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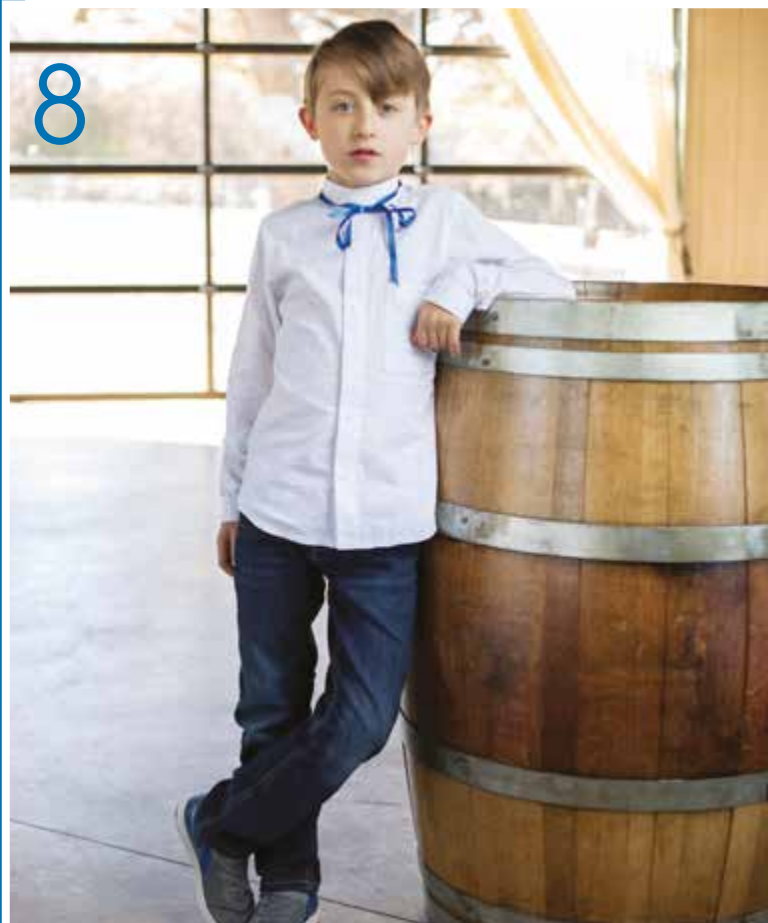
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Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith | Writers, Lindsay L. Allen . Lisa Branner
Rick Mauch . Betty Tryon . Zachary R. Urquhart
Editors/Proofreaders, Pat Anthony . Shannon Randall

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen . Martha Macias . Brande Morgan . Anthony Sarmienta

PHOTOGRAPHY

Photography Directors, Chris McCalla . Brande Morgan
Photographers, SRC Photography

ADVERTISING

Advertising Representatives, Melissa Perkins . Kelsea Locke
Cherise Burnett . Dustin Dauenhauer . Bryan Frye . Jennifer Henderson
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ON THE COVER

Artist, father and husband Eduar Lamprea has a fun-filled, fashion-flavored personality.

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EDITOR'S NOTE



Melissa

Melissa Rawlins
BurlesonNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888

Hello, Burleson, Crowley and Joshua!

It seems there is a club for everything in our nation. Burleson's got a new and active genealogy club. Johnson County has a thriving Master Gardeners club. My dad is a lifetime member of the Model A Ford Club of America.

My sister participates in a reading club. With her girlfriends, she enjoys drinking wine and discussing books ranging the gamut of genres. Recently, they've been reading "magical realism" and have decided they're not too thrilled with many of the novels. I recommended Jorge Luis Borges' *Labyrinths*, a collection of short stories and essays that are invigorating to the mind. Then I decided to pull my copy out of its dusty shelf, where I placed it after finishing college, and re-read it. What a treasure to visit my old literary friend — even if he is rather spiny.

In my daily work, I'm regularly making new friends, as I learn and then write your stories. My narrative strategy does not add mythical elements into journalistic accounts of your lifestyles. Rather, I simply describe your fantastic approaches to reality. Every one of you has a story. What fun I'm having collecting them!

Have a great month!

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“ There
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The Eye His Nee

When Eduar Lamprea first met his wife, Roxanne Myers, they bonded over fabric. She was teaching English and working in sales in Ecuador, where he designed clothing for his mother's business and had his own brand in the pageant and wedding gown industry. He had not yet started designing for The Miss Universe pageant — that would come in 2004. At the start of this millennium, Eduar and Roxanne made their own fun, traveling into little towns throughout Ecuador to discover what the indigenous artists could do. They found textiles with texture, and saw opportunities for creatively marketing his clothes in the U.S.

e of dle

— By Melissa Rawlins

But somehow, creatively dressing Roxanne was also part of the fun. Eduar explains it like this: “Suddenly I will see something special and say to Roxanne, ‘Hey, I think I can make something from this that would look fantastic on you.’”



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One of the first skirts he made for her was decorated with wool yarn fringe and embroidered with patches of indigenous material in a nod to couture designer Elsa Schiaparelli. "Eduar has a style more like Carolina Herrera that's classic in its form and shape but inherently funky," Roxanne said.

She trusted Eduar to make something beautiful out of what they found on their jaunts. The romantic partners started offering their one-of-a-kind ladies fashions in boutiques she visited whenever she went to Virginia on business. Eduar's specialty was incorporating fabrics made by artisans in the Americas into evening gowns or daywear. Some, for example, were decorated with *tagua*, a seed from the Amazon. Some were manufactured by a community called Zuleta, where the people do a lot of hand embroidery. Eduar even introduced *molas* purchased from the Kuna Indians into his jackets and coats.

By 2005, Roxanne was not only marketing for Eduar, she was also an inspiration for his timeless pieces. "That's part of the influence of the culture where I come from," he said. "In Ecuador, we have no seasons because it's spring weather year-round. You keep wearing the same thing as long as it looks good.





“There is such an amount of handiwork invested in my designs that they cross over time. Pieces I made for Roxanne over 10 years ago still fit her, and every time she wears them, people find them interesting,” he said. “In case she needs to modify, she just adds an accessory.”

Flexibility comes naturally to Eduar, who merges his two degrees in industrial engineering and fashion design. “When you see the things others have made, you think, *Hey, if we modify this, we could make this happen.* For example, we found a community that grows hemp, and they use it to make *shigra*, handbags that men use. I was thinking of a way to develop this in a thinner fabric, so you could make corsets to combine with jeans.”

With his mother, Dora Lamprea, Eduar has gone 14 hours to Logroño into the Amazon jungle to teach courses in sewing and designing. “We gave three days of class to teach them how to make a pattern, cut it, sew it, and we finished with a fashion show,” Eduar said. “Most of these women were very skilled with their hands for making jewelry and sewing at home, but none of them knew how to cut the garment and start from zero.”

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Eduar grew up around seamstresses, sometimes 20 at a time, running machines all day long. “In South American cities, until eight years ago, everybody relied upon a designer or dressmaker to have their clothes made. It was always a better alternative than going to a department store,” Eduar said, remembering that when he was little his mother sewed his clothing. “She also taught me to make patterns and then, of course, watching the people who worked with her I learned to use the sewing machines.”

Knowing the limitations of the machines, and how to modify them to achieve certain results, he’s also been able to make patterns for affordable couture gowns. Before pouring his talent into the wedding gown Roxanne would wear, Eduar spent a lot of time working with Roxanne to produce Eduar Lamprea Couture for fashion shows. She hand-embroidered beads onto the garments as a finishing touch. “When a fashion show is approaching, you need all hands on deck. I remember Roxanne sitting up into the wee hours in bed, watching TV and putting beads on,” he said.

She agreed, “It was a twilight zone experience.”

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For their wedding, they broke all the rules. Although the groom is not supposed to see the wedding gown beforehand, Roxanne's fiancé and his mother designed it and sewed the not-so-normal dress. Roxanne did not see it until the fittings, but she knew it would turn out fabulous. "I am a facilitator, not the design genius," she said. "How could you not trust him?"

Since moving to Burleson in 2007 to start his family with Roxanne, Eduar has developed a three-machine sewing studio inside their home. Working full-time managing the R.E.I. in Southlake, Eduar is still a designer at heart. "There has to be some kind of creation happening, even if it's a sprinkler system you're designing," he said.

Creating wedding gowns and couture fashions by referral, Eduar still gets a little help from his mother. He also models for his children how to find outlets for their inherited creativity. When the boys, 7-year-old Noah and 1-year-old Stefano, have needed special clothing for baptisms or parties, Eduar perfects their look. And when Roxanne, now general manager of Lost Oak Winery, needs another dress or suit for business functions, Eduar joyfully threads his needle to create the perfect design. **NOW**



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Sometimes fate just won't let us pass something by. Take, for example, the home of Kyle and Amy Slover. Amy, then single, saw the house on the market four years ago and thought it would be a great "fixer-upper." But, the asking price and her interest weren't on the same level.

As fate would have it, Amy learned the price dropped and saw her opportunity — an opportunity at which she leaped. "I had looked at this house a long time and I thought, *I don't know. It needs a lot of work,*" she said. "But I just kept coming



AMY SLOVER

YLE

— By Rick Mauch

back. There were certain things about it. I loved the kitchen. There were just things I thought I could do with it. Everything just kept falling into place. Finally, I realized I couldn't pass it up."

Now, it's the cozy home of Amy and her new husband, Kyle, who were married this past October. The home is, as Amy said, "a work in progress," but from her ashtray collection to his beloved miniature old-timey popcorn machine, the home has become an eclectic display.

Upon entering, one is greeted by the "wall of inspiration." The wall displays signs with funny and inspirational messages, such as *Wear cute pajamas to bed. You never know who you'll meet in your dreams*, and *You'll*

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There are other similar signs throughout the home. A blackboard in the dining nook reads, *Eat some breakfast, then change the world.* "I'm big into inspirational sayings," Amy said. "You can never be inspired too much."

The living room, which used to be a garage, has some of the most eclectic items in the home, such as the wooden ballpark/theater seats that have special meaning. "They



were in really rough shape. I redid them for our wedding. Now, I'm going to keep them," Amy said.

The hardwood floor in the living room was put in place by Kyle and Amy, and a large sectional sofa, perfect for snuggling up and watching

the Cowboys' games, is located there.

Behind the sofa is a birdcage filled with billiard balls. "I had them in a huge Mason jar, but then I thought they'd look good in a birdcage," Amy explained.

A glance at the other side of the room reveals a battle helmet that is likely from World War I. Amy

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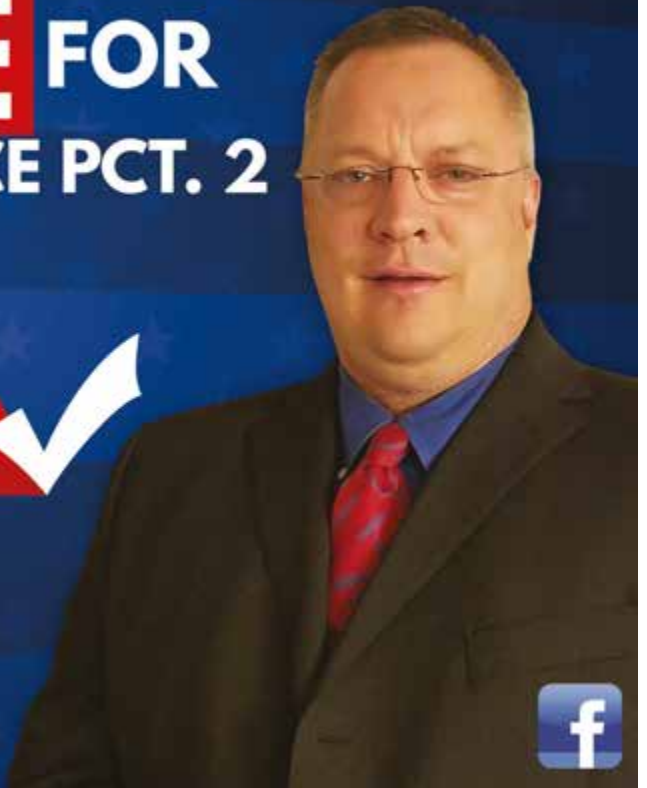
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believes it belonged to her great-grandfather. "My son, Cameron, was into war memorabilia," she said. "At one point, his room was done in all camouflage."

The refrigerator door in the kitchen features empty vintage frames, as does the wall behind it. "We took some old frames, Gorilla Glue and paint, and you've got this," she said.

A miniature version of the old popcorn machine, the kind pushed around by vendors at carnivals and circuses, sits between the kitchen and dining room. It is a favorite of Kyle's, and it really works. Popcorn is a favorite family treat. "That was a birthday gift," he said. "My mom found it. That's the perfect size, and with the cart, it's cute."

In the corner is an old radio, complete with a cabinet. It takes one back to the days when the family would gather around and listen to *Amos 'n' Andy*, or *The Jack Benny Show*. "That's been in the family a long time," Kyle said.

A cabinet is filled with crystal and glass items. On top of it are several oil lamps, another favorite collection of Amy's. "She likes things that have a story," Kyle said. "If you put something with a story up for sale, she'll likely buy it."

To that Amy replied, "People throw away the best memories."

Her pride and joy, however, is her collection of unique ashtrays. They range in design from a partially

opened sardine can to an old clam style that servers in fancy restaurants and bars might bring around to a table in the 1920s or 1930s. "I don't smoke, but I just think ashtrays are so cool," Amy said.

Next to one wall in the dining room is a wire rack Kyle's parents found in an abandoned storage unit, much like in the TV show, *Storage Wars*. Now, it serves as a holder for their fancy white dishes. "It had this big eagle on top, and they didn't know what to do with it," she said. "They were going to get rid of it. I said, 'No, just cut the eagle off.'"



Kyle and Amy have four children between them, with two still living at home — 14-year-old Jenna and 8-year-old Paige. Sons Blake, 22, and Cameron, 20, have moved out. Kyle is an account manager for Absolute A-R, and Amy is a former preschool teacher in Mansfield.

The girls have a style all their own. Paige's room has a gold crown on the wall above her bed and features an old-school desk, circa 1950s. Jenna has a hammock hanging between the walls of her room. "I'm the queen, she's just a princess," Amy joked of Paige's decorative crown.

A flair for the unique helps make the Slover house a home. "When I met Amy, I was taken aback by her decorating skills," Kyle said.

Amy said it's all about seeing the potential of things. "You just have to take the time to look," she said. "That's how I felt about this house. There was something beautiful and special that I kept seeing that brought me back, and I'm so glad it did." **NOW**

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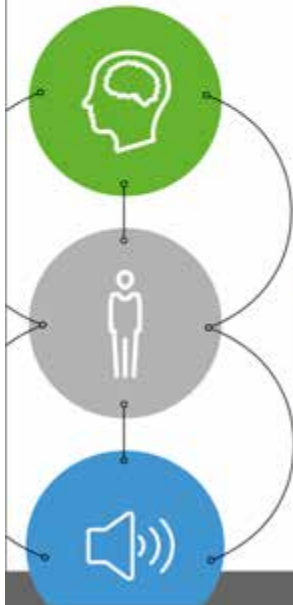
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Out of the Ordinary Education

— By Rick Mauch

As a teenager, Matthew Collings never cared much for school. Now, he looks forward to it every day, as do his students. Matthew, now 35, is in his third year of teaching criminal justice at Burleson High School. He admits it's quite an accomplishment for someone who once wondered if he'd even finish high school.

There was one class at Yosemite High School in Oakhurst, California, that stuck with him. He took a criminal justice course as a junior and senior. "The excitement of law enforcement sparked my interest, but what I really loved was the leadership in the community," he said.

Matthew became a military police officer in the United States Air Force. He came to Fort Worth in 2010

after spending some time in Afghanistan as a criminal investigator, during which his unit dismantled one of the largest drug networks ever in the country. He was awarded an achievement medal, and his job at Carswell AFB was to conduct law enforcement operations in a deployed environment. "What we did led to a lot of our country's troops coming home safely," he said.

In 2015, Matthew was faced with a major decision. He, his wife, Courtney, and their children had grown to love Fort Worth, but his unit at Carswell was being deactivated. That meant moving again or separating from active military service.

Then, the Burleson ISD intervened. Matthew had applied for a job to lead the criminal justice department. Though he didn't yet have a bachelor's degree, his experience sufficed to qualify him until he graduated from Grand Canyon University last month.

Matthew's department is its own little mock police station. There's a dispatch center and even a detective bureau. It is run mostly by third- and fourth-year students and includes ranks, such as chief, assistant chief,

etc. "We even have job interviews," Matthew said. "They wear uniforms. It's a safe environment for them to learn to lead."

His students monitor school parking lots, and every so often Matthew will stage a fake emergency call. "It gives them an idea of what the job is really like," he said. "I try to make it as realistic as possible." Students in the criminal justice department join with Matthew to serve the community. They work at the Burleson Friends Festival, help with security for home football games and have partnered with the 301st Security Forces to help with Ruck for the Kids. (Ruck is short for rucksack.)

Matthew pointed to a brass bell on top of a shelf by his desk. He called it perhaps the greatest honor a BISD teacher can get, as it was presented to him by a graduating senior who named him the most influential teacher in his life. "Over the last two years, this man has given me a lot of direction and a lot of trust in the program he built from the ground up," an excerpt from a letter written by 2017 graduate Treg Davison read. Treg, like his mentor, has also gone into the Air Force and wants to enter security forces.

"Matthew is an exceptional teacher who is passionate about student success in learning," said Principal Wayne Leek. "He is an innovative teacher-leader who connects with students and embeds student leadership in all of his classes. He is a motivator and true advocate for his students."

The chance BISD took on him paid off early on. Matthew was named the BISD Secondary Teacher of the Year in 2016-17. "I'm humbled and honored to have that title, but more than that," he said, "it just shows these kids that anything is possible." **NOW**

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CookingNOW

In the Kitchen With DORIS MOORE YOUNG

— By Lindsay L. Allen



When you are the oldest of six children and have a mother who included fresh, homemade yeast rolls or bread loafs with every meal, you learn how to cook at an early age. While Doris Moore Young loves to make desserts, especially peach cobbler, she really enjoys making down-home foods like pinto beans, cornbread and French fries. Almost all her desserts have one ingredient in common, and that's the cardamom seasoning she adds to sweets for a smooth and unique flavor.

As a child she would help her mother, along with two of her sisters, prepare food for family reunions that totaled 50 to 75 mouths, which only increased her enthusiasm in the kitchen. Here she shares some recipes to sweeten and warm your February! **NOW**

Glazed Donut Bread Pudding

- 4 stale glazed donuts
- 1/2 cup raisins or dried cranberries
- 1 15-oz. can evaporated milk or 2 cups 2% milk
- 1 tsp. vanilla
- 1/2 tsp. almond extract
- 1 tsp. grated orange zest
- 1/2 tsp. nutmeg
- 1/2 tsp. cardamom
- 2 eggs, beaten

Glaze:

- 1 1/2 cups confectioner's sugar
- 3 to 4 Tbsp. milk
- 2 tsp. vanilla

1. Cut donuts into 1/4 pieces; place in baking dish.
2. Combine the rest of the ingredients; pour over the donut pieces.
3. Let stand for 15 minutes.
4. Place the baking dish in a larger dish filled

up halfway with water. (This prevents the bread pudding from drying out during cooking.)

5. Bake at 350 F for 35 to 45 minutes.
6. Combine ingredients for glaze; drizzle over warm pudding.

Cherries Jubilee

- 2 15.2-oz. cans pitted cherries, with juice
- 1/2 cup sugar
- 3 Tbsp. unsalted butter, room temperature
- 1/2 cup cherry brandy (divided use)
- 1 pint vanilla ice cream

1. In a searing pan or sauté pan, over medium heat, combine the cherries and juice with the sugar, stirring occasionally, until the sugar is dissolved and the liquid is reduced by half (usually 3 to 5 minutes).
2. Add butter; stir until it is melted.
3. Remove from heat; stir in 1/4 cup of cherry brandy. Return to medium heat; bring to a boil.

4. Add remaining cherry brandy and carefully ignite. The flame will eventually burn out, but look beautiful for your guests.

5. Serve over ice cream.

Frito Salad

- 1 lb. ground beef, browned and cooled
- 4 cups lettuce, chopped
- 1 cup tomato, peeled and chopped
- 1 cup onion, chopped
- 1 cup cheddar cheese, shredded
- 1/2 cup black olives, sliced (optional)
- 1 15-oz. can Ranch Style Beans, drained and rinsed
- 1 cup Catalina dressing
- 3 to 4 cups Fritos, original style
- Salt and pepper, to taste

1. Combine the first seven ingredients; set in fridge.
2. Add Catalina dressing just before serving; toss lightly.
3. Add Fritos to individual servings. Salt and pepper to taste.

Double Crust Fresh Peach Cobbler

- 2 pie crusts
- Pam cooking spray
- 6 cups fresh peaches, peeled and diced
- 1/2 cup white sugar
- 1/4 cup brown sugar
- 3 Tbsp. flour or 2 tsp. cornstarch

1/2 tsp. cinnamon
 1/2 tsp. nutmeg
 1/2 tsp. cardamom
 1 tsp. lemon juice
 2 Tbsp. butter
 2 Tbsp. milk
 Sugar, to taste

1. Preheat oven to 400 F.
2. Place one layer of a pie crust on the bottom of a baking dish that has been sprayed with Pam.
3. Combine peaches, sugar, brown sugar, flour, cinnamon, nutmeg, cardamom and lemon juice; pour over crust.
4. Place remaining pie crust on top; dot with butter.
5. Spread milk over the top; sprinkle with sugar.
6. Bake for 10 minutes. Lower heat to 350 F; continue baking until golden brown on top.

Cranberry Cream Cheese Rollups

8 oz. cream cheese, softened
 5 Tbsp. dried cranberries, rinsed
 1 tsp. sweet and hot jalapeños, diced
 8 flour tortillas

1. Combine and mix first three ingredients.
2. Spread mix on top of flour tortillas; roll up.
3. Place in fridge to chill.
4. Cut into 1-inch bites.

Shrimp Cocktail Salad

3 to 4 cups small shrimp, cooked, deveined, tails removed (can use frozen, pre-cooked shrimp)
 1/2 cup freshly squeezed lime juice
 1 medium red onion, chopped
 1 cup celery, chopped
 1 cup cucumber, chopped
 1 cup tomato, chopped
 3 avocados, chopped
 1 cup cocktail sauce
 1 cup clamato juice
 1/2 to 1 cup fresh cilantro, chopped
 1 to 2 Tbsp. hot sauce
 1 tsp. salt
 2 tsp. pepper

1. Combine all ingredients; chill 1 hour or more before serving.

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



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BusinessNOW

Fancy's Plus Size Resale Shop

— By Melissa Rawlins

Fancy's Plus Size Resale Shop

220 E. Renfro St.
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(817) 426-4944
Facebook: Fancy's Plus Size

Hours: Saturday and Monday: 10:00 a.m.-5:00 p.m.
Tuesday-Friday: 10:00 a.m.-6:00 p.m.

Are you looking to transition your wardrobe from winter into the spring? Burleson's family-run Fancy's Plus Size Resale Shop offers all sorts of fashions sure to please all kinds of women, working and nonworking. Their best-sellers are tops, both dressy and casual.

Owner Elvira Adams and her daughter, Robyn Bell, who is the store manager, offer shoppers everything from sleep wear to leisure wear — even cruise wear. A wide assortment

of tennis shoes share the rack with dress shoes, boots and sandals. Purses, jewelry and scarves round out the accessories at Fancy's. Anytime of year, customers will find swimsuits for water aerobics, to revamp their hot tub routine or prepare for an upcoming cruise. "All items," Elvira said, "whether regular or high-end, are very reasonably priced."

Customers and consignors check Fancy's Facebook page for photos and alerts about sales or what size and style the shop needs. Consignors bring in gently or sometimes never-used items — from designer bags to working-woman fashions — that stay in the store no more than 60 days.

Elvira and Robyn, plus their longtime friends and employees, Gladys Rinehart and Dana Fichter, confirm that each consignment item is size 14 or over and without stains, nonworking zippers, missing buttons, etc. before placing them on wooden hangers. "They make our shop look more like a boutique," Elvira said, "as we are not a thrift store but a

consignment boutique.” Extra-special items are displayed on mannequins or inside huge gilt frames on the wall.

The boutique effect is bolstered by the mother-daughter duo’s merchandising technique, grouping every item by size and then in colors within the sizes. The ease with which customers can find what they’re looking for to match any outfit is another reason Fancy’s Plus Size Resale Shop continues to grow its clientele.

Robyn puts 150-200 new items on the racks daily. “We signal the updates with different color tags,” Elvira explained. “The longer the clothing is on the rack, the further discounted the item. When not sold, we donate to Harvest House, House of Hope or sometimes Rachel’s.” Fancy’s Plus Size Resale does allow consignors the option of retrieving their unsold items. Consignors get 40 percent of their item’s sale, and can be reimbursed in cash or in-store credit.

The well-organized system at Fancy’s was developed during the last five years, when Elvira invested in computer software that produces precise printouts of what did and did not sell. Elvira and Robyn chose to be open on Mondays to help their customers who are off work on the business day when most boutiques are closed. Their kindness is one of their hallmarks.

Fancy’s Plus Size Resale Shop has recorded doing business with over 2,000 consignors over their seven years in business. They moved to this location in August of 2012. Robyn enjoys getting to spend a lot of time with her mom. And Elvira appreciates the excellent communication between them. “This business has been so fun,” she said. “There is never a dull moment.”

The dressing room has no limit on the number of items you can try on. You can pop in as often as you like to flip through the rack with your size, looking for what has gone on sale. Robyn and Elvira welcome you to join the fun at Fancy’s. **NOW**

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TravelNOW Basecamp for Adventure

— By Lisa Branner

Nestled at 9,318 feet above sea level in Colorado's San Juan Mountains, Silverton is a picturesque former mining town steeped in Old West history. Established in 1874 as Baker's Park, the town was named a National Historic Landmark in 1961. Today Silverton has a population of 600, and has become a perfect basecamp for adventurous travelers of all stripes.

The San Juans boast some of the most rugged and beautiful terrain in the lower 48, and are home to 13 of Colorado's "Fourteeners," mountains so called because their peaks rise to over 14,000 feet. The range is dotted with alpine lakes and waterfalls, fields of wildflowers and historic ghost towns that are relics of a bygone era.

Train buffs can enjoy an unforgettable adventure on the Durango & Silverton Narrow Gauge Railroad, traveling by

coal-fired, steam-powered locomotive on the same tracks that miners, cowboys and settlers took over a century ago. Climbing nearly 3,000 feet, the train winds through spectacular canyons and remote wilderness. Travelers disembark on Notorious Blair Street, whose wooden sidewalks were once lined with saloons, gambling halls and bordellos.

The Million Dollar Highway, built as a toll road in the late 1880s by railroad magnate Otto Mears, is one of the most spectacular drives in the USA. This journey weaves through the mountains, clinging to tight curves and topping out at an elevation of 11,017 feet on Red Mountain Pass before dropping into the town of Ouray. In autumn, the abundance of Aspen trees makes this ideal for leaf peepers.

For the adventurous, a jeep or OHV tour along the Alpine

Loop provides a full day of thrills. This 65-mile, four-wheel-drive byway connects Silverton, Lake City and Ouray, climbing over two 12,000-foot passes. Along the way, stop for a visit to Animas Forks, a well-preserved ghost town. In its heyday, this bustling mining hub had more than 30 structures including hotels, saloons, a post office and a general store. Today fewer than a dozen buildings remain, restored by the San Juan County Historical Society.

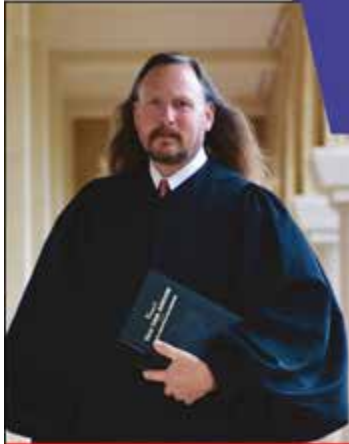
Silverton is a mecca for winter recreation, too, with two ski areas and boundless backcountry. Kendall Mountain offers affordable family fun, with 240 feet of vertical drop, four groomed trails and one double chair lift. Ice skating, sledding and snowshoeing are allowed any time. For fat bikes and Nordic skiers, the Town Loop offers 2.5 miles of groomed cross-country trails accessed right from town. For the advanced skier, Silverton Mountain is a challenging big mountain experience with expert-only terrain and heli-skiing. The extensive winter trails on Molas Pass can be explored on your own or with a local snowmobile outfitter like Ice Pirates. Be sure to bring a camera to capture the impressive views.

Summer visitors seeking tranquility will relish Molas Lake Campground, rated "Most Scenic Campground in Colorado" by AAA. Just six miles south of Silverton, atop Molas Pass, the well-maintained campground provides unforgettable scenery, starry skies, a stocked 25-acre lake and hiking access to the Colorado Trail.

For year-round accommodations with historic flair, the Grand Imperial Hotel provides an upscale lodging experience in the heart of downtown Silverton. Built in 1882, recent renovations have returned this 135-year-old landmark to its original grandeur.

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The Sweetest Valentine

— By Zachary R. Urquhart

There is no bad time to open your heart to a new family member, but some people use Valentine's Day as the perfect reason to bring a four-legged friend into their home. If you have been thinking about adopting a pet, maybe this month is the time to make it happen. Here are some tips for selecting an animal for your family to love.

Choosing an Animal

- *Give it some thought.* There are dog people, and there are cat people. Probably the first thing you should do, if you think your family is ready to adopt a pet, is get an idea of what type animal you want to adopt. You might even decide that a bunny, bird or fish is what your family needs. There are so many animals out there that need a home. If you head into a shelter without any thought, you might be overwhelmed. Before heading out, a little research regarding animals, their personalities and needs may make your decision easier.

- *Be flexible.* Even though you should go in with a plan, do not assume the exact color or breed of dog or cat you want

will be there waiting to be adopted. If you are really wanting something specific, call the local clinics and shelters to see if they have what you are seeking. Because the size and temperament of dogs is so widely varied, if you are leaning toward a canine, there are some things you need to decide. Think about the size each breed is as an adult, how well they will interact with children and how much yard or house space you have to spare.

- *Start sooner rather than later.* If you are really set on a Valentine's Day adoption, you will want to get yourself ready within the first few days of the month. The actual adoption process at a clinic or shelter is relatively simple, but if there is any specificity in what you are looking



to adopt, you should give yourself a few days to find the pet that is just what your family wants.

Choose an Organization

• *There are many options.* Probably the most well-known pet adoption agency is the SPCA. But in any given area, there are typically dozens of adoption locations. If you are specifically looking for a canine or feline, veterinary clinics and city pounds will sometimes have pets that face a short future if they are not adopted. Different agencies will have varying services, fees and requirements, so your willingness to welcome a pet with an unknown health history may be a major factor in where you adopt.



• *There are online options.* In the last decade or so, many Internet pet-finder services have begun helping people find the pet that fits their family. If you have specific needs, or if you are looking for a less common breed or type of pet, using an online search engine may be your best bet. If you do find an animal this way, though, be sure to contact the pet's current home before leaving. Some sites are third parties, so there could be a lag from animals being adopted to websites being updated.

Get Ready

• *Make living arrangements.* If you are bringing a dog or cat into your home, you will need to have a place for them. With the relative cold this time of year, plan on having them inside the house, even if that means they are sleeping in a laundry room or other extra space. Have a litter box for your cat or a piddle pad if you have chosen a puppy. While you do not



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need to safeguard your house the same way you would when bringing a baby into the home, you do want to put up anything a new pet could either hurt themselves with or anything that you do not want damaged. And if your pet is a more contained animal like a fish or reptile, be sure you have a safe spot for the bowl or terrarium that a young child would not easily knock over or break.



- *Buy supplies.* You should wait until you are sure of the exact breed of pet you are getting before buying food, in case the Chihuahua you think you want turns into a Golden Retriever that needs a heartier diet. Buying more neutral items — like a water bowl or chew toy — might help the rest of your family and any existing pets transition more easily.

- *Prep the paperwork.* For the most part, all you will need to complete the adoption will be a nominal fee and your ID. Before you head to the shelter, make sure there is nothing else required. While you are getting any pre-adoption paperwork in order, make sure you have identified a local veterinarian so that you have a plan for the first time your pet needs to go in.

Use Valentine's Day to make your pet adoption a big event. Bring your pet home to heart-shaped tags, or wrap your crate, kennel or carrier with a red bow. Whatever pet you are considering, February 14 is a special time to add to your family through adoption. **NOW**

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Zoomed In: David Freeman

By Melissa Rawlins

David Freeman shares fresh oranges, bananas, strawberries and broccoli with the clients and staff of Children's Advocacy Center in Cleburne, the town where he worships at Ascension Lutheran Church. He helps them feed the homeless every Thursday night. When there is excess, David loads up and drives all around the Metroplex distributing the food he gets through Haven of Rest Ministries in Burleson.

"Some days, I have as much as \$10,000 worth of meat. This vehicle has held 36 turkeys and 46 hams," said David, who lives a simple life. When he drives his Chevrolet SUV into people's driveways, they can expect a generous gift. "Every day I think, *I can't believe this! So much food! Now all I have to do is find the people who need it.*"



Bobby and Tara Goodloe enjoy sibling time in Guatemala.



The ladies at MJ Properties in Crowley present the House of Hope director with a generous check to fund their Share the Love program.



Burleson Lions Club President Greg French chats with Aledo Lion Rick Stoorza about Texas Lions Camp for special needs children.



Emily Quinn, an eighth grader at Hughes Middle School, celebrates success with Coach Enis.



Braeden Lewis, Joshua's newest Eagle Scout, poses with his proud parents, James and Candy Lewis, during his pinning-on ceremony.



Henry Pope turns into a mad scientist at a friends 7th Science Party.



Proud of her son, Christina Yarbough, celebrates with Cooper as he won the Spelling Bee at The Academy at Nola Dunn.



Mom, Tina Maness and niece, Izzie Maness, take time to pose with the new bride, Katy Coggins.

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Did You Know ... Western Swing Is the Official Music of Texas?

— By Carolyn Wills

Yes, that would be a resounding yes and a good ole Bob Wills holler. Officially, the designation happened June 17, 2011. That's when Governor Rick Perry signed Resolution #35, and the 82nd Texas Legislature got 'er done. Long before 2011, though, and even before its naming, Western Swing was playing in the hearts of two innovative Texans.

Those Texans were Milton Brown (1903-1936) and Bob Wills (1905-1975), both among the most influential swing artists of all time. They met in Fort Worth in the early 1930s, gained popularity as the original Light Crust Doughboys and, then, formed individual renowned Western Swing bands.

Sadly, bandleader/vocalist/guitarist Milton Brown died from a car crash at an early age. Although he missed the opportunities of time, as “the Father of Western Swing,” his is a great legacy. With the Musical Brownies, he often performed to packed houses at Fort Worth's Crystal Springs Dance Pavilion with its 800-capacity dance floor and fabled reputation as the birthplace of Western Swing.

Bob Wills had a long, prolific career as bandleader, fiddler, composer, charismatic performer and one who

created a rodeo, owned ranches and dancehalls, loved horses and appeared in black and white “shoot 'em up” Hollywood westerns. Among his many recognitions are inductions into the Country Music Hall of Fame, Rock & Roll Hall of Fame (with his Texas Playboys as Early Influences) and a Lifetime Achievement GRAMMY.

What is it, then, about their music? Why, with beginnings in the 1930s, has Western Swing gained distinction as our state's official music?

A little history:

Western Swing is unique within the spectrum of country music. It's a demanding form, calling for musical attention and skill and, traditionally, asking performers to employ a certain style and, above all, respect for those who come to listen and dance or, simply, to tap toes. It was born of frontier and Texas fiddling, of blues, jazz and gospels shared in cotton fields and country churches, of Mariachi influences and heart-pounding big band sounds.

Before transitioning to the city in the 1930s and to radio, recordings and Texas dancehalls, it was the music of ranch



Joey McKenzie of the Western Flyers performs the music of Texas.



dances and country gatherings. During the Great Depression, it was the source of hope and release, and during World War II, the sound of home.

In 1969, Wills' "San Antonio Rose" traveled to space to be enjoyed by the crew of Apollo 12. In the 1970s, having just discovered Western Swing, a young Ray Benson formed his band, Asleep at the Wheel, to begin a long, successful career. Then, by the late 1970s and 1980s, as Willie, Waylon and "the boys" created a stir with "outlaw country," Waylon Jennings reminded the world that "Bob Wills Is Still the King." Later, when the Rolling Stones came to Austin, Mick Jagger made sure to perform that song.

Brown and Wills were superstars with unprecedented style and profound abilities to connect with audiences. They were gifted musicians who surrounded themselves with great musicians, who also knew how to touch the hearts of those who listened.

"I love Western Swing because it incorporates different styles from jazz to blues to swing," Jason Roberts, leader of the Jason Roberts Band, said. "The great musicianship of Western Swing players over the years remains unrivaled!"

To this day, Texans tell tales of grandparents or parents who loved the Light Crust Doughboys or who met and fell in love at a Milton Brown dance or of a grieving family comforted by Bob Wills and his Texas Playboys, who often played funerals for free. The lore is colorful and stories endless but, importantly, this amazingly versatile music endures.

According to Ray Benson, Western Swing is alive and well. "Quite an achievement for music that began in the early 20th century," he smiled. "When Bob and his contemporaries blended fiddle and string band music with big band and blues, original American music was born. That my band and entertainers like George Strait and literally dozens of groups around the world are reviving and reinventing Western Swing shows that it still resonates with audiences."

So, it's true. With far-reaching implications, Western Swing is part of the fabric of Texas. "It was born here and is as much a part of our culture as oil derricks, longhorn cattle and chicken fried steak!" Joey McKenzie, leader of the Western Flyers, said. "If something was ever truly cool, I believe it will always be cool, and Western Swing is the epitome of cool," he added. "It has stood the test of time, influenced musicians from George Strait to the Rolling Stones and, thanks to the Internet, is enjoying increased exposure around the world. When the Flyers travel internationally, it amazes us how many passionate and knowledgeable fans there are. Yes ... Western Swing is the epitome of cool!"

So, here it is...

"Today, the foot-tapping tempo of Western Swing continues to be heard across our state. ... It is indeed a fitting symbol for the rich cultural heritage that is shared by all Texans; now, therefore, be it RESOLVED, That the 82nd Legislature of the State of Texas hereby designate Western Swing as the official State Music of Texas." **NOW**

Calendar

February:

7

Comanche Traditions, Life & Stories: 6:00-7:30 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Lance Tahmahkera, great-great-grandson of Comanche chief Quanah Parker, shares origins of the tribe and information about life on the plains. Free. (817) 426-9210.

8

American Legion Post 235 meeting: 6:00 p.m., Community Room, Burleson Police Department, 1161 S.W. Wilshire Blvd. Eligible veterans are welcome. Contact R. J. Niznik, Adjutant, (609) 220-2721.

9

Senior Valentine Dance: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Ladies receive corsages, and prizes will be awarded for the cutest couple, the reddest outfit and the best dancers to the 92nd Roadhouse Band. Photos will be made. \$5 per person. (817) 295-6611.



10

Father/Daughter & Mother/Son Valentine Dance: 4:00-6:30 p.m. or 6:30-9:00 p.m., The BRiCk, 550 N.W. Summercrest Blvd. Dinner, music by a professional DJ, dancing, games, corsages and pictures for \$8 each

individual shot when tickets reserved before **February 10**. (817) 426-9104.

12

Burleson Area Retired School Employees Association meeting: 1:30-3:00 p.m., Burleson Senior Citizen Center, 210 S.W. Johnson. (817) 996-5261.

15

2018 Annual Awards Luncheon: 11:30 a.m.-1:00 p.m., Pathway Church, 325 N.W. Renfro St. Celebrate progress in the Burleson Chamber of Commerce. Chamber members pay \$20 before **February 13**. (817) 295-6121.

BISD Choice Night: 6:00-8:00 p.m., Centennial High School, 201 S. Hurst Rd. Showcasing the education opportunities available to students in the district, this event is free. For details: katelyn.tyler@bisdmail.net.

20

Bird Walk: 8:30 a.m., Bailey Lake, 280 W. Hidden Creek Pkwy. Hosted by Wild Birds Unlimited of Burleson, the child-friendly morning stroll is free but requires good walking shoes and comfortable clothing. A few binoculars will be available to borrow. burlapbirds@gmail.com

Mobile Food Pantry: 5:00-7:00 p.m., Jackie Carden Elementary School, 3702 Garden Springs Dr., Fort Worth. Fresh food for those in need in Crowley, Joshua and Burleson. www.taftb.org.



Roots & Branches Genealogy Club meeting: 6:30-7:30 p.m., Burleson Senior Activity Center. Expert researcher Eric Jelle is the guest speaker and there will be a Q&A as well. Free. Call (817) 680-1933 for details.



21

How to Write a Business Plan: 6:00-7:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Tim Holtkamp, business advisor with McLennan Small Business Development Center, presents this free workshop.

24

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

March:

3

Mardi Gras Gala: 6:00 p.m.-midnight, Walnut Creek Country Club, 1151 Country Club Dr., Mansfield. In the true New Orleans tradition, breakfast is served at 11:00 p.m. after a VIP reception, casino play, silent and live auctions. www.athenasocietyofburleson.org/athena-gala/.

Ongoing:

Mondays

Crocheting classes: 1:00 p.m.,

Burleson Senior Activity Center, 216 S.W. Johnson Ave. Free. Contact (817) 295-6611.

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 at (817) 483-5458.

Tinker Tuesday: 10:00 a.m.-8:00 p.m., Crowley Public Library, 409 S. Oak St. This is a drop-in program with no advance registration required. For information, call the Crowley Public Library, (817) 297-6707, ext. 2090.

Burleson Kiwanis Club meeting: Noon-1:00 p.m., Golden Corral Restaurant, 301 S.W. Wilshire Blvd. Contact bur88kiwanis@gmail.com.

Wednesdays
Free Tax Assistance for Seniors: 9:00 a.m.-5:00 p.m., Crowley Public Library, 409 S. Oak St., Crowley. AARP sponsors this service, which is free for seniors. Appointments are recommended: (817) 297-6707. Through **April 15**.

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

First Saturdays
Russell-Boren House tours: 10:00 a.m.-2:00 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. (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.



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HealthNOW

Nurturing Nutrients

— By Betty Tryon, BSN

“Eat your vegetables!” Is there a mother on this earth who hasn’t directed her reluctant child to do this? The reason for this universal plea is obvious. Vegetables are full of healthy nutrients our bodies need. Nutrients strengthen and support by providing necessary essentials for muscles and bones. Nutrients feed our cells, provide energy and help regulate bodily functions, such as digestion. They also repair and replace tissues to allow our bodies to be a powerful self-regenerating organism.

Nutrients are everything in nutrition. They come from myriad food sources regarded as proteins, fats, carbohydrates, vitamins and minerals. The more variety in your food selection, the more different types of nutrients you can ingest to benefit your body. Because of this, it pays to understand and manage your nutrition to its optimum level by eating healthy. Today, nutrition labels can give you valuable information about a food product’s contents. Checking with your health care provider is always a good idea before making a significant change in your diet. They may have some suggestions about your daily intake of

sodium and sugar. Here is a hint — most of us eat too much of both every day!

A healthy eating plan with enough nutrients for you to function at your optimum level is relatively easy to make. With fruits and vegetables, look for the brightest and deepest color. Those foods contain the greatest concentration of essential nutrients, such as vitamins A, C, E and K, with minerals like calcium, magnesium and zinc to name a few. Make an effort to eat a greater variety of fruits and vegetables. Aim for at least five portions a day. Look for different sources of protein other than red meats. Beans, seeds, nuts, tofu and fish are good examples. Protein provides structure for muscle growth and helps to maintain our tissues and cells.

Remarks about healthy nutrition would be remiss without cautioning against eating too much unhealthy fat. Some fat in your diet is actually healthy and required. Monounsaturated fats found in olive oil, nuts and avocados are good for you. Saturated fats in red meats and Trans fats in fried and snack foods may taste good, but they increase your cholesterol and your risk of cardiovascular disease. Eating foods that are good for you is the only way to ingest proper nutrients for your health, and that is good enough reason to eat your vegetables! **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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