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ON THE COVER



Lani Whiddon, assistant chief in the Joshua Fire Department, is a life saver.

Photo by SRC Photography.

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Editor's Note

Hello, Burleson, Crowley and Joshua!

Avocados, grapefruit, oranges and lemons — those are being harvested this month, and sent to market for your fresh feasting pleasure. That reminds me of the old adage, "When life gives you lemons, make lemonade."

Sure, a single glass of lemonade is fine when you only have one lemon. But *lemons* is as key a word in that sentence as *make*. Lemonade is something to be savored

during the harvest, the squeezing, the mixing and the sharing.

I find people rather lemony. First they have to appear on the tree, fed through its roots by water and nutrients and through its leaves by sunshine — all outside their control. Then they have to ripen and glow, catching the attention of community members. Once plucked, the stories they have to share must first be squeezed out of them. Then they're mixed with the sweetness of a writer's perspective. When combined with several other stories, *BurlesonNOW Magazine* serves up a pitcherful of tangy lemonade for anyone who's thirsty.

Pucker up and enjoy!

Melissa

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FIREBIA

Every time Lani Whiddon sees a fellow Joshua citizen, she is reminded of why she puts her life on the line. One citizen in particular, her 11-year-old son, Ethan, provides emphasis. "He's the love of my life," she said. "I love that kid with everything I have."



Ashley Parker, Lani Whiddon and Joshua Fire Chief Wayne Baker proudly serve the community.

Lani is a volunteer firefighter and the assistant chief in the Joshua Fire Department. At age 46, she's been with them for 11 years, and while it is a volunteer position, it is also her desire to save and protect lives. "Sometimes I do ask myself, *What am I doing? Am I coming back to my family?*" she said. "I tell Ethan I love him all the time, and he knows there is that possibility, but he also thinks I am the coolest mom of all."

Not only is Lani a firefighter, she is also a skilled signalman for Union Pacific Railroad, for whom she's worked since 2007. She leads a crew that makes sure crossings are working properly, with her territory ranging from Chicago to New Orleans to Brownsville and El Paso. "We're all over," she said. "I see a lot of the country."

She works eight days on the railroad and has six days off, during which she returns to her favorite part of the country. While at home, she spends quality time with her family and, most importantly, with Ethan, along with helping keep the folks in Joshua and the surrounding area safe. "She's really passionate," said Wayne Baker, Joshua fire chief. "And she always puts her family first. She impresses me constantly with her ability to maintain that balance."

"Plus, she's been a truly inspiring role model to other females in the firefighting field," he continued. "She does a phenomenal job of stepping up and leading. She's one whom others want to follow."

Lani understands the pressure connected with being a female in not one, but two male-dominated fields. She is one of only two women in the Joshua Fire Department. "You're continually having to prove yourself, staying physically fit and being able to do anything and everything male counterparts do," she said. "If a woman wants to be a firefighter, they'd better be ready, that's what I'd tell them."

"It's the same with the railroad. My crew consists of three men, but because they trust my ability, there is never a concern."

Lani has won numerous awards as a firefighter, including three for merit and one for valor. She is also a member of the Texas Fire Chiefs Association, International Association of Women in Fire and Emergency Services and is active in the Joshua Fire Department Explorer Program. She recently became involved in the North Texas Women Firefighters Association. "You're seeing more females interested in firefighting," Lani said. "We have three women in a class right now."

Her most frightening experience fighting a fire happened in 2006. It began as a simple cooking fire that raged out of control, engulfing an entire house. Lani and some fellow firefighters entered the garage first. Then, after entering the house, something happened that gives Lani a terrifying



— By Rick Manch

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"A normal person does not go into a building that's on fire. You either *have it in you* or you don't, and Lani definitely has it. By far, she is an example of what a *firefighter should be.*"

feeling to this day. "The garage doors melted shut, and we had just been in there," she said, noting they would have been trapped.

Lani said the fire was boosted by a flashover, created when windows are shut and air is allowed in. The extra oxygen allows the temperature to reach a level where everything ignites. "It was a scary situation, for sure," she said. "And it was so black in there (from the smoke), I have black specks encrusted in my yellow helmet that won't come out. Small fires can become big fires. That's the perfect example."



Ethan Whiddon thinks his mom is the coolest mom of all.



She and her crew were also called to help with the fertilizer plant explosion in West in April 2013. The event brought out a range of emotions. "Things were deplorable there," Lani said. "We didn't know how long we'd be there or when we'd be back. Those people were in such need of help. There were fire departments from all over the state. There was a crew from Schertz, and that's just north of San Antonio. You never want to see that amount of destruction. We lost 12 brothers (from other departments)."

Lani, who grew up in Duncanville, had been interested in being a firefighter for a long time. So in 2005, she finished her training at the fire academy at Hill College, as she continued to work in Fort Worth for the electric and gas companies — along with starting her volunteer work for Joshua. In 2006, she took a paid position with the Marlin Fire Department but also continued to volunteer for Joshua.

Less than a year later, she took the job with Union Pacific. And while she does draw a paycheck from them, don't tell her she doesn't get paid for her firefighting. It may not be monetary compensation, but it's worth more to her than all the gold in Fort Knox. "I wish I'd chosen this profession right out of high school," she said of firefighting.

"A normal person does not go into a building that's on fire," said David Garay, Joshua battalion chief. "You either have



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it in you or you don't, and Lani definitely has it. By far, she is an example of what a firefighter should be."

Among her favorite forms of relaxing is playing soccer, something she's done since age 4. She plays in an adult league in Euless. In high school, she helped the Duncanville Pantherettes win a state championship in 1987, as a junior. "My senior year, we lost to Arlington Lamar in regionals. That still haunts me," she said, with a slight chuckle. "We should have won state again. That was such an awesome feeling when we did win state."

Like his mom, Ethan loves adventure. He has even expressed interest in joining the Explorer Program at the Joshua Fire Department. "He loves it," Lani said. "He has definitely shown some interest in wanting to be here. He wanted to go with me to West, but of course, I told him he couldn't. He left me a note when I got back saying he understood that I had to go without him and that he had to go to school. It was so sweet."

Lani would love to be a fire chief someday, though it could mean leaving her department in Joshua. (Wayne is younger than her.) Wayne said she would make a great chief. "I think she'd be an extremely progressive chief, a truly inspiring leader," he said. "Her dedication and professionalism help this department grow every day." **NOW**

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A home can be a house on a crowded street or a deserted lane. It can have a garage or yard or neither. It can be a high rise in the city surrounded with glass windows or logs and a fireplace. Home is created wherever a person chooses to live and make memories. Mary Kay Underwood is in a community where her neighbors are just steps away. She lives in Elk Creek Senior Living Community, an assisted living and memory care facility, located in Burleson. Mary Kay has made new friends just down the hall, good memories and continues to participate in her talents. Her home became smaller, but her memories are still as big as ever.

SMALL QUARTERS, **BIG MEMORIES**

— By Erin McEndree

AT HOME WITH MARY KAY UNDERWOOD

Seniors at the center are in all phases of life. Some live independently while others need assistance. Mary Kay is one of several residents who were the first to occupy the facility when it was built about one year ago. "We were the guinea pigs," Mary Kay laughed. "It was a time for the staff to train and get organized." Mary Kay was allowed to choose the room she preferred. It was important to her to get a room far away from the dining room commotion. Her room, at the end of one hall, has two large windows. She admits, however, she does not spend much time in her room.

"I lived in Crowley 27 years and Burleson 29 years," Mary Kay said. "I was hesitant to leave my home, but I really like it here." The three-room suite is just the right size for many of her personal things, including a computerized Janome sewing machine and serger. "I have sewed all my life. I even made three of my four daughters' wedding dresses," Mary Kay said. "Now I do more crafts like casserole carriers, than clothes." She made one for each of the staff members. Ginger, one of Mary Kay's daughters, explained that her mom is very savvy for her age and even downloads patterns off the Internet. Mary Kay also enjoys making her own greeting cards, such as Get Well and Birthday cards. She treats this as her ministry and enjoys being busy at her work.

Crocheting is another pastime Mary Kay enjoys. "I make scarves and baby blankets," she said. "I also crocheted an



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entire bedspread for my bed. I like to keep my mind sharp, so I do something all the time.” She is known for her needles and carries them with her wherever she goes, as she pushes her walker through the hallways. She works on needlework projects in her spare time. Mary Kay crochets while riding the stationary bicycle in the therapy gym where she works on strength and balance to support health and longevity.

It is a comfort for Mary Kay to participate in planned activities on a regular basis. She and her neighbors go on shopping outings once a week. The piano, which a resident donated, sits in

one of the seating areas. Many times, the kids who come to perform recitals will be accompanied by this piano. Other activities Mary Kay can enjoy include: Bingo, Skip Bo, 42, puzzles and devotionals.

Mary Kay’s spacious bedroom behind French doors has a black and white bedspread and matching curtains. She made the curtains in this home, and also in her previous homes. Presently, she has someone get the material for her, but she recalls going to Cloth World in Fort Worth with her daughters when they were small. “I would let them pick out their own material for their clothes,” Mary Kay said.



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“When I picked out material, sometimes they would play in the bolts of cloth, and I would have to come find them.”

An antique Victrola that belonged to her grandfather sits in her bedroom. It was converted into a chest where she keeps her belongings. “We would sit around it and listen to the radio in the ’40s before we had TV,” Mary Kay said. “I remember listening to soap operas and westerns.” Her grandfather lived with her family until he passed away at age 95. Her jewelry is in a tall jewelry box with four legs. The large bathroom has dark cabinets, gray striped shower curtains and pocket doors that save space. “We have panic buttons, and it saved my life when I fell in the bathroom,” Mary Kay explained. “I fell face down and they had to call the ambulance.”

The separate kitchen area in Mary Kay’s suite is decorated with roosters she brought with her from her house. “We had chickens growing up. They would run loose in our yard in Tennessee,” she said. “We couldn’t sell the eggs because there were eight of us in the family and never any leftover.” Mary Kay remembers ringing a chicken’s neck and frying it up for supper and freezing some, too.

The kitchen has a refrigerator, microwave and is surrounded in dark cabinetry. Since the dining room, down the corridor, serves three meals a day that Mary Kay can customize to her liking, the kitchen in her room does not get used often.





Family lives close and Mary Kay has visitors frequently. She has four daughters and many grandchildren. "We mostly just sit and talk," Mary Kay said. "We play cards a lot, too." Mary Kay has her needs met. Her laundry is picked up, washed and returned folded. Housekeeping is another need provided and that helps Mary Kay with her limited mobility. Spiritual needs are addressed, also. Mary Kay can choose to attend a devotional offered in the middle of every week along with Sunday services in the dining room. They are provided by the First Baptist Church. A Caught You Caring board is located at the front hallway.

Mary Kay visits the ladies' lounge. It is a perfect location for crafts, reading, games and gatherings. The teal green walls and cream dining table and chairs make the lounge an inviting space for many activities. The Bistro area close by serves coffee, cookies and pastries all day.

Enjoyment and engagement are part of everyday interactions in Mary Kay's relaxing home. It is important to her to keep her mind working and worries at a minimum. Mary Kay's all-inclusive lifestyle is beneficial in so many ways. The security, support and relationships that are reciprocated, comfort her and her family.

At the end of the day, Mary Kay retreats to her room, surrounded by photos of family and memories of her past. She enjoys her new home, the close community and the solace being close to family and friends brings. **NOW**

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Following His Feet

— By Erin McEndree

Jack McCoy lives life to the fullest. At age 87, he is positive, spry, funny and still sees the world as one big mission field to walk through. His tenacious character shows quitting is not an option. Giving to others and going where the Lord leads has always been Jack's primary mission in life. He aspires to write down his experiences to preserve his insight for the next generation.



Helping Jack serve is his wife of five years, Nouhad, who is originally from Lebanon. Jack and Nouhad met at church. "I was friends with Jack's sister. Jack and I were both widowed, and he said we could cry together and have fun together," Nouhad explained. "We serve the Lord better together." They enjoy traveling and have been to destinations such as Australia, England, France, Ireland and Costa Rica.

Jack graduated from Texas Christian University in 1956 and went on to serve in the Navy from 1948 to 1952. He's written a book about his experience in the Korean War called *A Tugboat Sailor*. "It took me six years, but I had to tell the story of this forgotten war. We lost almost as many men in the Korean War as we did in Vietnam. I want my grandkids to hear it," Jack said. "It is more than just my story. It goes much deeper."

Jack recalled hearing that the little ships do all the work, and the big ships get all the glory. The tugboats were the work horses. They went on salvage and rescue missions and towed ships, barges and marker buoys. "Our most dangerous mission and biggest job was to eradicate Russian underwater mines," Jack said. "We also helped evacuate Hungnam, North Korea and Okinawa."



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After the Navy, Jack lived in Oklahoma for 42 years. He did various things like farm and dabble in oil and gas leases. He drove a school bus and substituted at a junior high and a vocational technical school. "I was very busy," he said. "I also helped rehabilitate downtown and old homes through the Oklahoma City Urban Renewal Authority."

Students from the Baptist Student Union at Oklahoma State University attended Northwest Baptist Church where Jack attended. The congregation set up "friendship families" for the students. Some students were from Korea, China, Taiwan and Panama. The families encouraged students in any way they could, especially around the holidays. "Most international students did not go into American homes," Jack explained. "But we wanted to change that, so we opened our homes and hearts."

A love for international students was growing in Jack's heart. "When my first wife passed away in 1997, I looked for something to do," he said. "When Kirk Goss, the minister of missions at Northwest Baptist Church, said he was going to Guatemala on a mission trip, I pulled out my renewed passport, tossed it on his desk and said I was going." Kirk had been praying for one more person to go. This began Jack's journey to other countries to touch lives through missionary work.

Jack taught many students during his mission trips to Korea and Taiwan, collecting hippopotamuses wherever he went and following up with the families he taught through the years. Since 1997, Jack has visited Korea seven times,

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Taiwan five times and China three times and accumulated many stories. "In 2008, we were in Korea during the Olympics. We walked around and talked to the people about the Good News," Jack said. "I climbed three towers of the Great Wall of China at age 74.

"In China we had to be really careful. The church would meet at night in people's homes," Jack said. "The people are so empty in China. When they heard the Gospel and understood it, they came to Christ." Jack describes speaking to the first generation to hear the Gospel at places like the English Corner, where Chinese people came to practice their English.

Jack is writing a second book about his experiences sharing his faith on the mission field. "Missions give me a purpose and significance," he explained. "When I see someone come to Christ, there is no greater joy in the world, and I want to do it again and again."

When Jack was 83, he bought a convertible. "I enjoyed whipping around town in it, but then I traded it in on a Buick Park Avenue," he laughed. "It was more comfortable for me and my wife. We travel a lot together."


Now, Jack admits he is slowing down and can't go like he did before. He continues to serve while teaching others how to share the Gospel. He works with the Arabic Christian Fellowship Church as the chair of the building and grounds committee. He also helps the congregation reach the community. "I help the church minister to Muslims and Syrians," he said. "Those populations are growing in the community, and



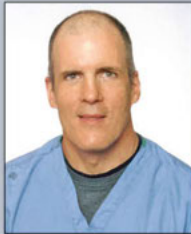
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reaching out to them is important." Being prepared for the mission is essential, Jack found out.

"One mission trip I was not prepared. I was not prayed up and the trip was not fruitful," he admitted. "However, it helped me learn my lesson and be humble and prepared for every trip and opportunity after that." On one mission trip, they went to the Oasis Training Center in Gansu, a province in China. "It was way out in the boondocks where thousands of unreached people were," Jack remembered. "The seven Americans stood out. People would stare and point, and I rode a camel."

Jack is close to 90, but he continually looks for ways to teach others. "I'm not through with [my life] yet," he said. "There are some things I would still like to do." Jack wants to visit Lebanon with Nouhad and the tiny island of Yap in the Pacific, where he visited in the Navy. "It is known as the Island of Stone Money and has one of the best diving areas in the world," Jack said. "I also want to finish my mission book to help people know what to expect on mission trips and continue helping the Arabic Church grow."

Jack writes about his experiences to inspire people to serve and get involved with others. "My main purpose is telling the Good News and helping people be ready to tell others at all times," Jack said. For as long as he's able, Jack will help others find their voices, use their hands and follow their feet where God leads.

The lessons he's lived by have served him well. "Lose the anxiety. Savor the moment. Relax in the Lord," he stated. "Risk your life because life is short. Don't worry about the past. Stand up for yourself, while remembering that loss is inevitable. And most importantly, love your fellow man." **NOW**



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Time Is Ripe

— By Zachary R. Urquhart

The winter is thawing, the sun is shining and the birds are starting to chirp again. Though the cold season in North Texas is not severe compared to places farther north, March still welcomes warmer temperatures, as well as the perfect time to start working on projects in your lawn and garden. Use these guidelines to make your landscaping the talk of the neighborhood this year.

What to Prune¹

- *Get rid of problem areas.* On any trees, ornamental plants and other shrubs, you should cut off dead limbs and any other areas that show damage from the cold. Taking off dead or dying areas will lead to better long-term health for your plants.
- *Trim growth to promote growth.* When it comes to ground cover like ivy and jasmine, you should cut down to your desired height before spring growth starts. The same is true for ornamental grasses, but this is not the case for flowering shrubs, vines or bulbs.



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• *Some plants need more time.* As for flowering shrubs and vines, wait until the flowers have bloomed to start cutting. You also need to let foliage on your spring bulbs die before removing them, as this will help feed those bulbs for the following year.



What to Plant²

• *It is time for ornamentals.* There are several things that are ideally planted in the first weeks of March. Ornamental trees and shrubs should be planted while temperatures are still cool. Also, this is the time to replant fall blooms like chrysanthemums.

• *Some things need to wait.* You will want to wait until the end of the month, or later, to plant flowers and vegetables meant for the warm season. Though the danger of late season freezes is not great, warm weather annuals and perennials need to be planted past the last freeze. The same goes for popular Texas grasses, like Bermuda and St. Augustine.

• *Do not miss the "ripe" time.* The first few weeks of April are the time for tomatoes, snap beans and squash, while you should wait until the end of April for melons, okra and pumpkins. And if you are trying to transplant trees or woody plants, make sure to complete the process before buds begin breaking, which will happen sometime in March or April.

What to Put on the Ground³

• *Know what you need, if anything.* Before you go to the store to grab the first fertilizer you see, you may want to test your soil to make sure you know exactly what you need. Some people use household items like vinegar for testing, but simple and inexpensive pH kits are available at

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most big box stores. Fertilizers typically offer some combination of nitrogen, phosphorous and potassium, but lawns often only need the nitrogen. After a quick test, you will know exactly what nutrients your soil needs, and you can apply correctly.

- *Know how much you need.* Another common mistake is using the wrong amount of the right product. Most fertilizers are sold based on how many square feet they will cover when properly distributed, so you need to measure before you head to the store. While a smaller lot might only need one large bag, people who live on an acre or more will almost certainly need multiple bags of fertilizer. Remember: spreading the fertilizer too thin might save you money in your original purchase, but you are probably not getting nearly the nutrients you need.



- *Know when to apply it.* You want to lay your fertilizer when the lawn is in an active growing period. That means applying it soon after the last frost, which is typically mid-March in this part of the state. Be sure to apply evenly and all at once. If it takes several weeks to cover your lot, you will end up with various growth and different colors as the fertilizer takes hold. In addition to the early spring application, it is recommended to add nitrogen again shortly before the first frost. If your soil test showed a lawn particularly lacking in nutrients, you may add a third application in the middle of summer, and in that case, slow-release will be best.

What to Put Under the Ground⁴

- *Think about your water.* Whether you just need to water your flowers, or you decide to commit to keeping your lawn

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green, this is the time to add a watering system. There are several options, ranging in complexity, cost and efficiency. For flower beds and landscaping near your house, one simple choice is soaker hoses. These allow water to trickle slowly and can be buried under beds to remain out of sight.

- *Think about sprinklers.* When it comes to keeping a whole yard wet, sprinklers are your best bet. Traditional spray systems are the most common, but they also tend to waste water. Rotor sprayers are great for large areas. While they will lose water to evaporation, they are less wasteful when it comes to oversaturating an area, as compared to spray sprinklers. For a permanent system, you will either have to dig into your yard or hire someone to lay the pipes for you. Consider getting a few estimates, and weigh the cost of your time, as well as any tools you will have to buy if you decide to tackle the project yourself.

With these projects, as with anything else you do in the yard, make sure you have a solid plan that you can accomplish within your timetable. With this guidance, you can make this the year your yard becomes the best on the block. **NOW**

Sources:

1. <http://www.dallascountymastergardeners.org/index.php/gardening-in-north-texas/215-tab4-mb3-by-the-month#mar>
2. <http://www.dallascountymastergardeners.org/index.php/gardening-in-north-texas/215-tab4-mb3-by-the-month#mar>
3. https://www.austintexas.gov/sites/default/files/files/Watershed/growgreen/3_7_12_2011_lawn_fertilization_in_tx_E-437_handout_3_Chalmers.pdf
4. <http://residential.goulds.com/types-of-irrigation-systems-for-your-lawn-and-garden/>

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David and Amy Fish, bottom left, created a culture of education and fun at Kids Kampus Preschool with her management team, above left: Angel May, director; Cara Colson; Denise Moreno; Tammy Freeman; and Brittany Roberts.

Equipping Tomorrow's Leaders

Inside Kids Kampus Preschool, find peace of mind and preparation for life. — By Melissa Rawlins

In 20 years, who are your children going to be? David and Amy Fish, who own the three Kids Kampus Preschools in Burleson, believe the children of today are our future leaders.

Their story began in their Finance 341 class at Texas A&M University. David and Amy fell in love, married and moved to the DFW Metroplex. By 2005, they had three children and were struggling to find great care during the day for Christopher, Lauren and Matthew.

The Fishes felt Amy's background in education and teaching for five years and David's background in business and tax accounting combined to create a great partnership. They started Bedford Christian Academy & Montessori Preschool, which has been educating great young minds since August 2005. "It's exciting to

see the students from the first pre-K graduating class at BCAMP confident and comfortable as they enter this new phase of education as freshmen in high school," Amy said.

The success of BCAMP's program led the Fishes to consider starting additional locations around the greater Fort Worth area. After much training and study, Amy and David purchased the Kids Kampus Creative Learning Center chain in Burleson in 2016. Known today as Kids Kampus Preschool, changing the name to a shorter version was the first step toward creating the community preschools for Burleson.

Community preschools are a concept the Fishes offer to strengthen families and equip the children of today to be the future leaders of tomorrow. "It starts by creating a school

community, where everyone — students, employees and families — feels secure, trusted and safe at each of our three Burleson locations,” Amy said. “Our goal is to provide a solid foundation of knowledge and skills for future personal and academic success.”

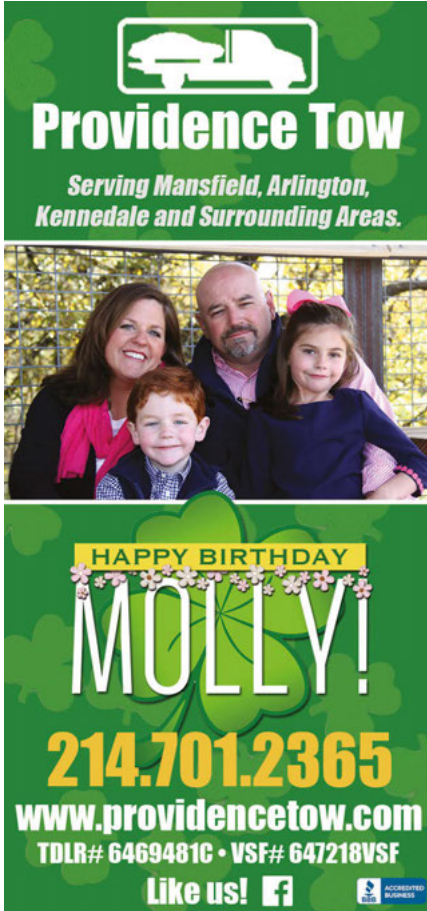
Kids Kampus Preschool will equip children with social/emotional skills by teaching them to recognize emotions and respond to them in a productive way. “For example, children are taught that if they are angry, they should find a quiet spot to calm down, and then decide what’s next. If scared, they are taught to contact a trusted adult, and if they need something, to contact an adult and ask for what they need,” Amy said.

Additionally, Amy’s staff equips children with a sense of empathy and compassion. “Looking out for the needs of others as well as their own is an important skill for the future,” Amy said.

“Our teachers encourage children to discover a love of and a curiosity about learning in our fun, hands-on educational environment,” Amy explained. Kids Kampus Preschool uses research-based, combination curriculum providing many genuine learning opportunities for students with different learning styles through games, songs, rhymes, circle activities, independent learning stations, cooking classes, language labs (Spanish and ASL), creative movement and much more.



Kids Kampus Preschool partners with each child’s family. “With communication and support, the bond with the school and staff will provide a knowledge that each child is safe, engaged and learning,” Amy said. “This role of our organization in the community provides a very important peace of mind.”

The Fishes plan for the Kids Kampus Preschools to make a positive impact in the Burleson community. To learn more about their professional, compassionate organization, contact one of the schools. There are three Burleson locations for your convenience. Visit their website for program-specific information and current enrollment specials. Schedule a tour today, and learn how your family can participate in Burleson’s community preschools. **NOW**



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Lisa Perkins and Melissa McCoy turn into the Chicken Soup Bandits helping a friend in need.



Liv Crouch is all smiles eating a popsicle.



Katelyn Depoy, Case Osborn, Grayson Dreitner and Hunter Preston represent the Mayor's Youth Council at Burleson Chamber's winter quarterly meeting.



Claudene Wells, owner of Miss Doily's Tea Room, greets local author Lela Sutee.



Cowboy Ayden gives a pony show at Short Family Medical Center.



Mustang Creek Estates of Burleson resident and retired Los Angeles Police Captain Ron Price (showing badge) shares camaraderie with Burleson Community Resource Officers Travis Brown, David Wardlaw and Louis Giddings.



Alister Babatov gets his weekly adjustments by Dr. Joe at Joshua Spine and Health Center.



Rick Douglas and Kevin Orr take a break at Starbucks to talk about, what else, but beards.



Megan R. Owen, dance teacher and director of the Elk Strutters Drill Team, chaperones Lydia Lott at the Presidential Inaugural Ball in Washington D.C.

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Is Your Financial Umbrella in Place?

April showers may bring May flowers, but March is National Umbrella Month. While ranking high on the list of truly obscure celebrations, this “Month” can still teach us a few things — especially if we think about “umbrellas” that can help us protect our financial goals.

Consider these key areas:

- **Your vulnerability to emergencies.** It's a good idea to maintain an emergency fund containing three to six months' worth of living expenses. Without such a fund, you may need to dip into your long-term investments to pay for unexpected, and unexpectedly large, expenses such as a new furnace or a big bill from the doctor. You'll want to keep your emergency fund in a liquid, low-risk account.

- **Your family's financial situation.** If something happened to you, how would your loved ones be affected? Would your family be able to stay in your house? Could your children eventually go to college? Would your surviving spouse have enough retirement income to maintain the lifestyle he or she has envisioned? Having adequate life insurance in place can help ensure that all your hopes and plans don't fall apart upon your passing. Different types of life insurance offer different features. For example, “term” insurance, as its name suggests, is designed to provide a death benefit for a certain number of



years. On the other hand, “permanent” insurance, such as whole life or universal life, can be kept in force indefinitely. This type of coverage may also offer a cash value component.

- **Your current income.** If an illness or injury keeps you out of work, even for a little while, the loss of income could disrupt your family's ability to pay its bills, leading to potentially big problems down the road. Your employer may

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offer some type of disability insurance as an employee benefit, but the coverage may be insufficient. So you may want to consider purchasing an individual disability policy.

• **Your ability to live independently.** If you're fortunate, you may never need to spend time in a nursing home or require any other type of long-term care. But no one can predict the future — and it pays to be prepared, because long-term care costs can be catastrophic. In fact, the annual average cost for a private room in a nursing home is more than \$90,000, according to the 2015 *Cost of Care Survey* produced by Genworth, a financial services company. A financial professional can help you find an appropriate way of paying for these types of costs.

• **Your capacity to protect your biggest assets.** Your home is probably going to be the biggest asset you ever own, so you need to protect it properly, with adequate homeowners insurance. It's also important to have sufficient insurance for your other major assets, such as your car, boat and so on.

• **Your exposure to property loss or liability.** You may someday face costs associated with repairing or replacing your home, auto or boat or even liability-related expenses. Additional liability insurance — known as an “umbrella” policy — is designed to kick in when your standard coverage on other policies, such as home or auto, has been exhausted.

The sun may be shining in your life today, but it's always wise to be prepared for the proverbial “rainy day.” So have your umbrellas ready. **NOW**

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.



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Leaky Nose

— By Betty Tryon, BSN

Oh no, it's happening again! When you least expect it, your nose starts to drip blood for everyone to see. It can be rather disconcerting, but the good news is nosebleeds are fairly common and mostly just a nuisance. Occasionally, medical intervention is necessary. The lining of your nose contains many blood vessels located close to the surface. They are fragile and easily damaged.

Children and older adults are most susceptible to nosebleeds, or epistaxis. However, when conditions are optimal for this condition, anyone can be vulnerable. During the winter when warm, dry air is more prevalent and central heating units are on, the nasal membranes can dry out, leaving the nose susceptible to nosebleeds. Picking of the nose can lead to not only bleeding but the introduction of bacteria to the area. Allergies, sinusitis and upper respiratory infections can cause nosebleeds. Foreign objects in the nose, along with certain physical conditions, such as a deviated septum or nasal polyps, may precipitate nosebleeds, as can anticoagulants and nasal sprays.

You should see a physician if a nosebleed is difficult to stop with compression or if it interferes with your breathing due to a foreign object in the nose, for children younger than age 2, following any head trauma or loss of an excessive amount of blood. As an added precaution, if the bleeding is exceptional, do

not drive yourself to the emergency room. If none of the above applies, you should be able to treat your nosebleed at home. Pinch the soft part of your nose closed, and hold it for at least 10 minutes. Check to see if bleeding has stopped and, if not, repeat. If the bleeding continues longer than 30 minutes, you should contact medical help for further advice. Lean forward slightly as you do this to avoid swallowing blood, because it can irritate your stomach. Sometimes, if you place a cold compress over your nose it can slow down the bleeding.

If you have a tendency to have nosebleeds and spend a majority of your time in a dry environment, it would be prudent to invest in a humidifier. A saline nasal spray can also be helpful. With children who have frequent nosebleeds, make sure their nails are trimmed and try to limit nose picking. Some allergy medications can dry out nasal passages. Consult with your doctor before making a change in your medication. If nosebleeds are frequent, even though minor, please seek the advice of your physician. **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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March 1 28

Hope for Hay: **Sunday-Saturday**, 12:01 a.m.-midnight, www.wingsofhopehorses.org. This virtual fundraiser helps meet the nutritional needs of Wings of Hope's 22 equine therapy partners. Call Allison L. Gross, Development Director, (817) 790-8810.

March 4

Mardi Gras Gala: 6:00 p.m.-midnight, Walnut Creek Country Club, 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 and hors d'oeuvres. www.athenasocietyofburleson.org/athena-gala/.

Sprint Triathlon: 8:00 a.m.-noon, Texas Health Fitness Center, 2750 S.W. Wilshire Blvd. This 1-hour indoor competition involves a 10-minute swim, 30-minute stationary bike ride and 20-minute treadmill run. Register for \$25 if you are at least 12 years of age. Call (817) 782-8080.

March 6 and 20

Burleson City Council: 6:00 p.m., City Hall, 141 W. Renfro St. Agendas are posted 72 hours prior to the meetings. Contact (817) 426-9680.

March 7

Young at Heart: 10:00 a.m.-noon, Boulevard Baptist

Church, 315 N. Burleson Blvd. All ages, especially senior citizens, are welcome to this free fellowship time that includes food and music. Chad Handy, (817) 295-4342.

March 9

Crowley Area Chamber of Commerce 1st Quarter Luncheon: 11:30 a.m.-1:00 p.m., Crowley Recreation Center, 405 S. Oak St. \$20 per person. To register or learn about participating as a sponsor, contact (817) 297-4211.

March 14

After Hours Networking: 5:30-7:00 p.m., Holiday Inn Express. Free to Burleson Area Chamber of Commerce members. (817) 295-6121.

Trail Life Troop TX-0110 meeting: 7:00-8:00 p.m., Burleson Church of Christ Community Room, 1150 N.W. John Jones Dr. If you are a Christian and wish to guide generations of courageous young men to honor God, lead with integrity, serve others and experience outdoor adventure, or if you are a young man desiring to learn the Christian walk, contact Toby Ford, Chaplain and Trail Master, tkf@dunaway-assoc.com or (817) 995-8466.

March 17, 18

White Cane Day: **Friday**, 4:00-6:00 p.m.; **Saturday**,

9:00 a.m.-noon. Four locations: First National Bank Burleson, both branches; Northstar Bank; and EECU. Cash donated supports charitable work of Burleson Lions Club and Lions International Eye Bank. President George Reynolds, (817) 701-6360.

March 25

Fire Department Open House: Noon-3:00 p.m., Fire Station #1, 828 S.W. Alsbury. Learn how to keep your family safe, and give the kids a chance to explore fire trucks, helicopters and ambulances. Free. Call (817) 426-9170.

March 28

JACC Awards Banquet: 6:30 p.m., North Point Baptist Church, 2450 S.W. Wilshire Blvd. 31st annual event includes a fine dinner to celebrate the hardworking locals making Joshua a great place. \$50 at the door without reservations. RSVP early for \$45 entrance. Contact (817) 556-2480.

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 Randy Page

— By *Melissa Rawlins*

Randy Page moved to Crowley in 2012 to be with his hometown bride, Stephanie Graves Page. A Dallas boy who always helped his Yankee mother in the kitchen, Randy eventually discovered Southern cooking and found his groove. He spent 11 years practicing cookery with lots of spice and peppers in New Mexico, and then returned to Texas “with burned-up taste buds.” He cools them off with Texas craft beer. “Here in Crowley, we have a new beer store, Main Street Beer and Wine, and they have worked with me to get the exact beers I am needing for a great pairing,” Randy said, explaining that he mostly cooks on the grill. He started with the charcoal version, evolved to gas and now uses an infrared grill. “It is marvelous!” **NOW**

Randy's Roadkill Chili

Serves 20. Paired with Lobo Negro beer.

3 red onions, chopped
3 yellow onions, chopped
2 jalapeños, finely chopped
1 habanero, finely chopped
4 garlic cloves, finely chopped
1 7-oz. can diced green chilies
1/4 cup vegetable oil
10 lbs. chili meat, either beef, venison
or your choice of meat
2 14-oz. cans stewed tomatoes
1 cup water
Salt and pepper, to taste
3-4 dashes hot sauce of your choice
2 Lobo Negro beers (divided use)

1. Heat oil in a well-seasoned iron pot. Sweat the vegetables in the oil; add meat and brown.
2. Stir in the remaining ingredients and 1 beer. Cover with about 1 inch of water, if needed.

3. Let it stew slowly 3-4 hours. Skim off the grease after two hours. Drink the remaining beer and taste again, to adjust the seasoning.

Chicken Monterrey

Serves 4. Pair with Lobo Texas Lager beer.

4 boneless chicken breasts, uniformly flattened to about 1/2 inch
4 Anaheim chiles, roasted peeled and seeded
2 cups Monterrey Jack cheese
1 avocado, sliced

1. Grill chicken on the hottest part of the grill. Make sure chicken is done or mostly done before removing from heat. Flip only once during grilling. Remove from grill and place on a cookie sheet.
2. Cover each breast with chiles, then cheese. Place cookie sheet back on an open grill until the cheese melts.
3. Place avocado slice on each breast and serve with black beans and Spanish rice.

Rib Eye Steak

Serves 2. Paired with Robert Earl Keen (REK) Front Porch Amber Ale.

2 10-oz. prime rib eye steaks
Lawry's Seasoned Salt, to taste
Onion, to taste (optional)
Mushrooms, to taste (optional)
Garlic butter, to taste (optional)

1. Season steaks with seasoned salt.
2. Liberally oil the grates of a fully heated infrared grill. This will keep the steaks from sticking and provide grill marks just like in a restaurant.
3. Place steaks on the grill at a 45-degree angle. After 3 minutes, turn a quarter turn. After 3 more minutes, flip the steaks. Turn again after 3 minutes and remove from heat. Let sit 5 minutes for perfectly cooked, medium-rare rib eyes.
4. Sauté onions and mushrooms with a little garlic butter to pour over your steak, if desired.

Grilled BBQ Chicken

Serves 4. Paired with Revolver Redshift Spiced Ale.

1 whole fryer, cut into 8 pieces
Lowry's Seasoned Salt, to taste
Jack Daniel's barbecue sauce, to taste
1 Tbsp. water

1. Season chicken pieces with seasoned salt; place on a well-oiled grill. Cook slowly at first, turning frequently.
2. Move wings and legs to a cooler part of the grill while the thighs and breasts cook thoroughly.
3. When the chicken has completely cooked, place all 8 pieces on foil on the grill. Brush with barbecue sauce that has been diluted with 1 Tbsp. water.
4. Keep an eye on chicken to prevent burning. Turn chicken pieces and baste several times.
5. Remove when done and let sit 8 to 10 minutes to rest and reabsorb juices.
6. Serve with potato salad and cole slaw. Use extra barbecue sauce, as needed.

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