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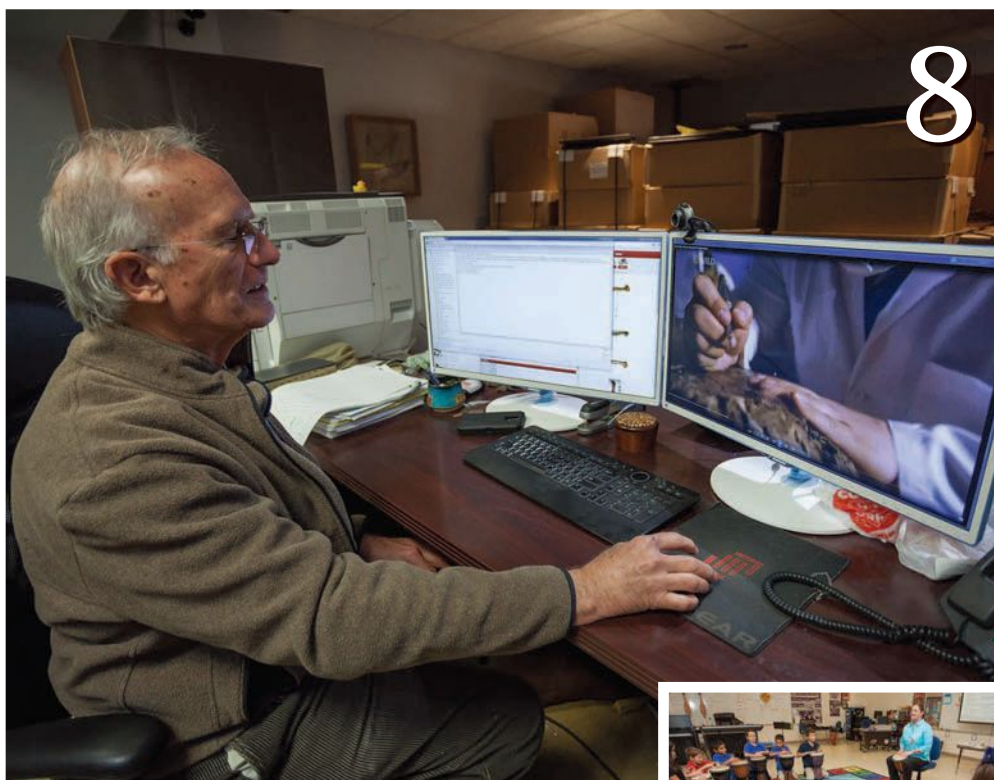


Nanotyrannus bones are on display, thanks to David Stair and Dr. Art Chadwick.

Photo by SRC Photography.

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Editor's Note

Hello, Friends!

Who said life can't be a bed of roses? February is time to prune rose bushes. Pruning a rose bush prepares it for the next growing season by focusing the plant's energy into the strongest canes. By cutting out the diseased, dead or weak canes, you are giving the rose bush a healthy foundation for new growth.

If you're an adult, you could use this bitter cold month to take stock of parts of your life in need of pruning. If you're a young adult soon to graduate from high school, you could give yourself a healthy foundation for new growth by preparing applications for scholarships to college. Don't forget to look locally! Based in Burleson, The Ostrander Scholarship Program is available to students nationwide who meet certain requirements. Service organizations like our Lions Club and our two Rotary Clubs host websites detailing how to compete for valuable dollars to support your education.

Whether we're pruning, planning or preparing, we're all hoping for the best. It's up to you. Go for it!

Melissa

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DINO DUO

— By Erin McEndree

Preserving the past is no small feat when the specimens tower two stories overhead and stretch 30-plus feet long. Dr. Art Chadwick and David Stair make it their mission to put into safekeeping as many dinosaur bones as they can excavate from eastern Wyoming hillsides. At the headquarters on the campus of Southwest Adventist University in Keene, educating people about prehistoric relics is Dr. Chadwick and David's motivation. Encouraging adults and college students down to primary school students to get involved with discovering the past drives both men to forge ahead. Currently, their enormous task is opening a dinosaur museum in Sales Hall.

Scheduled to open in the spring of 2016, the dinosaur museum and discovery center will showcase many of their important finds and allow kids to have hands-on exploration.



David Stair holding a Nanotyrannus upper and lower jaw.



Dr. Art Chadwick displaying a Hadrosaurus mandible.

Dr. Chadwick holds a Ph.D. in molecular biology. He studied geology at the University of California and was a professor at the University of Oklahoma in the 1970s. He came to Texas to the Southwestern Adventist University in 1983, where he was chairman of the biology department for over 20 years before becoming a research professor.

In 1996, the owners of the Hanson Ranch in eastern Wyoming sought out a scientist who was also a creationist to discover the secrets peeking through the landscape they knew existed on their ranch. "I was researching fossil whales in Peru when I got the call to come to Wyoming," Dr. Chadwick explained. "While visiting the site, I was stepping on dinosaur bones. They were everywhere. I decided to preserve as much as I could from this location." The Hanson family agreed to allow Dr. Chadwick and SWAU to work on the site, and he has been leading the dinosaur project ever since. It was important for the Hanson family to find someone who held biblical views on origins. Since 1997, geology and paleontology classes, as well as people from all walks of life, have traveled to the dig site every June to participate in an active research project while gaining hands-on education.

David, at the time a teacher and principal, also became interested in preserving bones. "I received three degrees from SWAU. I was an upper elementary grade teacher and principal in several places including Jefferson, San Marcos, Arlington and Burleson," David said. "When

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I retired, I was the upper grade teacher and principal of the Joshua Adventist Multigrade School on Highway 917, east of Joshua. I took a paleontology class at SWAU while working on my master's degree in elementary science." David became involved in the preservation of the bones, and in his free time — when not fishing, oil painting or completing honey dos — he goes to the lab to clean bones with an air chisel and repair bones with special glues and epoxy. Dr. Chadwick created a class for college credit for students to travel to the Hanson Ranch Research Station in eastern Wyoming to gather specimens found at the dig site. "I went 11 years," David said. "The first students stayed in tents, had no showers and cooked on campfires. Now we have super meals and hot/cold showers."

Using dental tools, students scrape through tons and tons of dirt to find fossils. When one is discovered, the specimen is carefully described, measured and drawn in a field book, mapped with GPS to save its exact location and photographed. It is given a number that can be found on a topographical quarry map. Most bones (over 10,000) can be seen in 3-D on a program Dr. Chadwick pioneered and developed for the lab. Specimens are carefully packed or encased in plaster jackets and shipped to Keene, where they are cleaned and catalogued. "I've been told we have the

best classification system around,” David said. “Each card tells the exact shelf or cabinet and which drawer the specimen is located in.”

The bones are scattered across several acres. It is like someone dumped out a 20,000-piece puzzle. The bones are concentrated in certain areas of the ranch. Experts think they were washed into this location by a tsunami, creating a mass grave site. Since the team has mapped the bones, they have made an interesting discovery. “The bigger bones are [deeper] in the ground and the smaller bones are on top,” Dr. Chadwick said. “We are like crime scene investigators.” So far, they have recovered over 20,000 specimens from about 20 different species. Some of the most important dinosaur remains and best preserved bones have been discovered at the Hanson Ranch. Several network shows, such as *National Geographic* and *Focus on the Family*, have come to film the best specimens. Some creation documentaries have featured their work, their dig sites and bone labs.

The most abundant species found is the duck billed dinosaur, *Edmontosaurus*. They vary in size but are typically 20-25 feet tall. “The largest femur we have found is 54 inches tall,” David said.



Student Joana Hernandez cleaning a bone.



Caleb the Triceratops.

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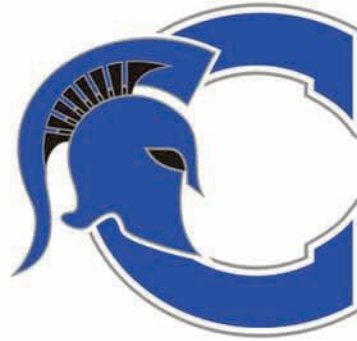
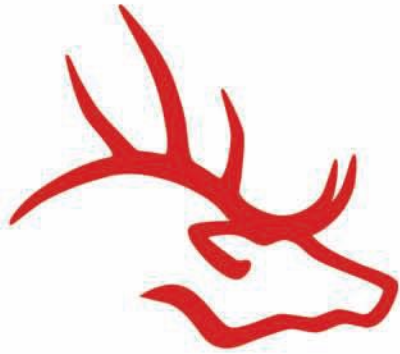
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A Triceratops named Caleb is an impressive specimen. David is presently restoring the skull. "Caleb's skull, nose to frill, is 7 feet long, the two large horns are 36 inches," David said. "It's like working on a puzzle." Caleb's femur is 42 inches long.

A Nanotyrannus is represented by a most impressive upper and lower jaw. This is one of the best examples (second one found) in the world. A full size T. Rex is 30-40 feet tall, whereas a Nano is between 12-15 feet tall.

Many great examples of dino relics in the lab came from a quarry where David found an exquisite Nano claw. The quarry is now called Stair Quarry after David. Over the years, many interesting things have been found, such as a Nano bone with bite marks. "It is clearly a T. Rex bite," David said. "It is one of the most unique pieces we have." Other unique pieces involve abnormalities, such as tumors on spinal columns and bone growths.



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"I could not leave the collection in chaos," Dr. Chadwick said. "I want to organize the bones and make a home for them. I want to make a respectable display to educate adults and kids about science and, hopefully, motivate them to learn more." The museum will have an auditorium for visitors to see presentations. They can watch preparators clean bones with air chisels. There will be hands-on activities, as well.

Since the year 2000, this dino duo has worked together to preserve the dinosaurs, and they have become great friends. They go to schools, churches and Scout camps to introduce children to dinosaurs. Dr. Chadwick will continue to promote his findings, as he speaks all around the nation and at paleontology meetings each year. Dr. Chadwick and David are optimistic that they will continue to uncover some of the best dinosaur fossils in the world at the Hanson Ranch. **NOW**

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DEVELOPING THE MUSICAL Child

Guitars standing at attention along a wall in Sandra "Sandy" Lou Tucker's spacious classroom immediately announce it as a special room, a music room where the lesson is to "move, sing and play every day." "Developing the musical child is a wonderful opportunity!" Sandy exclaimed. "Making music together allows students to connect and, also, to find their personal voices."

— By Carolyn Wills



Sandy teaches music at Ann Brock Elementary at Oak Grove, a job she has loved since the school opened in 2008. Officially, her day begins at 7:05 a.m. By Friday, she has seen every kindergartener through fifth-grader in rotating classes of 20-30 students. Her week includes before- and after-school music lessons, weekly rehearsals with her elective Brock Tiger Choir, plus the occasional field trip, contest, performance day and special event. She and fellow teachers meet often to create programs and projects to present to their principal, Kim Kimberling, and, for sure, there's time for building and fostering the expanded mentor program.

So, what fuels this 20-year veteran teacher and Burleson Independent School District's reigning Elementary Teacher of the Year? "I can't imagine any other profession to be so rewarding," she smiled. "Music exists as a beautiful, unifying and ancient language in every culture known throughout time. Teaching it for the sake of having it in my life is a blessing, but the opportunity to watch students develop lifelong music

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appreciation and enjoyment and, as a result, improve self-confidence, goal setting and respect is truly my privilege and calling.”

Sandy’s infectious enthusiasm is equal to her commitment. “All children deserve love,” she affirmed. “I want to be the best teacher I can be, and that means giving every student potential to thrive.” For example, her elective Brock Tiger Choir is open to all students who sign up because there are no tryouts. Being part of the choir simply means showing up for after-school rehearsals to work hard and have fun. Talent events are also open to all students, and there is no risk of not being selected. “Music is an instrument of growth for everyone, not only for the musically gifted or confident,” she said.

Music was a constant in Sandy’s childhood and continues to be central in her life. “Everybody in my family loved music, especially church music,” she smiled. “I play the guitar, and as a student at Burleson High School, I was happily a band geek. Then, in my years at Texas Christian University, my instrument was the trumpet, and I wanted to be a middle or high school band director.”

As it happened, her first job out of college was teaching music at an elementary school in Mansfield. After that, she never considered changing. She taught in Mansfield from 1990 to 2000, then took five years off at the birth of her third child. “I went back to teach at Taylor Elementary in Burleson for three years,” she said. When Ann Brock Elementary School opened in 2008, she couldn’t resist the opportunity to return as a music teacher to her childhood



community of Oak Grove.

Actually, Sandy and her family had returned to Oak Grove in 1992 in what proved to be the first step in her full homecoming. She had long been connected to the small community with members of her family counted among its first settlers. Her great-grandparents, John and Lula Bell Marti, grew up, ultimately married and lived in a little homestead near the entrance of the original Oak Grove School. "My great-grandparents and grandmother went to that school," she smiled. "Now, here I am living, teaching and going to church in the exact community where my family has lived since the 1870s."

In 1992, she and her husband, Donnie, bought her great-grandma Lula Bell's farm house. "We had been looking for a home," she explained. "My great-grandma Lula Bell, in her 90s, had already moved, so the house was sitting empty when my granny thought of us," she explained. "We bought it, fixed it up and now live across the street from our church and near to what was the site of the old Oak Grove School so long ago."

Sandy is a wife, mother, active member of Oak Grove Baptist Church and Worship Band, board volunteer for the Burleson Pregnancy Aid Center and part-time caretaker of her family's dogs, goats, chickens, one-legged rooster and a cow or two. Add to that her love for teaching, and it's easy to see how she would be selected as Burleson Independent School District's 2014-2015 Elementary Teacher of the Year. She is, however, also quick to attribute that recognition to everyone on staff at Ann Brock Elementary.

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- Dr. Susan Andrews, Chief of Staff,
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"Teachers are good people," she smiled. "I am especially proud of two recent accomplishments that could only have happened with the support of our whole staff."

Two years ago, Sandy approached Kim with the idea of expanding an existing mentor program to include third- and fourth-grade students in addition to fifth-graders. "Mentors benefit our students immeasurably," she said. "They are adult volunteers who serve a small group of students (no more than four) by becoming friends, good listeners and encouragers." Supporting a fellow teacher who already coordinated Huguley Hospital mentors, Sandy successfully recruited volunteers from Oak Grove Baptist Church and others from the community for the expanded program, and her goal is to continue to increase the mentor pool.

Sandy's second recent milestone involved extending her choir program to include options for before- and after-school music lessons taught by local musicians. Today, the program offers affordable group guitar, piano and newly added fiddle and dulcimer lessons. "One of our teachers has initiated a Music Enrichment Fund so students can benefit from supplemented lesson fees," she said.

Sandy and Donnie were married in 1986. Donnie owns a land surveying

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company. Currently, their daughter, Abigail Christine, is a student at The University of Texas at Austin. Their older son, Luke Dillon, attends Baylor University, and their youngest son, Micah Cole, is a ninth-grader at Centennial High School.

"We are pathetically sentimental when it comes to family," Sandy grinned. "Donnie's mom's house is on our property. My parents live right down the road, and both of our sisters, as well as my brother, live in Burleson."

Faith, family and service are Sandy's priorities, and music infused with humor and enthusiasm is largely her expression. She is also deeply thankful for her husband. "I could not have been Teacher of the Year without his support," she smiled. As a result, the two have new nicknames. "Now, Donnie calls me 'Toty' for Teacher of the Year, and I call him 'Hoty' for Husband of the Year!" she grinned. **NOW**

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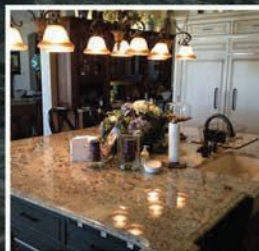
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Soaking in Serenity

— By Melissa Rawlins



Bobby and Joan Leach start most mornings with breakfast at a round, marble kitchen table. They adjust the louvered shutters to brighten their coffee. Bobby gazes across the dining room through the sunroom's windows to get a superb view of his barns and horses. Joan soaks in the vision of Bobby, sitting in front of black granite kitchen counters with a huge fireplace in the background, and begins to consider her plans for the day. All around them, rays of sunlight highlight the serenity of this couple's base of operations.

Way back when, Joan bought this place because it had the right amount of acreage, a house she liked and a manageable commute into Fort Worth, where she worked as a librarian for Eastern Hills High School. In the 1980s, Bobby had a daughter attending that school and discovered he liked the way Joan looked. When he asked his daughter to ask for her phone number, he found out she'd been transferred to a different school. That did not deter him, and after a date, he found out they had something in common. They both liked horses. In 1986, they married, and Bobby, his two daughters and his horses joined Joan in the country.

They shared the business of horses, too. For a while, before Bobby came on the scene, Joan had raised horses for racing. "I got out of that mostly because when we finally got pari-mutuel racing in Texas, the really fun racing at small tracks among friends just went by the wayside," Joan said.



*At Home With
Bobby & Joan Leach*



Her husband had produced rodeos at an arena he and Roland Reed operated at Kennedale. "We had a buckout," Bobby said, "a jackpot every Sunday and some high school rodeos on Saturdays."

Memorials from the couple's early days accentuate this home. In the hallway, Joan arranged several framed photos of guys riding in Bobby's rodeos. In the living room, she created a huge shadow box, framed in black-lacquered wood, displaying a long black scroll printed with the names of Fort Worth bus stops near Bobby's hometown of Handley, which is now part of Fort Worth.



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He, too, worked for the Fort Worth ISD and was area advisor for student affairs for FWISD, before retiring in the late '90s. Joan was director of libraries for FWISD when she retired in 2004. It was then she got involved in Johnson County Master Gardeners and joined the board of Johnson County Texas Exes. And Bobby, who never stopped riding horses, keeps busy with the five in his barns.

When grandchildren visit, he'll saddle their horses for them. At the end of their rides, they may track in dirt, but Joan learned early on that carpet and country living don't mix. She pulled out

all the shag carpeting she thought was so appealing 40 years ago and installed oversized terracotta tile, some of which sport footprints from dogs that were sniffing around near the kiln where it was fired in Mexico. Details like this keep the playfulness in the *Town and Country*-beautiful atmosphere Joan has created. But her eye for color creates a calming elegance.

Eight black-lacquered Hitchcock chairs that Joan bought at the factory in Connecticut provide an early-American touch around the 9-foot-long dining table Joan had built from three planks of old

barn wood and topped with short and tall candlesticks. "Middle of the winter is the hardest time to decorate," said Joan, whose goal is that this table be a focal point for the room where she and Bobby host big family gatherings.

Between the two, they have three daughters and eight grandkids who enjoy coming for visits. When the grandchildren stay over, they go to sleep in individual twin beds with headboards that Joan covered in a textured fabric dyed in teal, sage green and sand.

The headboard in the Leaches' Sunbrella Yellow master suite is one of



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Bobby's favorite details. He loves the old turquoise gate she bought in Round Top, Texas. Here, Joan kept the floor concrete and stained it an earth-brown. "If I were building another home, I would do this all over the house," Joan said. "It's so easy to clean!"

Redecorating, painting and repainting may not be Bobby's cup of tea, but he is happy to see Joan happy. "I really enjoy the process and the result of renovating. I like change," she said. "I've lived in this house nearly 40 years. Other people move around a lot. I haven't had that opportunity, and we like the place really well. So, I just change it — frequently."

When Joan recently redid her kitchen, sun porch and family room, she used chalk paint to repaint her dining room cabinets and installed boards running horizontally on the sun porch. She also changed out the fireplace and front door, and then padded and reupholstered the entry hall walls with a fabric alive with cream-colored medallions on red. Joan balanced this color scheme by painting walls in the adjoining living room a neutral color, called Natural Linen. "She probably won't tell you, but she painted all these walls and makes all this stuff," Bobby said proudly, pointing at the cushions for the furniture she gets upholstered by Ron Choate in Old Town Burleson.



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Bobby and Joan have one daughter, Nicole, who is now 27 and was reared here. Nicole helped Joan decorate her room several times. Currently, it's also painted in Natural Linen. When Nicole was in college and high school she collected vintage clothing, so Joan arranged the vintage things in here. Above an antique wardrobe, feathered hats and suede boots hang out with faded-cardboard hatboxes.

Joan's affinity for antiques shines through down the hall, in the game room. Above one of Bobby's saddles, decoratively stored near the curtained library case holding the television, is a collection of silver coffee pots and accessories alongside 13 silver trays. Each ages differently, and Joan appreciates how they look when she lets them get black with tarnish. The tray hanging at bottom center was purchased by Joan's mother with green stamps.



Sam, the Calico cat, really enjoys the warm game room, with its dark, laminate floors lit softly by sunlight streaming through glass doors that lead to another patio. This is a good room for Joan, too, who sits and considers what she's going to do this year in her gardens.

"In Texas, it's smart to do a whole lot of your work in the winter, because who wants to do it in the summer?" she said, laughing. At a large glass-topped table graced by a gigantic glass bottle stuffed with sculptured, curly willow branches, Joan can devise yet another project. Experimenting with color, shape and design — whether in this year's gardens or in the next set of slipcovers for the sunroom furniture — Joan delights in her home, and Bobby rests in the happy result. **NOW**

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The I DO Hairdo

— By Jo Monroe



With today's busy schedules, many couples hire a wedding planner, or at the very least, the bride enlists the help of her best friend to coordinate many of the needed appointments. There are timelines to meet and decisions to make, such as: scheduling the ceremony and rehearsal dinner; planning the reception; selecting a caterer and the music; finding the venue, a photographer, the cake decorator and the florist; and arranging the transportation to and from the wedding. Often, in the stress of planning, the bride gets



overwhelmed with choices, and out of frustration, decides to do her own hair. On the day of the wedding, no matter the weather, a bad hair day can show up without an invitation. When everything needs to come together perfectly, having a stylist ready to create your predesigned hairstyle will get all those butterflies flying in order!

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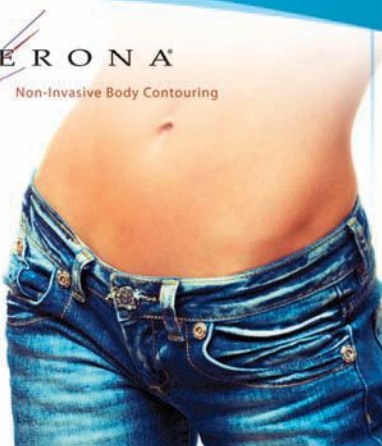
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If you are planning to use a professional photographer, ask him or her for recommendations on stylists they have worked with before.

The wedding location and theme should be taken into serious consideration when selecting the wedding hairstyle. Whether the ceremony is located on the beach, on a bridge, in a field of bluebonnets, in a cathedral or in a cottage chapel, it is essential that you feel complete and comfortable. Whether you walk barefoot in the sand, in heels in the city or in boots in the country, your focus is to look beautiful as you reach your destination at the altar. Theme weddings can require a bit more creative work in order to reflect a time period or a historical event. Whether Victorian, Grecian, Bohemian or traditional, your hairstyle will give you confidence to walk down the aisle, feeling beautiful.

Hairstyles and Necklines

Bridal hairstyles can be a failure, or they can be a grand success when created well in advance of the date. You need to consider your body and face shape, the gown style and neckline, and last but not least, the texture of your hair and your personality type.

A V-neck wedding gown embellished with the hair pulled up high, will give the face and neck a notably long appearance. If your face is already long, it is best to style your hair in a way that creates fullness at the cheekbones, making your

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face appear rounder. A V-neckline is best for someone with broad shoulders, a full bust and a short neck. If you have a wide, round or square jaw, this style is very flattering.

Depending on how low your neckline is and how high you style your hair, you could look inches taller than the groom — especially when wearing heels. When deciding the height of your hairstyle, take into consideration the neckline, the dress, the shoes and the groom's height.

Off-the-shoulder gowns are often made of lace or chiffon and softly reveal eye-catching shoulders. However, be

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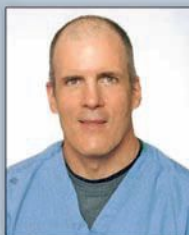


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aware this style can widen the appearance of your neck and broaden the look of your jawline. If you are a bride with a square-shaped face, you may already wear your hair in a short, bobbed cut. If your hair length is medium or long, it can be pulled up and away from your face, and this will give the appearance of width at the ears. Creating a soft, wispy style will bring a balance to the strong features. A tiara will create added charm, and with a long veil, your look will be absolutely chic.

If you are a modern bride, you may select the sweetheart neckline because it visually elongates the face and provides an overall proportioned silhouette. This complementary neckline is most preferred by all face shapes and body types. An updo will make you look elegant and feminine. A tiara with pearls placed high with a floor-length veil will make you look enchanting and regal.

A gown with a halter or high neck creates an illusion of a wider neck. This is a flattering style for those with long necks or faces, as well as for small-chested women. Wear your hair down, and keep it soft and tousled. Hair tucked behind one ear and a petite flower or jeweled comb really complete this sophisticated look.

If you are a bride with a heart-shaped face desiring a voluptuously soft and romantic look, wear your hair chin-length and pull it off the face to one side. If you wear your hair longer and flowing to the side with a little fringed bang, you will disguise the broadness of your forehead. Your gown selection should have a scooped neckline, which will elongate a short or thick neck.

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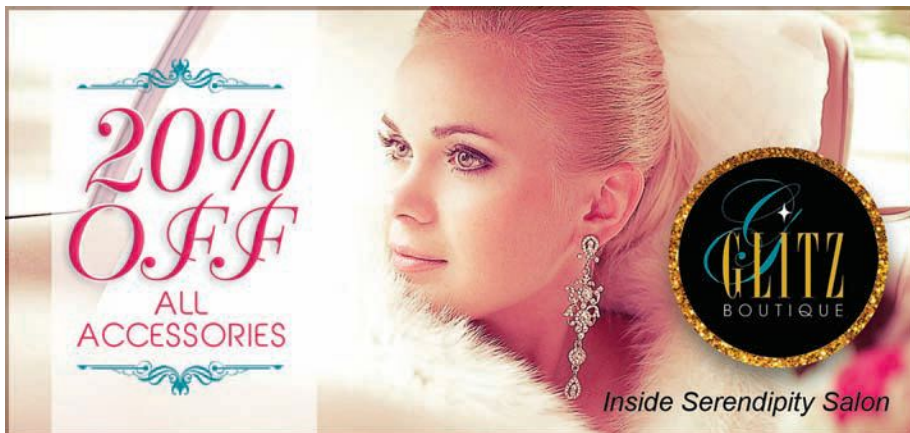
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Strapless necklines, sometimes referred to as tube tops, aren't flattering for most body types. However, on a petite figure, they can create a longer silhouette and neck. If you are a petite bride, don't overdo. Soft fabrics, soft flowing hair, delicate jeweled combs and whimsical veils give elegance to your total look.



Needless to say, your bridal hairstyle should be designed to reflect the image you desire and your personality. Your hair and neckline will be the frame for your beautiful wedding pictures. How do you want to be remembered — romantically royal or softly sophisticated? This is what you dreamed of, and as you slip into your gown, your hair should complete the once-in-a-lifetime look that takes your groom's breath away. **NOW**



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Burleson Equine Hospital

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Ciera Guardia, DVM
Amy Armentrout, DVM, MS, DAVCS
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Doctors Misty Jordan, Amy Armentrout and Ciera Guardia cater to horse owners, whether at Burleson Equine Hospital or out on the farm.



Health for Horses

Locals trust the women conducting high-end medicine at Burleson Equine Hospital. — By Melissa Rawlins

An all-female team of doctors specializing in complete health care for horses do amazing things at Burleson Equine Hospital. Owner Misty Jordan DVM, MS, believes an equine veterinarian's occupation is unique, requiring he or she be a pharmacologist, dentist, doctor, ophthalmologist, neonatologist and surgeon — all at once.

Burleson Equine Hospital represents a new generation of veterinarians providing advanced diagnostics and medical treatment for your horse. Castrations may still be performed in the same manner they were 100 years ago, but veterinarians' understanding of diseases and disease mechanisms has expanded, and anesthesia and surgical techniques are far superior. "In the '50s and '60s, they wouldn't do colic surgeries," Dr. Jordan said. "Now, the horses in our hospital recover within hours and go home in a few days, thanks to advancements in medicine and surgery."

In Dr. Jordan's hospital, horses are taken care of on a personal level

by all three veterinarians and the eight technicians. Around the clock, licensed technicians thoroughly handle all treatments of the animals, including bandage changes, IV fluid administration and IV and IM injections, as well as oral medications.

Serving every discipline and every breed, Burleson Equine Hospital practices advanced medicine. Dr. Ciera Guardia specializes in sports medicine, lameness and reproduction. Dr. Amy Armentrout, a board certified surgeon, specializes in soft tissue and orthopedic surgery but also treats horses for advanced lameness and regenerative issues and is certified in acupuncture. Dr. Jordan's specialties are internal medicine, advanced diagnostics for sports medicine and lameness, dentistry and reproduction.

An Arkansas girl who grew up with horses, Dr. Jordan chose to attend Texas A&M University for three degrees in microbiology, veterinary

Business **NOW**

microbiology and veterinary medicine. After interning with Weatherford Equine Medical Center, she came to Burleson Equine Hospital in August 2007 to serve as an associate. After four years, the owner sold the practice to her. She poured her love for horses into the hospital in many ways, including repainting the waiting area a lovely sage color, adding western decor and hanging a powerful black and white charcoal by Kit Hall.

Dr. Jordan is very involved with local 4-H, FFA and rodeos — participating with and for the community. Being around horses all day makes her happy. Though Dr. Jordan mostly sees sports medicine injuries, her degree in microbiology allows her to treat a plethora of infectious respiratory, ophthalmologic and gastrointestinal diseases, as well as infections in the hooves and skin.

During the spring reproductive season, Burleson Equine Hospital sees a large number of mares to be bred and mares to be foaled out at the hospital, along with septic foals infected in utero or within 24 hours after their birth. By getting the baby started quickly on IV fluids, plasma, oxygen and antibiotics, and staying 24/7 in the hospital with the foal, they see positive outcomes.

With two fully stocked ambulatory units, Burleson Equine Hospital can do everything on the farm that they can do at the hospital, including: lameness and pre-purchase exams, digital radiographs, reproduction and emergency medicine. The team caters to the owner's needs.

February is the time to start planning for breeding season, or foaling out. "It's so important that new foals are examined 12 to 24 hours after birth to make sure they received adequate colostrum," Dr. Jordan said, "and the pregnant mare gets her pre-foaling vaccinations and deworming treatment. We'll also investigate the mare's nutritional status, so her milk will have adequate calcium and fat content and good antibodies in it to protect your foal."

Burleson Equine Hospital posts a well-researched section on foaling on its website. Be sure to ask about their wellness program, which provides preventative medicine at a discounted rate. Dr. Jordan's detail-oriented team will help you prevent diseases in your horse. Let their high level of care translate into higher-level performance, whether in your backyard or in the show arena. **NOW**



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Payton and Abby Brown collect peanut butter on behalf of the BHS Sigma Swimmers for Harvest Bowl for Harvest House.



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BACC hosts a ribbon cutting at Stampede Harley Davidson.



Winter brings basketball lovers out to the BRiCK for a community pick-up game.



Burleson High School Swim Team volunteers in Lavan, Texas, for tornado clean up on New Year's Day.



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Get More Return on Your Tax Return: Five Ways to Avoid Shopping Spree-itis

You've got a couple thousand bucks back from the IRS, and it's burning a hole in your pocket. Before you splurge on a new wardrobe that will be outdated in a year, a summer vacation where you'll be fighting mosquitoes, or a new piece of electronic equipment that will get dusty on the shelves — stop, drop that credit card and roll out a few alternatives for consideration. So, here are five steps to kick Tax Refund Shopping Spree-itis:

The smell of new leather has got you all aflutter. But before you buy that new car — STOP! Gaze into the big, innocent eyes of your children. According to the National Institute for Consumer Education, the cost of a college education has more than doubled in the last 10 years. The 2004 Trends in College Pricing survey from The College Board shows that total student expenses average \$20,082 per year at private institutions, and \$5,132 per year at public institutions. Have you thought about a 529 College Savings Plan or a Coverdell Education Savings Account? Just imagine the smell



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You're about to hand over your credit card to the cashier to buy that fancy do-it-all gadget that mows the lawn, cleans the pool and cooks a mean barbecued steak — STOP! Look at your credit card balance. Think about the interest rate. If your credit card interest rates go up, that means you'll be forking over more cash to pay off your debt.

Tropical sun, coconuts, warm water. A Hawaiian vacation is a click away — STOP! Now imagine your teeth sitting in a cup next to your bed at the nursing home. According to the Federal Long Term Care Insurance Program website (<http://www.opm.gov/insure/ltc>), approximately 60 percent of people who reach age 65 will need long-term care at some time in their lives. The cost is enormous if you don't have long-term care insurance. The average annual cost of a semi-private room in a care facility is \$52,000. In less than 30 years, it is estimated that the cost will be more than \$190,000.

The house is looking a little bare, but the bedroom set in the advertisement has your name spelled on it — STOP! Don't just think retirement. Think early retirement. In order to reap the financial benefits of compounding, you must start investing as soon as possible. A large Fortune 100 company's 2015 survey found that most Americans have not saved enough for retirement. Only eight percent of survey respondents had completed 10 basic retirement preparedness steps and 38 percent had completed fewer than five. If your current savings efforts are falling short of your future goals, consider increasing your retirement savings with your tax refund because there is an IRA, mutual fund or some other investment vehicle with your name on it.

You've decided to splurge on the skydiving trip you've been dreaming about — STOP! Have you considered life insurance? If your employer provides group life insurance but not individual life insurance coverage, you might want to look into purchasing an individual life insurance policy outside your place of employment. A 2015 life insurance survey showed that 47 percent of Americans surveyed do not have an individual life insurance policy — which means some may not be covered by a life insurance policy should they quit or leave their job.

When that tax refund shows up, it can be a great reminder to review your finances and make sure you're on the way to meeting your financial goals. **NOW**

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



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February 4

JACC Scholarship Application Deadline: 3:00 p.m., Joshua High School Counseling Office, 909 S. Broadway. Graduating seniors are invited to apply for a \$1,000. Form at www.joshuachamber.org. Call (817) 556-2480.

February 5

Lunch & Learn: 11:30 a.m.-1:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Ben Magill, Executive Director, Labor Market Intelligence for Dallas Community College, presents: Building an Entrepreneur-Friendly Community Cultivating Innovation. Bring your lunch. (817) 426-9210.

Crowley Chamber of Commerce Awards Banquet: 6:30 p.m., Crowley Recreation Center, 201 E. Main St. Mardi Gras Masquerade Ball, celebrating Crowley movers and shakers. \$40.00 per person. RSVP: (817) 297-2201.

February 9

Trail Life Troop TX-0110 meeting: 7:00-8:00 p.m., Burleson Church of Christ Community Room, 1150 N.W. John Jones Dr. Contact Toby Ford, Chaplain and Trail Master, tkf@dunaway-assoc.com or (817) 995-8466.

February 12

Night to Shine: 6:00-9:00 p.m., Alsbury Baptist Church, 500 N.E. Alsbury Blvd. Prom for individuals with special needs, sponsored by the Tim Tebow Foundation. Visit www.alsburybaptist.com or contact (817) 295-0134.

February 13

Father/Daughter & Mother/Son Valentine Dance: 4:00-6:30 p.m.; 6:30-9:00 p.m., Burleson Recreation Center (BRiCk), 550 N.W. Summercrest Blvd. Pre-event tickets \$8 per person: (817) 426-9104, ext. 2090.

February 16

Relay For Life Team Captain meeting: 6:00 p.m., Burleson Police Department. Contact Misty Harris, (817) 426-6268.

JACC Awards Banquet: 6:30 p.m., First United Methodist Church, 114 Paula St, Joshua. 31st annual event includes a fine dinner to celebrate the hardworking locals making Joshua a great place. RSVP by **February 2** for \$45 entrance. Contact kim@joshuachamber.org or call (817) 556-2480.

February 21

BACC Annual Awards Luncheon: 11:30 a.m.-

1:00 p.m., Pathway Church, 325 N.W. Renfro St. RSVP to (817) 295-6121.

February 25

Understanding Alzheimer's Disease & Other Dementias: 11:30 a.m.-1:00 p.m., Burleson Area Chamber of Commerce, 1044 S.W. Wilshire Blvd. RSVP to Home Instead Senior Care, (972) 576-1100.

February 26, 27

Friends of the Library Book Sale: **Friday**, 9:00 a.m.-5:00 p.m.; **Saturday**, 9:00 a.m.-2:00 p.m., Crowley Public Library, 409 S. Oak St. For more information, call the Crowley Public Library, (817) 297-6707, ext. 2090.

February 27

Free Tennis Playday: 10:00-11:30 a.m., North Crowley High School, 9100 S. Hulen, Fort Worth. Kids ages 5-18 are welcome. For more information, call Trent Sellers, (817) 683-6325 or go to www.topguntennis.us.

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



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In the Kitchen With Ashley Metz

— *By Melissa Rawlins*

Shadowing her grandmother, Nanny, Ashley Metz learned to love cooking and baking for almost everyone she knew. When she was a senior in high school, Ashley went on a blind date with a boy from Nanny's church. "Needless to say, it was love at first sight," Ashley said. She and Gary have now been married 17 years. Cooking for their family of five, Ashley prepares healthy, delicious and budget-friendly dishes using fresh, seasonal ingredients. Believing good health starts in the kitchen, Ashley is running an ultra marathon this month. Using weekends to plan and prep food, her recipes come together quickly all week long. Desserts are essential. "To be successful in sticking to a healthy eating plan," she said, "you have to treat yourself every now and then." **NOW**

Nanny's Chicken Spaghetti, Lightened Up

- 1 whole chicken**
- 4 cups water**
- 1 tsp. each salt, pepper and garlic powder**
- 1 tsp. olive oil**
- 1 onion, finely diced**
- 1 bell pepper, finely diced**
- 16 oz. whole wheat spaghetti**
- 1 10.75-oz. can 98% fat free cream of mushroom soup**
- 1 10.75-oz. can 98% fat free cream of chicken soup**
- 1 10-oz. can Ro-Tel (optional)**
- 4-8 oz. 2% Velveeta cheese, cubed**
- 1 cup shredded cheddar cheese (optional)**

1. Preheat oven to 350 F. Spray a baking dish with cooking spray and set aside.
2. Place chicken in a large stock pot, and add just enough water to cover. Season very well. Boil until the meat begins to separate from the bone. Remove chicken and cool enough to be able to handle. Do not discard

liquid; simply set aside. Remove the skin and discard. Remove the meat from the bone and set aside.

3. Into a skillet, add olive oil and sauté onion with bell pepper until soft.
4. Into the remaining liquid from the chicken, add spaghetti. Boil per package directions. After it is done, drain off enough liquid that spaghetti is about halfway covered. To the same pot, add soups, Ro-Tel, Velveeta, sautéed vegetables and chicken. Stir over low heat until Velveeta melts and everything is well incorporated.

5. Place in a baking dish and top with shredded cheese, if you desire. Bake until bubbly, about 20-30 minutes.

Too Good to Be True Brownies

- 1 box devil's food cake mix**
- 1 15-oz. can pureed pumpkin**
- 2 tsp. vanilla extract**

1. Preheat oven to 350 F
2. Combine all 3 ingredients together until well incorporated as a thick batter.

3. Spread into a 9x13-inch baking dish sprayed with cooking spray. Bake for 30 minutes or until a toothpick comes out clean.
4. Allow brownies to cool completely to enjoy the fudgiest brownie you could dream of.

Mexican Black Bean Quinoa Casserole

- 1 can cooking spray**
- 1 cup uncooked quinoa**
- 2 cups water**
- 1 Tbsp. olive oil**
- 1 small onion, diced**
- 3 cloves garlic, minced**
- 1 jalapeño, deseeded and diced**
- 1 red bell pepper, diced**
- 1 orange bell pepper, diced**
- 1 cup frozen corn kernels**
- 1 small lime, juiced**
- 1 tsp. ground cumin**
- 1 Tbsp. chili powder**
- 1/3 cup cilantro, chopped**
- Salt and pepper, to taste**
- 2 15-oz. cans black beans, drained and rinsed**
- 2 cups red enchilada sauce**
- 1 1/2 cups shredded cheddar cheese (divided use)**

Toppings:

- 1 bunch green onions, sliced**
- 1 avocado, diced**
- 1 bunch cilantro, chopped**

1. Preheat oven to 350 F. Grease a 9x13-inch baking dish with cooking spray and set aside.

2. Add quinoa and water to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn heat to low and simmer about 15 minutes. Remove from heat and fluff with a fork. Water should be absorbed.

3. In a large skillet, heat olive oil. Add onion, garlic and jalapeño. Sauté until softened, about 3-5 minutes. Add in peppers and corn. Cook for about 3-4 minutes. Add lime juice, cumin, chili powder and cilantro. Season with salt and pepper, to taste.

4. In a large bowl, mix cooked quinoa and black beans. Add the sautéed veggie mixture and stir to combine. Add in enchilada sauce and stir. Add 1/2 cup shredded cheese. Pour into a baking dish. Top with remaining shredded cheese.

5. Cover pan with foil. Bake for 20 minutes, and then remove foil. Bake an additional 10 minutes. Serve with toppings.

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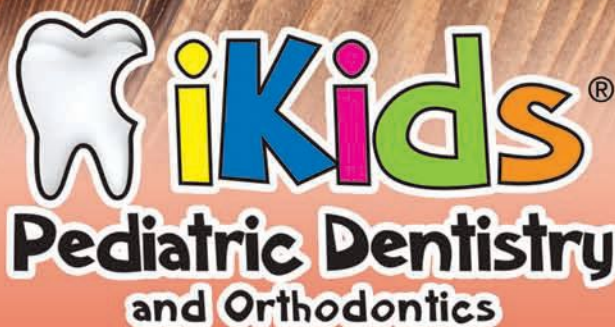
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