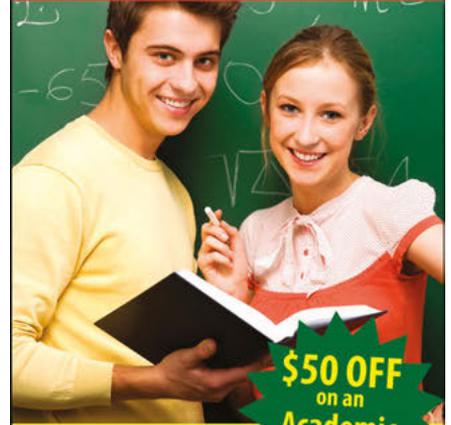


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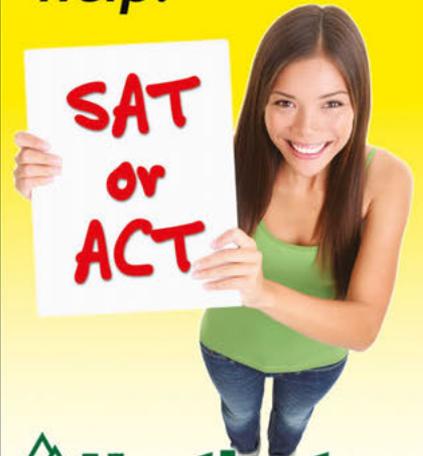
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face and the grass in front of him than  
the back of his feet.

- Be careful how you bribe. Offer the kids a treat for doing a good job, but do not hold it in front of them while taking the shot. You are likely to get a child with an unhappy look and outstretched arms.

- Use their energy and spunk. It may be messy, but getting a candid photo of your daughter joyfully eating an ice cream cone may be better than struggling to get a shot of her sitting just right. And for your pets, try action shots of them playing fetch instead of getting them to sit still for a photo.

This list can help you get a great photo of special moments this summer. But the most important tip is this: Focus on having fun. Do not let the stress of taking the perfect picture take away from making great memories with your loved ones. **NOW**

**Sources:**

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People enjoy designing beautifully functional window coverings with Joseph and Raquel Elder, owners of Mansfield's Budget Blinds.



# So Many Options

*Think of Budget Blinds when it's time to keep the heat out!*

*— By Melissa Rawlins*

Window coverings accomplish more than beautifying a room. They also insulate your home from the elements. The improvements Budget Blinds can bring to your living space will add value to your lifestyle.

Joseph and Raquel Elder, the husband-and-wife owners and operators of your local Budget Blinds, refined their lives once they took the leap to buy this business. While newlyweds, Joseph was an installer for Budget Blinds and Raquel was finishing her radiology degree. After Raquel began work at Mansfield Methodist Medical Center as an X-ray technologist, Joseph continued installing for Budget Blinds, and they saved toward their first home purchase.

“Four months into it, the owner of the Budget Blinds I worked for offered us the opportunity to purchase her franchise,” Joseph said. “The Lord worked it out, and we were able to buy the franchise with essentially the money we were going to buy a house with.” That was just over three years ago.

Living conservatively, the Elders are a great team and work hard to pay everything off as they go along. Raquel joined Joseph as bookkeeper and scheduler for the business when their daughter, Lexia, was born a year-and-a-half ago. Starting by borrowing money from their grocery envelope to pay for pencils and paper, they paid the business off in just over two years and now operate with a colorfully wrapped Budget Blinds van.

Available all week long, the Elders' Budget Blinds serves Mansfield, Burleson and Kennedale, as well as a swath of Texas stretching from Joshua through Cleburne, Crowley, Alvarado, Godley and Grandview all the way to Hillsboro. Due to the infinite combinations of materials possible for most interior window treatments, Joseph prefers to meet clients in their homes for a free consultation, so he can find out exactly what they're looking for.

In his relaxed, professional manner, Joseph reviews their windows, and then sits down to talk about the entire project with the homeowner. "I'll show them sample books containing hundreds of options for one type of window covering that will help with their needs, whether they desire a decorative shade, light control, insulation from heat and cold or simply to expand their view," he said. "I can find a window covering to fit their wants and needs."

Education is the key to Joseph's approach. Customers who have visited the website learn even more when they visit with Joseph about their myriad options. They also discover how the installation will affect their price and their lifestyle. Offering a five-year, no-questions-asked warranty on every Budget Blinds product, Joseph is confident in the window treatments he both designs and installs.

For each window covered, Budget Blinds' five-year warranty is amazingly helpful when children or dogs, for example, ruin an installed product. Finally, on the faux wood blinds and shutters, Budget Blinds offers a lifetime warranty on color-fastness.

By taking an appropriate amount of time to educate his clients, he is able to fully understand their needs and address any problems that require fixing. He may discover they need motorized solutions, like drop screens for convenience, aluminum shutters for security or plantation shutters for insulation.

This month, when heat is beginning to be a tremendous issue, ask Joseph about Budget Blinds' solar screens, which block the sun and decrease electric bills. Remember, his consultations are free! **NOW**

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The Gray Family is thrilled to be a part of the Mansfield Methodist Hospital's NICU Superheroes & Princesses Celebration honoring past patients and their siblings.



Darrin Southern stays busy cleaning and restoring water-damaged carpets following all the heavy rains.



Bree Dzubay shows off swiss chard she grew hydroponically at one of MISD's agriculture barns.



Chuck Roe, assistant director of Fine Arts, photographs the Pathways to the Future show with a painted, sculpted clay camera.



Margaret Gengras gets her face painted by the Aria Grace Princesses.



Mansfield's new Jiffy Lube is welcomed by the Chamber of Commerce just in time for summer.



The Chamber welcomes When Jade Smiles, a charity that supports children who have lost a parent.



First grade teacher Elicia Kowalewski talks to her students during Career Day at Janet Brockett Elementary.



Members of the Mansfield Women's Club are thrilled to donate \$30,000 to non-profit organizations in the Mansfield community.

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# Staying the Course With Your Financial Plan

The stock markets have been up and down during the first part of 2016. Triple digit swings in the market can feel like riding a financial roller coaster. You may be asking yourself, "What should I do?" There are a few things investors should keep in mind throughout their lifetime.

**1. Allocation:** There are many different kinds of investments that all have some form of risk, including loss of principal. In order to spread the risk to the overall portfolio, investors should consider owning as many different asset classes as appropriate for their situation. By owning different asset classes, you can reduce your risk because different parts of your portfolio react differently to market fluctuations. Small company stocks tend to be more volatile than large company stocks. Bonds can fluctuate in value as well, but can provide some stability when the equity markets are experiencing ups and downs like we have seen this year. Owning companies that have their headquarters outside the United States may also improve your asset allocation. Asset classes are like boxes. Owning more boxes can help reduce risk.

**2. Diversification:** Diversification is owning as many different individual investments as possible. Owning equities, or stocks, has historically provided a greater rate of return over time than owning only bonds or CDs. But investors should own a box of stocks, rather than just one or two. This will also reduce risk over time. Just as owning as many boxes as possible (asset allocation), you should fill those boxes with as many different investments as suitable (diversification). Note that there is no guarantee that a diversified portfolio will enhance overall returns or outperform a non-diversified portfolio. Diversification does not protect against market risk, and asset allocation does not ensure a profit or protect against a loss.

**3. Rebalancing:** Rebalancing can also help investors take advantage of market swings. By using gains from investments that have grown in value to buy investments that have lost value,

investors can employ the old adage, "Buy low, and sell high." Investing in asset classes that have lost value can provide an opportunity to help your portfolio recover and grow over time. Keep in mind that rebalancing a portfolio may cause investors to incur tax liabilities and/or transaction costs and does not ensure a profit or protect against a loss.

Focus on your plan, own quality investments and try not to make fearful decisions. A portfolio of broad-based asset classes that is well diversified can provide more consistent returns over a long period of time and give you confidence. If you do not have the time, desire or expertise to manage your own portfolio, seek the advice of a professional financial advisor. Just like your investments, find an experienced advisor who has been through multiple market cycles. **NOW**

*The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendation for any individual. No plan or strategy ensures success or protects against loss. Past performance is no guarantee of future results. Bonds are subject to credit, market and interest rate risk if sold prior to maturity. Bond values will decline as interest rates rise, and bonds are subject to availability and change in price. CDs are FDIC insured and offer a fixed rate of return if held to maturity. International investing involves special risks, such as currency fluctuation and political instability and may not be suitable for all investors.*

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# Displaced Trouble

— By Betty Tryon, BSN

One of the latest fads among the trendy people is nasal septum piercing. Although it definitely gives the wearer a different look, the nasal septum is not there to be a supporting structure for a fashion accessory. It does serve a purpose, and if there is something wrong with it, your quality of health may be affected.

One of the things that can go wrong is having a deviated septum. The nasal septum is a structure consisting mostly of cartilage and is located inside your nose. Its purpose is to divide the nasal cavity in half. About 80 percent of us have a septum that is somewhat displaced or off-center, but if the displacement is significant, the deviated nasal septum, DNS, can cause problems.

As one side pushes into the territory of the other cavity, the function of that cavity is compromised, and you may have difficulty breathing through your nose. Other symptoms may be nasal congestion; headaches; postnasal drip; sinus drainage problems; allergic reactions; sleep disruptions, such as snoring; and frequent sinus infections. Symptoms can be more severe on the side of the blockage.

Treatment may be as conservative as antihistamine medication to prevent allergic reactions and reducing nasal swelling with decongestants. Always take the recommended dose of these medications, and seek the advice of a physician if your symptoms do not improve. Nasal corticosteroid sprays are

prescribed for the inflammation. If medication does not solve the difficulty or ease the problem, surgery is another option. Septoplasty is a surgical procedure that is performed inside the nose. When repairing the septum inside the nose, some surgical indications call for rhinoplasty (a nose job) to be combined with the septoplasty. These procedures are performed during outpatient surgery.

A DNS can be present at birth or occur from an injury to the face. Prevention involves being aware of possible situations that could cause harm, such as being in an automobile accident or certain sports activities. Always wear seatbelts to minimize your risks of injury to any part of your body and wear protective headgear when playing contact sports and riding bicycles, motorcycles and all-terrain vehicles.

Many of the symptoms with DNS can arise from other sources and difficulties. If you think your problems may be originating from DNS, see a medical doctor who is a specialist in diagnosing and treating ear, nose and throat disorders (an otolaryngologist) for a more definitive diagnosis. Together you can formulate the best plan for treatment and relief. **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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Free Movies: 8:30-10:00 p.m., The LOT Downtown, 108 S. Main Street. On **July 1**, watch *The Sandlot* on screen with the whole family. On **July 8**, it's date night with *Whiskey Tango Foxtrot*. (817) 449-4732.

## July 2

Red, White & Rockin' Kids' Triathlon: 7:30 a.m.-8:30 p.m., Hawaiian Falls, 490 Heritage Pkwy. South. Fully USAT sanctioned event for Juniors (6-10 years) and Seniors (11-15 years). RSVP to (817) 804-5795.

## July 3

Rockin' 4th of July: 7:00-10:00p.m., Hawaiian Falls, 490 Heritage Pkwy. South. Free family fun. Shuttle service at Newsom Stadium. (817) 804-5795.

## July 5

Creative Coloring: 4:00-6:00 p.m., Mansfield Public Library, 104 S. Wisteria. Free way to relax with friends. For kids ages 9-17. All materials are provided. Youth Services Librarian, Yolanda Botello, (817) 728-3690.

## July 6, 20

Happy Hour: 4:00-6:30 p.m., The Pavilion at

Creekwood, 2100 Cannon Creek Dr. RSVP to Emily Featheringill, (817) 779-6500.

## July 14

Business After Hours: 5:30-7:30 p.m., Alley Cats Entertainment Center, 2008 W. Pleasant Ridge, Arlington. Free. Call (817) 473-0507.

## July 16

Health Festival Methodist: 10:00 a.m.-1:00 p.m., Katherine Rose Park. Call Mansfield Area Chamber of Commerce, (817) 473-0507.

## July 21

Women's Professional Group: 5:30-7:30 p.m., Hand and Stone Massage, 1530 E. Debbie Ln. \$25 members; \$30 non-members. Call (817) 473-0507.

## July 26

Meet n Learn: Noon-1:00 p.m., Mansfield Chamber, 114 N. Main St. Michele Gooch of LIFE by design heads this event dedicated to transitions. Free. RSVP to Mansfield Area Chamber of Commerce, (817) 473-0507.

## July 28

Chamber Business Luncheon: 11:30 a.m.-1:00 p.m., Walnut Creek Country Club, 1151

Country Club Dr. Wear blue to back the blue. \$30 members; \$35 non-members. Call Mansfield Area Chamber of Commerce, (817) 473-0507.

## August 2

Back 2 School Bash: 5:00-8:00 p.m., The MAC, 106 S. Wisteria. Children Pre-K through eighth grade may register; \$5 per child for residents. Get school supplies, swap books and visit with program instructors. (817) 728-3680.

## August 13

Household Hazardous Waste Drop-off: 10:00 a.m.-3:00 p.m., Mansfield Environmental Collection Center, 616 S. Wisteria. (817) 276-4239.

MISD Back-to-School Bash: 8:00 a.m.-2:00 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Call (817) 299-6345.

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*



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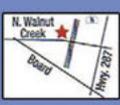
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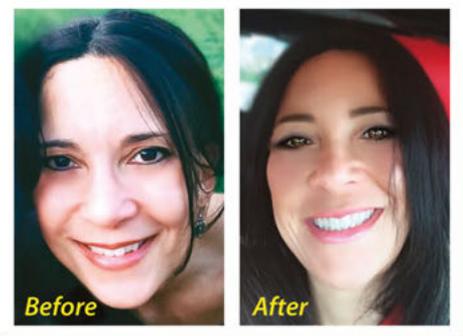
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## In the Kitchen With Leticia Martinez

— By *Melissa Rawlins*

After a doctor advised her to find a hobby for relaxation, Leticia Martinez chose baking to relieve chronic stress. “It worked,” said Leticia, who works by day at The University of Texas at Arlington and comes home to Mansfield for kitchen therapy. As her alter ego, Cupcake Tesoro, Leticia is a specialist in sugar figure sculpting. Her creations have won awards at regional, state and national cake decorating competitions.

Initially inspired by her mother, who made beautiful birthday cakes for Leticia and her four siblings, Leticia’s Mexican heritage influences her baking. Her summertime Piña Colada cupcakes merge a favorite cake recipe from food blogger Glorious Treats with her very own Coconut Buttercream frosting. Leticia advises: “Don’t get caught up in the measurements you see. Pay attention to the scents, the sounds and, of course, your taste buds!” **NOW**

### Piña Colada Cupcakes and Coconut Buttercream

*Yields approximately 24 cupcakes.*

#### Cupcakes:

- 2 1/2 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 3 eggs
- 1 3/4 cups granulated sugar
- 1 cup vegetable oil
- 1 tsp. vanilla extract
- 1 1/2 cups canned, crushed pineapple, drained slightly
- 3/4 cup sour cream

#### Frosting:

- 1 15-oz. can Coco Lopez Cream of Coconut

- 1 cup unsalted butter, softened to room temperature

- 1 tsp. clear vanilla extract
- 2 lbs. powdered sugar
- 1/2 tsp. salt, or to taste
- 1/2 tsp. LorAnn Oils — Piña Colada (found in craft or cake supply stores) or 1-2 tsp. coconut extract

#### Garnishes:

- 1 15-oz. can pineapple slices
- 1 15-oz. jar maraschino cherries
- 1 15-oz. bag flaked coconut

1. For cupcakes: Preheat oven to 325 F. Line a standard muffin tin with cupcake liners.
2. Sift flour, baking powder, baking soda and salt in a medium bowl; set aside.
3. In a large bowl, using an electric mixer on medium speed, beat eggs and sugar about 2 minutes, until slightly thickened and a light

cream color. On low speed, mix in the oil and vanilla until blended.

4. Add pineapple and sour cream; mix until fully incorporated. Add the flour mixture, scraping down sides of bowl as needed. Blend until just combined and smooth.

5. Use an ice cream scoop to divide the batter between the prepared muffin cups. Fill each cup about two-thirds full. Bake for approximately 18-22 minutes. Remove from pan and cool on wire rack. Let cool completely before frosting.

6. For frosting: Open can of cream of coconut and stir until smooth; set aside.

7. Using an electric mixer with paddle attachment on medium, beat the butter until creamy and fluffy. Add vanilla extract. Gradually add the powdered sugar (in 3 additions) alternating with 1/2 cup cream of coconut, ending with the sugar. Scrape down the sides of the bowl as needed.

8. Add salt and piña colada flavoring or coconut extract. Mix on medium-high until fully incorporated. If frosting is too thick, mix in additional cream of coconut, no more than 1/4 cup at a time. (Any leftover cream of coconut can be mixed with pineapple juice and ice for a refreshing drink.)

9. For garnish: Once cupcakes are cooled and frosted, decorate with slices of pineapple, maraschino cherries and toasted coconut for a fun treat at your next summer party!

### Fluffy Dulce de Leche Frosting

*Super creamy and sweet for dolloping on your favorite cupcakes or filling between cake layers.*

- 1 cup unsalted butter, softened to room temperature

- 1/2 Tbsp. Mexican vanilla extract
- 2 cups powdered sugar
- 7 oz. Marshmallow Fluff or creme
- 5 Tbsp. Nestle La Lechera Dulce de Leche
- 1/2 tsp. salt (optional)

1. Cream butter on medium speed until soft and fluffy; add vanilla.

2. Gradually mix in sugar, 1/2 cup at a time, scraping down sides of bowl between additions. Increase or reduce amount of sugar as needed to adjust consistency: less for creamier frosting, more to increase stiffness for piping.

3. Gently fold the fluff or creme, and then the dulce de leche, into the mixture until well incorporated. Add salt to lessen the sweetness, if desired.

4. If too creamy for piping, place in refrigerator for about 10 minutes to firm up.

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