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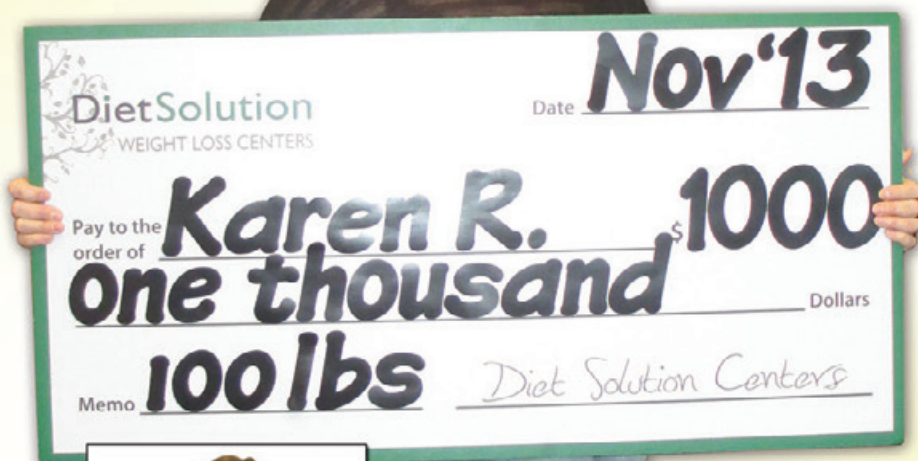
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ON THE COVER



The focal point to the Rushing home is a stage coach Ande and Lynn refurbished.

Photo by Jennifer Spears.

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Editor's Note

Hello Burleson, Crowley and Joshua!

With so much to be grateful for, why does this time of year bring desire for change? In Melissa's theory of advancement, it's just that we are hard-wired to expect transformation. I know, psychologists say we keep doing the same thing because we want everything to stay the same. But I'm well aware that every morning, I'm amazed that from my dream world (which is never the

same place twice) I've reentered a room that looks just as it did when I turned out the lights!

Will 2014 look just as it did when 2013 went into history? Of course not! And we all expect to see the changes. So we end up making prophetic pronouncements of the change we expect in the form of resolutions, because at heart we know that true change starts with ourselves.

Happy New Year from all of us at NOW Magazines!

Melissa

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In Daddy's Footsteps

— By Melissa Ramlins





Lois Montgomery arrived in Burleson in 1948 when her dad moved her family here to far. cantaloupes, tomatoes and cucumbers. In 1951, he opened Millirons' Vegetable Mart Store in Old Town Burleson on Highway 81, which became Interstate 35W. Lois lived on Fox, an old country road off the Old Alvarado Highway.

One day while she led the singing for a youth group at Bethesda Baptist Church, she met Leo Montgomery. Eugene, who loves to tell the story, "My mom was saying, 'Come, come to the Church in the Wildwood,' and how many come to sing."

His mother laughs right along with him. "I love music, and here I was, not able to keep a tune anything!" But he was a good dancer, and he danced with Lois.

After she graduated from Burleson High School in 1948, they married and started a family. He carried on the tradition he had grown up with, bringing his children up to sing and play instruments. They celebrate life at what are known as s

"That was entertainment at that time," Eugene said. "Nobody had any money, so we'd just get together and dance and make music. We had lots of fun, coffee and cookies!"

His Aunt Gladys remembers the fun sometimes got rather raucous. "The floor fell in at one house, they had so many people dancing one Saturday night," she said.

Fortunately for Lois, her husband knew she was stubborn and wouldn't get up and sing at these family sing-alongs, so he did not push her. His children, however, recall that he encouraged their participation with his fiddle bow.

"Back then, every Saturday night, you would go play music at somebody's house — this uncle's this time, this friend's another time," Eugene said. "Finally

Daddy bought a red barn in South Fort Worth, so everybody could just come to our house.

Everybody got in the barn and started playing. We'd play old country, and they always mixed in gospel."

"Daddy thought everybody could sing, whether they could or not," said Dianne, Eugene's sister. "He'd go around the circle and say, 'Ok, what song you got?'"

Leo had a reputation for skill on any instrument — fiddle, guitar, banjo, mandolin, harmonica, accordion, autoharp, piano, ukulele — you name it. "He'd kind of go on a kick, play one for three weeks and then move on to the next one. He liked to play the fiddle best, but everybody'd rather hear him play the guitar," Eugene said. "My brother, sister and I learned to play out there with him. He'd be playing the fiddle, then lean out and hit you with that bow until you learned to play the guitar."

"They loved their daddy, believe you me," Lois said. "Yeah, he could play it, and he thought everyone else could, but they couldn't." Leo also enjoyed playing at local nursing homes. "He loved to dance, and would push those people in the wheelchairs and dance with them. He was always partial to older people, since his parents were older."

Leo's father, Thomas Daniel Montgomery, moved here from Alabama in 1897. The Montgomerys were originally from Ireland. Thomas came here when he was 20 and began farming. He and his wife, Eva, had 10 children, all but two born in Johnson County. Leo was the youngest and was nine years older than Lois, who became his wife when her father-in-law was 65. "Eva lined each of the children up on a pew and gave every one of the kids a penny to put in the offering plate," Lois recalled.

"That's why Daddy always tithed, I'm sure, 'cause she taught 'em," Eugene added.



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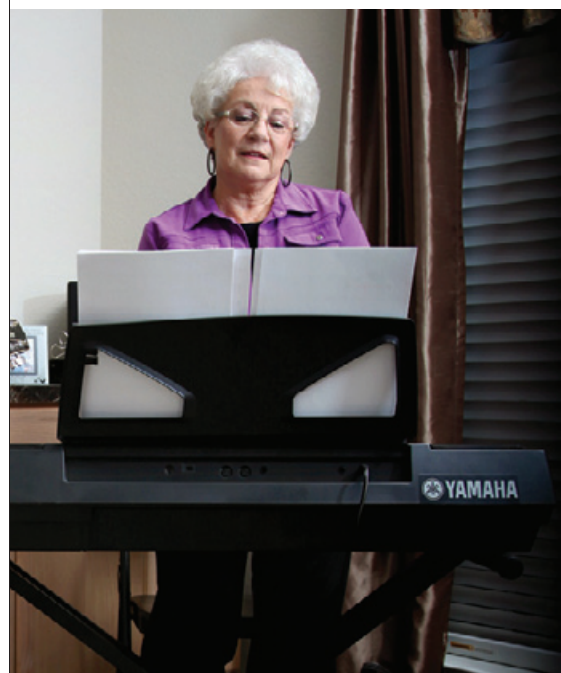
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Eugene's cousins, Glenda, Carolyn and Earl, all attended the little country school at Bethesda in 1948. They were some



of the people who showed up at the family singings. "Nearly all those people are gone now," Lois said. "The ones we got together with were Vivian, Mercer, Durwood and lots of Leo's friends. Some, like Ray Moore and Nathan Johnson, would come. We had a lot of fun."

Leo and Lois' youngest son, Bob, learned to sing out with a clear voice and for many years sang beautifully at weddings. For 16 years, he served as music director at Burleson Baptist Temple, where his sister, Dianne, was pianist during the '70s and '80s. She took piano lessons from the age of 9, since Leo always wanted her to play in church.



"As soon as I could play well enough, Daddy would get the hymn book, and then he'd volunteer me to play whenever the pianist wasn't there," she recalled.

Although both Eugene and Dianne moved to Granbury, their families have moved back to Burleson. Dianne and her husband, John, moved to Burleson in 1971. They hosted a family sing-along at Leo's request in 1992, and Bob joined voices with Eugene.

Eugene and his wife, Sandra, reared their two children in Burleson. Both Eugene Jr. and Michelle graduated from Burleson High School and now own



Lois Montgomery holds her high school photo.



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businesses in Burleson. Now, Lois hosts her children for lunch every Wednesday. "It's nice that we all got back here."

Every now and then, Bob and Dianne visit Eugene to strum around in Eugene's in-home music studio. Of the three Montgomery children, Eugene is the one who continued playing music faithfully — although his songs were not always full of faith. For almost 20 years, he performed in halls like SPJST with the country act Green River Band. During that time, Lois and Leo pleaded with Eugene to come back to church. Eventually, he quit playing in bars. The Green River Band had been apart for 15 years or so when two of his former band mates bumped into Eugene

**"Back then,
every Saturday
night you would
go play music
at somebody's
house."**

at a cowboy church and they ended up forming a new band.

In one of their first performances, for a gospel fest, they put on some overalls and called themselves Baggy Bottom Boys just for grins. Starting with only



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Summer graduated Ogle School of Hair, Skin and Nails in 2006 in the field of Esthetics. After school she went on to continue her education in Permanent Cosmetics, Reflexology, Eyelash Extensions, and Medical Laser Treatments. Summer went on to help businesses grow. Through business consulting she's helped over 5 businesses grow and prosper. With her knowledge, strength and past experiences growing other companies Summer has decided to venture out on her own. Lashes & Locks LLC. was created in July 2013. Partnering with the best of the best Lashes & Locks will be one of the top salons in the area for great customer service, excellent talent, and, most of all, a place to feel at home.

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four songs seven years ago, the Baggy Bottom Boys are now traveling Texas, singing gospel at events like Gunsmoke on the Brazos and at churches like Triple Cross Cowboy Church. Fans around the world listen to their music. Lois likes the second song on their last record, a track called "I'm Not Afraid."

"That was written about Daddy, who said, 'I'm not afraid to die,' on his dying day," Eugene said. "He died April 25,



1999, and I came back into the church about 2006."

"Our daddy," Dianne remarked, "always said, 'Give your heart to Jesus, and I'll meet you on the other side.'"

The next reunion planned is affectionately called the cousin reunion. This time, the singing will be led by the Baggy Bottom Boys. **NOW**

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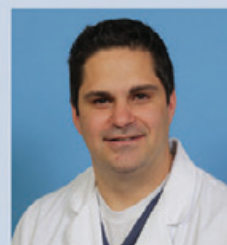
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MAKING

RESOLUTIONS

STICK

— By Jill Rose

With the New Year comes a clean slate and a chance to start over. Bad habits and lifestyle choices can be altered with resolutions and goals, and the not-so-great living of the last few months slowly becomes a memory. Whether you want to work out or eat healthier, resolutions can help change your life for the better. Follow these simple guidelines, and this year your healthier resolutions may stick.

Be realistic.

You have probably made hundreds of yearly resolutions, yet given up within a few months. Frequently, giving up is due to unrealistic expectations of quick achievement. When setting goals, it's easy to get carried away with grand ideas, but this can set you up to fail. Although it would be amazing to achieve our goals in just weeks, realistically, it will take time — especially when it comes to weight loss. Excess weight/fat did not show up overnight, instead it culminates from decades, or even a lifetime, of poor eating habits. Losing 10 pounds may take you six months or more. Adjusting your goals to your current situation and



not where you want to be in a year, will prove a key to success. Perhaps you plan to run a marathon, but have never run farther than a mile. Break large resolutions like this into smaller, attainable goals: running a 5K in three months, a 10K in six months, a half marathon in nine months and a full marathon in a year. Breaking goals into smaller increments allows you to reach milestones quicker and will motivate you to continue.

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Find your true motivation.

In order to stick to your resolutions, you have to be honest about your motivations. Motivations rooted in pleasing others often result in frustration and disappointment. Determine what motivates you — not others — in order to do well. Find your true motivations by asking yourself the following:

Why do I want to live a healthier life? To feel better? To look better for a special event? To impress someone?

Am I afraid of taking risks or failing?

What has stopped me from keeping my resolution in the past?

What can I do differently this year?

When thinking of giving up, what will I say or do to keep my resolve?

Answering these questions first will not only clarify your true motivations, it will prepare you for obstacles.

Write it down.

While setting realistic goals and determining your motivations may seem like a no-brainer, writing them down is crucial. This is a great way to visualize what you want to accomplish. Write your goal on a sticky note and post it somewhere highly visible, like the bathroom mirror or refrigerator. Seeing what you want staring back at you every day helps keep you focused.

Do you want to eat better and lose weight? Awesome! But what changes will you make in your day-to-day routine to obtain your goals? Will you cut out junk food? Eat more fruits and veggies? What is your weight-loss plan? Will you eat less, work out more or a little bit of both? When and where will you work out? Although these are basic questions, they make obtaining your desired result possible. By mapping out your strategy for achieving your goal when you make your resolution, you can see the work it will take and visualize what you want.



Monitor your progress.

Perhaps the most vital part of sticking to your resolution is monitoring your progress. If your resolution is to eat better, keeping a food journal is an absolute necessity. No longer is it necessary to write down everything you eat in an actual journal. Apps like MyFitnessPal and LIVESTRONG.COM allow you to record foods quickly and easily, while monitoring your calories and macronutrients. The key advantage is accountability, providing a visual reminder of your progress and warning you when you begin to veer off-path.



If losing weight is your goal, use a journal to monitor your weights and measurements. Most fitness experts advise weighing and measuring once a week. Just a reminder: If you are lifting weights or participating in a muscle-building program, it's not wise to use the scale as a monitoring device. While muscle and fat weigh the same, muscle takes up less space. In the process of



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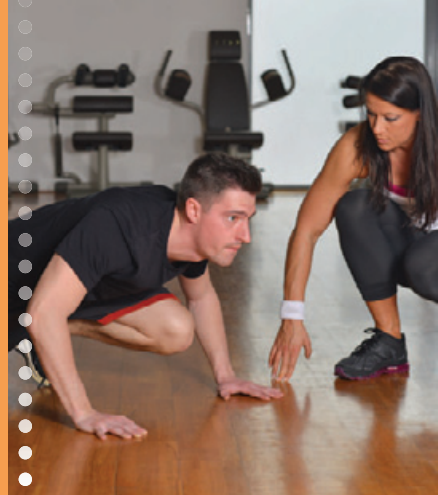
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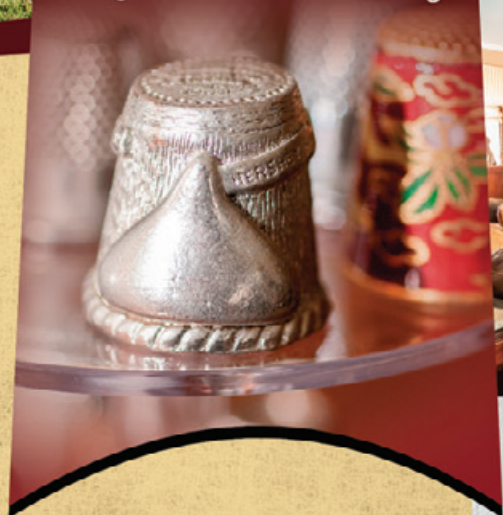
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AT HOME WITH
*Ande &
Lynn Rushing*



Creative COMPROMISE

— By Erin McEndree

Melding two lives together later in life takes creativity and compromise. Ande and Lynn Rushing have accomplished such a feat by accepting the things that really matter and letting go of some things that don't. "I'm more plain, and Ande is more formal," Lynn said. Blending their styles has created the unique home they both love and which reflects both their personalities and interests.

When Ande and Lynn got married in May 2012, they also bought their house.

"Before we moved in, we had to remove the popcorn ceiling," Lynn said. "I also removed a lot of wallpaper." Lynn saw their house as a diamond in the rough, but with character reminiscent of her childhood memories. "I was drawn to this house because of the rural feel, but the grocery store is only five minutes away," Lynn said. "Neighbors aren't too close, and it reminds me of where I lived on the Texas Panhandle." Her dad, Howard Baker, mother and grandfather owned and managed cotton gins. Her grandfather's gin was in Circle, Texas, near Olton. Lynn surrounds herself with those fond memories by displaying cotton bales on shelves. She found a watercolor painting of a cotton gin and placed it near the master bedroom.

The master bedroom and dining

room have Ande's formal flare. Wood furnishings fill both rooms. A tall, dark, four-poster bed reaches to the ceiling opposite the fireplace. A cowhide lies on the floor. An exquisite Swarovski crystal chandelier hangs over their dining room table. Shades of red, orange, purple and green sparkle from the dangling crystals. Ande's collection of paintings in both rooms ties the colors of the home together. "I love the painting of the house in the treetop and the quilts," Lynn said. "It has all the right colors."

The kitchen is a grand space with a beautiful view into the neighbor's pasture. They enjoy watching the calves next door. "We gutted the whole kitchen and drew a sketch of how we wanted it to flow," Lynn said. "We put granite countertops in the kitchen and realized we had to put



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"What is great design?" *Carina Cox*

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Great interior design, then, has the above ideas in mind. Whether you are attempting to make your home more artful and increase the level of design — or whether you are trying to improve your home's functionality — your house should, in the end, become a home following the interior design process. Professional interior designers can help with every aspect for that perfect home. So call me today so we can get started with your great design.

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them in the laundry room as well, since you could see straight through to it.” The same granite counter is also seen in the extra bathroom. However, the master bath still has the ’80s vibe, complete with saloon-type doors and a tan phone with a cord beside the toilet. Lynn is ready to totally redesign the space and make it more functional and up-to-date.

The living room is a combination of both styles. Ande’s collection of eagles is a noble and imposing presence that works well with the western theme. Many other

eagles can be seen throughout the home. Other pieces in the room come from Lynn’s heritage. The Hoosier cabinet from her great-great-grandmother and the library table from her mother hold family photos. Lynn’s beloved horse, RD, has a wall of photos all of him, representing Lynn’s passion for horses.

A project Ande and Lynn agreed on in the living room was updating the style of the fireplace. They added a custom-made mesquite wood mantel to the brick façade. They also commissioned

Gary Burkins, a local master of wood artistry, to recreate a hat and boot that was special to them. Now those two pieces adorn the mantel, giving the room an air of western elegance. “We have mixed our two passions together,” Ande said. This combination of his and hers, old and new, merge together and reflect two styles beautifully.

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Ande and Lynn. To accommodate both families, including six grandkids, they created a special place for both. One extra bedroom is decked out with a baby blue hue for the girls. A quilt, handmade by Lynn's mom, covers the bed. "My mom was a master quilter," Lynn said. "We must have found over 30 quilts when she passed. Everyone in the family got one." A special picture of *Goji Big Eye Girls* hangs above the bed. "My mom had the four pictures refurbished and framed for me," Lynn said. The juggler, flutist, ballerina and jester wearing vintage costumes hang in a place of honor, providing Lynn with fond memories.

The other bedroom is decked out in a rustic-tan shade for the boys — a western room complete with a buffalo hide on the bed and several longhorn steer mounts. These two rooms stay in harmony with one another, because they embody what is important to the couple.

Ande and Lynn know all about harmony. They share a love for music. Ande sang in a quartet called Marksmen in college. "We traveled to four or five states all summer and on the weekends during school at Bethany Nazarene College, providing good PR for the college. That was back when I had hair," Ande laughed. Memorabilia from his singing career are upstairs in the sound room also known as the man cave. When asked what he played, Ande jokingly said, "The radio, specifically FM. I don't play. I sing. I have tons of CDs." Lynn took piano lessons until she was a freshman. She still has the piano she grew up playing.

Greeting visitors up the stairs is Ande's collection of hunting trophies. Axis deer

and a black bear positioned in a cozy cave created by Ande peer down from their perches. Ande still enjoys hunting on the lease. Lynn did not want the bear in the living room. To compromise, Ande created a cave for the bear halfway up the stairs. It looks like a scene from Cabela's.

At the top of the stairs, the sound room is home to a massive 82-inch flat screen television. Oversized leather theater seats are great for relaxing when watching sports events. Photos of Ande's favorite bands decorate the



walls. Whimsical statues of men playing instruments line the shelves. Keepsakes from bike racing remind Ande of the time when he and his daughter, April, and his granddaughter, Chloe, rode about 500 miles together on a tour in Michigan. He and Lynn rode on a 60-mile tour together, but Ande hasn't made time for biking in some time. The Bose surround-sound system is piped into other rooms in the house including the front and back yards. "It is heaven for music," Ande explained.

In the yard, the focal point to the home is a stage coach Ande and Lynn refurbished. Ande replaced all the wood and bolts. Lynn painted the wagon wheels bright yellow. Other wagon wheels from Lynn's parents are set around the beautifully landscaped yard. They have done so much to merge their lives together and make a home they can both love. Their home represents both their individual lives and the one they are forging together. **NOW**

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LITTLE Blessings

— By Lisa Bell

Stories of blind people achieving more than anyone expects inspire and encourage others to do great things. For most, such tales are little more than great stories. For Tonya Harden, the accomplishments of blind and visually impaired students mean she, with a team of other professionals in the Burleson ISD, has done her job well.

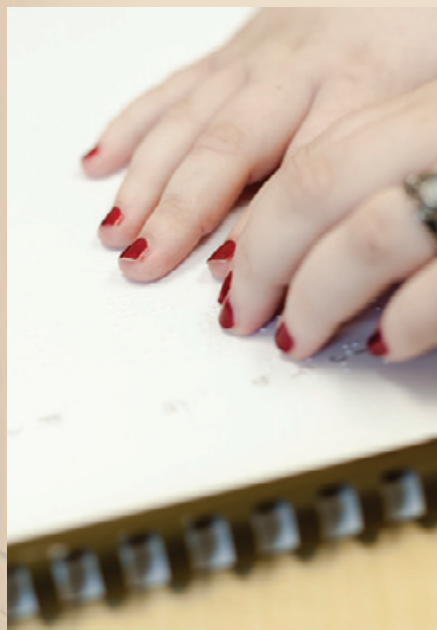


Tonya Harden helps Callie Marshall navigate Centennial High School hallways.



As the orientation and mobility specialist for the school district, Tonya works with visually impaired students. The orientation part of her job means teaching children where they are within their environment. The mobility side involves helping them learn how to get where they want to be.

"I never knew such a degree existed until I stumbled on it," Tonya said. A student at Stephen F. Austin University, she originally pursued a degree associated with physical therapy, but it didn't leave her happy. A professor encouraged her to check out a couple of classes. A blindfold class gave her the opportunity to experience the difficulties those who are completely or legally blind go through each day and how to teach them. However, a camp for children soon after



that class hooked her. "It combined many of my loves," she said. "I get to be outside moving around, and I like kids." The degree seemed to be a perfect fit even though she didn't start out working with children.

After earning her degree, Tonya went to work at Lighthouse for the Blind. Eventually she joined the Fort Worth ISD as the orientation and mobility specialist. About 14 1/2 years ago, her family moved to Burleson. When the same position opened up in their school district 10 years ago, she applied for and got the job. "It's nice to be literally close to home, in the same district as my children and have the same breaks as they do," she said.

Currently, Tonya's caseload includes

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17 students at different campuses. The students attend regular classes. Tonya's efforts help them get where they need to be. Some students require multiple visits per week while others may need only one interactive session each week. Lessons include cane travel, crossing streets, going into a grocery store, making purchases plus more. For some students, she may eventually teach them to ride a bus so they can go to work. They set goals and work each week to achieve them.

Because of early childhood intervention (ECI), some of her students come to her as young as 6 months old. These babies with visual impairment need help learning to crawl or learning something exists beyond their fingertips. Tonya gets to teach them. ECI contracts with the school district, so they serve ages birth through 22. In some cases, a student may come to her as a baby, and she works with them until graduation.

Tonya is also involved with the assistive technology program for the school district. Assistive technology is anything that will help students with disabilities do their school work. It may be loading computer software for those who are visually impaired. It can also be word prediction software or switches to help students gain access to classroom computers. Tonya looks at different types of software to determine what best aids the students.

"Every part of my job is fun — except the evaluations and paperwork," she said, laughing. Each student is evaluated somewhat on a yearly basis, but every three years, Tonya must do a re-evaluation and determine where a student is and

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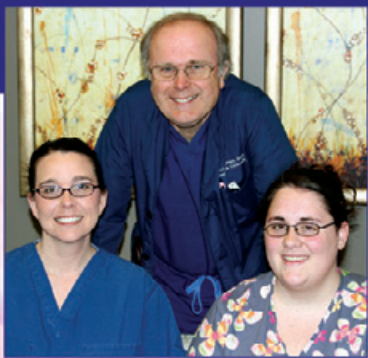
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what he or she needs at that stage of life. She believes the team approach in the Burleson ISD increases success. Occupational, physical and speech therapists, as well as a vision teacher all office together with her. The arrangement enables them to work as a team and figure out what works best with each student. Sometimes a simple change of physical position may positively alter outcomes in other areas.

When one student graduated, it represented a triumph for Tonya. He wanted her to be a part of it, to see him walk across the stage and cheer for him with everyone else. Another of her students started with Tonya in the third grade. In spite of many physical issues, this young lady pressed forward, not

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letting her blindness or anything else keep her from accomplishing goals. She will graduate from high school this year — a major achievement.

Tonya loves seeing their progression. As the students grow older, they add more into the mix. “It looks like we’re having fun,” she said. “And we are, but they are also learning a lot.”

When Tonya isn’t working, she enjoys spending time with her family. Her son, Tyler, is a senior in high school this year, and her daughter, Tara, is in the eighth grade. Her husband, Todd, works as a rehabilitation counselor. They spend a lot of time playing and enjoying each other. Whether camping, fishing, boating or simply eating dinner, the family understands the importance of being together. They are also very involved with church activities.

Tonya recently accepted an invitation to sit on the board of a new organization called Our Little Blessings. When a friend at church had a son with many physical issues, they discovered very little help available as they tried to navigate through the system. They didn’t know if any programs existed to help them with insurance, bills, providing the best for their son or even appropriate daycare. In response, Tonya and his family developed the nonprofit organization. They plan

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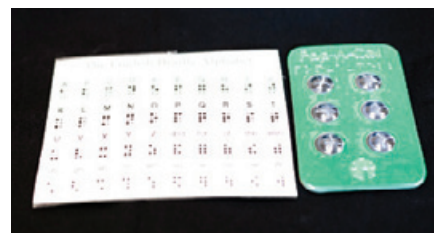
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to hire a counselor and liaison to help families. The ultimate goal is to open a daycare for special needs children when both parents must work. Such a center requires a staff nurse and therapists. Through the beginning stages, several people in the community have stepped forward with expertise necessary to make the organization successful. Tonya's excited to be part of the endeavor with more opportunities to apply her degree.

Recently recertified, she attends conferences and seminars for continuing education credits. Each month she fills her calendar with appointments to meet the needs of her students. Daily, she continues to take students outdoors, to stores or downtown Fort Worth where they can learn to function in a seeing world. Sometimes they remain indoors learning basic concepts such as right and left. Or they go out on the playground and practice climbing.

Each activity opens eyes to a future where these students can contribute to society and achieve any goal they desire. Tonya stands by ready to help them, rejoicing over every accomplishment big or small. She makes a difference in their lives, and they bless her in return. **NOW**

Editor's Note: For more information on Our Little Blessings organization visit www.ourlittleblessings.org.

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Rory, Bob, Nathalie and Madeline Sumien brighten lives at Pinocchios, where homemade gelatos are as yummy as the coffee.

Pinocchios' People

Adventurists enjoy new flavors and interactive entertainment from Pinocchios and Bounce-Mania.

— By Melissa Rawlins

Cross fresh espresso with cold gelato and what do you get? Caffè Affogato, of course! Everybody who has one at Pinocchios loves it. The kind of people whose gratification comes from making people happy, owners Bob and Nathalie Sumien have always been coffee drinkers. The cafes in France, where Nathalie grew up, are also among the memorable spots where the Sumiens spend time together.

Almost three years ago, while sitting in Burleson's cafe, Pinocchios, doing work for his bounce house business, Bounce-Mania, Bob was approached by Pinocchios' then-owners, who had decided to sell. Bob and Nathalie leaped at the idea, and changed neither name nor concept. They tweaked the offerings, however, according to their personalities.

Since both love good food, they began hosting the Burleson Farmers Market on the lot next to the coffeehouse. One of the vendors in 2012 was Red House Coffee Roasters from Briar Oaks, who now custom-blends espresso and drip coffee for Pinocchios. People who like flavors in their coffee drinks can also choose from a large selection of syrups imported from the French Alps.

Whenever people have special requests, Nathalie, Bob or Tori Walker will research the drink and learn how to make it. "That's how the London Fog and the John Wayne got on our menu," Nathalie said, describing the John Wayne as a three-layer drink with vanilla, espresso and half-and-half. "That gives you sweet, hot and cold. The London Fog is like the latte, but with tea and

vanilla.” Once you find the drink you enjoy, Pinocchios will serve it year-round.

Any day of the week, they also offer homemade gelato, scones, bagels and homemade soup. Pinocchios’ signature hot grilled sandwich, the Panini, can be made for you in more than 10 varieties. The Sumiens developed four different recipes: Parisian, Monaco, Spicy Chicken and Pimento Cheese, created with a type of cheese that is ... a secret!

The cafe’s gelato ingredients are not a secret. “We have different flavors in the gelato case every time, so they are always a surprise for our customers — good or bad, that’s up to their judgment,” Nathalie said.

The couple enjoys shopping for what they think might taste good, and then experimenting. They have presented to customers a nonalcoholic mojito gelato, a few recipes based on candy, a caramel-apple, a jalapeño-raspberry, a strawberry-rhubarb and one Bob created using cucumber — which was, in fact, a hit. This month, they’ll have a few other concoctions that remind people of winter: chocolate, gingerbread, pumpkin spice, pecan pie, pumpkin pie, cinnamon, chai tea and spiced cocoa.

Variety thrills Bob and Nathalie as much as helping people. They introduce the curious to gelatos, coffees and bounce houses. “We also listen to what people have to say,” Nathalie said.

“When we first opened, there was complaint about the soup. So we decided to make our own.” Every soup served at Pinocchios is homemade. Nathalie came up with the potato carrot soup, based on a recipe her mom used to make in France.

Quite often, her children are her taste testers. Since the Sumiens use Pinocchios’ location as a pickup place for bounce houses, which are displayed every weekend out in the side yard, their children test the bounce houses, then go inside and taste the gelatos. “When we started that business in 2009, we wanted our children to have fun in the family business,” Bob said. With everybody involved in both businesses — including customers — people at Pinocchios are always happy. **NOW**



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Valerie and Craig Russell with their son, Hudson, and daughter, Ryann, playing on a lovely day at Warren Park.



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Izzie Maness, daughter of Molly Maness, wakes up to a wintery mix.



Peggy Parnell prunes her angel trumpet at Rainbow Plants.



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Alternatives for Americans Postponing Tax-refund Shopping Sprees Another Year: Five tips for making the most of 2013 tax return funds

Americans are not planning major shopping sprees when tax refund checks arrive, according to a new report from the National Retail Federation. According to a recent survey, roughly 44 percent of Americans expecting refunds report plans to pay down debt, and another 40 percent plan to bolster savings accounts. Conversely, roughly 13 percent of respondents plan to splurge on a major purchase.

Tax season is also an ideal time for refund recipients to consider meeting with a financial professional for help establishing financial priorities and goals.

If you have outstanding bills or debts, it's still a good idea to take care of those things first. But if you find you have money left over from your tax refund or have the full amount,



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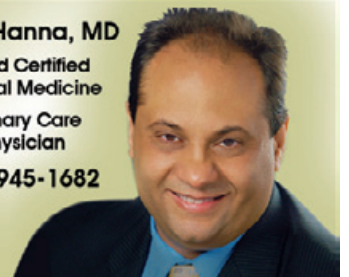
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be informed about your options — be smart in your decisions.

Experts recommend considering the following options to put your tax refund to work for you:

Set up an emergency savings fund. This is simply essential. The old conventional wisdom advised saving enough money to cover three to six months of unemployment. Many financial professionals now recommend keeping enough money stashed away to cover six months to one year of unemployment.

Buy life insurance. Many people have only the life insurance plans offered by their employer. But your family needs protection whether you're working or between jobs. There are two basic types of life insurance: term and permanent. A financial professional can help you determine the type and amount of protection you may need.

Contribute to or open an IRA. Yes, the market is unstable, but pulling out of a retirement plan altogether is not the answer. Both traditional and Roth IRAs are great ways to save for retirement, although each offers different advantages. If you're employed and have an IRA, continue contributing. If you've become unemployed, you might want to do a rollover from your retirement plan to a qualified IRA.

Purchase a CD. If you don't need immediate access to your funds, you may benefit from the fixed interest rates available with a Certificate of Deposit. You can buy a CD with a maturity or holding period as short as 30 days or as long as five years.

Start or add to a college fund. Pay bills or save for your child's education? That's the agonizing decision faced by many parents considering a 529 College Savings Plan. But what many parents may not know is that the plan portfolio has different investment allocations based on the age of your child.

Don't get caught up in the confusion over what to do with your tax refund. Consider a meeting with a Personal Financial Representative for a complimentary review of your current financial needs, and see if you have what you need to protect what you have today and prepare you for tomorrow. **NOW**

Mark Jameson is a licensed Allstate sales associate based in Burleson.



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Source: Insurance Institute for Highway Safety Fatality Facts 2007-2009. Allstate Fire and Casualty Insurance Company © 2012 Allstate Insurance Company

January 7, 14, 21

Ready to Quit Smoking classes: 6:30-7:30 p.m., 405 N. Oak, Crowley. Sponsored by the City of Crowley Recreation Center, facilitated by Tarrant County Public Health. RSVP (817) 297-2201, ext. 7000.

January 7 — 11

Junior Livestock and Youth Fair Show: **Tuesday-Friday**, 7:30 a.m.-8:00 p.m.; **Saturday**, 11:00 a.m.-5:00 p.m., Johnson County Sheriff's Posse Livestock Show Grounds, Cleburne. Saturday's Ag Mechanic, Youth Fair and Market Animal Sale begins at 1:00 p.m., buyers luncheon at 11:00 a.m. RSVP to Jon Thetford, (817) 648-1286.

January 11

Metro Beekeepers meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St., Burleson. Contact Stan Key, (817) 888-0470, or visit www.metrobeekeepers.net.

January 12

Sixth Annual Johnson County Cinderella Scholarship Pageant: 10:00 a.m.-2:00 p.m., Cleburne Conference Center Theater. Real kids in real clothes, ages 0-26, present

wholesome fun for the entire family. For details, email ohnsoncountycinderella@yahoo.com.

January 13 — 15

Freedom on Hooves: 8:30 a.m.-6:00 p.m., John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Dr., Fort Worth. During the Fort Worth Stock Show's Chisholm Challenge, riders from Wings of Hope and many other Texas equine therapy centers show their spirit. For event details and schedules, visit www.chisholmchallenge.com.

January 16

Burleson Area Chamber of Commerce Quarterly meeting: 11:30 a.m.-1:00 p.m., St. Matthews Cumberland Presbyterian Church. State of the City Address by Burleson Mayor Ken Shetter. \$20 for members; \$25 for non-members. RSVP (817) 295-6121.

January 18

VFW Post 6872 Breakfast: 9:00 a.m., 3409 CR 920, Crowley. Join the Ladies Auxiliary for good food and fellowship. (817) 645-2436.

January 23

Joshua Area Chamber of Commerce Quarterly luncheon: 11:30 a.m.-1:00 p.m., Mountain Valley Country Club. Guests Paulette Hartman, Joshua City Manager, and Dr. Jeff Pool, JISD Education Foundation, will speak. Tickets are \$15 each in advance, or \$18 each at the door. RSVP (817) 556-2480.

January 31

Power of Heels luncheon: 11:30 a.m.-1:00 p.m., Location to be determined. Come prepared for Speed Networking. \$15 for members; \$20 for non-members. RSVP to Burleson Area Chamber of Commerce, (817) 295-6121.

Ongoing:

Tuesdays and Thursdays

Johnson County Roller Derby: **Tuesdays**, 7:00-9:00 p.m.; **Thursdays**, 7:30-9:30 p.m. 301 S. Main St., Joshua. Email JCRollerDerby@gmail.com.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbcglobal.net.

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Seven Steps May Help Reduce the Risk of a Heart Attack

Cutting the risk of a heart attack boils down to seven simple actions, according to the American Heart Association. Yet each year an estimated 715,000 Americans experience this life-threatening event.

Taking preventive steps is crucial to avoiding a heart attack. Many educational resources are available online or through a physician's office to help decrease an individual's risk. Living a healthy, active lifestyle and maintaining a healthy diet, while regularly seeing a physician, can make a big impact on heart health.

To help lower the risk of heart attack, the American Heart Association recommends individuals follow these simple steps:

- **Stop smoking.** If you smoke, quitting is one of the best things you can do for your overall health.
- **Manage blood pressure.** Keep track of your numbers. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries and kidneys, which keeps you healthier longer.
- **Control cholesterol.** Keeping your cholesterol in check can help keep your arteries clear of blockages that may lead to heart disease and stroke.
- **Maintain a healthy weight.** Obesity is now recognized as a major, independent risk factor for heart disease. Excess pounds can put a burden on your heart, lungs, blood vessels and bones — not to mention they can put you at risk for high blood pressure, high cholesterol and diabetes.
- **Live an active lifestyle.** Thirty minutes of moderate physical activity (like brisk walking) five times a week can help lower your risk for heart

disease, stroke and diabetes.

• **Manage blood sugar.** The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. When insulin resistance or diabetes occurs along with other risk factors (such as obesity, high blood pressure, abnormal cholesterol and high triglycerides), the risk of heart disease and stroke rises even more.

• **Eat better.** Keeping your diet heart-healthy is one of the best ways to combat heart disease. Include lots of fruits and vegetables, whole grains and fish twice per week. Cut back on saturated fat and sugar.

Look for these signs that can mean a heart attack is happening:

- Chest discomfort, including uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body, such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Sweating and cold sweat with clammy skin.
- Anxiety.

If you suspect you or a loved one could be having a heart attack, call 911 immediately. Every second counts when it comes to treating a heart attack. **NOW**

Dr. Heather Beard

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In The Kitchen With Sherry Milian

— By *Melissa Rawlins*

Innate creativity helps Sherry Milian satisfy all the different palates she serves, starting with her husband, Darrell, to their children and granddaughter. “It helps if you have time to try new things on your family *before* making it for friends. They become your guinea pigs and give the final thumbs up or down,” said Sherry, who works full time at Harmon Insurance Agency.

On weekends, she and Darrell share cooking family meals. In warmer months they enjoy grilling seafood, meat and vegetables. Cooler months beg comfort foods: soups, pastas and roasts. Learning regional styles wherever she’s lived, this Pennsylvanian-turned-Texan also experienced Louisiana, so enjoys preparing Cajun, Southern, Italian, German and Pennsylvania Dutch dishes. “I have come to realize variety is the spice of life!” **NOW**

Italian Wedding Soup

- 3 eggs (divided use)**
- 3 cloves garlic, minced (divided use)**
- 3/4 lb. ground beef**
- 1/4 lb. ground pork**
- 1/4 cup fine bread crumbs**
- 2 Tbsp. Parmesan cheese, grated**
- 1 tsp. salt**
- 1/2 tsp. pepper**
- 2 Tbsp. fresh parsley, chopped**
- 1/2 tsp. oregano**
- 1/4 cup olive oil**
- 3 quarts chicken broth**
- 4 carrots, sliced**
- 1 large onion, diced**
- 2 stalks celery, diced**
- 2 cups chicken, cooked**
- 1 10-oz. box frozen spinach**
- 2 cups dry orzo pasta, cooked**

1. Combine 1 egg and 2 cloves garlic with next 8 ingredients. Mix well. Shape into marble-sized balls. In heavy skillet, heat oil and add 1 clove garlic. Brown meatballs on

all sides. Drain.

2. In a large pot, bring chicken broth, carrots, onion and celery to boil. Add cooked meatballs and chicken, torn into small pieces; simmer 45 minutes or until vegetables are tender. Add spinach; cook 5 or 10 minutes more. Beat 2 eggs and slowly drizzle into soup. Cook, stirring constantly, until eggs form rope-like threads. Add pasta right before ready to serve. Serve with additional Parmesan cheese.

Coconut Cream Pie

Pie:

- 2/3 cup sugar**
- 1/2 tsp. salt**
- 2 1/2 Tbsp. corn starch**
- 1 Tbsp. flour**
- 3 cups milk**
- 3 eggs (divided use)**
- 1 Tbsp. butter**
- 1 1/2 tsp. vanilla**
- 3/4 cup moist coconut, shredded**
- 1 9-inch pie shell, baked**

Meringue:

- 1/4 tsp. cream of tartar**
- 6 Tbsp. sugar**
- 1/2 tsp. vanilla**

- 1.** For pie: mix dry pie ingredients in 4-qt. saucepan. Gradually stir in milk. Cook over moderate heat, stirring constantly until mixture thickens. Boil for 1 minute. Remove from heat.
- 2.** Stir a little of the mixture into 3 egg yolks, slightly beaten. Blend into hot mixture in saucepan and boil for 1 minute, stirring constantly. Remove from heat; blend in butter and vanilla. Fold coconut into pudding mixture just before filling pastry shell.
- 3.** For meringue: beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time; beat in vanilla. Spread meringue onto the pie filling, being careful to seal meringue onto edge of crust to prevent shrinkage. Make peaks and sprinkle with some coconut.
- 4.** Bake at 400 F for 8 to 10 minutes.
- 5.** Let cool away from drafts, to prevent meringue from falling. Let set for 4 hours; refrigerate.

Sausage ‘n’ Pepper Fettuccine

Serves 6.

- 1/2 lb. sweet Italian sausage**
- 1/2 cup butter blend**
- 1 cup green pepper, sliced into squares**
- 1/2 cup onion, sliced**
- 1 clove garlic, minced**
- 1 tsp. Italian seasoning**
- 1 4-oz. jar Dromedary sliced pimientos, undrained**
- 1 cup half-and-half**
- 1 12-oz. pkg. fettuccine noodles, cooked and well-drained**
- 1/2 cup Parmesan cheese, grated**

- 1.** Remove casing from sausage; break into small pieces. In large skillet, over medium heat, cook sausage until done. Remove from skillet.
- 2.** In same skillet, over medium-high heat, melt butter blend. Add pepper, onion, garlic and Italian seasoning. Cook, stirring occasionally, for 3 minutes. Stir in sausage, pimientos and half-and-half; cook until heated through.
- 3.** In a large heated bowl, toss hot fettuccine with sausage mixture and cheese. Serve immediately.

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



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