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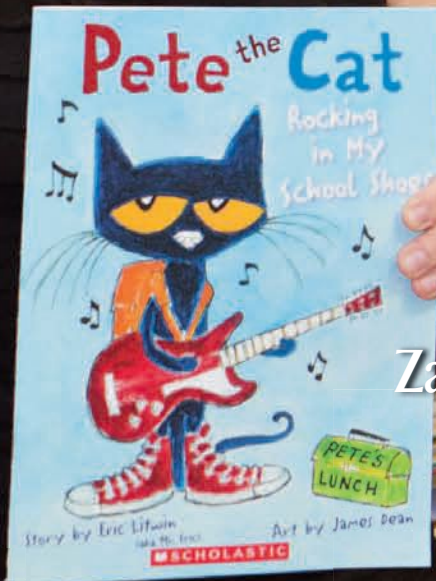
M A G A Z I N E

SEPTEMBER 2015

Dining
Deals
Inside!

Teaching From Her Heart

Ann Diaz makes big
differences in little lives



The Bold and the Beautiful

At Home With
Zach and Connie Burks

After Carnegie

Life's a Ball

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ON THE COVER



Mrs. Diaz is ready for class.

Photo by Vanessa Polozola.

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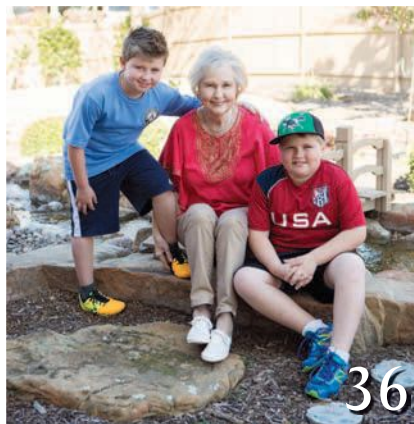


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Editor's Note

Hello, Mansfield!

Reflecting on the past several months, I realized how many wonderful people in the community I have met thanks to the work I do for NOW Magazines. I have had the opportunity to work with all sorts of great folks like city officials and employees, dedicated and passionate volunteers, truly unique artists and musicians and just genuinely good-hearted people.

However, I also realized how very many of you I have yet to meet, so I humbly ask that you all introduce yourselves to me! Shoot me an email or like our Facebook page to reach me. If you see me around town, stop and say hello. I love meeting new people, and I'm always looking for new material, so if you would like to share story ideas or photos, send 'em my way!

I look forward to meeting more of you, Mansfield!

Sara

Sara Edgell
MansfieldNOW Editor
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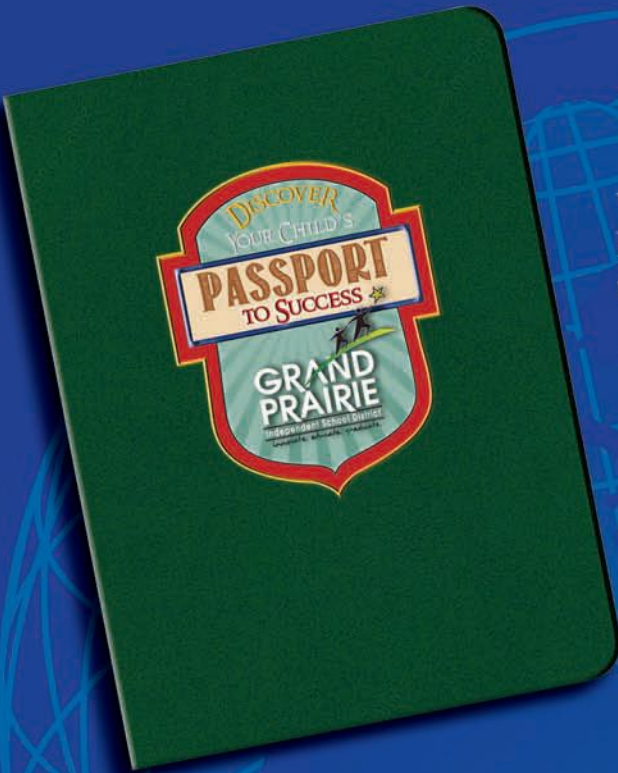
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					1
		5	6		8
				14	15
			20	21	22
		27	28	29	

When you walk into Ann Diaz's kindergarten classroom at Willie Brown Elementary, you're greeted with bright, colorful posters and teeny tiny tables with even teenier tinier chairs. There is a row of lockers in one corner and bulletin boards with a large alphabet carpet in the other. Books are everywhere amongst the various workstations all around the room. What you see in Ann's classroom is the thoughtfulness and intention of an experienced and loving teacher who has made every effort to create a welcoming environment for the littlest of learners.



Her

Heart

— By Sara Edgell

Early in her life, Ann knew that teaching was what she wanted to do when she grew up. “I had an amazing fourth grade teacher, Mrs. Menā,” Ann recalled. “I knew teaching was what I wanted to do after my experiences with her. All I did for fun was play school.” She spent her childhood days practicing her skills, setting up makeshift classrooms in her bedroom and inventing lessons and activities for her neighborhood friends and family members to do. With a happy heart and smile on her face, Ann was a natural when it came to leading a class — even if it was in the land of make believe. As she grew, so did her desire to teach, and when she went off to college, she dedicated herself to obtaining her teaching degree at Stephen F. Austin State University. During her student teaching, she worked with second grade and had every intention of continuing her career with that grade level, however, things changed. “I was told I was a great second grade teacher, but that I was an *amazing* kindergarten teacher. That’s where I was meant to be, so that’s where I am,” Ann smiled.

Ann is known around Mansfield for her kind heart and competent ability to significantly impact a child’s life. Her approach includes lots of simple things that are rooted in excitement, love, kindness and logic. Positive reinforcement is an underlying component in all of these areas, and Ann relies upon it heavily. She makes sure to offer some sort of positive praise for even the smallest of jobs well done. She also treats and loves each of her students as if they were her own and always has their very best interest at heart.



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Ann prides herself on being a really good listener, which she believes is key in establishing meaningful, trusting relationships with her students. By simply listening to her 5- and 6 year-old students' thoughts, feelings and opinions, Ann gains valuable insight about who they are and what matters to them. More importantly, she makes every effort to remember who's going on vacation next weekend, who's expecting a new sibling and who's moving into a new house, and when she asks later about the new baby, vacation or bedroom, their reactions say it all. "They are always so excited that I remember what's going on in their lives," she said. This builds strong connections, which is critical for Ann.

Ann is also a firm believer in the old adages that life is too short to worry so much, and if the cookie crumbles, oh well! Just go with the flow and be flexible, and everything will be just fine. She understands that no matter how much time she spends planning, or how terrific those plans are, things can change

at the drop of a hat. "My room is very much like organized chaos. We have routines that start at the beginning of every year to teach the kids independence and responsibility," she explained, "but when administrators visit my room, they often mention how they don't know how I do it."

The children have the freedom to move about the room and quietly talk with others, but they also know the expectations Ann has for them. While she considers herself to be strict and structured, operating on a traditional three strikes behavioral management system, she is also full of joy and energy to keep up with the students' excitement. "I am just as excited as the kids are to come to school every day. Each day is a brand new adventure," she smiled knowingly. "I never know what they are going to say or come up with next!"

Outside of teaching, Ann spends the majority of her time with her family. She has been married to her husband, Frank, a field technician, for 18 years. Together, the couple enjoys attending and watching the baseball and basketball games of their two sons, 14-year-old Max and 9-year-old Sam. "They keep us busy," Ann said, but she wouldn't have it any other way. From the boys' games to watching the Texas Rangers, the family is big on being active together. "I have a wonderful family," Ann smiled. "We are a close-knit group and just enjoy being together as much as possible."



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Additionally, she has a peculiar preference for odd numbers. Even though she has two boys and has been married for an even number of years, Ann favors numbers that don't pair up perfectly. For instance, both boys have number nine on their baseball jerseys, and the family's lucky number is 13. Furthermore, every nine years, she has ducks in her classroom. The children research, study and observe the ducklings as they grow.



"It's known as The Year of the Ducks, and they are so excited when they know they are in the ninth year," Ann said.

With 21 years of kindergarten behind her, Ann looks forward to at least 13 more. Despite encouragement from her husband, friends and colleagues to pursue a master's degree, Ann is completely content right where she is. "At this stage of my career, I'm about to start having the children of the children from the

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first classes I ever taught," she laughed. Essentially, she continues to teach because she cares, and no awards or accolades are necessary to validate her work. Knowing that she is making a difference in the lives of the students she teaches, has taught and will teach is rewarding enough.



Ann has a theory that kids have the power to keep a person young at heart because they have the ability to make people laugh and smile daily, if you allow them to. "I cannot imagine another line of work that would give me such an immeasurable sense of love and appreciation. It is visible in their eyes and present in their actions. I like to think I am doing my part in preparing these kids for the challenges that lie ahead, and for some, it rings deep," Ann explained.

When you see the little humans who inhabit the classroom eagerly file in, happily move about the room and conduct business as usual, it becomes obvious the space Ann has carefully created serves an incredibly significant purpose. It is within the four walls of Ann's classroom that the most formidable moments in her students' childhood education are molded and formed. **NOW**

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After Carnegie

— By Lisa Bell

Carnegie Hall is a place where musicians dream of performing. Many work toward this goal their entire life, yet never receive the coveted invitation. Fortunately, Anthony Peterson didn't have to wait long — when he was 9 years old, he placed second for his age group at the Cincinnati World Piano Competition. This award earned him a performance spot at the famous venue.

Now 16 and entering his junior year of high school, he said, “Well, it’s a talking point. I’ve done it. I feel like I accomplished something big at a young age.” The first time he ever heard

about Carnegie Hall was when his piano teacher told him about his invitation. “People told me, ‘It’s a big deal,’ so I guessed it was a big deal.” Nevertheless, he didn’t fully understand the significance of playing in the prestigious hall.

Anthony’s father, Craig, understood the importance of the invitation his son received within the first two years of playing piano. “We had lots of support from family and friends,” Craig said. A trip to New York can cost a lot of money. People cared about Anthony’s budding career, and they supported him. They encouraged him, but also raised funds to help cover the expenses for the amazing opportunity.

“I think I’d be able to appreciate it more now,” Anthony said, although he doesn’t regret having received the opportunity at such an early age. He started playing the piano in first grade. His



first teacher, Matt Doudt, recommended Irina Gorin as a replacement teacher. She suggested competition during his second year of lessons.

"It isn't for everyone," Craig said. "Competition that young can help or ruin you." But Anthony loved competing. His dad believes music gave him an advantage in handling pressure in both performance and general life situations.

"I think I started getting motivated when I went to competitions and did surprisingly well," Anthony added. He doesn't keep track of the number of

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trophies, medals or awards even though they include local, regional and national events. Performing well prompted him to try bigger things.

Music has played a big part in Anthony's life. Coming from a musical family, he never knew a time without it. Ironically, his interest in piano grew from the interactive video game, Guitar Hero. A few years after Carnegie, he picked up drums by playing the same game.

The Petersons moved from Indiana to Mansfield, Texas, in 2011, primarily because of extended family in the area. "Bit of a culture shock," Anthony said. Nevertheless, he fits in well and enjoys many opportunities with his music.

High school marching band opened doors not only for using his piano skills, but also to pursue his love for playing drums and other percussion instruments. He first connected with the band director in seventh grade and was excited about moving on with the same director in high school. He attributes his band and percussion directors with being big influences in playing and improving his drum skills. As part of the band, he made the percussion section in the top Texas All-State Symphonic Band as a sophomore in 2015.

In the 2015-16 school year, Anthony will continue performing college-level percussion pieces in preparation for

**"I think
it's fun to
look for
meaning
behind
music."**

auditions using marimba, snare drum and timpani. While he dreams of earning a spot at the Boston Conservatory, he is realistic about the intense competition. He plans to work toward acceptance at Texas Christian University as his preferred alternative.

Once he reaches college, Anthony wants to shift gears toward composing music for all genres and applications. He hopes to play with an organized orchestra and perhaps freelance as a clinician for high schools along with composing. He also serves as the percussion section leader of Legacy Wind Symphony, the drum captain of the Legacy Bronco Marching Band, is a member of the student leadership council, plays drums in the Legacy Jazz Band and accompanies various Legacy choir groups.

Band rehearsals consume a great deal of Anthony's time. "Marching band kind of takes over your life," he said. Yet he finds time to play piano accompaniment for people during solo/ensemble competitions. "I wouldn't say I'm done with lessons, but I'm not taking them at this time," he said. With advanced placement classes on his schedule, he also maintains an A-B average and manages to hang out with friends.

In addition to Anthony's school activities, he plays drums in a rock 'n' roll band with his older brother, Michael,


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and their friend Ben Miller. The group, MP3, won second place at The Door's Battle of the Bands. They play primarily at parties and restaurants. "My brother is also very talented in many ways. He's very developed in singing," Anthony said, proud of Michael, who plays guitar and bass along with singing.

"He is talented and smart," Craig said about his older son, who received an academic scholarship to The University of Texas at Arlington.

Anthony's sister, Christina, also sings and plays guitar. He sometimes accompanies her on the piano. The two of them perform at open mic nights, with the entire family cheering them on from the audience. "We get along pretty well. I have a great relationship with all my family," Anthony said. "My brother's one of my best friends."

Anthony admits his family is his biggest influence. His dad plays woodwinds, primarily the saxophone, and stays involved with his kids. Even though his mom isn't musical, she is artistic and supportive of her children in their endeavors. "I can't believe it's been 10 years," his dad said. "I always tell him, it is one thing to be talented, but you have to be dedicated. I'm proud of him for being dedicated and focused on what he wants to do."

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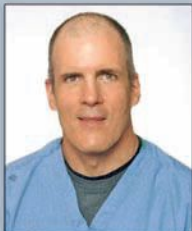
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Anthony enjoys most music genres, but his favorite ones include introspective tunes. "I think it's fun to look for meaning behind music," he said. He strives to entrench feeling in the way he plays music, regardless of the type or instrument. Aware of the deep impact music can have, he tends to play upbeat songs during sad times instead of slow, sorrowful pieces.

For Anthony, music isn't only about the technical aspects, but also the emotion. "One of the greatest parts is seeing how it affects other people," he said. "They can see the emotion you're putting into the music." From a stage, he may not always see the way music affects the audience, but when playing for family members he takes pleasure in seeing reactions move across their faces.

Perhaps someday in the future, a film score will identify Anthony Peterson as the composer. In the meantime, he'll continue with school activities and joining his siblings to fill audiences with emotion through the wonders of music. **NOW**

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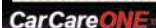


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The Bold and the *Beautiful*

— By Carolyn Wills

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Seven years ago, Zach and Connie Burks purchased a nearly half-acre lot on a quiet Mansfield cul-de-sac. They envisioned a home large enough for their active family and inviting enough for friends and out-of-town guests. "We fell in love with the neighborhood," Connie grinned. "It was new, kid-friendly and within walking distance to schools." It was also within driving range to Zach's high school coaching position in Arlington and Connie's own medical consulting firm in Mansfield.

During construction, Zach and Connie had the opportunity to choose the interior colors and to add and change some features. Three stories, 6,300-square-feet and five bedrooms later, the



results were stunning and, amazingly, have only become bolder and more beautiful with time. Today, Zach and Connie's impressive stone and brick house stands tall in a mature community of distinctive homes. "Decorating is Connie's passion," Zach smiled. "Over the years, we've done a lot of remodeling and upgrading."

"I do love to decorate," she affirmed. "I like a mix of rustic and modern with big, bold statements." Her eye for design and scale is evidenced by the magic in each room.

To the right of the entry, an open formal dining room with crown molding and custom drapery is the picture of elegance. One wall entirely covered in a mosaic of black and silver glass tiles serves as the backdrop to a long dining



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table flanked by silvery-gray upholstered chairs. "When we upgraded the kitchen, the backsplash was so unique, I decided to use it as an accent in the dining room," she said. Like a giant work of modern art, the clean lines of the small square and rectangular tiles in varying sizes and shades of black, silver and gray are captivating.

Across from and visible to the dining room is a black chest of drawers positioned under large glass-mosaic mirrors. "The dining room is where we

have holiday and family dinners," she shared. "Also, it's the first room to greet visitors so I wanted it to be special."

If the dining room is a jewel, the spacious "tower-ceilinged" living room is positively spectacular. Eyes are instantly drawn to the dramatic open view of a second story interior balcony with French doors and, on the opposite side, ascending black iron-railed stairs and landings. Floor-to-ceiling, cream-colored custom draperies feature a deep zebra print border. "I use a lot of blacks,

creams and reds," Connie said. Natural stone surrounding the fireplace extends up the wall and, then, repeats on the kitchen island and around the stove. The floors are hand-scraped hardwood.

Connie's preference for statement pieces is evidenced by the living room's black leather double chaise lounge and a huge mirror flanked by two large metal scrolls.



"I love family photos, too," she smiled. "They're my real artwork."

Open to the living room is a state-of-the-art kitchen flanked by a bay-windowed eating nook with tall table and chairs. "We're tall people so a high table works," she smiled. "When we renovated the kitchen, we replaced the backsplash with the black mosaic tile." They also installed new lighting and hardware, silver touch faucet, black double sink, pot filler, commercial gas stove and top-of-the-line appliances. The undeniable show-stopper, though, is the magnificent kitchen island with what might be the all-time most exquisite countertop. "Its black



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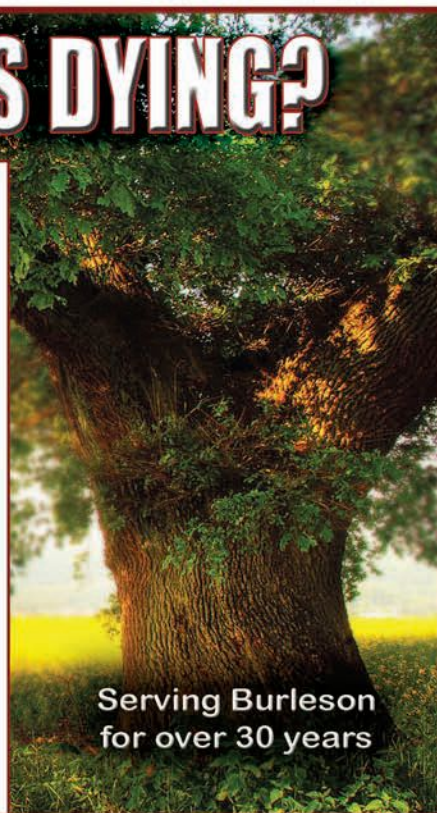


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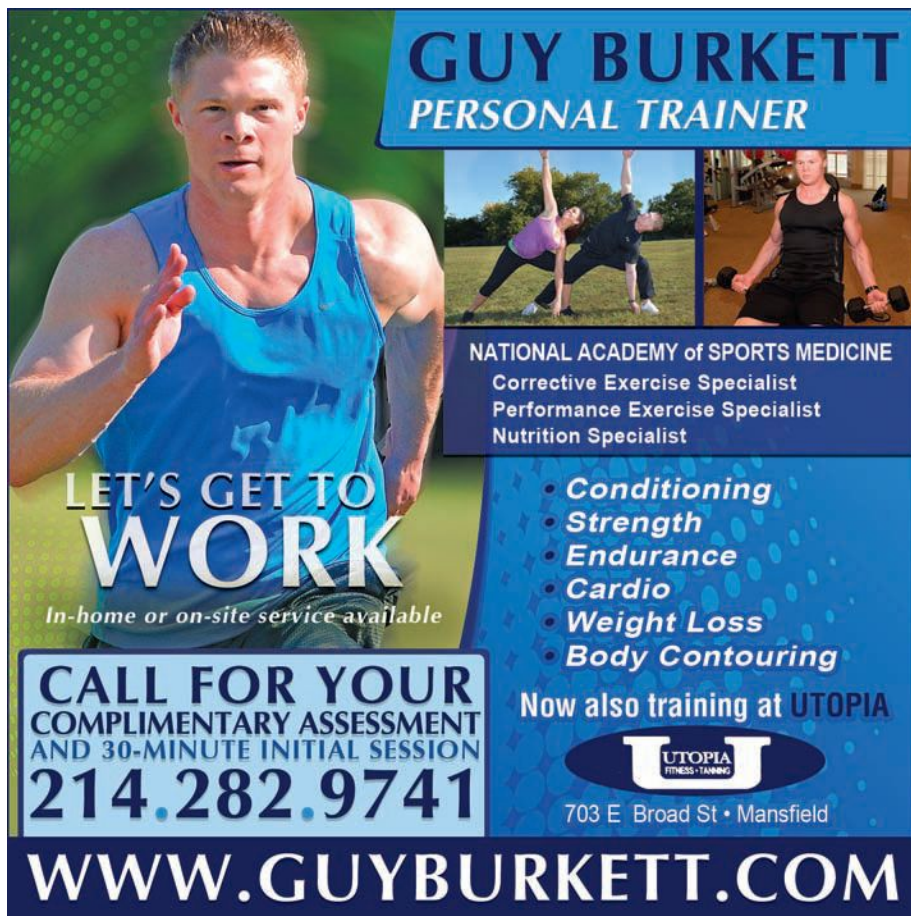


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marble with cream-colored veining,” Connie explained.

The Burkses met while attending the University of Central Arkansas. “We actually grew up in the same part of southeastern Arkansas but went to different schools,” Zach grinned. “Since we’ve been in this house, we haven’t been back to Arkansas much because our families enjoy spending time here.”

One of the most important changes to their original floor plan included turning a downstairs den into a fifth bedroom. “If stairs ever are an issue for someone, especially our parents, we decided it was best to have a bedroom downstairs,” he explained. The “in-law” suite to the left of the entry and tucked behind the hallway offers a luxurious private retreat and bath.

Toward the rear of the main floor, a spacious master suite easily accommodates a king-sized bed dressed in chocolate and baby-blue linens. The wall behind the bed is painted a soft blue and the trim has been back-lit so that the lighted wall frames the bed. “I saw the treatment in a hotel,” Connie recalled. The suite includes a large spa-like bathroom and a walk-in closet with two separate doors. “Zach says I collect shoes,” she laughed.

The second floor features three bedrooms, an office and a super-sized game room complete with a balcony view of the downstairs. With three work stations, custom built-ins, big screen for electronic games and plenty of room for friends, the game room serves as a great hang out for the Burkses’ kids.

Zach and Connie have three children. Their oldest, 23-year-old Zachary IV, is living on his own in Mansfield now and attending college and working. Still at home are 17-year-old daughter, Kennedy, and 13-year-old son, Drew.

Kennedy's room is an explosion of hot pink, zebra print, posters and tennis shoes. Kennedy is a formidable 5-foot-11-inches of basketball talent at Lake Ridge High School. In the past, she's also been a cheerleader and played volleyball. Now in her senior year and as a scholarship candidate for a number of colleges, she's focusing totally on basketball.



Drew is an eighth-grader at Danny Jones Middle School. Highlighting his predominantly blue room is a personalized blanket with three images of him playing during a basketball game. Ask Drew who his favorite team is, and he'll proudly proclaim the Cleveland Cavaliers.

"All of our kids enjoy basketball," Connie remarked. In fact, they likely have a jump start in the sport with a father who is head basketball coach at Arlington's Lamar High School and a University of Central Arkansas Basketball Scholarship recipient and Hall of Famer.

Another amenity of this amazing home occupies the third floor. The media room, aka Zach's Castle, features plush red theater seating, a wet bar, half-bath and basketball memorabilia, making it the perfect place for movie nights.

To date, though, the most dramatic transformation has to be in the backyard. The additions of a free-form swimming pool, waterfall, Jacuzzi, pergola with red-cushioned furniture, TVs, fire pit and an outdoor kitchen have unquestionably made it the in-demand destination for pool parties and dinners or simply hanging out with King, the Burkses' beloved German Shepherd, and Cookie their Yorkshire Terrier.

Bold and beautiful describes this home. But ask Zach what he likes most and he'll say, "The thing I like most is being home." **NOW**

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Life's a Ball

— By Sara Edgell

Making a difference in the lives of others is a way of life for some people. They see individuals struggling and take action to help. They see deprivation and get involved to provide what is needed. They realize the lack of resources and do whatever they can to deliver. These very special people are often very busy and focused, not on themselves but on others. Jolene Osborn is one of these people.

Since her arrival, Jolene has been an active member and significant mover and shaker in the Mansfield community. When she and her late husband, Jesse Glen Horton, moved to Mansfield from Lubbock back in the 1970s, their two children both wanted to play soccer. However, there wasn't a league to accommodate this need. Jolene quickly realized that her kids weren't the only ones who wanted to play, either. So, instead of signing them up in the nearby Arlington league, she and Jesse got to work. With the help of two other couples, the Bradleys and the Prattes, soccer had arrived in Mansfield.

Looking back, that first year was worse than rough. The group worked hard and tirelessly together to create an association that could provide what the kids needed: fields to play on, coaches to lead teams and referees to officiate games. They did all of this so the children they loved so dearly could play ball. "There weren't enough kids to have a division





“Without my family, friends and God, I couldn’t have done it all.”

for both girls and boys, so they played coed that first season. We didn’t even have fields,” Jolene recalled. “The kids even helped mark the fields.” Jesse, who worked as United States Postal Inspector, would come straight from work to the rudimentary fields and lead practice for his team, the Tornados, in his business suit.

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When the first season ended, Jolene and Jesse realized they were on to something, but in order to make it last, they had to take it even further. Therefore, Jesse was elected as vice president of the soccer division on the board of directors for the Mansfield Athletic Association. Under the organization, they managed game scheduling — which was a major undertaking — and offered a referee training school. They also added an additional field located in the flood zone area off Walnut Creek — which still remains today — and recruited more coaches to accommodate the growing number of players. In the fall of 1981, the league was really something to be proud of. “We did it all ourselves,” she beamed. “It was so much fun. Just seeing the joy on the kids’ faces made it all worthwhile.” Little did Jolene know

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that their meager beginnings on homemade soccer fields would turn into something so pivotal to the families and children of Mansfield that still exists today.

In addition to coaching soccer, Jolene also coached softball and basketball, and she served as the local Bluebird and, later, Campfire Girls leader. If there was anything to be done involving her children, she did it with enthusiasm and wholehearted dedication. As her children grew and the interests evolved, Jolene and Jesse remained focused on their needs and involved in all of their doings. "We were just always child-oriented when our kids were growing up," she said.

But as the children grew into adults and moved away to college, Jolene had to

find a way to fill her time. She worked as a bookkeeper for many years and enjoyed spending time with Jesse, traveling all over the country for his work. However, life drastically changed, in March 1999, when Jesse passed away unexpectedly. "I had the fairytale life, and then Jesse died. My life came to a complete halt. It was devastating and very traumatic for me," Jolene said.

To cope with her loss, she began attending grief counseling at Rush Creek Christian Church, at the urging of concerned friends. Slowly, she opened up and began making friends, finding her path to a new way of life. She focused her attention and efforts on her kids and grandkids. She became involved with the church, participating in functions and events. She even went out with friends and took dancing lessons.

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dance hall where she met Jerry Glenn Osborn. "He was singing, and I had never been there before. When he saw me, he made it a point to come talk to me," Jolene smiled. The two got to know one another, and after learning how very much they shared in common, they got married in 2003. Soon after, they built a home and started a fresh, new life together. "I never expected to remarry," Jolene admitted, "but I really think Jerry was Jesse-sent."

Now, she enjoys a happy life and large blended family with Jerry, and the couple travels the world regularly. Although her children are grown and she is a grandmother, she is still involved in sports, as a proud spectator. To document these happy occasions, Jolene is constantly snapping photographs. "She took 7,000 pictures on our last trip," Jerry teased. "Every seven minutes, I was posing for a photo!" Each of the couple's trips is perfectly documented in a photo book that Jolene spends hours creating online. She also makes photo books for her grandchildren to forever capture the time they spend together each summer. "She is definitely a doer," Jerry stated. "She has the biggest heart for doing for others."

Currently, she is heavily involved with her church, doing work in the community servicing families in need. She regularly visits with church members who are unable to attend due to health-related problems. "It's important to show them

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that they are still a part of the church family, even though they aren't there physically," she said. "Sometimes, they just want someone to listen, and being a good listener is important, not just for the person but for yourself," Jolene said. Essentially, it's a cyclical process of helping and healing that all begins with the desire to do for others.

Jolene is still making an impact in the community, too. She joined a group of ladies in the area by bringing the Trauma Support Services of North Texas (TSSNT) into Mansfield and Arlington area schools in order to help children that are victims of trauma to deal with issues related to loss, abuse and neglect. "This was one of our mission of the month projects at church, and I wanted to get involved in something with children again, so this was a perfect fit," Jolene said.

Jolene's two passions in life are family and service work. Her knack for seeing a need and taking action have proven to carry her through life, but she credits God for that. "Without my family, friends and God," she smiled, "I couldn't have done it all." **NOW**



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Lauren Duffer and Ashley Basnett have created a law office that is like a family because they work for families.



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At The Law Office of Lauren Gaydos Duffer, family really is what matters most. — By Sara Edgell

Family is defined as a unit of people who may or may not be related to one another by blood or marriage, but share a common goal of caring for each other. This is exactly what The Law Office of Lauren Gaydos Duffer strives to protect, promote and preserve for clients. “The family is always our primary focus,” Lauren explained. “Our goal is to understand our client’s goals and to help them meet those goals in the most cost efficient means possible.”

Partners Lauren Duffer and Ashley Reeve Basnett lead the family law team, consisting of two other attorneys, Enoch Basnett and Clarissa Howley Mills. Lauren opened the office in 2008 because she wanted the freedom to move in the directions she felt were most important. Primarily, she wanted the ability

to do good, honest work for families. “I wanted to use my law degree to help people,” Lauren resolved. “Family law allows me an opportunity to use my law degree to help people create or restructure their family.”

Ashley joined the firm as partner about a year ago, recognizing her desire to help others aligned perfectly with Lauren’s vision. “I started in criminal law, so I did not expect to like family law so much,” she explained. “My big focus is on children and how well they are doing through the process. It can be tough, but it is so gratifying to be a part of the good fight.”

Taking a team approach to dealing with family, the office mantra, exemplifies their family-focused approach for all cases including divorce, child custody, CPS matters, adoption

and assisted reproduction technology. Furthermore, the firm utilizes collaborative law, which involves a series of meetings to reach an agreement as opposed to traditional litigation. "Collaborative family law is a process for people to handle their dispute outside of the court," Lauren clarified. "If we can help our clients settle a case outside of the court, we are always going to encourage them to do so."

"The family is always our primary focus."

This progressive methodology has proven beneficial and effective to Lauren and Ashley as their desire to represent families in personal ways has been achieved case after case. "We want to help families go through the process and come out on the other side thriving," Ashley explained.

The firm also specializes in assisted reproduction technology. In fact, Lauren worked relentlessly as a pioneer in the field to hone the craft of this relatively new law and area of practice, which encompasses egg donor, embryo, sperm donor and surrogacy situations. Due to the growing prevalence of these situations in today's society, Lauren knew that specific and detailed legal documents were needed to cover every possible scenario imaginable in order to protect the rights of the parents to be. Essentially, Lauren's work was driven by one major motivation — to be a part of helping families.

Because family law cases can often be stressful, emotionally charged and difficult to handle for clients, Lauren and Ashley's dedication to client needs is an integral factor in the firm's overall success. Everything from case management to the office environment is welcoming and friendly to put people at ease. "Outside of my beautiful two sons and my great husband, I am most proud of the attorneys at my office. Everyone at my office has a passion for family law, and I feel like that shows in their work," Lauren smiled. **NOW**

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Inflation and Your Retirement Income Strategy

You might not think much about inflation. After all, it's been quite low for the past several years. Still, you may want to take it into account when you're planning your retirement income strategy.

Of course, no one can really predict the future course of inflation. But it's a pretty safe bet it won't disappear altogether — and even a mild inflation rate, over time, can strongly erode your purchasing power. Consider this: If you were to purchase an item today for \$100, that same item, in 25 years, would cost you \$209, assuming an annual inflation rate of 3 percent. That's a pretty big difference.

During your working years, you can hope that your income will at least rise enough to match inflation. But what about when you retire? How can you minimize the impact of inflation on your retirement income?

One thing you can certainly do is include an inflation assumption in your calculations of how much annual income you'll need. The number you choose as an inflation factor could possibly be based on recent inflation levels, but you might want to err on the conservative side and use a slightly higher figure. Since you may be retired for two or three decades, you might have to periodically adjust the inflation factor to correspond to the actual inflation rate.

Another important step is maintaining an investment portfolio that can potentially provide returns well above the inflation rate. Historically, stocks have been the only investment category — as opposed to investments such as Treasury bills and long-term government bonds — whose returns have significantly outpaced inflation. So you may want to consider owning an appropriate percentage of stocks and stock-based investments in your portfolio, even during your retirement years.

Now, you might be concerned at the mention of the words stocks and retirement years in the same sentence. After all, stocks will fluctuate in value, sometimes dramatically, and even though you may be retired for a long time, you won't want to wait for years to bounce back from a bad year in the market. But not all investments move in the same direction at the same time. Spreading your

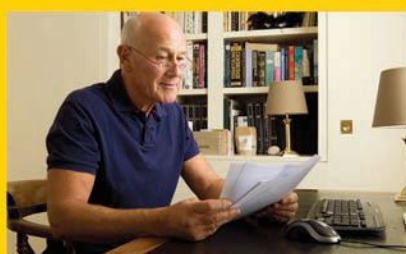
dollars among a range of asset classes — large stocks, small and mid-cap stocks, bonds, certificates of deposit (CDs), foreign investments and so on — may help you reduce the impact of volatility on your portfolio.

And you don't even have to rely solely on stocks to help combat inflation. You could also consider Treasury Inflation-Protected Securities, or TIPS. When you purchase a TIPS, your principal increases with inflation and decreases with deflation, as measured by the Consumer Price Index. Your TIPS pay interest twice a year, at a fixed rate. This rate is applied to the adjusted principal, so your interest payments will rise with inflation and fall with deflation. When your TIPS matures, you will receive adjusted principal or original principal, whichever is greater. As is the case with other bonds, though, you could choose to sell your TIPS before it matures.*

Work with your financial advisor to help decide what moves are right for you to help protect your retirement income from inflation. It may be a hidden threat, but you don't want to ignore it. **NOW**

* Yield to maturity cannot be predetermined, due to uncertain future inflation adjustments. If TIPS are sold prior to maturity, you may receive less than your initial investment amount. If bonds are not held in a tax-advantaged account, investors will be required to pay federal taxes on the accreted value annually, although they will not receive any principal payment until maturity. When the inflation rate is high and the principal value is rising significantly, the taxes paid on TIPS may exceed interest income received. Therefore, TIPS may not be suitable for investors who depend on their investments for living expenses.

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



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September 1 — 5

World War II Exhibit: 9:00 a.m.-4:00 p.m., Mansfield Historical Museum, 102 N. Main St. Free. Commemorating the 70th Anniversary of the end of World War II, many historical artifacts will be on display. For more information, please call (817) 473-4250 or visit www.mansfieldhistory.org.

September 5, 12, 19, 26

Farmers Market: 8:00 a.m.-1:00 p.m., 206 Smith St. Come by to browse, shop and visit with your favorite vendors.

September 11, 12

Good and Beautiful Conference: **Friday:** 6:30-9:00 p.m.; **Saturday:** 8:30 a.m.-3:00 p.m., First United Methodist Church Mansfield, 777 N. Walnut Creek Dr. \$15 per ticket. For more information, visit www.firstmethodistmansfield.org/conference.

September 12

Girl Scouts 2015 Fall Recruitment Summit: 10:00 a.m.-noon. Location to be announced. Contact Kriste Ryan at (682) 422-9211 or girlscoutsMISD@gmail.com for more details.

Women's Self Defense Class: Noon-3:00 p.m., Title Boxing Club Mansfield, 1551 N. Hwy 287, Ste. 211. \$25 by **August 20**; \$30 **after August 20**; \$35 the day of. For more details, call (817) 453-1000 or visit www.mansfield.titleboxingclub.com.

Wurstfest and Mansfield 125 Celebration: 2:00-11:00 p.m., Historic Downtown Mansfield. This year's event will be a two-in-one "spektakulär." For more information, visit www.mansfieldtexas.gov/wurstfest.

September 15

Jubilate Children's Choir Auditions: 6:30-7:30 p.m., First United Methodist Church, 777 N. Walnut Creek Dr. Free. Open to third to sixth grade students in Mansfield ISD and surrounding communities and school districts. Email jubilatetchildrenschoir@gmail.com for more information.

September 19

39th Annual Fall Festival: 1:00-10:00 p.m., St. Jude Catholic Church, 500 E. Dallas St. Enjoy great ethnic food, exciting rides, entertaining games and lots of fun for the whole family including a raffle and live music by the Los

Audases band. For more details, contact Russ Hart at (817) 228-6509.

Aqua-Tots Birthday Bash and Fall Festival: 2:00-5:00 p.m., Aqua-Tots Swim School, 1551 Hwy 287, Ste. 111. Free. Join in the fun with family, kids and swim activities. For more information, call (817) 953-8687.

September 26

Fabulous Faith's 5K and I mile Run: 7:00-9:30 a.m., Katherine Rose Park, 303 N. Walnut Creek Dr. \$25. Benefiting Cook's Children's Medical Center, this is a family and pet friendly chipped timed run/walk. For more details and to register, visit www.fabulousfaithsfoundation.org/home.html.

Yard Sale: 8:00 a.m.-3:00 p.m., 210 N. Smith St. The Mansfield Historical Society will hold a fund-raiser yard sale in downtown Mansfield next to the Farmers Market. For more information, call (817) 473-4250 or email mansfieldmuseum@sbcglobal.net.

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

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In the Kitchen With Daniela Kojouharov

— By Sara Edgell

Growing up in Bulgaria, Daniela Kojouharov watched her mother cook daily meals and her father prepare special-occasion meals. “My grandmother was also a great inspiration for me. She loved to cook and invite people over to eat what she prepared,” Daniela smiled.

These influences were significant when she moved to the U.S. with her husband in 1995 and began to cook every meal. Now, Daniela enjoys preparing both American and Bulgarian dishes for her husband and two sons, and continues the tradition of sharing meals with friends and family. “At the end of each week we get together with friends, cook wonderful food and catch up with each other,” she said. “We always have a good time, and it beats going to a restaurant!” **NOW**

Roasted Bell Peppers Salad (Lyutika)

10 green bell peppers
6 eggs
1/2 cup crumbled feta cheese
1 cup plain yogurt
1/2 tsp. salt

1. Preheat oven to 450 F. Clean, deseed and cut peppers into quarters. Place in oven on a piece of foil or a baking sheet and roast until skin is blackened. Remove from oven and allow to cool before peeling skin off; chop.
2. Bring a pot of water to a boil. Add eggs and boil for about 10 minutes. Remove from water and allow to cool before peeling and chopping.
3. Mix peppers, eggs and remaining ingredients in a bowl and mix well. Refrigerate for at least 1 hour. Serve cold.

Bulgarian Moussaka

2 lbs. ground beef
1 medium onion, diced
6 large russet potatoes, cubed
2 carrots, diced
1 tsp. salt
2 tsp. paprika
1 Tbsp. dry oregano
1 14 1/2-oz. can diced tomatoes
3 eggs
1/3 cup flour
1/2 cup milk

1. Preheat oven to 400 F.
2. In a skillet, sauté ground beef and onion until well-browned. Add potatoes and carrots. Sauté for 5 minutes. Add salt, paprika and oregano. Mix well. Add tomatoes and mix well. Pour into a greased 9x13-inch

baking dish. Add enough water to cover the ingredients by 1/4 inch. Bake for 45 minutes.

3. While this bakes, beat eggs and add a pinch of salt. Gradually add flour until the mixture is thick. Add milk to make a batter. Mixture should have the same consistency as cake batter.

4. Remove moussaka from the oven. Pour batter mixture on top and spread evenly. Return to oven and bake for about 15 minutes or until top is brown.

Individual Beef and Vegetables Casseroles (Guvecheta)

1 lb. beef stew meat
30 small cocktail smoked sausages
1 onion, roughly chopped
1 large potato, roughly chopped
8 oz. fresh mushrooms, quartered
1 2.25-oz. can sliced black olives
1 14.5-oz. can fire roasted tomatoes
Salt and pepper, to taste
1/4 cup parsley, chopped
1 tsp. paprika
1 tsp. dry oregano
1/2 cup water
6 slices mozzarella cheese
6 eggs

1. Preheat oven to 375 F.
2. Place beef in a large pot, cover with water and simmer for 45 minutes. Reserve the beef broth for later.
3. Divide beef, sausages, onion, potato, mushrooms, black olives and tomatoes into 6 individual casserole dishes. Add 1 cup beef broth to each dish. (If you do not have individual casserole dishes, this recipe can be prepared in a 9x13-inch baking dish.) Add salt and pepper. Cover and bake for 45 minutes.
4. In a bowl mix parsley, paprika and oregano with 1/2 cup water.
5. Remove casseroles from oven. Divide parsley mixture into 6 parts and add to each casserole dish. Mix carefully with a spoon. Taste and adjust salt and pepper if necessary. Place one slice of cheese on each dish and then crack an egg over the top. Cover with foil and bake for another 10 to 15 minutes, or until the eggs are set.

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

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