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NOVEMBER 2012

That's How He Rolls

Cameron Rainey's
wheels carry him to
national recognition

Plus:
Drumsticks and a Badge
He Wants YOU to Vote
Peace of Mind From Experience
In the Kitchen With Lisa Stewart

Holiday
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p. 33

That Special Touch
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ON THE COVER



Cameron Rainey skated his way to gold in the national championships.

Photo by Vanessa Polozola.

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Editor's Note

Dear Readers,

In existence since 2004, NOW Magazines has grown to 10 markets. With great pleasure, we welcomed Granbury into our NOW family last month as our 10th market. We distribute over 240,000 magazines each month and have a readership of over 600,000 across our markets.

The 2012 presidential election will be here before we know it, marking the end of contentious debates and political ads. Regardless of your political leanings, please vote on November 6. It is a precious right, not to be taken lightly, that we are allowed to take part in our own governance.

November is also National Adoption Month. It takes a special person to open their heart and home to a child in need. Finally, Happy Thanksgiving! In preparation for the big day, may I suggest that you observe National Clean Out Your Refrigerator Day on November 14 to make room for all those leftovers?

Enjoy time with your family, whatever your traditions.

Jeremy

Jeremy Agor
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THAT'S HOW



HE ROLLS

By Jeremy Agor

Ice skating is not Cameron Rainey's thing. He tried it when he was 5, even taking a few lessons, but it was too cold, and the ice was too hard when he fell. He told his parents he did not want to skate any more.

Two years later, he tried roller skating on a field trip and found a sport he loved. He made his mother take him skating again, and now, at age 9, he is a national roller figure skating champion in multiple events and looking with a realistic eye toward competing at the World Roller Figure Skating Championships.

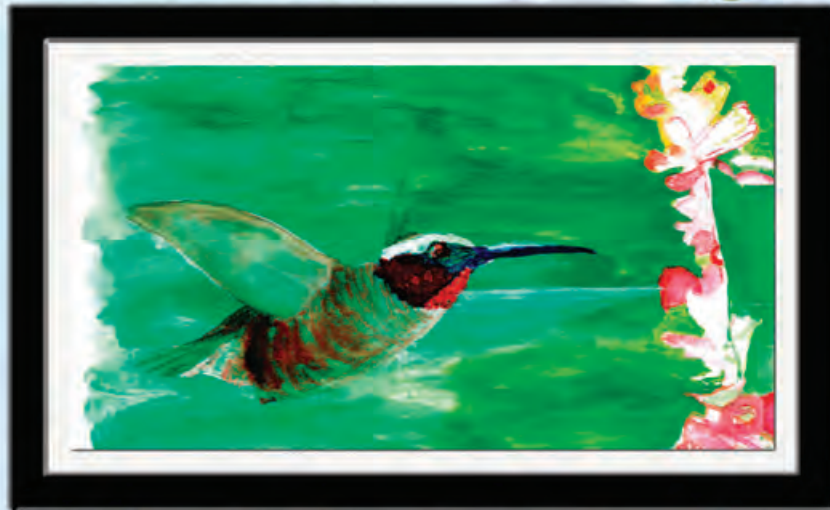
"I like skating because it's fun. It's easier to skate on roller skates than ice skates, but some things are harder because you have to create an edge. It takes a lot of time and practice to be successful — I come to practice five times a week, about three hours each time," Cameron explained. "When I first started, I had cheap skates and it was impossible to do what I was trying to do, but I've improved a lot since then."

According to Cameron's mother, Karen, when she first brought him to the Arlington Skatium, he saw a woman, who is now his coach, spinning like she was on ice skates. He began following her around and trying to imitate her until she finally invited him to join the venue's skating club.

"A lot of the tricks are the same as ice skating," Karen explained. "Ice skates have toe picks, while roller skates have



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toe stops. They also have trucks like a skateboard which allow for steering. There are jumps like axels and salchows. Also, the floor of the rink is marked with loops that you have to trace in figures competition, where skaters are required to do compulsory figures much like the former Olympic ice skating competitions. There are also freestyle competitions."

"The compulsory figures are especially hard if you have to skate backwards, but I don't have to do that yet," Cameron said.

Roller figure skating in the United States saw peaks in participation in the 1970s and 1980s. Roller rinks are about the same size or slightly bigger than ice rinks. Competitions are held prior to the World Championships. Competitors qualify at regional events, and the top three skaters in each region advance to nationals. Cameron competes in the Southern Central Region, which is the smallest in the country, encompassing Texas, Louisiana, Arkansas and New Mexico. California has the most participants. Cameron's season begins in September, and nationals are in July.

His first year at nationals, Cameron earned a single bronze medal. This year, he qualified and competed in six single events and two combined events – juvenile (9-10 year olds)/elementary (11-12 year olds) C freestyle, juvenile/elementary B freestyle, juvenile B loops, juvenile B figures, juvenile A loops and juvenile A figures. The combined events encompass figures and loops. In his eight events, Cameron brought home five gold medals and two silver. One of the skaters who defeated Cameron lost to him in a later event, giving Cameron a measure of



competitive satisfaction. "Nationals took a week in Lincoln, Nebraska. I wasn't really nervous except for the last event, because I knew if I won the figures competition I'd win the combined and get two medals for one event. After I got home, my friend Pedro wanted to know if I was famous now," Cameron smiled.

His success at nationals made Cameron a topic of conversation throughout the week, Karen says, because relative unknowns do not often come around in a sport dominated by skaters whose families have a long history of competing. "Many of the most successful

When she describes him,
she talks about his
DEDICATION
and how much he has
MASTERED
in the two years she has
worked with him.

skaters in the country have parents and grandparents who were competitive skaters, and a lot of them own rinks, which gives them a training advantage," she explained.

Cameron's coach, Caterina Longo, remembers how Cameron kept following her around that first time at the rink, and she remembers thinking, *Any kid who can stand up on cheap skates and stay on a figure line needs to be skating.* She is one of his biggest fans because of the hard work he puts in and the results he achieves because of it. When she describes him,

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she talks about his dedication and how much he has matured in the two years she has worked with him. "Typically, boys have very little coordination in roller skating, and it's well known in this sport that they take longer to mature in their spins and body control. But Cameron has learned single jumps, beginning double jumps and complicated spins. Somehow, he manages to learn the hard ones first, and to get where he is so quickly is something not easily accomplished," she said. "He came in after a couple ice skating lessons, joined a new club and learned what he needed to do. Cameron can go wherever he wants to because that's his personality. He went from watching the kids at nationals and wanting to be them, to competing head-to-head with them and beating them. He's motivated, self-driven. That's what it takes to be a success."

Cameron demonstrates moves for skating classes at the Skatium when asked, and when he tells people outside of skating what he does for fun, it always generates a lot of questions. "People are surprised at what I can do. They almost always ask if I ice skate too," he said. That is not too far-fetched, as Olympic gold medalist figure skater Tara Lipinski started her career in competitive roller figure skating before her family moved where no roller skating facilities were available to her.

Cameron has a long future ahead of him in roller skating competition. He

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as you can on ice skates."

competes with the DFW Artistic Roller Skating Club, and he wants to continue his success at nationals and compete internationally soon. His father, Allan, says that roller skating is on the list of sports being considered for inclusion in the Olympic Games and is very popular in Italy, India and China.

"I love roller skating," Cameron said. "My goal is to win the worlds, or at least go to worlds. This year's world championships will be held in New Zealand. Last year, they were in Brazil. I want to win. I want to show what I can do. I want to see other countries and show people you can do the same things on roller skates as you can on ice skates. It will be a challenge, and if I win I'll be really happy, because then I'll be the best at my age in the world." **NOW**

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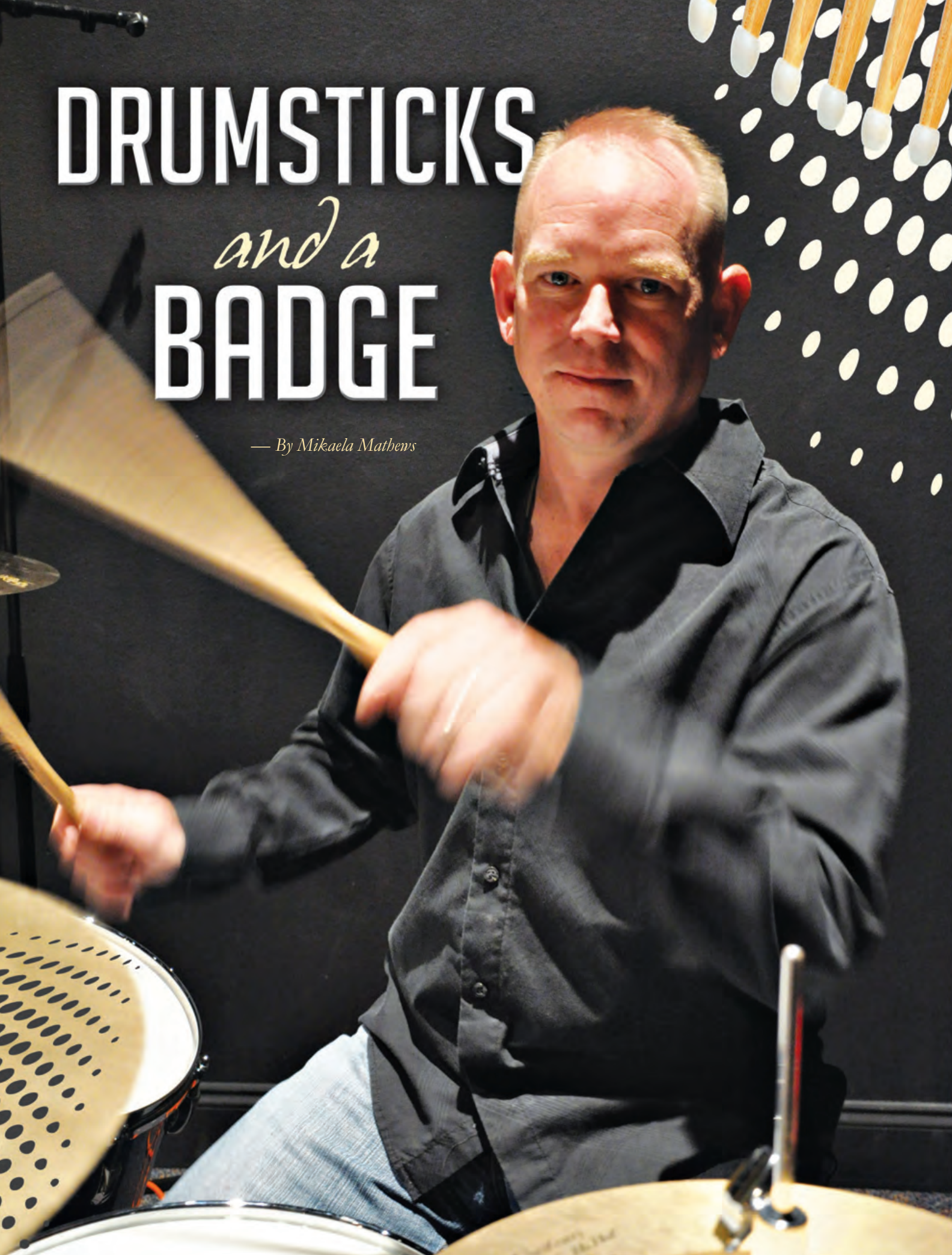
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DRUMSTICKS *and a* BADGE

— By Mikaela Mathews



Marcus Lewis claims to have music in his blood. One of his earliest childhood memories is of sitting on his back porch after a spring rain. The Beatles were one of his father's favorite bands, and their song, "Got to Get You Into My Life," was playing. It seemed the Beatles were always playing. "My dad used to take me to a lot of concerts. He owned his own recording business, and I remember he would have bands in the house," Marcus said. "He had some KISS cover band in the house that was really funny."

Growing up in this environment encouraged Marcus to pursue his passion for music and pass it along to others. "I started on the piano when I was 6 and played for about a year," Marcus recalled. "I played the trumpet through junior high and high school." He picked up other instruments along the way, including the piano, bass and guitar. The name of Marcus' first — and only — band was the Grand Opening. "Terrible name for a band," he joked.

Marcus played both the guitar and the bass guitar in his band with a few of his friends. The band only lasted a few years, breaking up Marcus' senior year of high school. During this time, however, Marcus occasionally ventured behind the drummer's set to play around with the percussion instrument. "I ended up loving the drums more than the guitar," he explained. "So I started playing and took a few lessons, but I was somewhat self-taught."

When college rolled around, Marcus decided to pursue a music education

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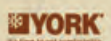
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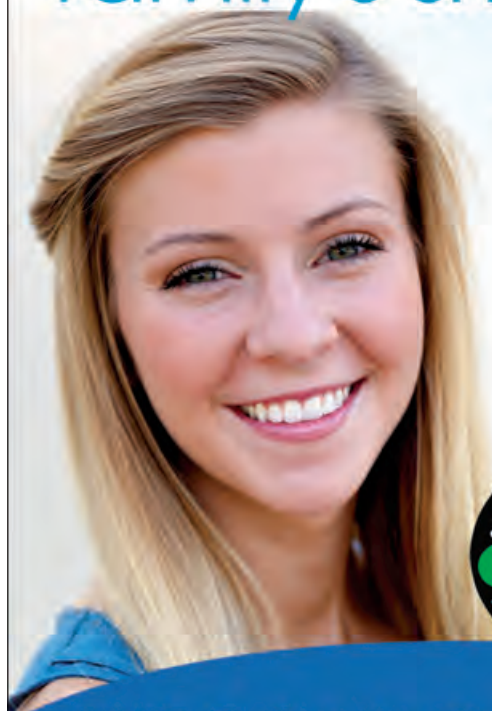


major at the University of North Texas as a trumpet player. The program was difficult. "Their program is so grueling," Marcus said. "You find out very quickly if you really want to do that. The degree plan was 160 hours with 17 hours every semester. I would be in class from 8:00 in the morning until 6:00 in the evening. I did homework and practicing and all that, so I would go to bed around 2:00 or 3:00 and then get up at 7:00 to do it all over again."

After one semester of this routine, Marcus realized that he didn't want to go on with the program. "After my first semester, I came home for Christmas break and slept for what felt like forever and realized that I didn't love trumpet enough to continue with the program," he remembered. He switched the next semester to a degree in fine arts, which was more flexible.

Finding work after receiving his diploma proved to be an obstacle. Marcus worked as a freelance photographer's assistant for a studio in Dallas. The pay, however, was minimal, and Marcus realized he wouldn't be able to make ends meet if he continued. He worked at a few office jobs as a temporary worker, but the atmosphere

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stifled him. "I did not like going to an office every morning and then leaving at the end of the day," Marcus explained. "The whole world could have changed, and you wouldn't have known because you were in an office. The first place I worked at didn't even have any daylight. There were no windows."

Simultaneously, Marcus was taking karate from a police officer from the Irving Police Department. Other officers were also taking the class, and they invited Marcus to join them for a few ride-alongs. Marcus fell in love. "I was just hooked. It was so nontraditional," Marcus laughed. "You live by the radio. You never knew what was coming across next. It was really exciting. I thought, *Man, I've got to do this. This is cool.*"

Marcus started looking for a job as a police officer. The job market was tight. One police department tested 200 applicants, but only picked two. After applying to a few places, Marcus finally found a local opportunity that seemed perfect: The University of Texas Southwestern Medical Center. The job proved more exciting and rewarding than Marcus anticipated. "I wanted to stay there just for two years and move on to



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a different department," Marcus shared. "I've been here now for 15 years. I'm the captain, and I wouldn't leave for anything. It's a great job. They have given me a lot of opportunities. I've gotten to see and do things I would never have been able to do if I had gone to another department."

Despite his career decisions, Marcus' love for music never left. "Music has always been in my blood. It went dormant for quite a while up until a few years ago," he admitted. "It was something I didn't have a whole lot of time to do. I got married and had a couple of kids. Life went on. But then I told myself, *You don't have to give that up.*" So, Marcus decided to buy a practice pad and drum sticks and began playing all over again.

His passion for the drums hadn't died. After playing on his practice pad for a short time, he asked his wife about buying a drum set. "I approached my wife sheepishly about buying a drum set," Marcus laughed. "She is very supportive, and she understands it's something I love doing, as long as I don't drive her too nuts with it."

In his spare time, Marcus has started teaching people of all ages how to play the drums. His youngest student was 5 and his oldest, 44. His goal is to teach people the basics of drumming while keeping the cost low. "I understand students are just trying things out. I try to keep the costs down because I know the student may only play for a month or for a lifetime," he said. "I actually had one person who took one lesson and was done. It would have been a travesty if that person had spent a lot of money." Marcus took this cue from his former trumpet teacher who taught him at half the cost as a favor to his dad. This kind deed encouraged Marcus to do the same for his students.

In addition to teaching, Marcus also plays the drums on Saturday nights and Sunday mornings for the Community at Lake Ridge Church, where he attends with his wife, Tami and two children, Reagan and Dylan. "Most of my inspiration comes from worship music and creating that moment where people can come and experience God and His presence," Marcus said. "It really churns my spirit. I love being able to provide that environment for people." **NOW**

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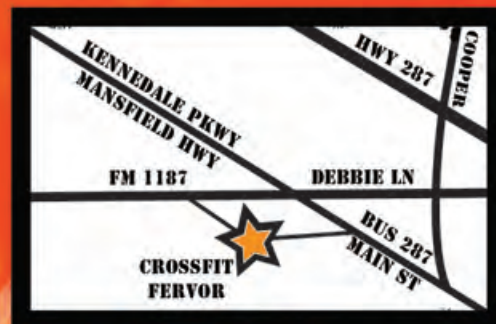
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That Special Touch

— By Carolyn Wills

Brian and Shelly Burman's 2,100-square-foot home nestled in the curve of a partial cul-de-sac clearly has the markings of the perfect family home. "We wanted a house with a big backyard," Shelly smiled. One day while visiting a friend in Mansfield, they discovered a neighborhood under construction and, soon, the house with the huge backyard was theirs. "We had just married, and with my daughter, Madelaine, were a family of three."



At Home With | Brian and Shelly Burman





The house was completed in 2006, and the Burmans moved in that same year. "At the time, the neighborhood was just developing," Brian said. "It's built up quite a bit since. With two elementary schools nearby and a new high school on the way, it's a great family neighborhood."

A family neighborhood is just what the Burmans ordered, for as appealing as their brick traditional is with its neatly landscaped exterior, the first hint of its true distinction is the small wooden ramp leading to the front door. "From the start, Brian and I knew we wanted to grow our family through birth and adoption," Shelly said. "I had been a special needs teacher and a volunteer with the Special Olympics, so adopting children with special needs was something I had always wanted to do,

and with Brian's love and support, we are blessed to see it happen."

Today, their family includes 10 children. Madelaine is now 15 years old. Their son, Ethan, was born six years ago. The other children are adopted. The youngest, Benjamin, is 9-months old. Hudson, Owen and Evelyn are each 8. "The three aren't related, but we call them the triplets," Shelly smiled. The triplets plus 7-year-old Reagan, and 5-year-old Carrington, were born in the Ukraine, and the newest additions, 5-year-old Teagan, and 13-year-old Kelten, are from Bulgaria. "Our baby, Benjamin, has a rare syndrome and a serious heart defect," Shelly said. "Each of the others

has Down syndrome and a variety of other issues."

The way in which the Burmans have organized and decorated their home is what makes it so special. The entry opens to a huge, high-ceilinged living room, which features a beautiful, columned alcove on one wall. "Shelly is the decorator," Brian grinned. "She textured the wall inside the alcove and used plastic bags to get a marble effect."

"We call it our little reading nook," Shelly smiled. Plush, comfortable living room furniture is arranged to allow room for the children to play and move about. "We replaced the carpeting with wood laminate flooring so Reagan can more



easily maneuver her wheel chair and to prevent the possibility of rug burns.” The wall directly facing the entry is filled with family photos. “My goal is to fill the picture wall from top to bottom.”

The living room opens to what was originally intended as the family room. “We eat supper together, and the children are home-schooled, so we need a table to seat everyone and accommodate all of the activities,” Brian explained. The

solution is a long, rectangular, custom-made table in a room, which now doubles as a dining, school and project room. The room exits to an outdoor patio on one end and opens to a stunning modern kitchen on the other. A fireplace lends old-fashioned hominess to the room, as does the combination of warm fall colors.

“The fireplace is not actually used — well, other than by Santa Claus,” Shelly



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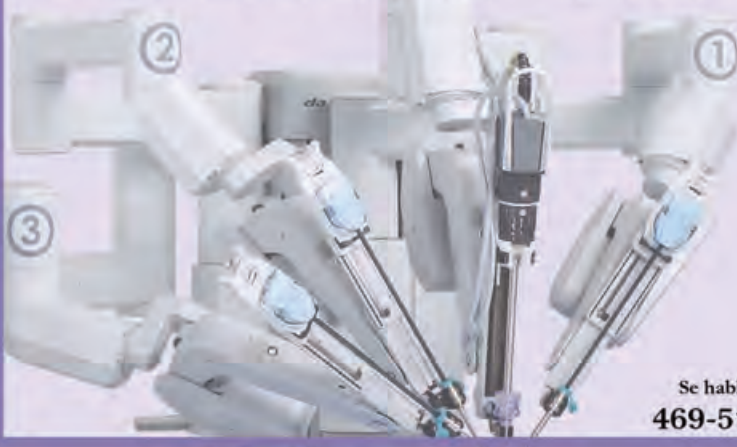
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said. The walls range from soft pumpkin to warm browns and greens. "My grandmother loved the fall," she smiled. "We were very close, and she continues to be my inspiration. I love the season, and interestingly, 90 percent of our family birthdays are in the fall, and our school year break is in October and November."

Brian and Shelly found a home that could be tailored to fit their family's needs. "We have made the formal dining room into the girl's bedroom," Brian said. Madelaine, Reagan, Evelyn and Carrington share the "butterfly" room, painted "fairy princess" pink and featuring a wall of beautiful congregating butterflies. Kelten, Teagan and Benjamin share the "jungle" room. "Shelly made quilts for their beds," he said. "The dresser was being thrown away, so she retrieved and painted it and then decorated an inexpensive lamp with animals." Ethan, Hudson and Owen share the "baseball" room, which features a wall painted to look as if it is covered in denim.

"We've modified the house in other ways, too," Shelly said. "The hall closet is the kids' clothes closet with each shelf organized and labeled. The coat closet is stacked with medical supplies. Right now, the master bedroom is filled with medical and therapeutic equipment, and the bathroom has been modified to be handicapped accessible. We also have an indoor swing so the kids won't have to be outside in the heat."

As daunting as ordinary tasks, like

grocery shopping may seem, the Burman family takes everything in stride. Brian is a deputy sheriff of Tarrant County with a work week from Saturday through Wednesday, 5:45 a.m. to 2:50 p.m. "Shelly is a stay-at-home mom, sanitation worker, teacher, nurse and doctor," he smiled. "We're also fortunate to have the help of caregiver, Sarah Simonson, five days a week."

Initially, the Burmans were drawn to their house by its oversized lot. "We're big outdoors people," Shelly said. "A lot

of our friends have large families so our backyard is the one to come to. We work to keep the weeds and ants out." Right now, the side

yard is reserved for the family dogs, Winn Dixie and Toby. "Toby is a 9-month-old Boxer," she said. "Hudson is deaf, so when Toby is old enough, we're hoping he can be trained to be Hudson's companion."

The Burmans have been together for more than seven years. "Brian and I actually met through Match.com. I was moving to Texas from California and wanted to meet someone," she said. They married six months later.

"We're very proud of Madelaine," Shelly added. "She has her own time and activities. She's involved in the Mansfield Community Theater, babysits outside of our family, and each year, she donates her hair to Locks for Love. She's also traveled and been with us on every adoption. Madelaine is a true testimony to our hope. She cares for others and gives back."

Brian and Shelly love to share their story. "Life is what it is. We have good days and not so good days, and we're very real. It is a blessing if our story helps one more child find a family," Shelly smiled. "My dream is for each of our children to grow up to be what God has intended." **NOW**





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vote does, and does so correctly. Influenced by his parents, he has been politically active his entire life, and his love for politics segued into working elections. "My dad was the campaign manager and treasurer for the man running for probate court judge in the 1950s," Bill recalled. "It's real important to give back however you can. We get paid \$120 for a 14-hour day, so it's not about the money. When I was asked to work elections, I said I'd do whatever I could to help. I worked as a clerk for a number of elections and fell in love with the job, because it's a way for me to be involved in what's going on and meet all my neighbors."

"Elections are a great time to see people. Sometimes, it's the only time I get to see them. An 80-year-old woman who lives outside of town has Bell's palsy and uses a walker, but she won't use an absentee ballot and always comes to the polling place. It makes you realize how important voting is," he said.



First-time voters also hold a special place in Bill's heart, especially new citizens who have never had the opportunity to vote before. He remembers a woman who had become a citizen on a Saturday lining up to register to vote at a church's voter registration drive the following day. He also has watched people from war-torn Sierra Leone register to vote for the first time after fleeing a country where voting could

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lead to death. Stories like these that he has experienced in his 20 years working the polls, make it worthwhile for him.

On Election Day, election judges have the same powers as a district judge at the polling place. They ensure polling places are set up correctly, election workers understand their roles and people know what they are voting for. According to Bill, setting up a polling place takes a long time. He speaks to the school principal, the custodian and the facility manager, so they will know what to do when they receive the voting equipment. The night before the election, he goes to the location and sets up as much as possible, since it takes about two hours to complete that process. The day of the election, he meets with his crew, usually people he has worked with for years, then sets up distance markers to keep candidates and their representatives away from the polls. Election clerks take care of listing people and signing them in, but sometimes Bill has to solve problems, some of which can be very complicated. "You can't promote a party or a candidate, and we have to make sure there are no political materials, including wearing T-shirts with a candidate's name on it. I strictly enforce the distance markers, and I've chased people off. I've



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even chased off one of my friends who was running for office,” Bill laughed.

One of Bill’s most important jobs as an election judge is to prevent voter fraud, which is why he is such a stickler for the rules. “Voter fraud is hard to prove, but if you follow the rules, it’s hard for someone to get away with doing something wrong,” he said.

Bill strives to be fair to everyone and says he has a great deal of respect for leaders from both parties. His willingness to work in a bipartisan manner might come from his own family, which includes members from both parties. Bill works side-by-side with other election judges, putting aside philosophical differences to guarantee a fair election. “I’ve worked a primary election where we had six precincts, each with its own ballot and only my wife and me to work. We worked both the democrat and republican sides,” he said.

On this Election Day, November 6, Bill will be hard at work at the polls, welcoming voters, helping people understand what they are voting for and ensuring that his polling place is run fairly. In return, he hopes for a large voter turnout, because he believes in the system. “I really enjoy working elections, because it’s my way of giving back to my community. I’ve been doing it for so long and working in politics for so long that it is a rewarding activity,” he said. It is good to know that for those who do turn out for the election, whether it is their first time voting or if they have been voting for years, Bill will be there to help. **NOW**

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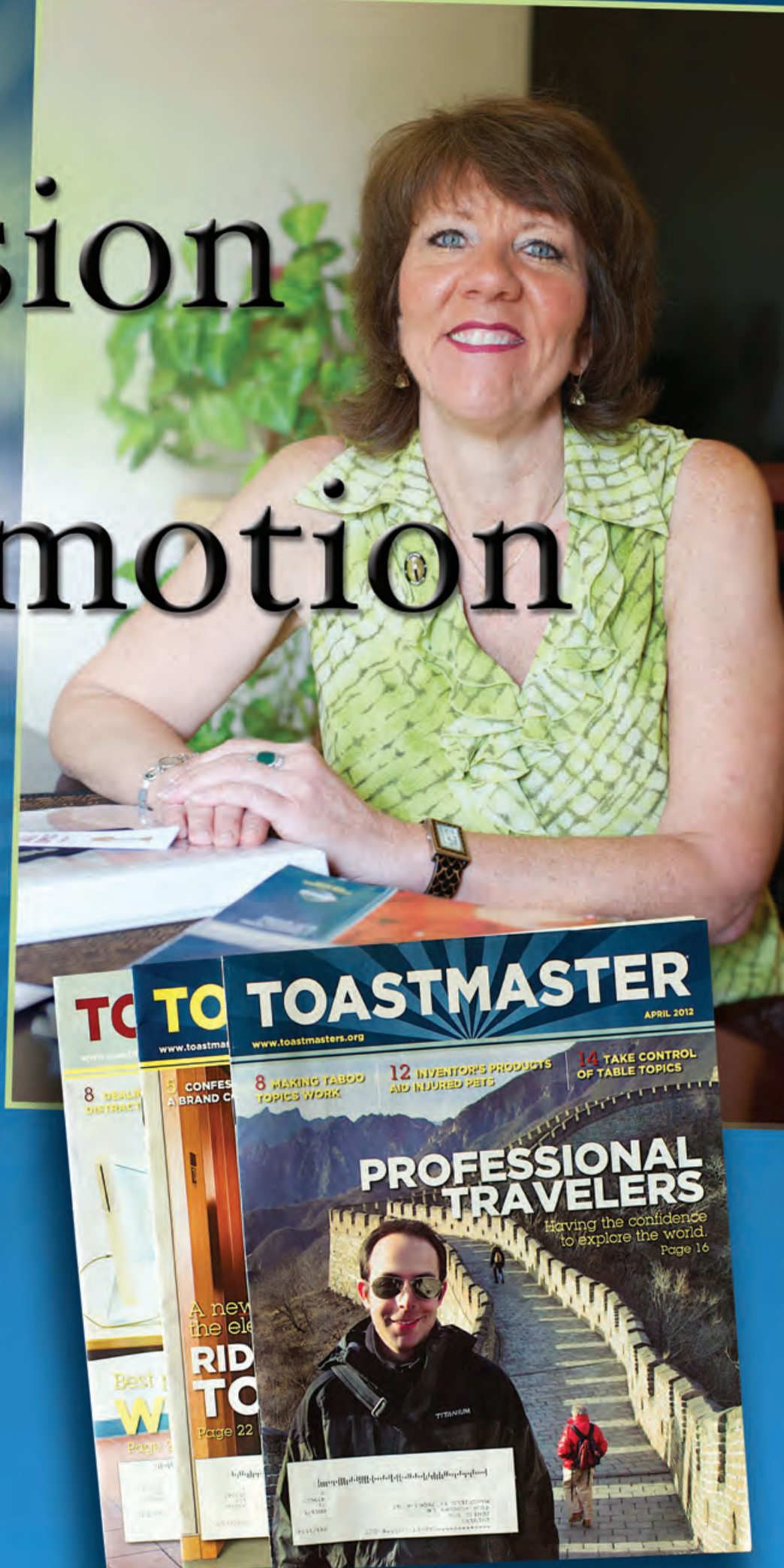
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Passion for Promotion

— By Zachary R. Urquhart

There are many types of people in the world. Some are full of ideas and often need help bringing life to those ideas. Others are “doers,” and making things happen is their passion. And then there are promoters, people who take ideas or actions and bring them to life. Denise Roe has been a promoter for much of her life. For years, she has taken business ideas, ministries and noble causes and brought them to life by giving them the voice they need. In the past year, Denise has also found a new voice for herself, as one of the founders of Mansfield’s first Toastmasters Club. In bringing the organization to Mansfield, Denise has been working on the promotion of a lifetime.




Denise was born in Buffalo, New York, and moved across the country several times throughout her childhood and early life. "My father transferred us some. I went from Buffalo to San Diego, then back across the country to New Jersey." Denise was in New Jersey in late 2001, when she got a call for a new job prospect. "I have always really been a promoter, and I got a call to work for a nonprofit organization that helped critically ill children," she shared. "That brought me here to Texas for the first time."

Denise worked with the nonprofit for a few years, and then transitioned to working for a nutritional company that had been affiliated with the children's program. "The charity was going through some changes, so I decided it was time for me to do something different," Denise explained. "The nutritional


Denise is passionate about many things in her life, from helping kids through missions, to helping people get healthier.

company was an easy switch, since I had worked with them while I was at the charity." Denise later was introduced to a new coffee company, and she now works with Organo Gold. Though Denise has worked for several companies throughout her life, she has always known what she is best suited to do — advocate for others, professionally and personally.

That passion also led Denise to enroll at Christ For The Nations (CFNI), an interdenominational Bible college




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in Dallas. She began leading youth mission trips when she was 32, and she immediately made that a regular part of her life. In 2004, she was a member of the first graduating class for CFNI's night and weekend school. She is a licensed minister and has continued working with various mission-related ministries while living and working in Texas.

In 2005, Denise was preparing for a trip to Tanzania, East Africa, and was also in the process of purchasing a home in Mansfield. "I had been in Grand Prairie, but was looking to move. I went from praying about houses to looking



at houses," she said. "That weekend, I signed the papers before I headed off for my trip. I didn't even know where Mansfield was before that." Since moving to Mansfield, Denise has been involved in various aspects of the community.

One of the biggest areas of community involvement in Denise's life has been helping start the local Toastmasters Club, a quest that began with a simple piece of paper. "I was in Coppell, when I noticed a flyer for a



meeting up there. Obviously, I wasn't going to drive all the way up there, but it got me interested in the organization over five years ago."

Denise contacted some of the key people for Toastmasters in the area, and found out there were clubs in Irving and Arlington, but not Mansfield. "There were a couple of businessmen who were interested, but couldn't really be the ones to get it started," she said. In the meantime, Denise and a few others met regularly and came up with a plan to start Toastmasters in Mansfield.

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Toastmasters International and started meeting with a small group at the Mansfield Library. The group was then visited by district leaders. "They came and basically had a full meeting as a demo for us. They did all the parts, and showed us what it could be," Denise explained. "We knew we wanted to do it then, we just had to get the people." The meetings consist of one clearly planned-out hour. Each member has a specific duty, which is preassigned, but rotates each week. There are planned speeches, as well as spontaneous table talk. The goal is simple: help people become better communicators and leaders.

The goal for Denise and her friends was similarly simple: pioneer a local club that would meet once a week and go through the provided curriculum. To start a local Toastmasters Club, there are a few requirements. Members pay a small fee, which helps cover books and materials, as well as other administrative costs. The hardest part of beginning the club is getting the required 20 people to sign up.

Being a natural-born promoter, though, Denise knew she was up for the challenge. "I pretty much went on a rampage trying to get the people. It was kind of hard, because I was trying to get people to join who had never been to a single meeting," she confessed. "There were only two or three people that joined who had been a part of a Toastmasters Club in the past."

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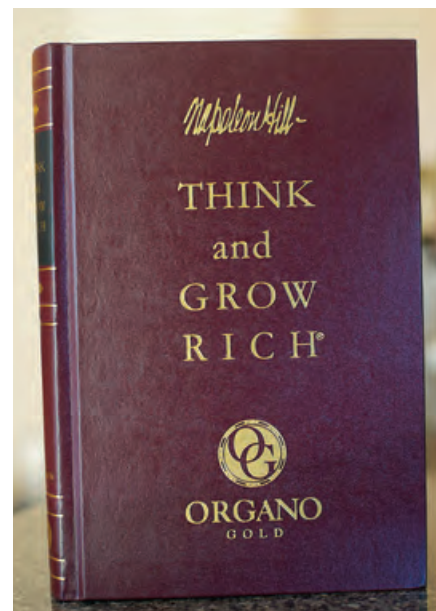
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A few days before the end of the month, Denise and her cohorts were able to do what they had set out to do to meet their deadline. "It was kind of funny even. We were calling and texting, 'All right, that's 17, three more.' We didn't actually know it was uncommon to be able to get a club going so quickly." But, Denise had decided she would get Toastmasters started in Mansfield, and that is just what she did. The group went from an idea in Coppell, to a small group, to a chartered club in the course of a couple months.

With her ability to spread the word, Denise's specific role in the club, the Mansfield Sunrise Toastmasters, should be no surprise. "I am the VP of public relations, so I do what I do best: promoting," she smiled. The Mansfield Sunrise club recently celebrated its first anniversary, as well as achieving a noteworthy goal, Denise pointed out. "This year we were a Distinguished Club, which is quite impressive and based on accomplishing certain leadership goals."

Denise is passionate about many things in her life, from helping kids through missions, to helping people get healthier. That passion easily extends to Denise's work with the Toastmasters. "It's such a great thing," she said. "It isn't about networking, so for a lot of these business people. It's a safe place for people to gain confidence in communicating and leading." **NOW**

Editor's Note: www.toastmasters.org or call Denise at (817) 905-4609.

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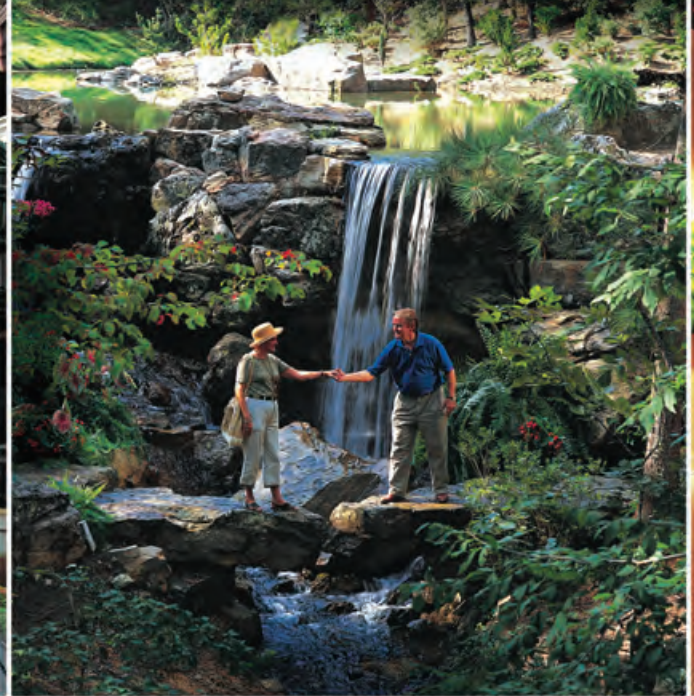
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For centuries, this misty Ouachita Mountains valley was revered by Native Americans as a place of neutrality where all tribes could bathe in peace. In 1832, Congress set aside the natural hot springs site as a federal reservation, making Hot Springs National Park the first federally protected area in the national park system.

Until the advent of modern medicine in the late 1940s, visitors from around the world flocked to the natural hot springs to bathe in its healing thermal waters. Modern generations have carefully preserved the rich history of the springs and the bathing rituals that made the springs a world attraction.



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Cool mineral water also flows from these magical springs, and when you visit Bathhouse Row in Hot Springs National Park, you'll probably see folks driving up in their cars, hopping out and filling up their water jugs. Take a sip and see how delicious hot or cold water of Hot Springs can be.

Visiting the faithfully restored, historic Fordyce Bathhouse now opened by the National Park Service as a museum and visitors center on Bathhouse Row is like stepping back in time. Relax and bathe your tensions away in the thermal waters, and enjoy the Hot Springs spa salons.

Historic Hot Springs

Hot Springs, Arkansas, has it all! Picture-postcard-perfect Arkansas historic sites of downtown Hot Springs

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National Park include classic hotels, Victorian architecture, world-class art studios, restaurants, nightclubs and famed Bathhouse Row.

Hot Springs is also the proud hometown of our nation's 42nd president, former President Bill Clinton. President Clinton credits the world-famous resort city as being responsible for the early educational experiences that led him to a career in public service, first as Arkansas Attorney General, then Governor of Arkansas and ultimately, the 42nd president of the United States. In commemoration of President Bill Clinton, Hot Springs Advertising and Promotion Commission issued a series of very popular Clinton trading cards, which became collector's items due to the fact they are limited in quantity. While Clinton was a student at St. John's Catholic School, the nuns predicted he would one day be president. In high school, he was active as a student politician.

Other Tourist Attractions in Hot Springs

Are you shopping for unique antiques and collectibles, fine art or souvenir gifts? Arkansas antique shops, rock shops, boutiques and malls are additional reasons Hot Springs is such a popular vacation destination.

Looking for restaurants in Hot Springs? When you dine in one of the many restaurants inside Victorian buildings in the Historic Downtown District, you'll enjoy more than good

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food and friendly service. You'll be treated to intriguing glimpses into the city's colorful past. Friendly servers will be happy to point out the secret passages and one-way mirrors left over from the city's gambling resort days.

Historic downtown is not the only popular eating spot in town. Dine by the lake, on a riverboat, near the horse track or mall, on a main thoroughfare or on a mountain lane. Hot Springs restaurants offer a wide variety of excellent dining choices and cuisines—from cafés to gourmet cabarets.

Ouachita Mountain Wonders — Outdoor Fun

Some say one of the area's best features is its location in the Diamond Lakes Region of the scenic Ouachita Mountains, providing a variety of things to do. Looking for a vacation destination where you can enjoy Arkansas sports and outdoors? The Ouachita Mountains are truly a paradise for outdoor recreation. The beautiful Diamond Lakes region features tournament-quality bass and trout fishing and year-round water sports. Arkansas' State and National Parks offer camping, hiking, biking, horseback riding and birding along scenic mountain trails. World-class Arkansas golf courses in the Hot Springs area provide challenging play on lovely courses. When you go hunting for quartz crystals, you can keep all the natural treasures you find.

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opportunity for outdoor recreation. Tucked inside a mystical valley in these gentle mountains, Hot Springs offers visitors many exciting outdoor sports activities.

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You'll find the perfect combination of relaxing activities and kick-out-all-the-stops attractions in the Spa City. The new state-of-the-art concert and sports arena, Hot Springs Convention Center and meeting facilities, interesting interactive museums, 210-acre botanical gardens, Oaklawn Park for thoroughbred horse racing and fun family attractions make Hot Springs a popular group travel destination. Oaklawn Park thoroughbred horse racing track and Garvan Woodland Gardens, the new 4 1/2-mile lake-side botanical masterpiece, are just two of the many exciting activities you'll find waiting for you in the Arkansas outdoors. **NOW**

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Tom Corbin, Albert Ellis Langston and Shelly Young, of the Alzheimer's Association, host an event at Isle at Watercrest Mansfield.



Phyllice Holly of the Mansfield Chamber Ambassadors welcomes Jenny Conrad of Conrad Creative, her new downtown store.



Kivanian Jerry Cloud presents Teacher-of-the-Month to Sarah Elliott, kindergarten teacher at Tarver-Rendon Elementary, as proud principal Jamie Norwood-Miller looks on.



Shelly Lanners, from Mansfield Parks and Recreation, speaks to Kivanians about the city's newest linear park south of King's Mill.



Olivia, Ryan, Cole and Kyle enjoy picking out pumpkins at the First United Methodist Church Pumpkin Patch.



The Mansfield Area Chamber of Commerce Ambassadors host a ribbon cutting for Trinity Vein Institute.

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Agent Jodi Buzek (left), Ashley Lankford and Angie Dawson have Jodi's clients' best interests at heart.



Peace of Mind from Experience

Jodi Buzek knows first-hand why the right insurance is critical.

— By Jeremy Agor

After more than 25 years in the insurance business, Jodi Buzek has a pretty good handle on the types of services her clients need. More importantly, she has lived through some of the worst moments her clients might encounter, so she also understands their needs in a time of crisis.

"I sleep very well at night because I know if I get a call in the middle of the night with a catastrophic incident, I have already given my clients what they needed," Jodi said.

In addition to the knowledge her clients' coverage is sufficient, Jodi's life experience helps her get them through a rough time in their lives. Her father did not have enough life insurance when he died, so she saw how that affected her mother. Also, Jodi's family lost their house to a fire, prompting their move from

Arlington to Mansfield. This experience with some of the most difficult situations clients might have to deal with gives her a unique perspective on her profession.

Jodi started her insurance career in Waco as an office manager. She later worked briefly for National Lloyd's as an underwriter for specialty dwellings and mobile homes and, after that, as a department head for Clark and Company Managing General Agency when her husband accepted a job transfer to Arlington. After a short time away from her career following the birth of her child, she spent 19 years working for Gary Mills, a district manager for Farmers Insurance in Colleyville. There, she assisted agents, then spent several years in a training role and finally became associate district manager, recruiting and training

new agents to open their own Farmers agencies.

"During my last few years with Gary, my family needed to come first for a variety of reasons. I'd always wanted to open my own agency, but I was nervous. In October 2009, I finally decided to go for it. I've loved every position I've ever had with Farmers, but this is by far the

"I love helping people, and I never get in front of a prospective client thinking of profits."

most rewarding because it gives me the opportunity to meet a bunch of people and ask them a lot of questions. I feel like my clients are my friends. I love what I do, and I truly have their best interests at heart. I can help with life insurance and areas of concern, as well as occupational discounts for teachers, firefighters, dentists and other professions. I do a lot of weekend and evening appointments, and I have a huge soft spot for the elderly because they can't get out easily. I'm very flexible, and I'll go wherever to help a client," Jodi said.

Like most small business owners, Jodi is dependent on her staff, and has nothing but praise for their abilities. Ashley Lankford and Angie Dawson are both fully licensed and handle many of the daily tasks in the office, including much of the quoting. The three have bonded and grown together as the office has grown, Jodi explained.

"I love helping people, and I never get in front of a prospective client thinking of profits," Jodi said. "If I sit in front of someone and can help them understand their needs and help them buy the coverage they need, that's a win for everyone. If I'm not confident putting my name on a policy, I'm better off not doing it, and so are my clients." **NOW**



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Don't Play Politics With Your Investment Decisions

While the election season heats up, you will hear more and more promises, claims and counter-claims from the candidates. As a citizen, you may or may not enjoy this "political theater," but as an investor, you might be concerned over all the talk about taxes, Social Security, Medicare and other financial topics. Will you need to adjust your savings and investment strategies? If so, how?

Before you think about adjusting your investment strategy in anticipation of any actions coming from Washington, keep a couple of facts in mind. First, few campaign promises become reality. And second, due to our system of government, radical shifts in direction are difficult to implement — which is why so few of them occur.

Still, we may see some smaller-scale — yet not insignificant — changes in the near future. In light of this possibility, what investment decisions should you make? Here are a few suggestions:

- Consider owning investments that are taxed in different ways. No one can predict what will happen with income tax rates or the tax rates that are applied to capital gains and dividends. Consequently, it may be a good idea to seek "tax diversification" by owning investments that are taxed in different ways. For example, when you sell appreciated stocks, you pay capital gains taxes, whereas interest payments from bonds will be taxed at your individual tax rate. And it's always a good idea to make use of tax-advantaged vehicles, such as an IRA and your 401(k) or other employer-sponsored retirement plan.

- Stick with quality. It's a good idea, when owning stocks, to invest in quality companies with diversified businesses. These companies are usually less dependent

on a particular government program, and they typically have a global reach, so they may be better able to handle any changes implemented in Washington.

- Stay focused on your long-term goals. Politicians come and go, and our political parties seem to take turns holding the reins of power. Yet your long-term goals — such as college for your children, a comfortable retirement and the ability to leave a legacy to your family — don't really change. By realizing that you are largely responsible for achieving your goals, and by following an investment strategy that's suitable for your individual risk tolerance and time horizon, you can make gradual, but still meaningful, progress toward those goals — no matter what's happening in Washington.

- Review your strategy regularly. With the possible approach of changes in tax policies and in government programs that can affect your retirement security, you'll want to review your investment strategy regularly to make sure it's still on track toward helping you meet your objectives. As part of this review, you may want to seek out more "tax-smart" investment opportunities, while always looking for ways to supply the asset growth you'll need to enjoy the retirement lifestyle you've envisioned.

Aside from voting for the candidates who best represent your interests, you may not have much influence over what goes on in Washington. But by "electing" the right moves to help meet your goals, you can have plenty of control over your investment strategy. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Scott Marburger is an Edward Jones representative based in Mansfield.



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Edward Jones
www.edwardjones.com MAKING SENSE OF INVESTING

Taking the Bite Out of Pain

— By Betty Tryon, BSN

Relaxing with a cup of hot tea or just chilling with friends enjoying an ice cream cone are simple pleasures you may have to enjoy at your own risk. Sensitive teeth can definitely take the pleasure out of eating. The symptoms are easy to recognize. Stimulation or irritation of teeth by hot or cold substances, or sometimes even by flossing or brushing, can cause pain and discomfort in the affected tooth. Sensitive teeth in and of themselves are not a medical crisis. However, they could be the indicator of worse things to come.

Many reasons might cause a tooth to suddenly become difficult to live with. Damage to the tooth would be an obvious cause. Fractured or cracked teeth can lead to great sensitivity and pain. Frequently, the damaged tooth is discovered after pain has driven the person to the dentist's office. Teeth grinding or biting on a hard surface, such as ice or popcorn kernels, can lead to tooth trauma. Having a tooth restored after such an ordeal is extremely important in order to avoid having bacteria seep into the exposed surface and cause tooth decay. Erosion of the tooth's enamel can occur with abuse of illicit drugs, such as methamphetamine, which has earned the nickname of "meth mouth," because of the prolific amount of damage to teeth from the highly acidic drug. Some over-the-counter medications can cause damage to the enamel if not taken

properly. An example is aspirin with its acidic nature or the sugar in cough syrup that's allowed to remain in the mouth and not rinsed or brushed away. Saliva helps protect teeth, but some medications, such as antihistamines, can cause dry mouth. Gastroesophageal reflux, as well as eating disorders, such as bulimia, cause stomach acid to bathe the teeth, which then breaks down enamel. Teeth whitening products are one of the major causes of sensitive teeth.

Preventing tooth sensitivity can be accomplished various ways. If you grind your teeth, have yourself fitted with a proper mouth guard. If your teeth have been damaged, seek the help of a dentist for remedy. Good oral hygiene is vital. Proper brushing, flossing and regular dental checkups go a long way toward keeping your teeth in good condition. Avoid hard bristled toothbrushes, because they can wear down your tooth enamel and cause irritation to the gums. Use fluoride toothpaste, and check with your dentist about which mouth rinse you should use. When brushing, do so gently. In today's world, modern dentistry can perform miracles. If you need dental services, call your dentist. **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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November 12-19

Operation Christmas Child: Mansfield Bible Church, 2351 Country Club Dr. Event is a world-wide mission to deliver shoebox gifts to children around the world by serving as a drop-off location for Operation Christmas Child. Individuals and groups can deliver shoebox gifts to MBC during this week. To learn about Operation Christmas Child, and to find out the hours you can drop off boxes, go to www.samaritanaspurse.org. For questions about the MBC drop-off location, call (817) 307-4579.

November 13

Mansfield ISD School Board meeting: 7:00 p.m., 605 E. Broad St. See agendas at <http://mansfieldpublic.novusagenda.com>. Call Julie Moye at (817) 299-6382 for more information.

November 16

Texas Country Music Show: 6:30-9:30 p.m. Midlothian Conference Center, 1 Community Circle Dr., Midlothian. Jon Christopher Davis will perform, followed by the group, Lone Star Attitude. Space is limited and seating is on a first come, first serve basis. Advance tickets \$12/at the door \$15. For more information, contact (972) 775-7125 or cynidi.golden@midlothian.tx.us.

November 19

SDCE Day/Student Holiday: Mansfield ISD. Call Julie Moye at (817) 299-6382 for more information.

November 20-23

Thanksgiving Holiday: Mansfield ISD. Classes resume November 26. Call Julie Moye at (817) 299-6382 for more information.

November 20

As the Page Turns Book Club: 6:30 p.m., Mansfield Public Library, 104 S. Wisteria. The group will read "Cookbook Collector" by Allegra Goodman. New visitors are always welcome. For more information call (817) 473-4391.

November 26

Indian Trail Chapter, Texas Master Naturalist Meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin Ave., Waxahachie. Free and open to the public. The program is "Christmas Bird Count" by Dr. Tania Homayoun, Senior Manager for Conservation and Education & Interim Center Manager, Dogwood Canyon Audubon Center at Cedar Hill. For more information call (972) 415-4596 or e-mail joe@mundoandassociates.com.

December 1

Hometown Holidays Parade: 2:30 p.m., downtown Mansfield. Over 50 entries, including floats, bands and marching units representing civic clubs, schools, churches, area businesses and local corporations.

Mansfield Kiwanis Club Fa La La La 5K:

Registration: 10:30-11:30 a.m. Race starts at noon, Geyer Field at the corner of Walnut Creek Dr. and Broad St. Register at www.Falalala5k.com.

December 2

The Dallas Symphony Orchestra: 2:30 p.m., MISD Center for the Performing Arts, 1110 W. Debbie Ln. Tickets are \$25 (base price, reserved seating) and can be purchased online at <http://www.mansfieldisd.org/center/events.htm> or at the ticket call center at (877) 772-5425.

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

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In The Kitchen With Lisa Stewart

— By Jeremy Agor

Lisa Stewart is one of Mansfield's 20 Pickle Queens and vice president of Mansfield Cares, among many other community interests. She has also taught dance, drill team and cheerleading for 20 years. One of her biggest interests is her alma mater, Texas Christian University, where she was a showgirl captain. She also loves tailgating at Horned Frogs games with family and friends.

"I love to entertain outdoors and in. I am blessed with many friends, and I enjoy having them over as often as possible. I love that they call me for cooking tips and recipes. I have always loved food and learned to cook as a child. Both my parents worked outside the home, and my sister and I had to pitch in with preparing meals," she said. **NOW**

Cheesy Pepper Squares

These man-favorites make great appetizers and tailgate or party food!

- 3-4 cups Monterey Jack cheese, grated
- 2 cups cheddar cheese, grated
- 2 small cans chopped mild green chilis, drained
- 1 small can chopped jalapeños drained
- 2 eggs
- 2 Tbsp. milk
- 1 Tbsp. flour

1. In a large Pyrex baking dish, layer cheeses (mixed) with drained green chilis and jalapeños. Keep layering until all cheeses and peppers are gone.
2. In a bowl, beat eggs, milk and flour with a whisk. Pour over cheese and pepper mixture.
3. Bake at 375 F for about 30 minutes or

until bubbly and just starting to brown lightly on top. Remove from oven.

4. Let sit for about 20 minutes, then cut into squares and serve.

Corn and Black Bean Salsa

- 1 can black beans, drained and rinsed
- 2 cans white shoepeg corn, drained
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 6 Roma tomatoes, seeded and chopped
- Juice of 1 lime
- 1 bell pepper, chopped (color of your choice – I use red or yellow)
- 2 or 3 cloves of garlic, minced
- 1 large jalapeño pepper, seeded and chopped

- 1 avocado, chopped
- Salt and pepper
- 1 squirt of Italian dressing

1. Toss all ingredients together; refrigerate.

Vermicelli Casserole

Kid-pleaser and general all-around favorite.

- 1 lb. ground beef
- 1 bunch green onions, chopped
- 1 can Campbell's tomato soup
- 1/2 to 3/4 lbs. vermicelli pasta, cooked al dente
- 1 16-oz. cream cheese
- 12-16 oz. pkg. cheddar cheese, shredded
- Salt and pepper

1. Brown ground beef; add onions. When cooked, add a little salt and pepper.
2. Add can of soup and cream cheese. Stir until combined.
3. In a 13x9-inch Pyrex dish, combine meat mixture with pasta. Stir well.
4. Top with cheddar cheese and bake at 350 F for about 20 to 30 minutes. (Can be made ahead and refrigerated. Bake when ready to eat.)

Liquor of the Day Bundt Cake

- 1 Duncan Hines moist deluxe yellow cake mix
- 1 large package instant vanilla pudding
- 1 cup vegetable or canola oil
- 4 large eggs
- 3/4 cup water
- 1/4 cup vodka, Grand Marnier/ Amaretto or Kahlua
- 1/2 cup powdered sugar (plus more for sprinkling)
- 1/4 cup liquor

1. Mix first 6 ingredients in mixer for 1 minute on slow, then 4 minutes on medium speed.
2. Pour into greased and floured Bundt pan.
3. Bake at 325 F for 45 to 60 minutes.
4. Remove from oven; cool for 15 minutes. Mix last 2 ingredients. Puncture exposed part of cake with large toothpicks; drizzle sugar/ liquor mixture all over the top, filling holes. Turn cake over onto cake plate. Let completely cool and sprinkle with powdered sugar.

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

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