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Robinson
down

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ON THE COVER



Local bull rider Pistol Robinson competes worldwide and in his backyard.

Photo by Sarah Clawson.

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Publisher's Note

What an amazing decade!

Ten years ago a dream became a reality. On March 1, 2004, NOW Magazines' first publication, *CorsicanaNOW*, made its debut. With a concept not yet attempted outside the larger metro areas, we launched this community magazine with the mission of combining positive, uplifting articles and well-designed, full-color ads into a direct mail advertising product that really works. And really work, it did! With steady growth, our publication group has grown to include 10 community magazines: *CorsicanaNOW* – March 2004; *WaxahachieNOW* – November 2004; *EnnisNOW* – December 2004; *MidlothianNOW* – August 2005; *MansfieldNOW* – March 2006; *North Ellis Co.NOW* – April 2006; *SouthwestNOW* – November 2006; *BurlesonNOW* – August 2007; *WeatherfordNOW* – February 2011; *GranburyNOW* – October 2012.

Today we distribute our magazines to over 260,000 addresses every month free of charge, and have a readership of more than 600,000 across the 10 markets. Our readers are so kind to express their enjoyment in reading about their friends, neighbors and the good things happening in our communities. Thank you all! And to our more than 650 monthly advertisers — many who have been with us from the very beginning — thank you! We couldn't do this without you! I'd also like to thank our wonderful NOW Magazines staff, whose hard work and dedication make this all happen every month!

It's been a great 10 years, and we look forward to serving you for many more years to come!

Connie

Connie Poirier
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A man with a mustache, wearing a light-colored cowboy hat and a blue and white plaid shirt, is leaning against a large, golden haystack. He is looking directly at the camera with a slight smile. The background is a bright, hazy sky.

AS

“I DON'T THINK
MOST PEOPLE
KNOW AT AGE 5
WHAT THEY WANT
TO BE WHEN
THEY GROW UP,
But I DID.”

White knuckles inside a leather glove tightly clasp a braided rope strapped to a 1,600-pound bull with the brute force of a Mack truck. Caleb “Pistol” Robinson wanted the ride to last at least eight seconds in front of the enormous crowd attending the Professional Bull Riders’ roundup in Madison Square Garden in January 2012. He squeezed his legs around the broad shoulders of Carrillo Cartel, a bull that had been ridden only twice before.

Pistol nodded his head, and the clatter of the chute being flung open was the last sound he heard before his body began wrenching and twisting with every buck his nemesis took. He hung on for dear life with every ounce of strength he could muster. The grimace on Pistol’s face revealed the concentration and determination to ride for eight seconds. Carrillo Cartel’s mission was to displace his rider to the ground to eat some dirt and pummel his rider with his robust might. Did Carrillo Cartel get his chance to attack or was Pistol victorious?

As the bovine settled into his quick left spin, the spectators were deafening, and Pistol was sitting perfectly placed. His yellow chaps jerked up and down with each jolt the massive animal made. Pistol’s instincts kicked in, and he applied

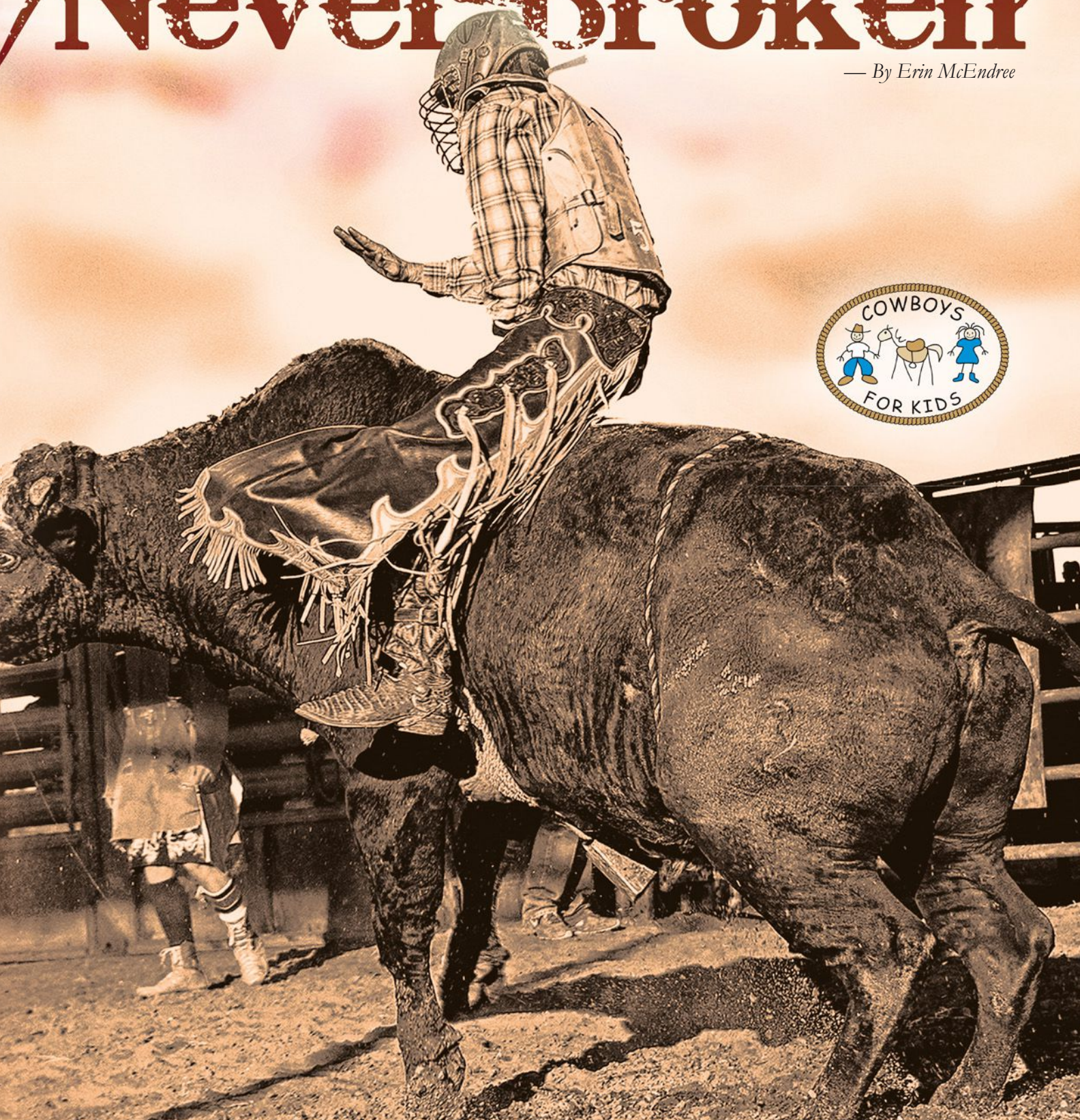
his training: “Stay small, stay center, don’t lean back and don’t fall off.” Pistol anticipated every move and knew Carrillo Cartel would not let up. How long would the colliding of muscle and bone last?

“Training for these intense rides only comes with practice,” Pistol said. “Repetition is the key.” Pistol gets on a bull as often as possible. He attends Professional Rodeo Cowboy Association or PBR events repeatedly throughout the year. These events take him to places like Canada, Mexico and Australia. He has earned enough points to participate in the World Finals three times in Las Vegas. He can ride in his backyard if he needs to. “I ride two or three weekends per month in the winter and up to six times a month in the summer. I work out

PIRIT

Never Broken

— By Erin McEndree

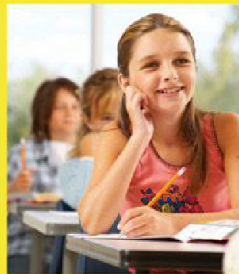


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with weights and jump ropes. I also box and bike," Pistol said. "This is a young man's game, and I have to stay in shape." Pistol turned 30 in January. He realizes this sport has a "shelf-life" of about 35. He's going to make the most of every moment and every ride he can while he is still able.

Pistol was in the groove with Carrillo Cartel. He appeared to be in sync with each pounding move. He focused on conquering the massive animal. Eight seconds can feel like 20 while riding a tough bull. Pistol had a good, solid seat in the middle of the brute's back and was sitting where he wanted to be sitting. His vest absorbed some of the shock of each pounding hoof. His helmet protected his head and neck. This animal was a far cry from the sheep he rode as a small child.

Pistol remembered being put on a calf at the age of 2 and his first bull at 5. "I really didn't have a choice [about riding], it was passed down in my genes," Pistol said. "I don't think most people know at age 5 what they want to be when they



grow up, but I did." Even though he was not pressured to ride bulls, his mom and dad supported him and kept him outfitted in cowboy gear. "I grew up with a cowboy hat on my head and boots on my feet," Pistol recalled. "My mom and dad rodeoed. It was our way of life.

I grew up in Burleson and was on the high school rodeo team all

four years. I got a scholarship to Hill College in Hillsboro where I placed in the top 10 in the National College Finals. I turned pro when I was 18,"

Pistol added. "I've won some championships, but my goal is to become World Champion."

About six seconds into the ride on Carrillo Cartel, things began to fall apart

for Pistol. His inside leg came up and his hips went off center. On the next buck, his outside leg went up. For a bull rider, being in the wrong position atop a ton of muscle puts enormous pressure on the hand holding the rope. It was too much pressure, and Pistol was thrown to the ground. As he tried to get away, Frank, Jesse and Shorty, the rodeo clowns, were in position to get the bull off, but Carrillo Cartel trampled Pistol over and over with thunderous power. The crowd screamed as all four men took hits. "The clowns [are there to] keep us safe and get in the middle of it," Pistol said. "They help us so much, and whatever they get paid, it's not enough."

In the aftermath of Pistol's 6.5-second ride, he suffered two

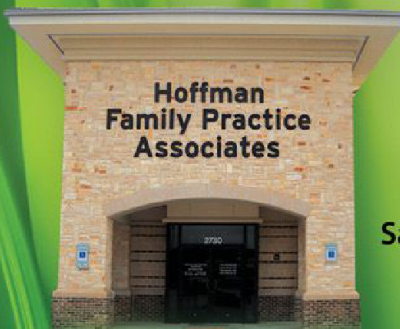


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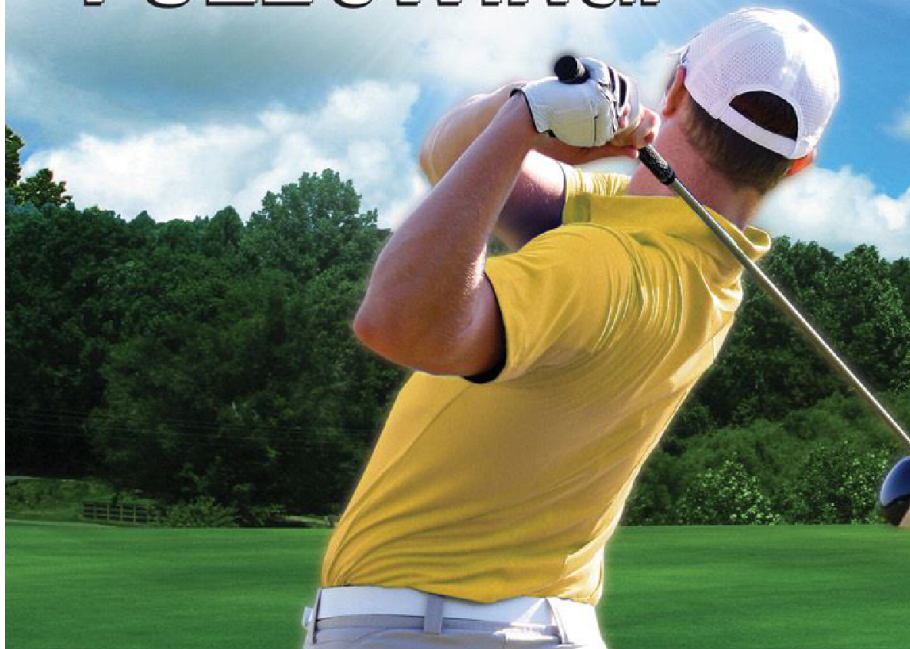


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broken legs and a fractured back. "My 140 pounds did not cushion [the bull's] fall very well," Pistol laughed. "I went to surgery in New York and spent two months in bed at my grandmother's house in Stephenville and about three months in a wheelchair. After that, I was on crutches and in rehab for five or six months." Pistol took a year off to rehabilitate. His spirit was never broken, and his passion never waned. He always knew he would get back on board and ride another day.

"I don't know why a crazy guy first wanted to ride a bull, but I'm glad he did," Pistol said. "It's a family-oriented sport, and I know I can find a hot meal and a bed all over the United States." Pistol also rides for charities during the year. Along with other local heroes, like Sheriff Bob Alford, Pistol makes an appearance every April at the Cowboys

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for Kids Rodeo. This rodeo raises awareness and funds for the Children's Advocacy Center of Johnson County. The center serves child victims involved in violent crimes by providing a safe environment and services that lessen the effects of the trauma they have experienced. "I ride in local rodeos, especially those going toward a cause," Pistol said. "I like to help others and ride at the same time." The Stick Horse Rodeo portion is a favorite among the youngsters.

Pistol is also a stock contractor. He and his dad breed, sell and trade bulls on the side. "Me and Dad are the main hired hands," Pistol laughed. "It takes a lot of work, but it's how I plan to stay involved with rodeo after I'm done." For now, Pistol enjoys each ride with a heightened appreciation for life and the fame that landed him on the PBR's Sexiest Cowboys calendar for 2014. That will never distract him from his goal to become a World Champion bull rider. **NOW**



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Living the Dream

— By Melissa Rawlins



Katherine and Rachel Martin are pleased to be Aggies!



Sharing comes easily to fraternal twins Katherine and Rachel Martin. Their entire lives, they've dwelt in the same bedroom, bathroom and big, happy family. They played volleyball and softball and ran track together during their Joshua High School days. Now they are cotenants in a dorm room at Texas A&M University and also share a car, a schedule and a major in Allied Health. In fact, the sisters are sharing their dream.

"We have a photo taken when we were 5, and we're in matching A&M overalls," said Katherine, who earned three belt buckles when showing her longhorn, Reveille — named after the A&M mascot. The twin sisters' eldest brother, Josh, graduated from A&M — as did six cousins, four uncles and their paternal grandfather, who hand-milked cows every morning to pay for his room and board.

His son, Dr. Steve Martin, did not attend A&M. He did, however, marry a lady as dedicated as he is to helping people heal. Donna Martin is a psychiatric nurse. This couple's example inspired their daughters, who grew up dreaming of studying at A&M in preparation for a medical career. Katherine and Rachel chose Allied Health as their degree option to get into nursing school. Both envision the day when they will serve as a nurse practitioner or nurse — whether ER, pediatric or psychiatric, they have not yet decided.

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the life of true Aggies. Embraced by the welcoming student body and Aggie traditions, the sisters have enjoyed their first year in College Station and feel like part of a bigger family. Their sense of purpose has expanded. They are reaching out to help people in their new town, much as they did while growing up in Joshua.

The girls remember starting Meals on Wheels and Caring for Earth and Others at North Joshua Elementary. Over summers with their mom, they brought food to homebound elderly and chatted with them on each trip. They visited Harvest House in Burleson, and through church they brought food to families. While they were involved in





student council, Rachel was chairman of student service.

Additionally, they sometimes joined their dad at Alcon-sponsored 5K runs or visited homeless shelters. "My dad always stressed the importance of giving back to the community and to people less fortunate than us," Rachel said. "Anytime he had to go help someone we'd watch and see him shaking their hands and being so interested in what anyone has to say."

Bringing compassion to their new environment, Katherine hopes to become a volunteer for Special Olympics. "I'm inspired to do this by our older brother, Ben, who is autistic and did all kinds of sports. He competed in a Special



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Olympic state meet. I watched volunteer students down there helping to direct the athletes and helping them to get in and out of the pool,” Katherine said, “and wanted to get involved.”

Rachel joined one of many Freshman Leadership Organizations. “Mine is called Texas Aggies Spreading Tradition,” Rachel said, “and we spend time getting the word out about lesser known traditions at A&M — little things about the bonfire or the yell leaders, for instance. We help people understand why Aggies do what we do.”

Since Rachel is in the FLO and Katherine is devoted to Special Olympics, they have for the first time experienced some separation — resulting in personal growth. “I’m more of the shy one,” Rachel said, “and Katherine has no problem initiating conversation. Getting into the FLO has helped me branch out more and start conversations. I’m really thankful for that. It wasn’t hard, though, since everyone’s friendly.”

The sisters entered A&M with several friends, some they met at FISH camp, and some they knew from Joshua High School and Centennial High School. Rachel and Katherine hang out with their friends every now and then, whether for meals at Fuego, Hullabaloo Diner, the ever-popular Dixie Chicken or to play court volleyball. “Going from Joshua, with 6,000 people in the town, to a school that has over 50,000 students has been relatively easy,” Rachel mused. “Maybe because we have each other, but A&M is one of the friendliest campuses you can go to, so the transition has been easy.”

For daily physical exercise, the sisters work out at the A&M recreation center, a mile away from their dorm. “By the time we walk there, work out and walk home



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that's two hours out of our day," Rachel said. "But we make time, because we feel so good afterwards."

"I never realized until I got to A&M that a class is only 50 minutes long and then you have a lot of time to yourself," Katherine said. "The freedom has been surprising."

Still, the advice her family gave has proven true. "You study all the time, and there is a lot of work," Katherine said. But it has been easier because their brothers Jake, who is studying at the University of North Texas, and Josh, who graduated from A&M, have prepared the girls mentally for what to expect from the college workload. "Eighty percent of the people in our classes complain about how hard it is. Our transition was so easy. I don't know if it's because we have each other or because our parents drilled into us that we will be studying a lot." With acceptance into nursing school as their motivation, the sisters' goals are to keep a grade point average of 3.5 or better.

"We are each other's constant study buddy," Rachel said. Because both have the same goals, they chose the same classes at the same time. Because both really like each other, they sit next to each other during classes. "If we were to pick an elective, it would be the same: kinesiology, yoga, volleyball. It's just more convenient to be able to walk to class with someone, study together."

During study sessions, they both use note cards to help memorize new concepts. "I'll say a certain word and the definition is on the back, and this is helping Rachel, too," Katherine explained.

Although they do not think the same thoughts, the twins do think alike. Sisterly teamwork is an advantage as they work their way through what could be a nine-year educational journey before practicing medicine. Grateful that her parents gave them opportunities to meet people who needed help, Katherine is convinced nursing will be rewarding. "There will always be jobs, and it enables you to give back to someone," she said.

Her sister recalls the time her father was voted Joshua Citizen of the Year for 2012. "It's because of what he's done, and my mom's support to help make all this happen," Rachel said. "I want to have that kind of impact on the community." Such healthy goals are simply Rachel and Katherine's shared inheritance. **NOW**

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FROM THE Heart

— By Lisa Bell



AT HOME WITH Chris and Melissa McHugh

After graduating from Auburn University in Alabama, Chris and Melissa McHugh relocated to Fort Worth for a job. Although Fort Worth was a perfect place for a young couple ready to experience city life, having children changed their perspective.

"We wanted the kids to see stars at night, have fresh air to breathe

and go to sleep to the sound of crickets, not highways," Chris said. A country feel in a small town near larger ones drew them to Burleson about eight years ago. They built a home perfect for them and their two sons.

Chris enjoys adding improvements, and Melissa proudly shows his handiwork in the front entryway. Although she likes the look of wooden floors, boys and dogs don't mix well. They opted for tile with the appearance of hardwood. "It's a very complicated design. Chris did an amazing job," she said.

The family spends most of their time in the living room, kitchen and dining area. The open feel between these rooms influenced the decision to choose the floor plan. The living room is open to the second floor, providing high ceilings with large windows looking into the backyard. The half wall upstairs provides an extraordinary view over the town.



This open living area functions as the command center where the family finalizes plans for their annual Heart Heroes 5K Fun Run this month. Wesley, now 13, became aware of heart disease at age 3, when Melissa's dad suffered a heart attack. "Wesley and his grandfather are very close, and the heart attack really scared Wesley," Melissa remembered. "In kindergarten, he participated in Jump Rope for Heart and continued to raise hundreds of dollars each year, but wanted to do more." In fifth grade, Wesley decided that knocking on doors and asking for donations was not enough. So he asked his mom to help him organize a 5K to raise money and awareness for heart disease prevention. This was the beginning of Heart Heroes.

While they work on their project, the corner fireplace gives the room a warm, cozy feeling. Melissa has a large collection of giraffes on display here. When the McHugh family first moved to Burleson, someone told them to visit Fossil Rim. Melissa fell in love with the giraffes. "They came over, so gentle and beautiful," she said.

She displays giraffes all over the home, some purchased and others she received as gifts. Her favorites include 6-foot wooden statues in the entryway purchased from a shop in St. Simons Island, Georgia.

One wall in the living room features her creative touch. Her 3-D art consists of an open frame with flowers popping out. As seasons change, Melissa creates new art, keeping it fresh and fun.

In the kitchen, an island includes a breakfast bar where the couple's children, Nick and Wesley, do homework. Wilson

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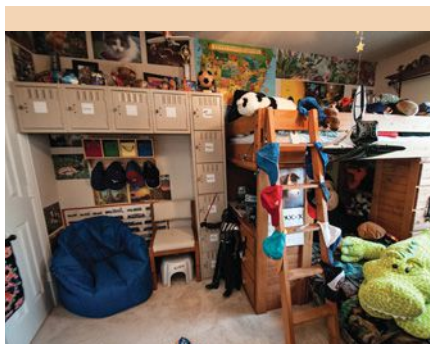
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lives in the kitchen, as well. The 2-year-old bearded dragon is quite social. In spite of the menacing spikes on his body, Wilson is actually soft to the touch and loves being held. Each morning he waits for the family's appearance, eager to join them for breakfast. "When he's happy, his neck turns bright orange," Wesley said. "When he gets upset it turns black." On warm days, they take him outside.

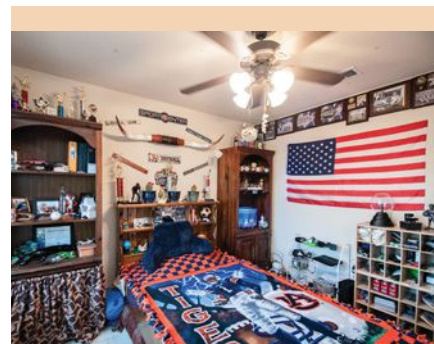
In spite of the sun, he turns black all over and looks at his family as if to say, "You're not leaving me out here are you?"

"Apparently, I think I'm Noah, and there's going to be another flood,"



Melissa said jokingly. "I love animals. Nick shares this love of animals, and I have a hard time saying no." Besides Wilson, the family has two dogs, tortoises, lots of fish, a water turtle named Elephant and a hedgehog named Stella.

While most of the wall decorations consist of unique family photos, Melissa also strategically places wall words. She chose uplifting, positive messages. "This is our sanctuary and safe place," she said. The wall words serve as a



reminder to live a happy, Christian life where they love and laugh more, and fight less.

The formal living and dining room are anything but formal. "We're not formal people," Chris said. Instead, the dining area houses exercise equipment, with a divider hiding most of it. The living room holds a Wii, games and old piano, which Nick uses.

Lining the stairway, Beta fish reside in bowls attached to the wall. Many family photos hang between the decorative containers. At the top of the stairs, Melissa has included a tribute to Wesley's 5K endeavors. The first Heart Heroes 5K raised \$3,000. This year, during the third annual event, they hope to raise \$5,000.



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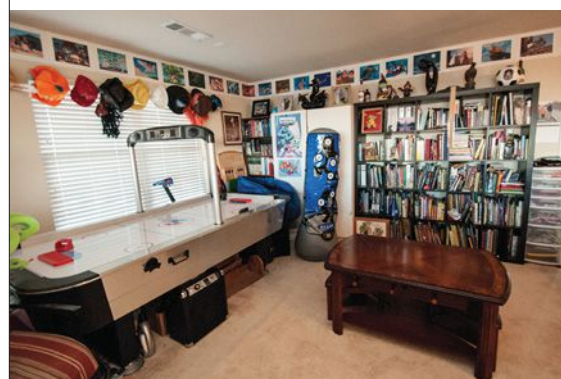
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“Why do some of my rooms just not look right?”
- Cindy Chandler

Webster defines harmony as, “agreement between the parts of a design or composition giving unity of effect or an aesthetically pleasing whole.”



Harmony, or lack thereof, can be applied to interior decorating. Most of the time, you know when something is wrong with the look of a room, but you might not be able to figure out exactly what it is or what to do to correct it. Sometimes you will see rustic and informal furnishings side by side with elegant formal pieces. In other instances, you will find a lack of harmony between the sizes of furniture in a room. For a more pleasing view, remove furniture that upsets the mood of the room and replace it with pieces compatible both in size and feeling. And if you can't determine what's upsetting the harmony in a room, perhaps calling in a professional interior decorator will help you see what you need to do to get back on key!



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The run will be held on March 15 in the Mountain Valley neighborhood. Wesley donates his own money and challenges others to match the amount he gives. Support from the community reminds them of why they love Burleson and Joshua.

The boys both play sports and have many medals. “I wanted to hang them in my room, instead of storing them in a box,” Wesley said. “There was already a curtain rod. Mom had the idea of hanging them like a curtain.”

Nick also has a curtain of medals in his room. “I play soccer, but some of them are from school,” Nick said.

While Wesley decorates mainly with sports memorabilia, he has longhorns hanging over his bed. He chose to purchase them with birthday money, simply because they are cool. Nick prefers airplanes and dinosaurs in his room.

Melissa chose to decorate the spare bedroom with furniture she inherited from her grandmother. The room also displays the wedding quilt her grandparents received and a rocking chair and clock her grandfather made.

The master bedroom and bath are

decorated simply with wedding pictures and a cross-stitched art piece her sister made for their wedding day. The window in this room looks out over the lake.

A truly unique wall shows Chris' talent and Melissa's love of Bon Jovi. An autographed guitar hangs in the center of the wall. Unhappy with a white guitar on a white wall, Melissa saw a faux brick wall at a restaurant. Chris found the panels and surprised her when she returned from a summer trip to Alabama.



"Everyone has their thing. Mine is Bon Jovi," she said. She hopes to meet the star and turn their photo into a life-sized poster. Hanging it and framed Bon Jovi vinyl albums will complete the wall.

In the McHugh home, family is most important. This is never more obvious than when Wesley's grandparents come from Alabama to join and support them in their efforts to end heart disease. "They are Heart Heroes, too," Melissa said. "They are active participants in Wesley's cause." **NOW**

Editor's Note: For more information on Heart Heroes, email heartheroes5k@gmail.com.

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So How Does Your Garden Grow?

— By Randy Bigham

Unlike contrary Mary of the classic nursery rhyme, you probably don't have silver bells or cockleshells in your garden. But as spring escapes winter's gloom, you're no doubt as ready as she for the bounty the season brings to your little patch of Mother Earth.

Robin Smith, an Ellis County Master Gardener, is poised to start her routine

fired with the enthusiasm brought on by warm, blue skies and green leaves sprouting. "At this time of year, I find it hard to contain my excitement," Robin admitted, "and I tend to get ahead of myself a bit. If you're like me, a bit of restraint is in order."

Robin insists a checklist is a good method for prioritizing time and effort in the garden, even for experts. "It will allow you to have fun but still get great results," she explained. Items on Robin's list include pruning evergreens, summer flowering trees and shrubs early in March. "For trees and shrubs that bloom

in the spring," she cautioned, "wait until they have finished blooming, and prune fruit trees before bud break." She also advocates cutting back all groundcover early in the month, so it "looks nice and tidy when it sends out new shoots later."

Raising vegetables in small city gardens is increasingly common, and Robin has useful tips for those just starting out. "Don't be in a hurry to put out young pepper or tomato plants," she cautioned. "Wait until close to the end of the month to be sure all chance of frost is gone. And be prepared to cover them if temperatures dip low one night."





Joseph Masabni, assistant professor and extension horticulturist for the Texas A&M University System, also has words of advice for new urban gardeners. "Home gardening continues to grow in popularity," he wrote in the *Texas Home Vegetable Gardening Guide*. "One of every three families does some type of home



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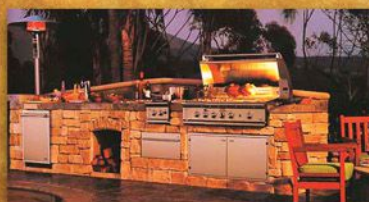
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gardening.” He ensures great results for vegetable and herb gardeners who observe basic, practical considerations. Joseph believes the following rules can make all the difference between a merely functioning veggie patch and one producing high-quality, delicious specimens year-round:

Choosing a Garden Site

The city offers limited space for growing herbs and vegetables, but a well-placed and tended garden can be a productive one. “The ideal garden area gets full or nearly full sunlight,” Joseph specified, “and has deep, well-drained, fertile soil. The garden should be near a water outlet but not close to competing shrubs or trees.”

Selecting Crops

Choosing vegetables suited to the size of the garden space is an important consideration. Vine crops like watermelon or squash require more room unless situated near a fence or trellis. For the small garden, beets, broccoli, onions, spinach, carrots and eggplant are ideal. For larger spaces, cantaloupe, cauliflower, pumpkin, okra and cucumber work well.

Garden Planning

The placement of long-term crops like Brussels sprouts or sweet potatoes, which mature in 80 days or more, shouldn’t interfere with caring for and harvesting short-termers like leaf lettuce or turnips. “When you plant a new crop, it should be totally unrelated to the crop

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it is replacing,” Joseph cautioned. “This is called crop rotation. Crop rotation helps prevent the buildup of diseases and insects. For example, follow early beans with beets, squash or bell peppers.”

Preparing the Soil

For top production, make sure the garden soil is aerated and drains well. Adding organic matter can improve soil that has a heavy clay or sand component. “Never work wet garden soil,” Joseph advised. “And seeds germinate better in well-prepared soil than in coarse, lumpy soil.”



Fertilizing

“Heavy clay soils can be fertilized much more heavily at planting than can sandy soils,” Joseph pointed out. “Heavy clay soils and those with lots of organic matter can safely absorb and store fertilizer at three to four times the rate of sandy soils. For most soils, two to three pounds of 21-0-0 (ammonium sulfate) per 100 linear feet of row, applied in the furrow and watered in, is adequate.”

Planting

For successful production, plant vegetables in early spring or early fall.



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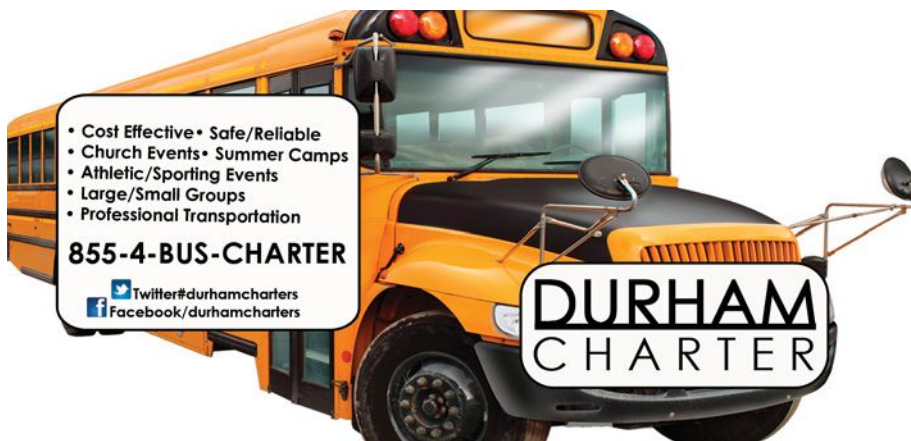
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"Using transplants rather than seeds, when possible, allows crops to mature earlier and extends the productive period of many vegetable crops," Joseph shared. Beets, lettuce and cabbage are among easily transplanted crops. Carrots and pepper plants require more care while sweet corn and peas are hard to transplant without the use of containers.

Watering and Mulching

"Apply enough water to wet the soil to a depth of at least 6 inches," Joseph recommended. "For best production, most gardens require about 1 inch of rain or irrigation per week during the growing season." Organic mulches like straw, leaves, peat moss or compost, applied to a depth of 1 to 2 inches, are commonly used.

Weed and Pest Control

A long-handled hoe is the tool of choice for removing unwanted growth in a vegetable patch. To eradicate pests, use only approved chemicals.



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Harvesting

"A vegetable's full flavor develops only at peak maturity," Joseph pointed out, "resulting in the excellent taste of vine-ripened tomatoes, tender green beans and crisp, flavorful lettuce. For maximum flavor and nutritional content, harvest the crop the day it is to be canned, frozen or eaten."

As home vegetable gardens continue to multiply, the influence of organic gardening methods has spread as well. That's a good thing, according to Robin. "The awareness of the environment," she concluded, "has opened up this earth-friendly approach, and it's another great way to enjoy gardening." **NOW**



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The Team Approach

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Lone Star's staff of 28 provides medical care for people's joint problems on a daily basis. "We support the patient, helping them resolve the pain or the problem they feel they're incurring," said office manager Paula Zimmer. Her 25 years of experience in orthopaedic and medical practice also supports one of Lone Star's specialties: working with insurance companies to advocate for each patient.

This month the clinic is busy. Spring break brings with it heavy sports involvement after wintertime inactivity. "People

will tear their ACL, break their Achilles tendons or, after skiing for a week, they'll come back in a cast," Paula noted.

Then the five doctors at Lone Star Orthopaedic & Spine Specialists team up to solve their patient's problem. "We pinpoint where the pain is coming from," Paula explained, "so the decision can be made whether they need injections, therapy or surgery."

To share their knowledge with patients, the doctors provide the Patient Portal. People can go through Lone Star's website to pull their own records and monitor their progress. The staff guides patients through their healing process, showing them how they can improve in a short period of time with proper care — including physical therapy.

The doctors maintain an MRI and a physical therapy

center, both especially for their patients. People will be scheduled for therapies when their doctor is on-site. "That way, if there is an issue during therapy, the doctor can see to their patient and adjust the therapy as necessary," Paula said.

One of Lone Star's spine surgeons, John Malonis, is known for trying to keep people from needing surgery. Recognizing there are times you must have surgery, Dr. Malonis helps patients strategize how to go back into an active lifestyle. He also performs certain general surgeries, like total hip replacements.

Since moving to their comfortably modern, 11,000-plus-square-foot office with its expanded capacity to help patients, Lone Star Orthopaedic & Spine Specialists have added a podiatrist to their staff. Dr. Christopher Werner also performs ankle and foot surgeries.

Dr. Von Evans performs general surgery, but is very driven by sports medicine surgery. He has helped high school athletes around the area for 20 years. "On Saturdays, he provides a free clinic for athletes who have been injured during Thursday and Friday games," Paula said.

Dr. Gurpreet Bajaj is Lone Star Orthopaedic & Spine Specialists' reconstructive and total joint surgeon. "Dr. Bajaj is exceptional for hips and knees and does a lot of joint replacements," Paula explained, "as well as general surgery."

Rounding out the team, Dr. John Thomas practices sports medicine plus lots of general surgery, including performing scopes for knees and shoulders. "He is a great generalist working toward the benefit of the patient, getting them into therapy and back to work," Paula said.

All five caregivers complement one another. Their friendly collaborations — documented on silk screens by David Carter, displayed throughout the hallways — result in a refreshed lifestyle. You can trust the team approach at Lone Star Orthopaedics & Spine Specialists, where every patient gets the best solution. **NOW**

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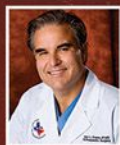
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Alexia visits Dr. Gary Chandler's office with her grandmother and mom.



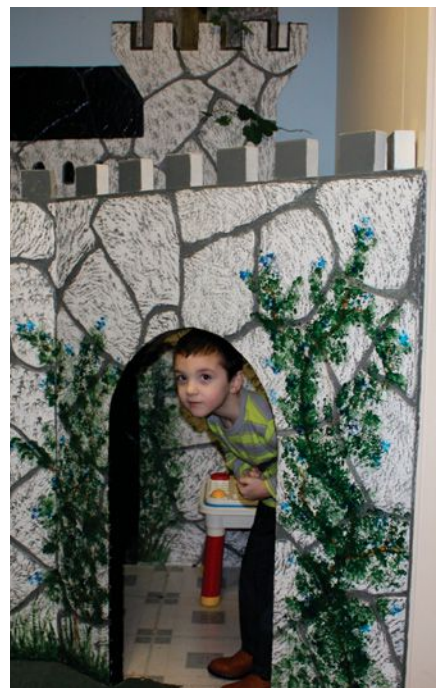
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Jared Treesh, Norman Myers and Debbie Jansen enjoy being diplomats for the Burleson chamber.



Jessica and Carter Steel's son, Chance, likes getting his hair cut by Jennifer at Grand Salon & Spa.



Bobby Beaird, Nathaniel Erickson, Cassidy Jackson, Lydia Wimberly and Shayla Simon are just a few of the Chisholm Challenge contestants from Wings of Hope Equitherapy.

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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 shelf — stop, drop that credit card and roll out a few alternatives for consideration.

1. You're about to purchase a rocking new car stereo and some CDs. *Stop!* Not all CDs are made alike. Some actually make you money. These CDs are called Certificates of Deposit. You can buy them with a maturity or holding period as short as 30 days or as long as five years. Now that rocks!

2. The smell of new leather has got you all aflutter. But before you buy that new car, *stop!* According to the National Institute for Consumer Education, the cost of a college



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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 of the leather in your successful kid's limo when it comes to pick you up.

3. 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 semiprivate 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.

4. The pretty designer outfit is off the rack and almost in the shopping bag. *Stop!* What's more critical — a fashion emergency or an emergency fund? Some financial professionals recommend keeping emergency funds that will get you through one year of unemployment. That's longer than your new outfit will be in style.

5. 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 coverage but not individual life insurance coverage, you might want to look into purchasing an individual life insurance policy outside your place of employment. A 2004 Allstate 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. Consider consulting with a financial professional to review your current insurance and financial needs and see if you have what you need to protect what you have today and prepare you for tomorrow. **NOW**

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

To Stay Moving With Less Pain, You Have To Stay Moving

“First move well, then, move often.” — Gray Cook, MSPT, OCS, CSCS, RKC, Author and Physical Therapist

The joke goes like this:

Daughter: “My back hurts.”

Mom: “It’s all in your head.”

Daughter: “OK, my head hurts.”

Actually, mom is right. Pain is perceived in the brain. When the daughter stressed her back, the body released chemicals to signal the brain that something was wrong. The brain tells the body to stop the painful motion. Once the stress is relieved, the pain should go away unless the back muscle is injured. Then enough pain will remain ensuring the back is pampered, so the muscles can calm down and heal. Sometimes, the back heals and the pain lingers, a cycle of chronic pain has set up — even after everything has healed.

Some learn to live with chronic pain and find it to be a battle of both the body and the mind. How do you keep the body moving when your mind is telling it to stop? So many lose this battle of the mind by making the tragic mistake of sitting down, thinking they can avoid pain by doing nothing painful. But, the body was not made to be still. It functions best when all its parts are being moved often and equally. This keeps the joints slippery, the tendons stretchy and the muscles toned. On the contrary, lack of movement causes the joints to catch, tendons to draw up and muscles to stiffen. Now, all movement is painful and being still is painful. The mind was trained to fear pain, and the result is a body trapped in a chronic pain cycle.

Even when the chronic pain has progressed to this point the condition is not hopeless. It is, however, a condition easier to avoid than it is to remedy. But relief can be found with determination and a willingness to ask for help from family, friends and trained professionals.

Family and friends can supply necessary emotional support, but emotional support should not be confused with pity. Choose your counsel wisely. Broadcasting a struggle in search for empathy tells your mind what a terrible struggle it faces. Encouragement and accountability teaches your mind that it is stronger than the struggle.

Keeping fears a secret gives them double power. You need a team of specialists to help you realize your goals, and you must communicate your fears to the team so they can help you triumph. When you fear your body has become too weakened to be exerted, your primary physician can ensure your body is safe. When pain from an incident has progressed to chronic pain, a pain management specialist can help control it. Physical therapists are specialists in movement analysis, they find dysfunction and educate your body in proper movement. Each specialist is an important component that is not sufficient to stand alone. As a team, these specialists can ensure your goal of a healthy, functioning body and return to an active lifestyle. **NOW**

Kae Embry
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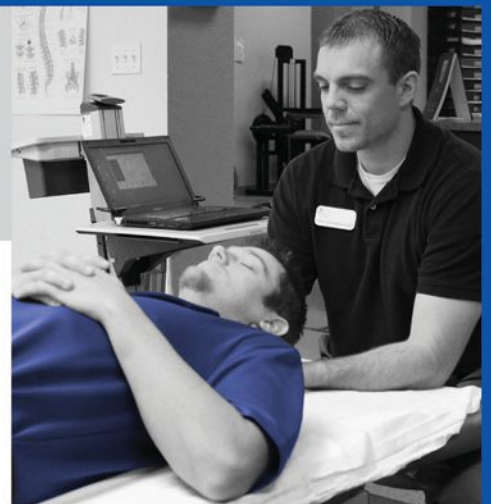
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March 3 — 31

March For Meals: 8:00 a.m.-5:00 p.m. Burleson and Joshua. During the national campaign to end senior hunger, individuals and businesses are invited to sponsor a senior, a community or even all of the non-profit's clients for an entire day. Adopting one senior costs \$200 for an entire month. Meals-on-Wheels are also recruiting volunteers. Mayors and elected officials throughout Johnson and Ellis Counties will deliver meals during Community Champions Week, March 17-21. Contact Whitney Patterson, (817) 558-2840, or visit www.servingthechildrenofyesterday.org.

March 4, 11, 18, 25

Ready to Quit Smoking classes: 6:30-7:30 p.m., 405 N. Oak, Crowley. RSVP (817) 297-2201, ext. 7000.

March 8

Adopt-A-Spot Clean-Up: 8:00 a.m.-noon, Veteran's Memorial Park, 298 E. Renfro. Community service volunteers meet at the fountains for a morning of picking up trash and debris in the Old Town area, including the Burleson Teen Court Adopt-A-Spot

stretch. City of Burleson provides gloves, trash bags and sanitizer. Wear protective clothing and closed-toe shoes. Contact Melissa Olvera, (817) 426-9228.

March 11

Business After Hours Networking: 5:30-7:00 p.m., Community Bank. Food, drinks, door prizes and networking, free for Burleson Chamber of Commerce members and only \$10 for non-members. RSVP to Burleson Area Chamber of Commerce, (817) 295-6121.

March 13

Quarter Auction: 6:30-8:30 p.m., Venue 510, 510 Wilshire Blvd. Contact Destiny McGuire, (682) 478-6124, or destiny.mcguire@live.com.

March 15

Third Annual "Heart Heroes" 5K Fun Run: 8:00 a.m. registration; 9:00 a.m. start, Mountain Valley Subdivision. Register online at www.heartheroes5k.webs.com.

March 19

Joshua Area Chamber of Commerce

Quarterly luncheon: 11:30 a.m.-1:00 p.m., Mountain Valley Country Club. Guest speaker Paulette Hartman, Joshua City Manager. Tickets are \$15 each in advance, or \$18 each at the door. RSVP (817) 556-2480.

March 20

2014 Relay For Life Team Captain meeting: 6:15 p.m. First National Bank on Wilshire Blvd. Those interested in helping Relay teammates reach their \$200,000 goal for the American Cancer Society are welcome to help prepare for the big event, which takes place **April 12**, Noon-midnight, at Kerr Middle School. Contact Keegan Blackstock at keegan.relayburleson@yahoo.com or (817) 480-2206.

March 28

Power of Heels Luncheon: 11:30 a.m.-1:00 p.m., location to be announced. Guest speaker will be Cathrine Hatcher with Personas ID. Cost: \$15 BACC Members; \$20 Non-Members. RSVP to Burleson Area Chamber of Commerce, (817) 295-6121.

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 Latrelle Johnson

— By *Melissa Rawlins*

Well-known at her workplace, Burleson Pregnancy Aid Center, for cooking down-home treats for the other volunteers and staff, Latrelle Johnson excels at simple, basic foods made from recipes not always original. Until she married, she'd merely fried an egg here and there. But out of necessity, she started cooking for her family. Her first meatloaf, made all alone in her newly-wed kitchen, burned. But over time, she triumphed and is now pleased when people compliment her meals.

Born and reared in Oklahoma, Latrelle has lived in Texas 20 years, half that time in Burleson. "I stay in Texas because it is where my children live, and it is a good place to be," Latrelle said, adding that her two favorite cooks are actually her two sons, Joe and David Tomlinson. **NOW**

Vegetable Soup With Hot Water Cornbread

Excellent meal on a cold day!

Soup:

- 1 lb. ground beef, browned and drained**
- 1 14-oz. can green beans**
- 1 14-oz. can whole kernel corn**
- 1 14-oz. can diced tomatoes**
- 1 onion, chopped**
- 1 garlic clove, minced**
- 2 carrots, chopped**
- 2 stalks celery, chopped**
- 1 1/2 Tbsp. chili powder**
- 1 tsp. cumin**
- 1 8-oz. can tomato sauce**
- 1 packet Ramen Noodle chicken seasoning**

Hot Water Cornbread:

- 2 cups cornmeal**
- 1 tsp. salt**
- 1 quart water, boiling**
- Vegetable oil**

1. To make soup: Mix all ingredients in a large pot; simmer for 2-3 hours. Sometimes, I add something extra, such as 1/2 cup rice or a handful of pasta.

2. To make cornbread: Mix cornmeal, salt and enough hot water to make dough into patties. Drop by the spoonful into enough hot oil to cover patties. Cook until brown and crisp. Drain on paper towels.

Cabbage Parmesan

- 1/4 cup slivered almonds**
- 1 medium head green cabbage**
- 1/4 cup butter**
- 1 garlic clove, minced**
- 1 tsp. Italian seasoning**
- Salt and pepper, to taste**
- 1/3 cup Parmesan cheese, grated**

1. Brown almonds in medium skillet over low heat, stirring often to keep from burning. Set aside.

- 2.** Cut cabbage into 1/2-inch slices and discard core. Layer cabbage with butter, garlic, seasoning, salt and pepper. Cook over medium heat until tender, stirring frequently.
- 3.** Garnish with cheese and almonds.

Black-eyed Pea Salad

- 3 14-oz. cans black-eyed peas, drained and rinsed**
- 1/2 cup purple onion, diced**
- 1 4-oz. jar pimientos, drained**
- 1/4 cup vinegar**
- 1/4 cup plus 2 Tbsp. sugar**
- 3/4 tsp. ground red pepper**
- 1/4 cup plus 2 Tbsp. red wine vinegar**
- 1/4 cup plus 2 Tbsp. salad oil**
- 1/4 tsp. pepper**
- 1/4 tsp. salt**

- 1.** Combine peas, onion and pimientos.
- 2.** Combine other ingredients; pour over peas. Toss gently. Chill for at least 3 hours.

Chicken Spaghetti

- 1 whole chicken**
- 24 oz. Velveeta cheese, cubed**
- 1 10.75-oz. can cream of chicken soup**
- 2 10-oz. cans Ro-Tel tomatoes**
- 2 tsp. garlic seasoning**
- 1 tsp. cumin**
- Salt and pepper, to taste**
- 1 2-lb. package spaghetti noodles**
- 1 10-oz. package cheese of choice, grated**

1. Cover chicken with water; boil for 45-50 minutes. Remove from water and cool, reserving broth. Remove all meat from chicken, discarding bones and skin.


2. Combine Velveeta, soup and Ro-Tel in a microwave-safe container. Heat in microwave on medium for 5 minutes, stirring occasionally. Continue to microwave in 5-minute increments, stirring often until all cheese is melted. Add garlic and cumin. Salt and pepper to taste.

3. Boil noodles in chicken broth until tender. Mix chicken and cheese mixture with noodles. Pour into an oven-safe dish. Top with grated cheese. Bake for 20-30 minutes, or until cheese is melted. Remove from oven and let stand for 10-15 minutes.

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

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