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OCTOBER 2017

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Tammy H., Crowley, TX

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ON THE COVER



*Peggy Parnell and Almy Bryan
are proponents of spaying and
neutering every stray.*

Photo by SRC Photography.

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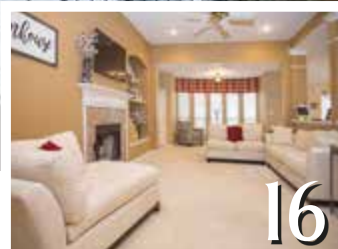
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Editor's Note

Hello Burleson, Crowley and Joshua!

Throughout our community, people are celebrating harvests. Burleson Heritage Foundation hosts Founders Day, which could be seen as a harvest of history. Crowley FUMC hosts Lord's Acre, which could be seen as a harvest of humanity. Joshua Area Chamber of Commerce hosts a clay shoot, which could be seen as a harvest of hotshots!

Earlier this year while gardening, a mysterious something tingled the back of my neck and injected poison that took nearly three months to fully exit my body. More than likely a wolf spider bite, it caused no pain, but it did cause some embarrassing sores and other irritating and inconvenient symptoms.

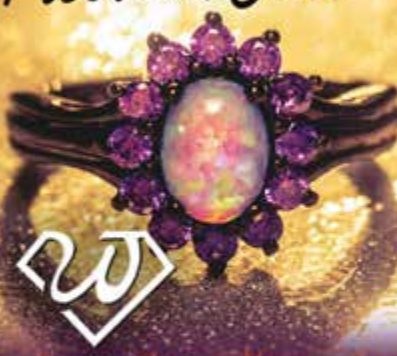
What I learned from the experience was this: I have been given gardens to tend. There will be spiders. They don't stop me, so my work will come to fruition. This thought gave me great hope, so I thought I'd share it with you all. If you'll not perceive little, pesky oddities as hindrances, they'll become your gift to strengthen you.

May the garden you've been given to tend give blessings galore!

Melissa

Melissa Rawlins
BurlesonNOW Editor
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Here is what our patients have to say...

"I had 4 meniscal tears, osteoarthritis, and my knee was bone on bone. I was facing surgery as my only viable option. When I heard about stem cell therapy, I knew I had nothing to lose. In a few weeks, my knee was transformed. My MRI revealed that the tears were repaired and my knee was rebuilt. I am now back to tennis every day and my knee is stronger than ever." -Dr. John Young, M.D.

"I have two badly torn rotator cuffs and damaged shoulders. I was told by a Physician my only option was a complete "Reverse Shoulder Replacement" on one of them. I learned about Stem Cell Therapy as a possible option to surgery. We researched the process thoroughly and read many articles pro and con about this procedure. We had two medical professionals tell us this was the way of the future.

It has been 10 weeks since I received my injection in both shoulders. At night when I roll over on my side I no longer wake up from the pain in my shoulders. I am now combing my hair with less effort or pain. I can put dishes in the cabinet with less pain and easier than before the injections." -Frank Shannon

"The perfectly timed information about your clinic's stem cell therapy possibilities saved me from the amounts of pain and recovery time my scheduled shoulder surgery would have cost.

Honestly, the therapy sounded too good and too easy. Everything good you said could happen, has. After receiving the stem cells, 4 months of constant pain began improving. As the injury healing continually increases, the pain levels have kept decreasing.

Being able to resume daily activities without pain has been a miraculous gift.

God's continuing blessings on you and your staff,"
-Jan Boyd

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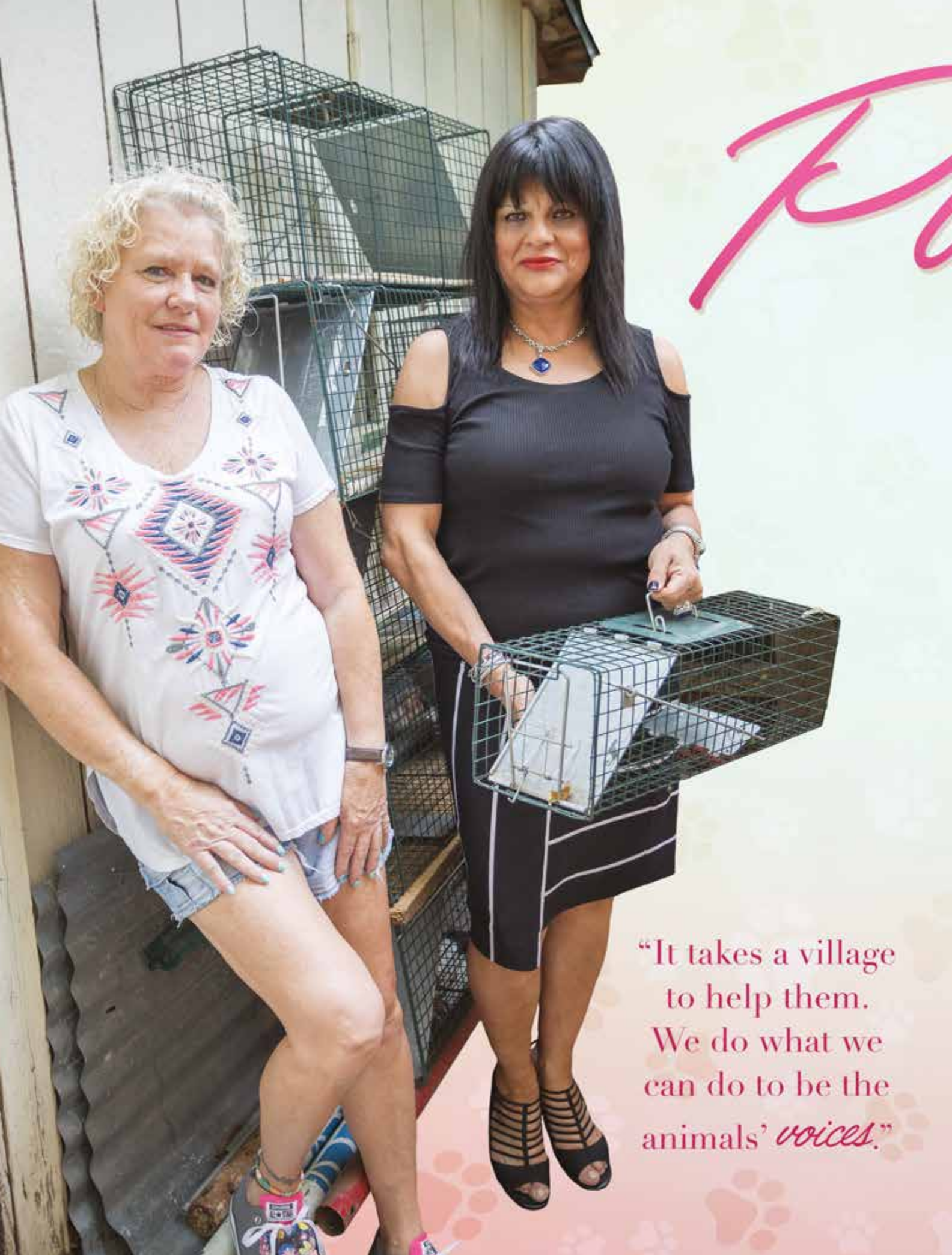
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“It takes a village
to help them.
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animals’ *voices*.”

Perfect Friends



— By Melissa Rawlins

There is a paved lot, narrow enough in some places to feel like an alleyway, behind the homes on Sunset Drive in Burleson's Summercrest Addition. Hidden from view by well-established trees and a sturdy fence, the pavement is well-traveled — not only by trash trucks, business people and neighborhood cyclists, but also by a small colony of feral cats. The colony is small because Peggy Parnell and Almy Bryan have hearts of gold.

Only 10 years ago, nearly 100 cats made their home in the area behind Peggy's KaBloom Plants. Not willing to stand the sight of skinny, sickly cats, she began feeding them. "The cats get thirsty, hot, cold and hungry, and they have babies anyplace, from planter boxes to the roof," Peggy said. "One year we had six litters, and I found homes for every one of the kittens."

Her dedication of time and money inspired her friend, Almy, who first saw Peggy after stopping at the neighboring Grace Mart. "There was a woman working hard in the heat to clean the area where the cats ate. Forgetting I had groceries and ice cream in my car, I started helping her," Almy said. What really touched her heart was learning about a group of neighbors who responded to the needs of an abandoned mother cat. Mary Penney, Georgia Scott and her granddaughter, Elizabeth Scott, plus Peggy's daughter, Kimberly Johnson, not only fed the felines, but took in several babies. Mary still has one, which she named Detective.

So Almy began coming early in the morning and leaving six piles of food out in the cat area behind the dumpster. Peggy had been managing the cat colony as best she could for about eight

years, feeding a little in the morning and a little before leaving for the day, so they wouldn't get in her car. "One day almost four years ago, I noticed there was food getting put out in the back," Peggy said. "I saw her in my surveillance camera, and then I went out and waited for her."

After this second meeting, they became good friends, coordinating the cats' feeding between them, and putting compassion for the cats before their own needs. Giving fresh food and water to the feral cats is so imperative to Almy that she once walked the eight blocks from her home over icy roads, through the snow, because Peggy could not drive to the shop to do it.

Before long, they met Sheri Cummings. An animal rescuer who currently cares for nine animals, from dogs and cats to an abandoned parakeet, Sheri is a mobile pet groomer who came about three years ago to this busy corner at Summercrest and Hwy. 174 to gas up. "I saw Miss Peggy and Almy feeding the cats, and I said, 'Oh my gosh, you're my tribe, and I'm in. How can I help?'" Sheri said. "These ladies are



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doing the right thing. It takes a village to help them. We do what we can do to be the animals' voices. These ladies have dedicated their everything, and they don't quit."

Neither does Sheri, who has donated money, cat food, kitty litter and time, all the while giving moral support. "She took the very first of the cats to TCAP — Texas Coalition for Animal Protection — and her husband brought it back to us," Peggy said.

The friends started saving the kitties together, trapping on Almy's day off and delivering them to the nearby TCAP. Peggy keeps a folder full of receipts for each cat, so the city's animal control officers can see proof each feral has had its rabies shot and surgery. "We get a pain shot for them, so they're not hurting," Peggy said. The friends have met other cat rescuers waiting in line at TCAP.

"Since we've been going to TCAP, I have met so many people who you can tell don't have the money, but they are still trapping the animals and trying to fix the problem," Almy said. "These people give up their grocery money. It's been a beautiful experience getting to know these people."

Almy is blunt about the depth of her passion. "The cats don't have a way to tell you they're hurting, whether they have a headache or their stomach hurts," Almy said. She lays awake at night, thinking of how she could do more to help them.

In the last year, she spent close to \$3,000 to pay for flea spray, food, surgeries and replacement of the cats' shelter. She also has been remodeling Georgia's backyard, as it backs up to



the cats' feeding spot. "My pastor, Rick Owens from Pathway Church, paid for the new fence behind the dumpster." Her gratitude lights up her face as she remembers the people who have helped her and Peggy give comfort to the feral cats.

"One thing I admire about the cats is that even though they have a hard life, whenever I drive up, they start rolling on the ground and making tricks for me, and the message I get from them is, *I'm worth it*. They are communicating," said Almy, who takes turns with Peggy getting up at 5:00 a.m. to take traps to homes where people have noticed stray cats.



Klaus, the rescued cat, is loved on by Peggy Parnell; her daughter, Kimberly Johnson; and grandkids, Donnie and Hannah Johnson.

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Peggy and Almy are proponents of spaying and neutering every stray. "If you have a cat, they're going to have cats. I encourage anyone who doesn't want their cat, to take them to the shelter," Peggy said. "Once you dump your animal, you don't know what will happen to it. I'd rather they be put down instead of being out here, not knowing whether they'll get run over and die in a ditch."

April Barlow, the doctor's assistant at Dr. Roy Caivano's internal medicine practice next door to KaBloom Plants, said before Peggy started helping the cats, the business parking lot and buildings were overrun with cats, which left little presents in the grass lawn surrounding the employee entrance and, sometimes, got inside parked vehicles. "We are so appreciative of what Peggy is doing for these cats, because now there are only a few, and they are not in our way."

"It feels like both a never-ending burden — because we're so committed that if Almy goes out of town then I gotta make sure I'm in town and vice versa — but it's also a joy, because when they're out, they're playing. They look at you when you call their names," Peggy said.

And that brings joy to the hearts of these two likeminded women. Until the last one is fixed, they will continue to feed and fix their furry friends. **NOW**

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**Al Crane has
lost 38.6 pounds
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Al has gone down eight sizes, has not had heart burn since the start, and has thoroughly enjoyed the energy he now has to play with his grandchildren.



**Heather Martin
lost 52 pounds
in five months!**

Heather has loved being able to buy new clothes, incorporate exercise back into her daily routine (and enjoy it!) and be able to keep up with her two sons.



**Jan Clark reached
her goal weight
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Jan started the program and set a goal in hopes of just getting healthier. She not only met her weight loss goal but also exceeded it, and more importantly ... has kept it off!



**Gary Davis
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**Amber Chacko
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Austin Parrish, left, a former Joshua NJROTC cadet, went with his girlfriend, Martha Priestly, and another Aggie, to help folks in south Texas.



Holidae Bernard, Mia Weeks, Taylin Bernard, Jason Bernard, Joyce Weeks and Dani Bernard accept donations and organize them on a trailer at the City Market.



Jonathan Cook picks up over 500 fleece blankets from Bank of Texas for the Keller Williams shipment to Houston.



Bart VanPool, Justin Coleman, Britt Elliot and Derek Burke with Fire and Rescue in Beaumont, TX.



Justin Coleman searches for victims in Baytown, TX.



Holly Anderson, principal of Bess Race Elementary, encourages Zamyia Widemon and Nicholas Barrera to participate in the Crowley Cares Coin Drive to help with disaster relief.



Casey and Tosha Davidson help people in Port Arthur, TX.



Pathway Church members Brady Teaff, Lori Joray, Sierra Reams and Georgette Bloom help Barbara Bridge clear trash from her Houston home, which was completely under water.



Harvest House volunteers Robert and Lealie Jones help stock the community's non-profit grocery store to help evacuees from South Texas.



Frazier Elementary School gathers in support of the people in Rockport.



Texas Strong



The past few weeks have been emotional ones, as image after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of *Texans*. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities mobilized to assist. People loaded

up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong! **NOW**

Becky Walker • Managing Editor • NOW Magazines

State and National Organizations:

Red Cross of North Texas • (214) 678-4800
<http://www.redcross.org/local/texas/north-texas>
Text Harvey to 90999 to make a \$10 donation.

Salvation Army • helpsalvationarmy.org
1-800-SALARMY • Text \$10 to 50555

North Texas Food Bank:
Donations of food and funds to replenish their available food supply are needed. Contact ntfb.org.

Save the Children Flood Fund • SavetheChildren.org

The Texas Lions Foundation:
The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800
texasbaptistmen.org • Text HurricaneHarvey to 73256, then click on the link sent to you to complete your donation.

Community Organizations:

Open Door Church Emergency Relief Operations
Contact Barry Gee at odcemergencyreliefoperations.org,
bg.odcrelief@gmail.com or (817) 988-1685.

Community Emergency Response Team (CERT):
For Burleson: Contact Jessica Eiswald at (817) 426-9177.
For Joshua: Contact Lani Whiddon at LWhiddon@cityofjoshuatx.us.
CERT programs usually take 6-8 weeks of training. You can sign up for the training, and then you'd be able to help where needed during the months ahead.

Johnson County Emergency Management Coordinator
Jamie Moore • (817) 556-6346

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Crowley House of Hope • 216 Magnolia • Crowley, TX 76036
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Always Welcome

— By Erin McEndree



The front door surrounded by a brick porch with white pillars was one Kimberly Wood walked through many times, even before the house was hers. Kimberly's brother and sister-in-law rented the house, and when they decided to move, she jumped at the chance to buy the house she had always loved and make it a home for her and her two furry friends. Now, Kimberly's two dogs, Kayleigh and CJ, greet her at the door every day when she gets home from work. "They wait by the door with their tails wagging," Kimberly said. "They make my house a home."

At Home With
*Kimberly
Wood*

After a long day of work at Lockheed Martin, Kimberly likes to take the dogs on a walk in the neighborhood or sit on the porch swing in the evening as light breezes blow. The large Bradford pear is a great shade tree and keeps the front of her home cool. Kimberly is very patriotic and proudly flies the American flag. She loves how it ruffles in the wind by the street. "I follow all the flag rules about displaying it," she shared. She loves the neighborhood and quiet street where she lives. On the weekends, she sits on the swing with her mom, Judy, as they discuss plans for staging and decorating homes. Kimberly works part time as a Realtor for Keller Williams and is looking for properties to flip. "My mom helps me with my real estate, since she previously worked as a Realtor," Kimberly said.

The home office inside the front door is set up for business with a wall-to-wall bookshelf and white French doors. A half-bath is conveniently located next to the office.

Red accents are carried into the open living, kitchen and dining area. The white, oversized furniture with red



pillows contrasts against the light and dark khaki tones on the walls. "We love sitting all together, and the dogs are always right in the middle of it all," Kimberly said. "My brother brings his dog, Lucy, and she blends in, too." Kimberly's niece and nephew always move the chaise lounge closer to the sectional, so they can all visit. Recessed shelves beside the working fireplace hold white stalks of cotton, a stack of birch wood and a plaque that says *Bless This Home*. Extra-tall iron side tables have wooden white-washed tops.

The breakfast area has a counter-high, square table with four chairs. The dark wood set anchors the space. Kimberly likes to sit at the table with her computer doing work and drinking coffee.



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A half wall with white trim and pillars separates the kitchen and the living area. It is a great place to set chips and dips and dishes when the family is visiting. “We love cooking together for the holidays on the large island in the kitchen, and because it is so open, it is easy to visit with the whole family in both rooms,” Kimberly explained. A dish always sits on

her mom’s woven hot plate holder, a fond memory from her childhood. She has a small garden beside her home and loves to grab some herbs and tomatoes. Kimberly plans to remodel the kitchen by replacing the brownish-red laminate countertops with white quartz and a dash of sparkle. She also wants to paint the cabinetry white. “I am doing this a little at a time,”

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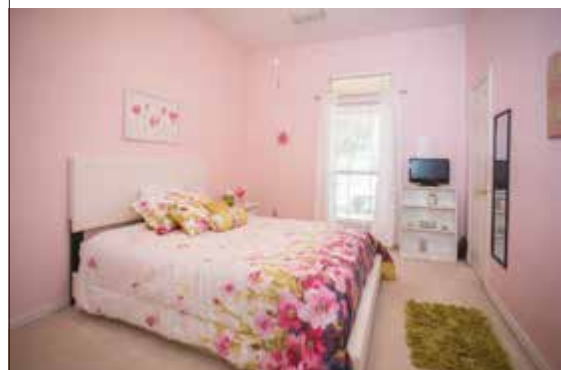
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she confided. "I plan to put hardwood throughout to replace the white carpet because it is better for the dogs."

Helping dogs is very important to Kimberly, and she has a passion for volunteering at Home at Last Animal Haven, a no-kill dog shelter in Godley. "I clean the grounds, trim trees and give the dogs food and water," Kimberly said. She doesn't mind the heat because she would do anything to help the people who own the shelter. "I organized a community partnership workday at the shelter with the help of local businesses," she said. The volunteers helped with improvements at the Godley location.

She is also very committed to her faith. "I want to live a life that is pleasing to the Lord," Kimberly explained. She has enjoyed teaching first grade Sunday school.

Another gathering spot for the whole family in Kimberly's home is the large farm table in the dining room laced with greenery and red candles. "When family and friends come to visit, we can spend hours at the table talking," Kimberly said. "When my brother's family comes to visit, they feel right at home."



Kimberly has chosen to keep her niece, Lauren's, room the same bright pastel pink. Darker pink flowers are all over the bedspread, in vases and frames. The light cover switch plates are silver glitter. The white bedroom suite matches. Kimberly fondly calls it the Tween Room. The hallway is lined with old photographs from Kimberly's childhood. "I just love the old hair styles my mom wore," she laughed. "I love all my family photos." Down the hall are two extra bedrooms. Kimberly plans to create a workout room with her nephew, Jarrett's, help.

The master bedroom is her retreat. It has a peaceful feel. All the white, rustic



furniture matches. An iron magazine rack holds current issues and an iron gate hangs on the wall. She loves the view while sitting in bed. The large, arched picture window has a view of an oak tree and a red bird nest nestled in the branches of a crape myrtle. Two huge dog beds are for Kayleigh and CJ. “They really do run the house,” Kimberly laughed.

The master bath is another room Kimberly wants to remodel — except for the arched window above the tub that matches the one in the bedroom. She has no use for a tub and wants to create a big walk-in shower. “I love to go into an old house and see the potential,” she said. “I can see how to enhance older homes with a few changes, like repainting the inside and out, and even adding some shutters to help with curb appeal.”

Shopping for decor with her mom is always an adventure. Kimberly sees the possibilities in the pieces she buys. She recently took a trip to Waco and visited Magnolia Market. She chooses pieces carefully and does not allow clutter to build up.

Kimberly admits her home is big for one person, but it is perfect for her two Labrador Retrievers and her big family. The plans she has for remodeling will make it an even better abode to come to at the end of the day. **NOW**


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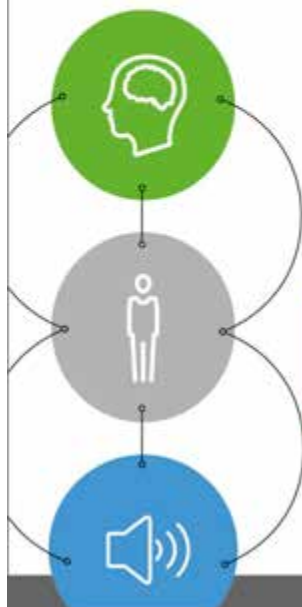
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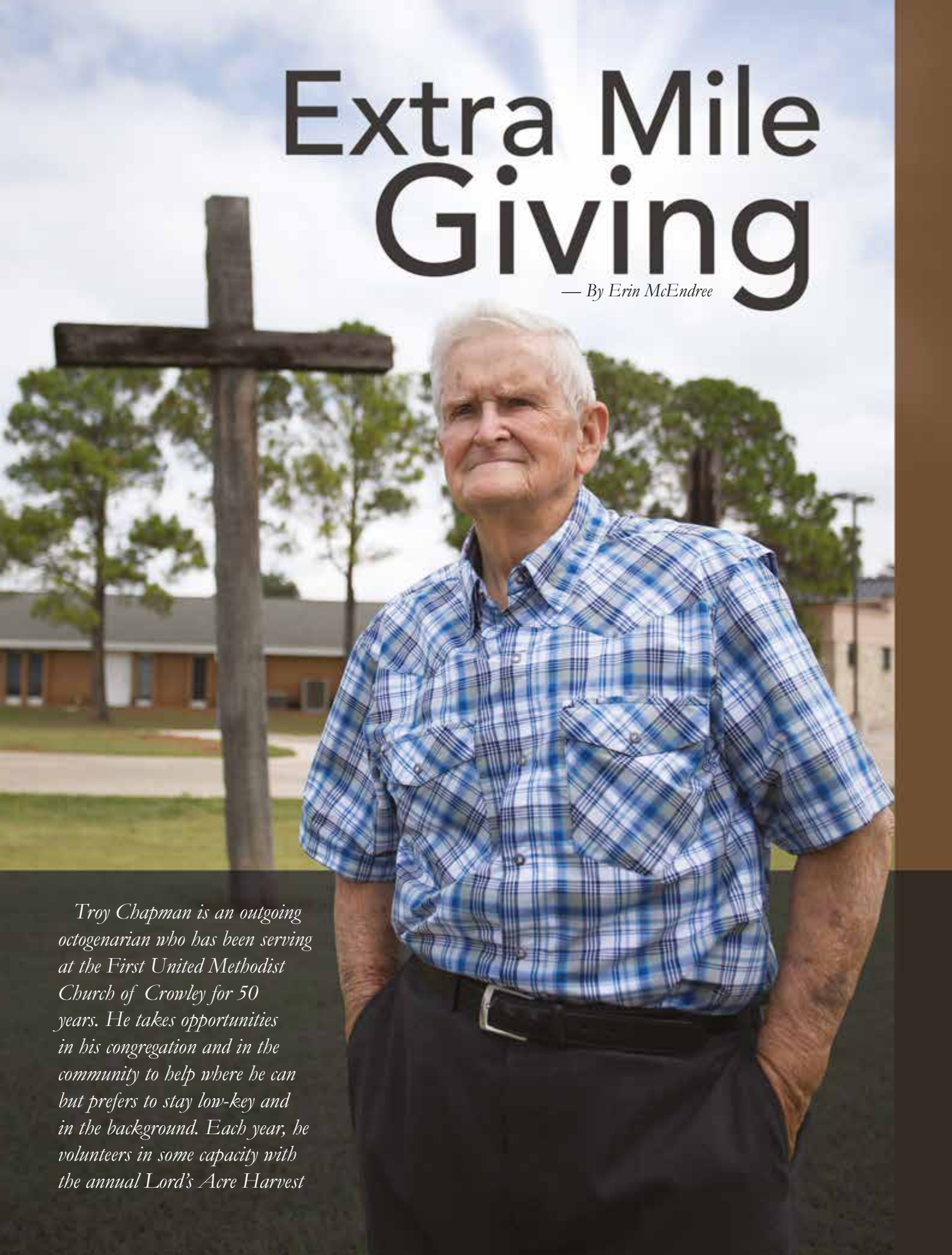
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Extra Mile Giving

— By Erin McEndree



Troy Chapman is an outgoing octogenarian who has been serving at the First United Methodist Church of Crowley for 50 years. He takes opportunities in his congregation and in the community to help where he can but prefers to stay low-key and in the background. Each year, he volunteers in some capacity with the annual Lord's Acre Harvest

Festival. He is one of many behind the scenes who helps make it a success.

This year, Troy admits he is just in charge of the tent. Although he has been the chair eight times since 1972, Connie and Brian Smith have taken the reigns this year. "There are 25 committees that have to be considered when planning," Troy said. Some of the areas include the catered lunch, children's area, country store, decorations, live auction, publicity, sound and trash disposal, to name a few.

The Lord's Acre originally began as a social movement in Georgia in 1922. The Rev. Henry M. Melton, a pastor of the Baptist Church in Bluffton, encouraged seven men to set aside 1 acre of land and donate what was produced on it to the church. The movement expanded across the country. The Lord's Acre began at the FUMC in Crowley in 1960 and has continued on the second Saturday in October ever since.

In 1959, the FUMC was moved from near City Hall to its location on Peach Street. "When we started, the donations helped fund the new church," Troy said. Since 1960, The Lord's Acre has raised over a million dollars to pay for buildings and renovations throughout the years. The members of the



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Troy Chapman and the Rev. Rick Mang, pastor of First United Methodist Church, look for ways to help where they can.

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congregation and the community have made the festival a success.

"Our congregation has kept the integrity of the festival because everything that is dedicated is new or handmade," Troy said. "We do not use anything used, broken or defective. It is not like a garage sale." When it first started long ago, donations consisted of calves, ponies, bales of hay, chickens and rabbits. "There are not usually animals now," Troy said. "Handmade crafts and furniture, jellies, pies, soaps, tools, yard art and quilts are the main items. Usually, there are over 160 items in the auction." The auction is conducted by Luther Davis with Davis Auctioneers, LP.

"I remember Ms. Cantrell always brought lye soap that everyone liked," Troy reminisced. "Rufus Chapman, no kin to me, always donated a bunch of umbrellas to sell at the auction. Then there was James Garner, who handcrafted furniture for over 40 years." Troy has many memories from his 50 years of service. He also captures those memories by taking photos.

Many people enjoy the barbecue lunch, country store, silent and live auctions. Scout Troop 554 provides scouting activities and helps clean up. A huge tent is placed on the parking lot. "Our Lord's Acre is one of the oldest and most successful in our area," Troy said. He attributes that to how well the congregation works together, how many



people participate and the quality of the items dedicated.

"For years, the women of the church prepared the food and used the kitchen in the old Bess Race School," Troy explained. "Now, they have it catered by Cousins Barbecue, prepare desserts and serve it." When Troy's wife, Jan, was alive, she helped in the kitchen. She loved to cook and helped prepare the meals for the Lord's Acre.

Many faithful workers stay to clean up and hang around until the total is announced. "A small number of us stand around and talk about memories until they present the final figures," Troy said.

"Growing up, we lived close to the railroad," Troy said. "I remember my mom fixing food for the hobos and helping neighbors. Helping has been drilled into me since I was a kid." All his life, he has seized the opportunities in front of him. During a conference

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of the United Methodist Men in 1985, he was part of a vision to establish a ministry for mentally challenged adults. Aldersgate Enrichment Center near Early was the manifestation of that dream. Troy has been involved in a long list of charitable organizations and nonprofits, including Habitat for Humanity, Crowley House of Hope, Metropolitan Board of Missions, Pathfinders, Justice for our Neighbors, Crowley Cemetery Association and Room In The Inn homeless program at Genesis UMC, to name just a few. For 20 years, he has enjoyed a time of fellowship every Tuesday with the Men's Emmaus Group. He is like the Energizer Bunny and keeps going and going. Staying involved keeps his mind and body sharp for the tasks on his heart.

Taking a break does not come easy for Troy. "I love to fish, but don't have much time for it," he said. "I have fond memories of fishing with my 10 grandkids and 10 great-grandkids. Most of them have caught fish with me." Troy is trying to find some time to slow down and enjoy some fishing with his family in the future.

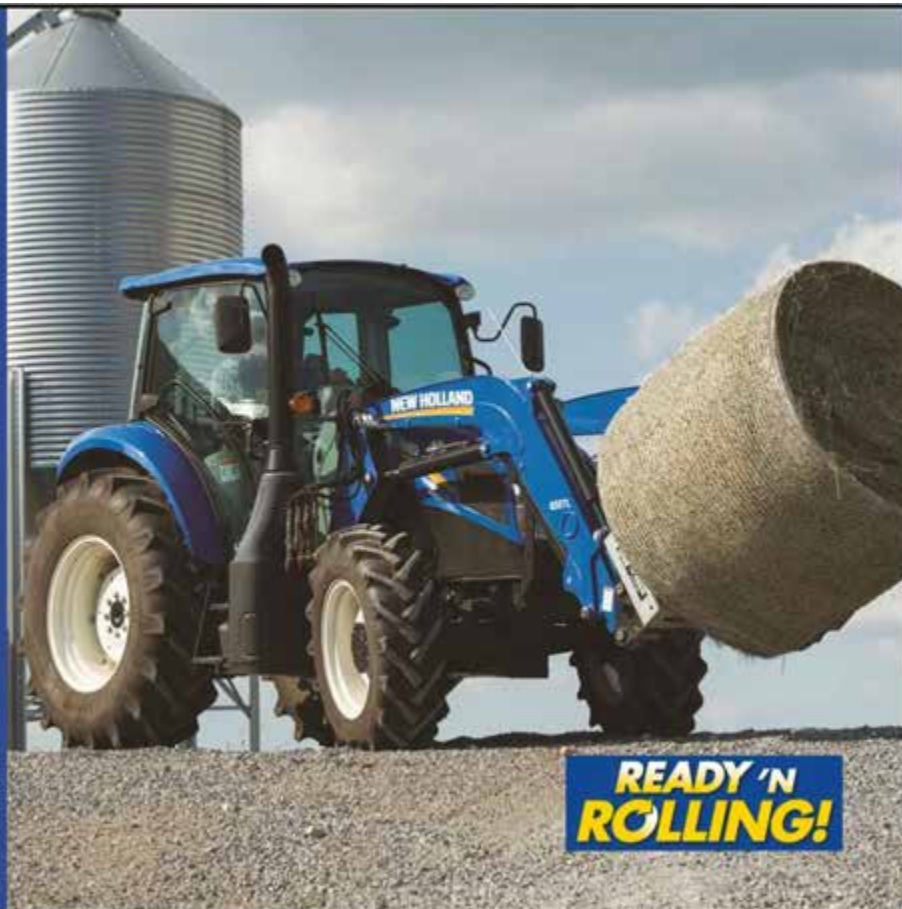
Being a motivated servant is Troy's passion. "I love seeing other individuals want to get involved," he said. Although Troy admits he is slowing down a bit, he wants to help where he can and remain active in his congregation and in his community. **NOW**



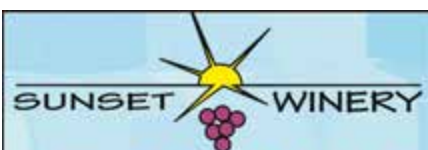
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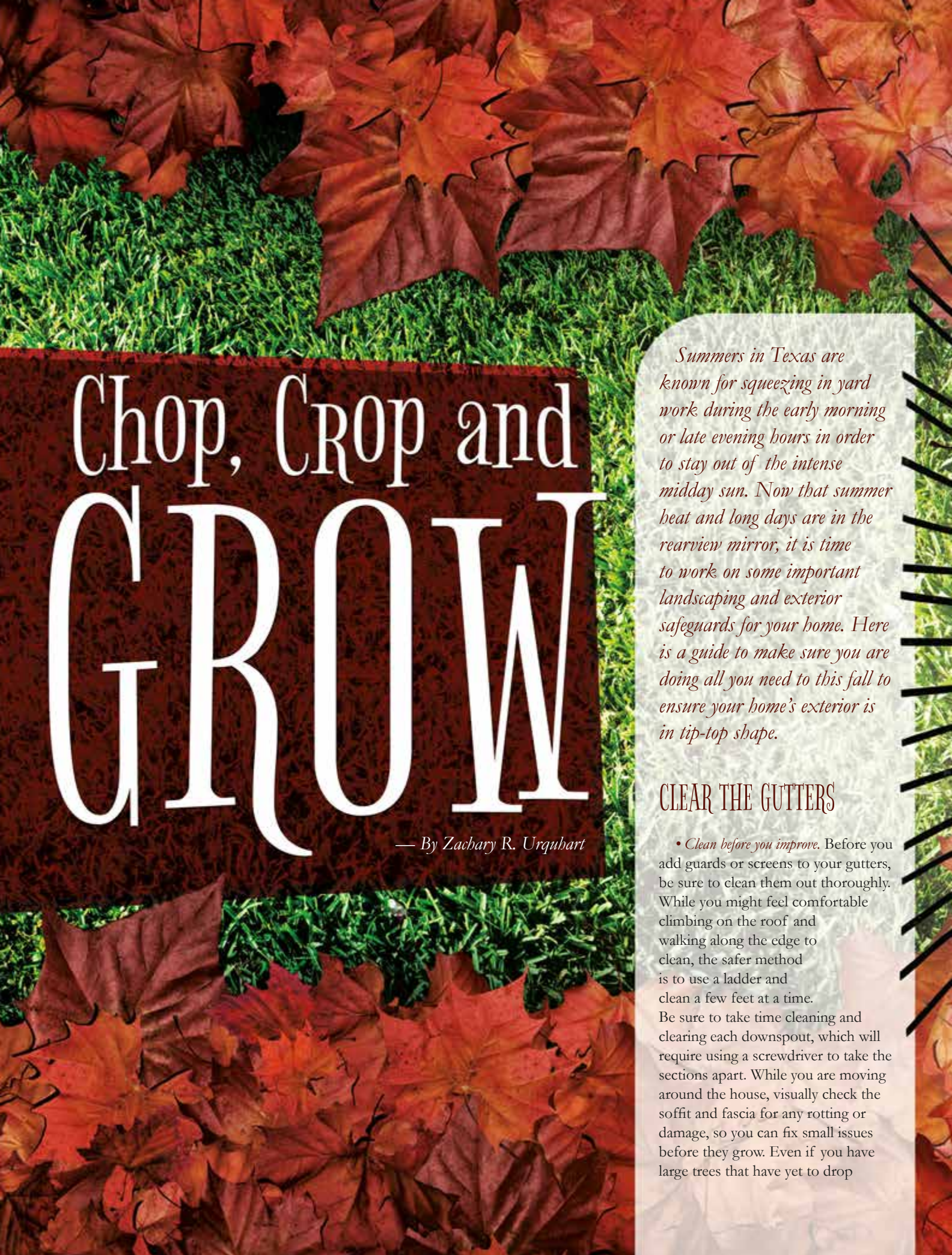
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— By Zachary R. Urquhart

Summers in Texas are known for squeezing in yard work during the early morning or late evening hours in order to stay out of the intense midday sun. Now that summer heat and long days are in the rearview mirror, it is time to work on some important landscaping and exterior safeguards for your home. Here is a guide to make sure you are doing all you need to this fall to ensure your home's exterior is in tip-top shape.

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their leaves, think about clearing gutters, so that small blockages do not become bigger problems.

• *Make your gutters better.* There are two primary ways to make improvements to your gutter system. Splash guards in key spots are a quick and inexpensive fix for gutters that sometimes allow water to pour over, which can damage plants below. Usually, though, water coming over the gutters is a sign that you have blockage. Adding gutter screens, or guards, will cost anywhere from \$100 to several hundred dollars, but it should stop clogs, and that will allow your gutters to do their job more effectively.

TO TRIM OR NOT TO TRIM

• *Fewer limbs mean fewer leaves and more problems.* One of the most tedious chores each fall is raking and bagging fallen leaves. Some people may want to cut branches while foliage is full, so they can see trees in their fullest form. However, it can harm trees to cut limbs before the dormant winter season. While it does mean you will have the arduous task of raking and bagging leaves, your trees will be healthier in the long run. One suggestion is to mark limbs that you will cut with tags or spray paint. This way you are sure to trim the right spots come winter.

• *Know what to cut.* Though you are waiting to do any major pruning, figuring out what to cut can be difficult. Any limbs that look dead or dying should be removed, as they take energy away from the more thriving parts of your trees.





And if limbs are growing into each other, you will want to cut one to save the other. Aside from that, though, what you trim, how much you keep and how high you start the canopy is largely your choice. However, trimming a limb or two from your trees to ensure safety for kids in the yard or to prevent damaging property is an acceptable exception to the rule of not trimming in the fall.

- *Shrubs need time.* When it comes to bushes and shrubs, be sure not to cut in the late fall. Trimming in the summer allows shrubs to recover before the freeze season. Cutting limbs in the late fall can be detrimental to your plants. Major cutting is recommended for the dormant winter.

WHAT TO PLANT

- *Winter grass helps your lawn.* Whether your lawn is full of carefully maintained Bermuda or St. Augustine or is just full of wild grasses and flowers, the winter months can be harsh, making it hard to regain the green beauty you want in the spring. Rye is the most common winter grass, but you can also opt for bentgrass, bluegrass or fescue, if you desire. Just be sure to take into account different growing speeds, as well as the amount of shade you will have, as not all winter grasses are created equal. As Texas temperatures tend to be mild, you should be alright planting into the early winter, but you will want to be sure to get your seeds down before the coldest part of the season, for the best results.¹

- *Make this season count.* Aside from just maintaining your yard's health, you might be looking for some ways to keep it looking beautiful, even in the colder months. There are many varieties

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Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.

of plants specifically suited for this. Pansies are available in many colors, and can survive temperatures below zero. Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.²

• *Get ready for what comes next.* In addition to having a garden that looks good now, fall is the ideal time to plant some things that will pay-off several months later. Blue stars are a perennial that will give some yellow foliage in the fall, but their beautiful spring flowers are what you will love the most. Species, Darwin and Parrot Tulips should be planted in the fall, as should Dutch Irises, which will give you a deep purple flower in the spring.³

So, whether you are maintaining or making big changes to your lawn and garden, be smart about what you might chop, what you will crop and what you hope to grow. When spring comes, you will be glad you did! **NOW**

Sources:

¹<http://homeguides.sfgate.com/types-grass-can-planted-late-fall-early-winter-27552.html>

²<https://www.houselogic.com/photos/yard-patio/winter-plants/slide/flowering-quince-chaenomeles/#slide/4>

³<http://www.sunset.com/garden/flowers-plants/bulbs-to-plant-in-fall/view-all>



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Karan Wethington, far left, has built a team of professionals that stands ready to service all your real estate needs.

BUILDING ON STRENGTH

The Karan Wethington Team designs win-win real estate transactions. — By Melissa Rawlins

It's a strong seller's market. But the Karan Wethington Team at Keller Williams Realty has the knowledge to thrive and experience to make the home-buying and -selling process easier for buyers.

"Real Estate in Burleson is a very strong market. Inventory is low, so demand is higher. We've adapted to the market with different techniques," Lead Agent Karan Wethington said. After more than 20 years of professionally listing real estate and closing transactions, Karan has helped innumerable individuals and businesses with their residential and commercial buying and selling needs.

The Wethington Team at Keller Williams Realty helps customers in the Metroplex and surrounding areas. "The Keller Williams system is amazing," Karan said, "so if clients are looking

at another area outside of our range, we can refer them to real estate agents within Keller Williams."

Having such a structured support network is important for Karan. On the team she has built, there are five buyers agents who each have a specialty, such as luxury, farm and ranch, commercial or residential. "We have a full-service team for every designation of the transaction. When you're listing your property, we have a listing agent, marketing specialist and a closing manager. We walk you through the whole process," Karan said. She is proud of her team because customers can always reach someone to help them.

Karan has relied on her team greatly since October 2015, when her husband passed. "Many people loved him," she reflected.

Business **NOW**

"Life has really changed, and I have learned to lean on my three daughters and five grandchildren."

Spending quite a bit of time with her family, Karan refocused her vision. She has been involved in the community since 1982, serving on such boards as the Burleson Area Chamber of Commerce and Meals on Wheels for Johnson and Ellis Counties. "When the kids were little, they used to tag along with me," Karan recalled. "I don't do as much as I used to do, and yet the community supports me, so I support the community." She is an active member of the ATHENA Society of Burleson, and will always be giving back.

Karan is on the leadership committee at the Keller Williams office. The listing specialist and office manager for The Karan Wethington Team, Laura Collins, looks up to her team leader. "She's a strong, wise and independent business woman with a good reputation in the community. She has a strong base, and a lot of people know her and trust her," Laura said. "Karan is good about taking people under her wings, if someone wants to be in real estate."

The Wethington Team will be launching its new website this month at www.WethingtonTeam.com. People can search for homes, enjoy a visual tour of any MLS listings, get to know all 10 members of Karan's team and become familiar with their areas of expertise. Laura Collins is the office coordinator and listing specialist. Tiffany Kral is the team's lead buyers agent, and Wendi Frasier is the transaction coordinator, servicing from contract to close. Taylor Guzman is the marketing specialist, marketing all properties on all media outlets.

Karan welcomes visitors to meet her team in Keller Williams' new location on the third floor of the new office building at I-35 and Renfro Street. With bountiful office space, clients enjoy a variety of meeting spaces — from a casual internet café to private conference rooms to Karan's own beautiful corner office overlooking both the north and the south views of her beloved home. The Wethington Team is ready to help you with all of your real estate needs. **NOW**



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Randy Baker organizes the benders at Elliott Electric Supply.



Randy Jackson and his daughter, Cassidy, enjoy Roundup For Riders, which raised much needed operating funds for Wings of Hope Equitherapy.



The Wiggins family looks for rocks, and leaves a few, at Burleson Public Library.



Angela Mobley, Lisa Deese and Judy Estes chat before the Chamber mixer gets underway at Lost Oak Winery.



Tracey Besgrove, principal of Norwood Elementary School, gets to know a few of her new staff members during the BISD New Employees Luncheon.



Gunita and Norman Harrell, with their granddaughter, Marta Harrell, lead the first meeting of Burleson's Roots and Branches Genealogy Club.



Bailey Benson has fun shopping for silver from Lora Johnson during a party in Joshua.



BurlesonNOW editor Melissa Rawlins signs up to work out her kinks with Camp Gladiator's Brittney Boyd.



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What Should You Know About Establishing a Trust?

You don't have to be a CEO or multimillionaire to benefit from a trust. In fact, many people gain advantages from establishing one — so it may be useful to learn something about this common estate-planning tool.

Why would you want a trust? For one thing, if you have highly specific wishes on how and when you want your estate to be distributed among your heirs, then a trust could be appropriate. Also, you might be interested in setting up a trust if you'd like to avoid the sometimes time-consuming, usually expensive and always public process of probate. Some types of trusts may also help protect your estate from lawsuits and creditors. Currently, only a small percentage of Americans will be subject to estate taxes, but estate tax laws are often in flux, so things may be different in the future — and a properly designed trust could help minimize these taxes.

If you decide that a trust might be right for you, you should work with an experienced estate-planning attorney. Trusts can be highly effective estate-planning vehicles, but they can also be complex and varied — so you'll want to make sure you understand what's involved.

One important decision will be to choose a trustee. The trustee is legally bound to manage the trust's assets



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in the best interests of your beneficiaries, so your choice of trustee is extremely important. Your first impulse might be to select a family member, but before doing so, consider asking these questions:

- Does he or she have the experience and knowledge to manage your financial affairs competently?
- When called upon to make a decision that may affect other family members, will your prospective trustee act in a fair and unbiased manner?
- Will naming a family member as trustee create a strain within the family?
- Does your prospective trustee have enough time to manage your trust? Does he or she even want this responsibility?
- Do you have other family members who are willing to serve as trustee if your chosen trustee cannot do so?

This last question leads to another key aspect of establishing a trust — specifically, you can name a “co-trustee” to help manage the trust, and also a “successor trustee” who can take over if the person named initially fails or refuses to act in the capacity of trustee. Again, you will want to put considerable thought into whom you ask to take these roles.

And you don’t have to stick with individuals, either — you can decide to ask a financial institution to serve as trustee. By hiring such an institution, you will gain its objectivity and expertise, but you still need to ask many questions about costs, services provided and so on.

Finally, as you develop your plans for a trust, consider communicating your wishes and ideas to your family and anyone else who may be beneficiaries of your estate. When family members don’t know what to expect, disappointment and frustration can follow. If you know your loved ones are on board with your estate plans, you may feel even more comfortable in putting these plans in place. **NOW**

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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



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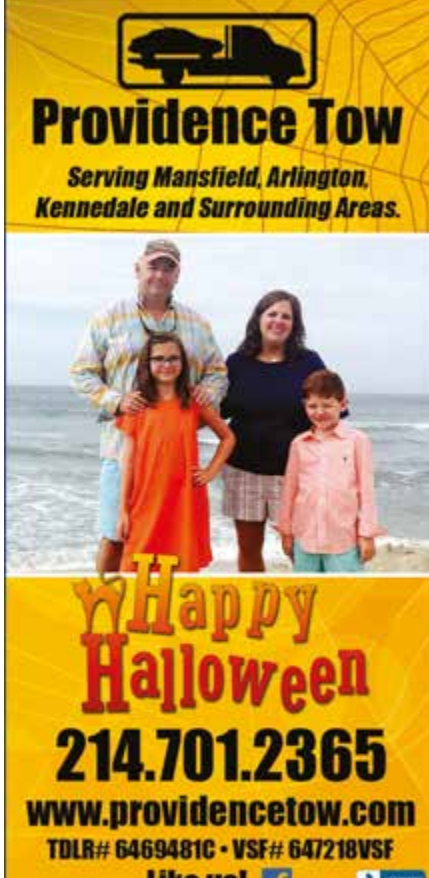
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Children's Advocacy Center Golf Benefit: 6:30 a.m.-3:00 p.m., Southern Oaks Golf Course. Contact Kevin Sellers, cac@hyperusa.com.

October 19

Fall Quarterly meeting — State of the State: 11:30 a.m.-1:00 p.m., First Baptist Church of Burleson, 317 W. Ellison St. www.burlesonchamber.com.

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18th Annual Quilt Show: 9:00 a.m.-3:00 p.m., First Baptist Church, 400 S. Eagle Dr., Crowley. Free to browse, ask questions and admire the "donation quilt" made by First Baptist Quilters. Call Ann Rhoades, (817) 228-1433.

Crowley Area Taste & Business Expo: 3:00-7:00 p.m., Career Technology Education Center. Call Chamber office, (817) 297-4211, or email info@crowleyareachamber.org.

October 21, 22

Far Out Family Campout: 1:00 p.m.-8:00 a.m., Russell Farm Art Center, 405 W. CR 714. Only \$15 per family of 5. Call the BRiCK, (817) 426-9104.

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BISD College & Career Fair: 6:00-7:30 p.m., Centennial High School, 201 S. Hurst Rd. Parents and students of all grade levels are invited to attend. www.burlesonisd.net.

October 26

Community Men's Health Event: 4:00-7:00 p.m., parking lot of Fitness Center, Texas Health Huguley Hospital Fort Worth South. (817) 568-5480.

October 27

JACC Clay Shot: register at 8:00 a.m.; shooting at 9:00 a.m., Alpine Shooting Range, 5482 Shelby Rd., Ft. Worth. (817) 556-2480.

October 28

22nd Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Admission is free. Call the Waxahachie CVB at (469) 309-4040 or visit www.waxahachiecvb.com.

Boo Bash: 6:00-8:00 p.m., Old Town Burleson. Children 12 and younger are invited to join the City of Burleson for two hours of fun. (817) 426-9622.

Haunted Hayride: 7:00-9:30 p.m., Bicentennial Park, Crowley. Admission is one canned good per person. Contact (817) 297-2201, Ext 4300.

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In the Kitchen With Sonia Walters

— *By Melissa Rawlins*

Everything from homemade flour tortillas, enchilada sauce to candied apples came from Sonia Walters' grandmother's El Paso kitchen, where Sonia's mom and her four aunts loved and laughed while they worked. "We never needed a reason to cook. It was our way of enjoying life," said Sonia, who started cooking seriously when she was 19 and living with her sister in North Carolina. There she met her husband, Chris Walters, a U.S. Marine. Though they moved every three years, their family could always count on Sonia's home-cooked meals.

For the sake of their children, they decided to put down roots here in Burleson. Yet Sonia frequently cooks international recipes learned from women she met in the military. She knows the lessons were valuable when her husband finishes everything on his plate and asks for more. **NOW**

Thai Cucumber Relish

- 1/2 cup sugar, or less to taste**
- 1/2 tsp. kosher salt**
- 1/2 cup rice vinegar, unseasoned**
- 1 clove garlic, minced**
- 2-3 small Thai chilies, thinly sliced**
- 1 small red onion, julienned**
- 1 medium English cucumber, unpeeled and cut into 1/8-inch slices**
- 1/2 cup cilantro, chopped**

1. Combine sugar, salt, vinegar, garlic and chilies; boil on stovetop until sugar dissolves. Whisk well to test.

- 2.** Combine sliced vegetables in a storage bowl; pour hot liquid over vegetables.
- 3.** Cover and refrigerate until ready to serve.

Basic Indian Curry

Serves 4.

- 2 cups basmati rice, uncooked**
- 8 cups water**
- 1 medium white onion**
- 1/3 cup vegetable oil**
- 2 lbs. beef stew meat, cubed**
- 1 Tbsp. Dorot Crushed Ginger (available at H-E-B.)**
- 1 Tbsp. garlic paste**

- 1 Tbsp. garam masala**
- 1 Tbsp. curry powder**
- 1 6-oz. can crushed tomatoes**
- 1 5.6-oz. or 1/2 13.5-oz. can coconut milk**
- 1 tsp. salt, or to taste**
- 2 potatoes (optional)**
- 1 bunch fresh cilantro, chopped**

- 1.** Soak basmati rice overnight in water. Forty-five minutes before serving, drain water. Add fresh water to cover rice by 1 inch. Bring to a boil; let simmer while preparing curry.
- 2.** Cut onion into 3/4-inch cubes. Fry onion in oil until translucent.
- 3.** Add meat, and then cook until browned.
- 4.** Add remaining ingredients, except cilantro. Should you desire potatoes, cut them into 3/4-inch cubes.
- 5.** Cook over medium heat until meat is tender, about 30 minutes. Five minutes before serving, add freshly chopped cilantro.

Thai Chicken Satay

- 2 cups Dynasty Jasmine Rice**
- 1 1/2 lbs. chicken breast, boneless**
- 1/4 cup light brown sugar**
- 2 Tbsp. Thai curry powder (divided use)**
- 1/2 tsp. ground white pepper**
- 1/2 tsp. turmeric**
- 1 1/2 tsp. kosher salt**
- 3 cloves garlic, finely chopped**
- 1/2 cup coconut milk**
- 1 bottle Thai peanut sauce**

- 1.** Wash rice in water until there is no cloudiness. Drain off rinse water; cover rice with fresh water one-knuckle deep over top of rice. Bring to a boil quickly. Cover, and turn off the heat. Set pot aside until ready to eat meal.
- 2.** Cut chicken into 1-inch-thick, long strips.
- 3.** Mix together sugar, 1 Tbsp. curry powder, remaining dry seasonings and garlic.
- 4.** Rub seasonings on chicken strips and refrigerate overnight.
- 5.** When ready to cook, mix coconut milk with 1 Tbsp. curry powder in a little saucepan. Weave chicken strips onto wooden skewers. Grill chicken, basting with curried coconut milk.
- 6.** Serve with Thai peanut sauce, Thai Cucumber Relish and Jasmine rice.

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