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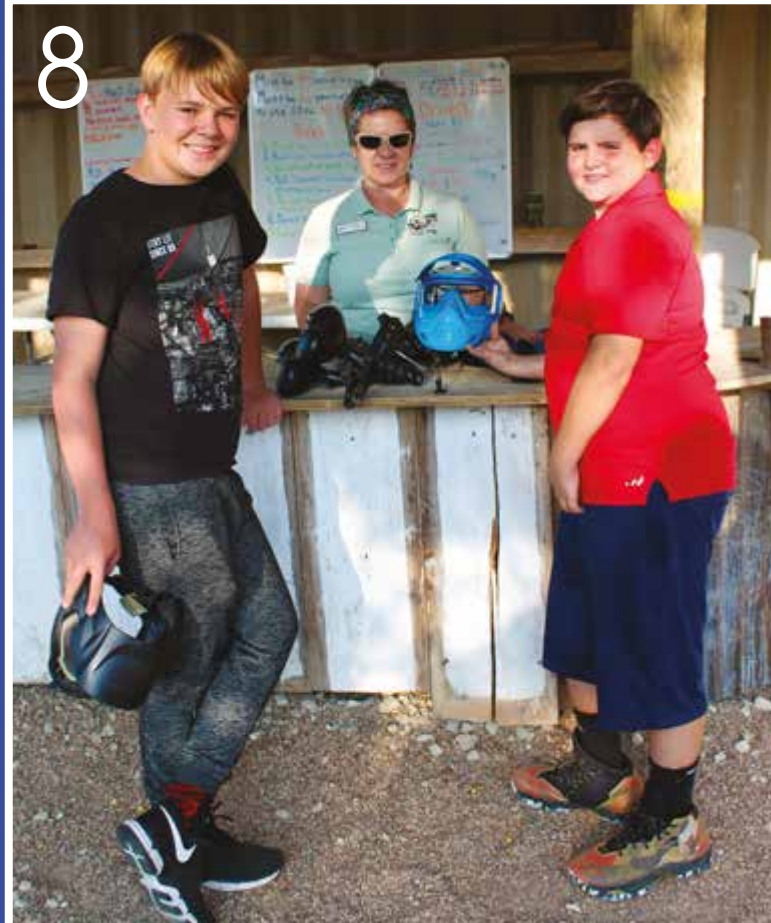
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ON THE COVER

These cousins carry on a modern family tradition playing paintball.

Photo by
Joy Elmore.

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EDITOR'S NOTE



Melissa

Melissa Rawlins
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Hello, Burleson, Crowley and Joshua!

The ball drops this year on a gratefully peaceful Rawlins household. From cozy beds on the floor, two large, elderly dogs will snore through the moment when the clock ticks from 2017 to 2018. The 14-year-old orange tom cat will turn 15, give or take a month or two, while his 4-year-old feral female companion snuggles close to his neck at my feet. Leaning back on a heated pillow, I'll read poetry and enjoy the transition.

According to Scotland.org, the phrase *auld lang syne* roughly translates as "for old times' sake," and the song by the same title is all about preserving old friendships and looking back over the events of the year. Did you sing this at your New Year's Eve celebration and spend time recounting with your family and friends last year's progress brought about by the people in our community? If you have time, tell me about your friends or family who are doing intriguing things.

And thank you, in advance, for the privilege of telling your stories!

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it. Cheers!



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An advertisement for Woolard's Custom Jewelers. It features a large, stylized 'W' logo at the top, surrounded by fireworks. Below the logo, the text reads: "New beginnings with the new year and old jewelry made new again". A black magnifying glass is shown with several diamonds scattered around it. The text "10X-21mm" is visible on the magnifying glass. Below the diamonds, it says "CUSTOM JEWELRY DESIGNS DESIGNS PERSONALIZED JUST FOR YOUR SPECIAL SOMEONE". The name "Woolard's CUSTOM JEWELERS" is written in a large, elegant font. At the bottom, the address "437 S.W. Wilshire Blvd • Burleson, TX Between N.W. Newton & Exchange" and the phone number "817-295-6361" are listed, along with the website "woolardsjewelers.com" and email "woolardbx@gmail.com".

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Al Crane has lost 38.6 pounds in 10 weeks!
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 in 41 days!
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 lost 30 pounds in 41 days!
Gary began the program in hopes to become healthier! He's accomplished the first step in hopes of becoming healthier. Gary feels great!



Amber Chacko lost 26 pounds in two months!
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HAVING A

BLA





— By Rick Mauch

To cousins Zack Hanson and Camden Bruner, life is one big ball of paint. And that's what you're likely to find all over yourself if you ever play paintball with these 13-year-olds. They love the sport, which they've been playing for about three years. They go every chance they get, no matter what time of year. "It's fun. You get to shoot like you're in a video game," Camden said. "It feels like a simulation."

"It's like being in a war," Zack said. "You have to hide, and you have to be strategic."

Zack is a sixth-grader at Hughes Middle School, while Camden is a seventh-grader at STEAM (Science, Technology, Engineering, Art, Mathematics) Middle School. The two are close, as are their families. So, it makes sense that they both fell in love with paintball when they were camping with their families at North Texas Jellystone Park™. "There's about 60 of us [family members] who go camping,

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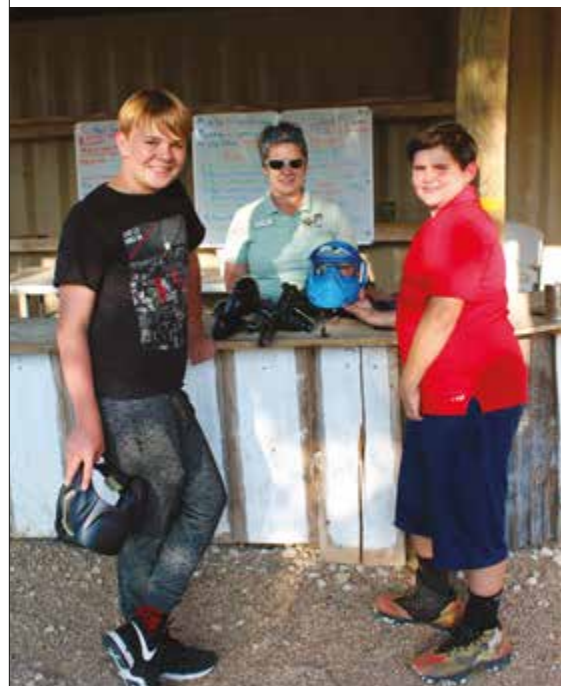
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and there's a bunch of kids who play," said Dana Tarver, Camden's mother.

Misty Ramos, Zack's aunt, said she used to play paintball herself. She also mentioned that the sport is popular at Jellystone. "I wish I had the capital. I'd buy a couple acres here in Burleson and start a facility of my own," she said. "I had fun playing. We used to go a lot when I was younger, when things didn't hurt so much," she added with a laugh.

The boys only play at Jellystone, where it is a family-friendly environment and the equipment is at a lower level of power than some



Camden Bruner and Zack Hanson pick up their paintball equipment from Marcie Purviance.



other places. But, that doesn't mean it's not high intensity, and while the risk of harm is low, sometimes players do get hurt a little. "I got shot in the finger once and it made me bleed," Camden said. "And if you're up close and shoot where there's no armor, it would really hurt."

Camden then described that very thing happening to a girl who was playing with him, Zack and some friends once. She was wearing shorts. "You have to make sure you're properly covered," Camden said. "It will sting really bad if you get hit in the bare legs or arms."

It can especially sting in certain weather, but that doesn't stop the boys from playing. They've talked their moms into taking them with temperatures in the 30s. "There was snow," Camden said. "It was cold, but it was fun."

To which Zack added, "That's when it really hurts when you get shot in the fingers."

Competing in paintball is more than simply shooting. It takes skill and patience, as well. Each of the boys has his own strategy for success. "I hide and listen really close. Then, I determine which ear I heard a noise in," Camden said. "I listen for footsteps and gun rattles."

Zack is a bit more direct with his technique. He charges to the middle of the course. "Most people stay back, but this way I can see all around me," he explained.

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Aside from dealing with hot and cold days, there are other elements that come into play. For instance, wind plays a key role. "You don't aim straight at a person. You play the wind," he said. "You shoot, and let the wind take your shot where it needs to go."

The two have also participated in a Zombie Hunt in Grand Prairie on Halloween. It's exactly what it sounds like — they ride on a bus, and when they see someone dressed as a zombie (or what they *hope* is someone in costume), they shoot them with a paintball gun. "It's great practice," Zack said. "It really does help you get better."

Camden said a Halloween zombie theme and paintball guns go well together, but he wouldn't rule out adding other holidays, such as having the opportunity to shoot Santa Claus! "Well, maybe just once," he said, laughing.

Camden's extracurricular activities at school include graphic design, 3D modeling and comic books. Zack plays trombone in the band and participates in baseball and soccer. He feels that paintball helps him be a better soccer player. "You have to be able to communicate with your teammates on a soccer field, just like you have to communicate with your friends on your team in paintball," Zack stated.



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“There are some things in life that take precedence over paintball,” Misty said. She and her family skipped their Labor Day vacation as she joined some friends in delivering goods to Hurricane Harvey victims on the Gulf Coast, even cooking and serving people in shelters. “It was sad, rewarding and depressing,” she said. “It was really eerie going into Vidor. We had to have a military escort. It was like a scene from out of a movie, like *Resident Evil*. It was like a Third-World country.”

Such charity work, of course, sets a good example for Zack and Camden. Misty and Dana also stress responsibility in everything they do in life, including paintball. And, neither she nor Dana want the boys to own their own equipment yet. Perhaps when they are older and expand their play beyond Jellystone, but for now, they say what is offered at the park works just fine. “I’ve seen some guns so powerful they’ll put a hole in a fence,” Misty said. “Besides, it can get expensive buying your own equipment.”

There’s also another reason Misty isn’t in a hurry for the boys to get their own equipment. She likes the current design of their home. “My backyard would be a mess,” she said, smiling. “I want them to have fun, but not *that* much fun.” **NOW**

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INTENTIONAL

AT HOME WITH SHAUN AND BRANDI RUSH

LIVING

— By Melissa Rawlins

From the minute Shaun Rush told Brandi Robinson he loved her, his intentions were clear. Faithfulness formed their partnership. When Shaun took Brandi and her son, Riley, as his own, Shaun's family grew quite naturally. Their daughters, Annabelle and Maggie, learned to walk, talk and love others at the family's first home on Rosamond Street. Three years ago, the Rushes adopted a baby girl they named Grace, because they're convinced divine providence enabled processing of the paperwork in only 3.5 weeks. The children easily became best friends. Just as this family of five felt need for more space, the opportunity arose to rent a brick house originally owned by Brandi's grandparents. Its 2,400 square feet have been redecorated invitingly, with a minimalistic flair driven by the couple's desire to live as intentionally as they love.





Everyone in this home has a responsibility. "We want our children to know they have value. I tell them all the time, 'I know you did not sign up to be part of a giant family, but God gave you a big family, and we have to function as a team,'" Brandi said. "We believe in working hard and playing harder."

Everything in the Rush home has a purpose, and most items serve multiple functions. Quite often, Brandi leads the children to consider their possessions and honestly assess whether they're using them. If not, they repurpose them by taking them to Rachel's Hope, Crazy8 Ministries or Goodwill. "They're used to *me* purging stuff," Brandi said. "I ask *them* to purge, so they will know what it is like to have a giving heart."

The useful, beloved family heirlooms remain, however. Ten-year-old Riley has his great-great-grandfather's bedroom suite. Riley's most valued possession is his reading lamp, since he loves to read. His art is on the walls above his bed, and on the adjoining wall is a framed *Fort Worth Star-Telegram* article featuring his own 4-year-old self praying during praise and worship at the Fort Worth Stock Show & Rodeo.

Seven year-old Annabelle keeps white bunk beds in her bedroom. She has fun without the use of high-tech gadgets. She's proud of her roll-top desk, which used to belong to Brandi's



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sister, and uses it to stash found objects like bottle caps, bottles and strips of paper. These, she insists, are not trash but art. “She makes cards and birthday presents at her desk,” Shaun said. “Since she’s been able to write, around the age of 4, she’s always written note cards that say *Jesus Loves You* and then delivered them around to all the neighbors.”

When they spread out their current favorite game, Checkers, on the kitchen table, the children cannot escape the giant, four-letter wall art their mother created from window frames Shaun salvaged while helping renovate the original First Baptist Church in Joshua. “I’ve always had a vision of windows with the word *HOPE* in it,” said Brandi, who originally hung her white-framed white letters on the teal kitchen wall in preparation for a mission she had for women.

Now, hope sets the tone for every day in the Rushs’ home, and



inspires women attending Brandi’s Friday morning prayer meetings and Wednesday morning Bible studies. She serves them coffee from the buffet she recreated out of what once was her parents’ dresser. “We put wheels on it so, like our house, it is versatile,” Brandi said. “If we need it out here in the living room, we can

easily move it here for one of our quarterly big family dinners.”

The children participate in all these community events. But if 5-year-old Maggie or 3-year-old Grace desire to just play or nap, their bedroom is ready. They have the twin beds that Brandi’s grandfather and great-uncle grew up sleeping in. “They’re real

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antiques, and the springs squeak and might flip the kids out if they get too close to the edge,” Brandi said. Their room is also full of Barbies, baby dolls, a play kitchen and clothes, because Maggie really enjoys dressing just so. “Where she gets her fashion queen thing is kind of funny,” Shaun mused, “because Brandi’s not like that.”

In fact, her mother’s closet is devoted more to prayer than storage. Beyond the racks, Brandi has installed a narrow desk holding books and journals. Above is a bulletin board decorated with notes expressing her concerns and her gratitude. Below is a little wooden chair, with a stretched-leather seat, that once was carried by her grandmother to-and-from the schoolhouse.

Tiny rocking chairs carved from solid wood are some of the only furniture in the front room, where sage-green sheers suffuse sunlight shining on all sorts of family gatherings. Most often, it is the children’s wrestling room, and has been the site of a 12-person tent-camping weekend. The cream-colored carpet once held a formal dining



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table, where Shaun hosted a men's Bible study, while Brandi cared for the children in the opposite side of the home. "This is probably the *biggest* little house we've had," Shaun said.

Drawing a good idea from their former dwelling, he bought a 68-inch fan with redwood blades for moving air throughout their new, open-concept home. "The idea is to conserve energy," he said, "and this fan moves as much air on low as most fans do even when they're set on high." The fan blades gently rotate above the living room's hardwood floor, covered in its center with a gray, shag area rug.

The wall behind the denim-covered couch sports three boldly painted flowers on three separate canvases. "Even the wall art has a purpose," Brandi said. "It helps with the echoing in the house." The art resting on the mantel is a chalkboard framed in whitewashed cedar proclaiming *GOD designed* in a friend's handwriting. "That reflects the photo across the room of the bottom of our family's feet — all are the same color. God designed our family."

The Rushes' goal is to operate their home as a community, so they keep a garden out back near a row of inherited Red Tip Photinias and a shed that Shaun salvaged, re-sided, painted and leveled with concrete from sidewalks the city was replacing. "We are growing our garden with hope," he said, "so anyone in our community who is hungry can feel free to harvest for themselves." Working together, Shaun and Brandi are teaching their children to cherish life. **NOW**

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Where Are They NOW?

Reed Barton

— By Melissa Rawlins



Red-bearded Reed Barton takes country western music seriously. After two years in Nacogdoches, one of his best habits remains. Reed likes to grab one of his many guitars, hop in his pickup and drive to the nearest quiet spot to jot down a couple lines for a new tune.

Such passion is fully supported by his parents — father, Casey Barton, and stepmom, Viviana Barton, and mother, Rhonda Grandon, and stepdad, Steven Grandon — who bought a guitar for Reed after watching him mow grass, save money and invest in his talent. First, he bought pawnshop guitars, practicing everything from Hank Williams to AC/DC. Later, he purchased finer guitars by Gibson and Fender. “If you want to run with the best, you kind of have to have the best,” said Reed, who is very proud of all the tools of his trade that he has, whether acoustic, electric, steel or bass. “I’m in this to make a career out of it and have something for people to remember me by,” he said.

His music business is his third priority, though, despite the fact that weekends are filled with traveling to play in honky-tonks throughout Texas. “No matter how busy I get with my music, I pull away and tend to my schooling,” said Reed, who is the first in his family to go to college.

While studying for a degree in agricultural engineering at Stephen F. Austin State University, Reed has a residency to support his music. “There are venues in Fort Worth, Burleson and Nacogdoches where a band can go to perform regularly, and that venue pays a musician to play on the same night every week,” he explained. “For me, every Wednesday at 8:00 p.m., I go into a local bar, and they cut me a paycheck to perform for four hours. I’m in a dorm, and my housing is covered by federal grants. The money from music goes to my music bank account for guitar strings, gasoline to make a gig or new equipment.”

Through months filled with gigs and tests, Reed makes time for his first priority — family. He credits everyone in Burleson for his success thus far, because they’ve been very supportive of both his education and his music. “As long as I keep my education in line, I’ve always had their support unconditionally. It’s not just financial, but mostly mental,” he said. “Because they have been consistent to have me pay for my music stuff, it’s helped me be self-sufficient.

“My dad’s house, where I can disconnect from concrete to grass, from seeing cars to seeing cattle, is about 10 minutes outside of the city limits. That’s the thing I miss

the most about Burleson,” Reed said. He also has a lot of friends and enjoys hanging out in the Fort Worth Stockyards and visiting former co-workers at Billy Bob’s.

He worked there back when he carried a guitar around all the time and drove “Rosie,” the old red Chevrolet pickup with which he never lost a race. “I still have Rosie, but will probably be selling her at some point to fund recording new music,” he said.

Reed is currently working on new material. When he gets into Fort Worth Sound, the studio he’s chosen for recording his electric guitar and vocals, he will be joined by a bass player and a drummer who are both in-house musicians. The name of Reed’s upcoming album is yet to be determined.

“I have some songs that mention certain places in Burleson and Fort Worth by name.”

“A friend of mine who used to play with a legendary Texas country band is helping me produce it,” said Reed, a member of the Fort Worth Songwriters Association who has written a few songs referencing places in his hometown. “I have some songs that mention certain places in Burleson and Fort Worth by name,” he said. “If you listen to the lyrics and are familiar with the area, you’ll catch on.” Reed’s goal is to release his second record this summer. **NOW**

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CookingNOW

In the Kitchen With ALYSSA MAGAGNOTTI ROSE

— By Lindsay L. Allen



Growing up Italian, Alyssa Magagnotti Rose remembers food being an integral part of any event — be it birth, marriage, death and everything in between. She learned to cook from her grandmothers, mother and aunts, and prefers to estimate her measurements verses using exacts. Alyssa even makes her own pasta!

“My family cherishes mealtime and good food so much so that we have a special plate that says ‘Celebrate’ all over it,” she explained. “If it’s Mother’s/Father’s Day, a birthday, a special event or if someone receives a promotion at work or other good news, that person gets to eat off the plate and choose the meal for the evening!” Her love for cooking also spills over into her volunteer work with the local food pantry and Meals on Wheels. **NOW**

Magagnotti Spaghetti Sauce

This recipe will make enough for one 9x13-inch pan of lasagna or a pound of cooked pasta.

1 lb. ground chuck
1 medium onion, chopped
1 carrot, peeled and chopped
2-3 garlic cloves, finely chopped
or pressed through a garlic press
2 Tbsp. tomato paste
1 cup dry red wine
1 28-oz. can Cento crushed tomatoes
2 Tbsp. sugar
1 Tbsp. Italian seasoning
2 Tbsp. balsamic vinegar
1 Tbsp. fresh parsley, chopped
1 Tbsp. fresh basil, chopped
1 fresh sprig of rosemary, whole
Salt and pepper, to taste

1. In a large Dutch oven or pot, brown the meat

with the onions and carrots. Drain residual grease from the meat mixture.

2. Add garlic and tomato paste. Cook for another two minutes over medium heat.
3. Add the red wine; cook until the wine has reduced, about 3-4 minutes. Add the remaining ingredients; simmer on low for at least 20 minutes.

Authentic Italian Lasagna

Béchamel Sauce:

5 Tbsp. butter
4 Tbsp. all-purpose flour
4 cups whole milk
Salt and pepper, to taste
1/4 tsp. nutmeg

Lasagna:

1 recipe of Magagnotti Spaghetti Sauce
1 lb. fresh pasta sheets or 1 pkg. Barilla
Oven-Ready Lasagne Sheets

3 cups mozzarella cheese, shredded
1 cup Parmesan cheese, shredded

1. Preheat oven to 350 F.
2. *For béchamel sauce:* In a large saucepan, melt butter; add flour. Combine until mixture is smooth. Let mixture cook until golden brown, about 5 minutes.
3. Add the milk, salt, pepper and nutmeg. Continue to stir sauce while it thickens and to ensure it doesn't burn on the bottom. Sauce is done when it's thick enough to coat the back of a spoon.
4. *For lasagna:* In a 9x13-inch pan, pour 1-2 ladles of Magagnotti Spaghetti Sauce on the bottom of the pan and place a layer of noodles on top of sauce.
5. Ladle more spaghetti sauce on top of noodles then add a few ladles of the béchamel.
6. Sprinkle mozzarella and Parmesan cheese over béchamel.
7. Place another layer of noodles and continue to layer the lasagna until you are out of ingredients.
8. Bake for 40-45 minutes until the lasagna is golden brown on top.
9. Let stand for 20 minutes before serving.

Alyssa's Banana Bread

1/2 cup unsalted butter, softened
1 cup brown sugar
1/4 cup milk

2 eggs
 2 medium very ripe bananas, smashed
 1 tsp. vanilla extract
 2 cups all-purpose flour
 1 tsp. baking soda
 1/2 tsp. kosher salt
 1 cup chocolate chips and/or walnuts, (optional)

1. Preheat oven to 350 F.
2. Butter 1 loaf pan or 4 mini-loaf pans.
3. In a large mixing bowl, blend the butter, brown sugar, milk, eggs, bananas and vanilla.
4. Stir in remaining ingredients; mix until dry ingredients are moistened.
5. Pour into prepared pan(s) and bake 25-30 minutes for mini loaves or 50-60 minutes for regular loaf pan.

Chicken Romano Pasta

1 lb. Barilla Fettucine Rigate, cooked
 2 boneless, skinless chicken breasts, cut into bite-size pieces
 Salt and pepper, to taste
 2 Tbsp. olive oil
 4 large garlic cloves, minced
 2 tsp. fresh rosemary, chopped
 1 cup dry white wine
 1 lemon, juiced
 1 ladle reserved pasta water
 2 tsp. Better than Bouillon roasted chicken base
 Pinch of crushed red pepper
 2 Tbsp. butter
 1/4 cup Parmesan cheese, grated
 2 Tbsp. fresh parsley, chopped

1. Cook pasta according to package directions. Reserve a ladle of pasta water; set aside. The starch in the pasta water will help the light sauce stick to the pasta.
2. Cut the chicken breasts into bite-size pieces; season with salt and pepper.
3. Sauté chicken in olive oil in a large sauté pan. Remove cooked chicken; set aside.
4. In the same sauté pan, add garlic and rosemary. Cook for a minute or two. Add wine and let reduce.
5. Once wine has reduced, add lemon juice, pasta water, chicken bouillon, crushed red pepper flakes, salt and pepper to taste.
6. Add cooked chicken and pasta. Stir in butter and some freshly grated Parmesan cheese. Garnish with fresh chopped parsley and serve.

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

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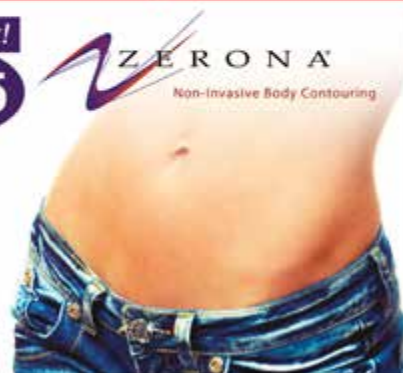
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BusinessNOW

Eubank Audiology and Hearing Aids

— By Melissa Rawlins

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Audiologist Megan Eubank promotes quality in the lives of the people she meets. Eubank Audiology and Hearing Aids operates in partnership with Shea ENT so that no matter the issue, patients find resolution. “Dr. John Shea and I work together,” Dr. Eubank said. “If someone needs something beyond just hearing, we are here to help with that, as well.”

For instance, they treat vertigo and tinnitus. As people

become more aware that these conditions are treatable, patients are trusting Eubank Audiology to help them overcome feelings of dizziness, from vertigo, or ringing in the ear, from tinnitus. “Patients lay back and, using the Epley maneuver, we move their heads in different positions to move the crystals around and back into their proper place,” Dr. Eubank said.

Dr. Eubank has worked in the field of audiology since 2004, when she did hearing tests on newborns in the hospital. She loved that experience, and graduated from the University of North Texas with her doctorate in audiology in 2010. After working at the Department of Veterans Affairs Fort Worth Outpatient Clinic for three years, she opened Eubank Audiology and Hearing Aids in the office of Shea ENT in 2012.

Serving people of every age, Dr. Eubank greatly enjoys transforming experiences for people suffering from

vertigo or hearing loss. "Hearing affects everything in people's lives, from relationships to group involvements," Dr. Eubank said. "A lot of people refrain from going to activities because they can't hear in group settings. We want people to feel good about going to church, or any meeting, and to be able to hear everyone, from husbands and wives to grandkids."

"If someone needs something beyond just hearing, we are here to help with that, as well."

Taking time to figure out exactly what each patient needs, Eubank Audiology is as thorough with follow-ups as examinations. She offers a multitude of different hearing aid brands to provide the best hearing for the patients. "Some of our newest technologies allow you to control a hearing aid with your smartphone, which can adjust programs and hearing aid functions. This makes it more discreet," Dr. Eubank said, "so you're not reaching up to adjust your hearing aid at your ear, but are just playing on your phone."

Dr. Eubank sees patients regularly for a follow-up during each hearing aid's 30-day trial period, when Eubank Audiology will trade out any hearing aid not fitting the needs of the patient. "Then, for the life of the hearing aids, I'll adjust them for free."

Anyone who knows they need help, or who simply suspects they have a hearing loss and wants to try a hearing aid on for size, is welcome to consult with Eubank Audiology. Their staff calls insurance companies on behalf of patients to learn whether they have hearing aid benefits. Save yourself money as well as time by calling Dr. Eubank, who is ready to help you regain the hearing you've been missing. **NOW**

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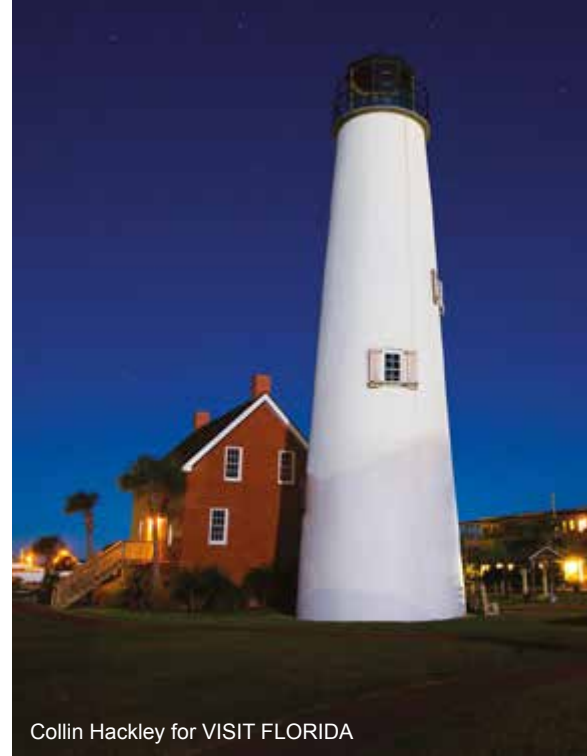
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Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't

miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique

artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.

Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**

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A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.



Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.



Heart Healthy³

- *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

- *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose

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good proteins like lean ground meat or poultry, eggs and legumes.

- *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**

Sources:

1. “Is Eating Gluten-Free Healthier” obtained from <http://www.eatingwell.com/article/9943/is-eating-gluten-free-healthier/>
2. “Diabetes Diet: Create your healthy-eating plan” obtained from <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>
3. “Heart Healthy Diet: 8 Steps to prevent heart disease” obtained from <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

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Zoomed In: Scott and Ken Nelson

By Melissa Rawlins

Scott and Ken Nelson consider themselves *paisans* with Richie Hodza, co-owner of Villa Diana. Here, the lounge-singing brothers have performed their family favorites for almost six months. “*Paisans* are friends and countrymen, in Italian,” Ken explained. The Nelson brothers — of Irish, English, Scotch and Alsatian descent — and Richie grew up in and around Newark, New Jersey, but never knew each other until Sunset Winery owner Bruce Anderson introduced them last year.

Ken feels right at home at Villa Diana. “This is kind of a roadhouse, like The Rustic Cabin in New Jersey where Frank Sinatra was a singing waiter,” Ken said. During Ken and Scott’s Frank and Friends Show, they honor their highly talented mother, Joan Menillo, who also was a singer, when they perform “My Foolish Heart”.



Ray Neal, once a WWII fighter pilot, celebrates his 94th birthday while volunteering at Huguley Imaging Center.



Judy Gorski, Karen Jennings, Lou McDaniel and Jeanne Worth help Arlando Day make cookies at Mustang Creek Estates.



Elder Elementary School's Merry KISSmas performance took 1st Place in the Joshua Christmas Parade.



Alvaro Rios, MD, and members of the Texas Health Huguley cardiology team, celebrate their reaccreditation for echocardiography and vascular testing.



Dr. Bret Jimerson and BISD Character Council Chair Pat Worrell present Christian Hayes with the Max Stallings Award.



Sherry Lee, a volunteer at the Crowley Animal Shelter, feeds Allie a treat in exchange for a sit.



Sue Martin and Tracy Shakespeare-Branch led the charge during the 7th Annual Coffee Talk Women Boots on the Ground conference.

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Calendar

4, 18

Crowley City Council meeting: 7:00-8:30 p.m., City Hall, 201 E. Main St., Crowley. A person wishing to address the City Council on matters not already scheduled may do so under the Citizen and Visitor Participation section of the agenda. To submit an item for the agenda, contact City Secretary Carol Konhauser at (817) 297-2201, ext. 4000.

8 - 10

13th Annual Chisholm Challenge: 8:00 a.m.-9:30 p.m., John Justin Arena, 3401 W. Lancaster Ave., Fort Worth. Wings of Hope Equitherapy supports extraordinary people living with special needs. Watch 13 of them compete in Western and English equitation, trail, western riding and showmanship in the Will Rogers Equestrian Center, at the beginning of the Fort Worth Stock Show and Rodeo. RSVP to Allison Gross, (817) 790-8810.



9

Business After Hours: 5:30-7:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Free to BACC members. (817) 295-6121.

12

Senior Dance: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Anyone 50 years or

older is invited to dance to a live band for only \$5 per person. The dress code is casual. (817) 295-6611.



16

Genealogy Club meeting: 6:30-7:30 p.m., Burleson Senior Activity Center. Expert researcher Norman Harrell is the guest speaker and there will be a Q&A, as well. Free. Call (817) 680-1933 for more information or to RSVP.

Joshua vs. Centennial Varsity Basketball: Girls, 6:30-8:00 p.m.; Boys, 8:00-10:00 p.m., Galbreath Gym, Joshua High School, 909 S. Broadway, Joshua. Cheer on your favorite athletes. \$5 tickets. (817) 202-2500 x1117.



18

The State of the City: 11:30 a.m.-1:00 p.m., Victory Family Church, 455 N.W. John Jones Dr. Enjoy this fine luncheon and winter quarterly meeting of the Burleson Chamber of Commerce. Tickets are \$20, Chamber members; \$25 non-Chamber members. Call (817) 295-6121 for more information.

26

Crowley vs. Centennial Varsity Soccer: Girls, 6:00-7:30 p.m.; Boys, 7:45-9:00 p.m., Centennial Spartan Stadium, 201 S. Hurst Rd., Burleson. Cheer on your favorite athletes. \$5 tickets. (817) 245-0250, ext. 0262.

26

Power of Heels luncheon: 11:30 a.m.-1:00 p.m., First United Methodist Church of Burleson, 590 N.E. McAlister. Tickets are \$20, Chamber members; \$25 non-Chamber members. (817) 295-6121.

Chili Supper Fundraiser 6:00-8:00 p.m., Crowley Senior Center, 900 E. Glendale St., in Bicentennial Park. Raymond Henderson's homemade chili and banana pudding will be the star of the menu. \$7 entrance does not include extra raffle tickets. All proceeds benefit Crowley Senior Center. For more information, contact Ruby Harse at (817) 297-9131.

27

Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia St., Crowley. For more information, contact Jim Hirth, (817) 297-1942.



Ongoing:

Mondays
Toastmasters: 6:30-7:30 p.m., Burleson Area Chamber of

Commerce. Contact Gary Miller, (817) 919-3243.

Tuesdays

Widowed Persons Service meeting: 8:00-11:00 a.m., Our Place Restaurant, 950 N. Burleson Blvd. Enjoy breakfast, fellowship and sharing your helpful heart. Contact Don Jordan, (817) 483-5458.

Second Tuesdays

Burleson Heritage Foundation meeting: 7:00-8:30 p.m., Burleson Heritage Visitors Center, 124 W. Ellison. Call (817) 447-1575 for more information.

Wednesdays

Burleson Business Connections: 7:30-9:00 a.m., Burleson Police Department Community Room. Contact Ruth Moor, (817) 517-9808.

Second Wednesdays

Burleson Area Recreational Cyclists: 7:00 p.m., Spokes Bicycles & Service, 111 S. Wilson St. Work with other cycling enthusiasts to create a more rider-friendly community. Contact Dave Garrett, (817) 447-3505.



Saturdays

Russell-Boren House tours: 9:00 a.m.-5:00 p.m., Russell Farm, 405 W. CR 714. Free. Built in 1877 by Martha Glenn Russell, an independent pioneer woman, the house sheltered not only Martha and her five children,

but also descendants of the Russell family for 135 years. Middle-school aged and older students should be accompanied by their teacher or parents. For more information, call (817) 447-3316.

Third Saturdays

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

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

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Time for New Year's Financial Resolutions

It's the beginning of another year — which means it's time for some New Year's resolutions. Would you like to study a new language, take up a musical instrument or visit the gym more often? All these are worthy goals, of course, but why not also add some *financial* resolutions?

Here are some ideas to think about:

- *Increase contributions to your employer-sponsored retirement plan.* For 2018, you can contribute up to \$18,500 (or \$24,500 if you're 50 or older) to your 401(k) or similar plan, such as a 403(b), for employees of public schools and some nonprofit groups, or a 457(b) plan, for employees of local governments. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while your earnings can grow tax-deferred. At a minimum, put in enough to earn your employer's matching contribution, if one is offered.
- *Try to "max out" on your IRA.* Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2018, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending

on your income, and your earnings can grow tax-deferred. Roth IRA contributions are not deductible, but earnings can grow tax-free, provided you don't start taking withdrawals until you are 59 1/2, and you've had your account at least five years. You can put virtually any investment in an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

- *Build an emergency fund.* Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping into your long-term investments to pay for unexpected costs, such as a new furnace or a major car repair.

- *Control your debts.* It's never easy, but do what you can to keep your debts under control. The less you have to spend on debt payments, the more you can invest for your future.

- *Don't overreact to changes in the financial markets.* We've had a long run of rising stock prices — but it won't last forever. If we experience a sharp market downturn in 2018, don't overreact by taking a "time out" from investing. Market drops are a normal feature of the investment landscape, and you may ultimately gain an advantage by buying new shares when their prices are down.

- *Review your goals and risk tolerance.* At least once in 2018, take some time to review your short- and long-term financial goals, and try to determine, possibly with the help of a financial professional, if your investment portfolio is still appropriate for these goals. At the same time, you'll want to re-evaluate your risk tolerance to ensure you're not taking too much risk — or possibly too *little* risk — with your investments.

Do your best to stick with these resolutions throughout the coming year. At a minimum, they can help you improve your investment habits — and they may improve your financial picture far beyond 2018. **NOW**

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.

Happy New Year

As the calendar turns the page, we wish you the very best in the year ahead.



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