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CENTENNIALS

8 TOP OF THE WORLD

The Centennial percussion team competes for the championship.

16 INTO THE PAST

At Home With Candi Tebbs.

24 THE LUNCH BUNCH

Meals on Wheels ensures that the homebound in our community are fed and cared for.

30 AN OZARK HAVEN FOR ART AND ARCHITECTURE

Crystal Bridges Museum of American Art houses colonial to contemporary masterpieces.

32 HERBS AND HONEY

Take control of what you eat by growing your own food.

March 2018 | Volume 12, Issue 3



26 CookingNOW

28 BusinessNOW

36 Around TownNOW

44 HealthNOW

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ON THE COVER

Richard Kearns motivates the Centennial percussion team to exceed their expectations.

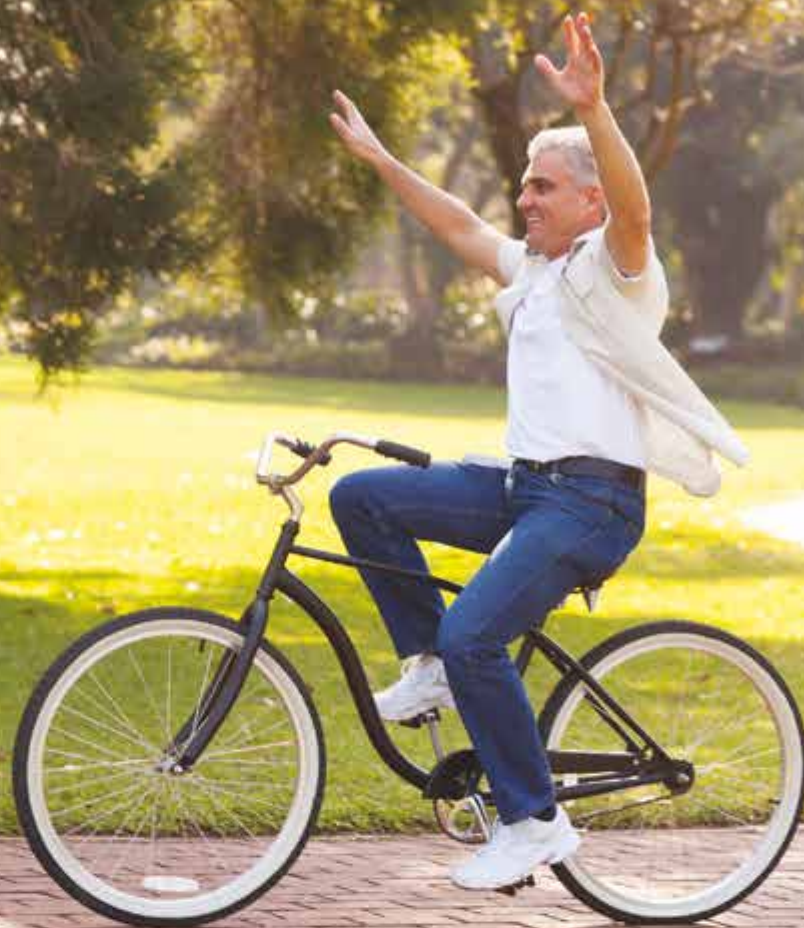
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EDITOR'S NOTE



Melissa

Melissa Rawlins
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Hello, Burleson, Crowley and Joshua!

One hundred years ago, the *Chicago Tribune* brought on a young writer who became an art critic and, through it all, created poetry. This month, while everything appears brown and dormant, Eleanor Jewett's "Obligation to Spring" holds great value to me:

*A little frosted leaf I found,
Crimson-veined, upon the ground.
Cheerful did it look, and bright,
Red against the first snow's white.
I said: 'Leaf, would you not be
Happier swinging in your tree,
One with the birds that cross the sky,
Than here on this cold ground lie?'*

*Perhaps I only dreamed I heard
The leaf make answer with a word:
'The part for which a leaf is made
Only begins when the leaves fade —
We lie a hundred thousand deep
To warm the earth where seedlings sleep.
Did you not know, dead leaves and grass
Bring all Spring's miracles to pass?'*

Such words inspire me to wait patiently whenever I feel a yearning for dreariness to turn into cheeriness. For it certainly will!

Have a great month!

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Music is the world to Richard Kearns. And his Burleson Centennial High School percussion squad is among the best in the world. The Centennial percussion team will be competing in the Winter Guard International World Championships in Dayton, Ohio, April 19-21. After winning the Scholastic Open Class in 2017, they will be competing in the World Class this year. "I hope people can realize how big a deal it is to be in World Class," Richard said. "There are only 22 groups in the world."

— By Rick Mauch

TOP OF THE WORLD



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The quick rise to the top has been an amazing collaboration of both staff and students. “I saw some of these same groups in middle school and thought they were great, and now we’re competing with them,” said junior, and Front Ensemble captain Brendon Smith. “Mr. Kearns has had a huge impact on our program. He pushes us so hard, in a good way, beyond what we thought we could ever achieve.”

Senior Harrison Eastham is still wrapping his head around being among the best in the world. He said that the high expectations of his directors have been key. “Without their motivation, we wouldn’t be where we are,” he said. “I was kind of blown away. To be able to compete with people around the world is really a challenge, and we are ready.”

Richard, 33, fell in love with music when he was young. However, the music program at his high school wasn’t strong, so he thought he’d be a business major in college. Then, a percussion teacher at Tyler Junior College named Tom McGowan changed Richard’s life forever. He auditioned for the drum corps, was given a spot, and he changed his major to music. “As soon as I saw Tom’s passion, it changed my life, and I realized that’s what I wanted to do, also,” Richard explained.

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After attending Texas State University, Richard joined a Texas country band, based out of Austin. He played drums for them for a couple years in 2006-2007 before Tom gave him a call to come back to TJC, this time to help instruct the drum line. "At TJC, I knew this was my opportunity to be part of something special," Richard said. "And that group in Tyler was so talented. They had something special, just like our students do here at Centennial."

A short stint back at TJC was followed by four years at Palestine High School directing the drum line. Then came four years at Azle High School before coming to Centennial. Ironically, all three high school jobs have been spent in the company of his great friends, band director Shawn Murphy, and Shawn's wife, assistant band director Kim Murphy. "I guess they adopted me," Richard said with a laugh. "We met through Mr. McGowan, and as soon as he got us together, it was fireworks. We're a family now. Our kids have grown up together."

Richard's real parents were music lovers. His father was in percussion as part of the Texas Christian University drum line, a pianist and organist. Richard started playing drums himself when he was 11. His mother, whom he calls a marketing genius, has



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helped with programing and creativity for several of his high school shows. "When we need new props, I turn her loose in the Dollar Store and wait to see what she comes up with," he said.

He also credits his time in the country music band for making him the successful teacher he is today, as it helped him understand the difference between being a great musician and a star. "My first real experience with this band was opening to a sold-out major venue in Houston. We opened for some really big names, such as Charlie Daniels and Aaron Watson. I remember seeing the drum cases for one of the drummers and how great they looked," Richard said. "I realized then that it's not only about how good you are. It's how professional you are that makes the difference. There are a lot of great musicians in the world, but it takes a lot more than just talent. I want my students to realize that. And I hope our kids realize this is a unique place. Not everybody has this."

Richard's travels have brought him to a place in which he perfectly fits and is as happy as he's ever been. He calls Centennial the "ideal place" for someone who loves music. "They have a stellar middle school program and family support. That's your vegetables and protein," he said, praising middle school directors Catherine and Andrew Klein. And the support from CHS Principal Jimmy Neal, along with all of the BISD administration, has been a dream come true.

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The most notable success for Centennial's percussion group has been the indoor drum line, which Richard describes as similar to musical theater meeting marching band percussion. "We do shows that tell a story and have a good narrative. It allows the students to be more creative and to buy in," he said.

Last year's show, *The Harvest*, was about wheat in the field. The narrative was the wheat realizing there is more in the world than what is in the field. This year the show is entitled *Salvation Lies Within*, and features prisoners in the 1930s working on a railroad chain gang-style. "We escape to find freedom, but we realize it's a different kind of freedom we were looking for other than just escaping the walls and bars," Richard said. "It's kind of a mix between *The Shawshank Redemption* and *O Brother, Where Art Thou?*"

Centennial will host a WGI regional once again this year in March. They will also host the North Texas Championships on April 14, something they've won three straight years. Both offer a chance for the public to see the reigning World Champions. "I think that's the perfect title for that classification, World Class," he said. "And this group belongs there." **NOW**



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AT HOME WITH CANDI TEBBS

Into the Past

— By Melissa Rawlins



Trees and doors summarize Candi Tebbs' love affair with life. In her three-bedroom, one-story, 1,640-square-foot Burleson home, she has created an extraordinary getaway. Though she has not paid attention to how many real trees she's repurposed into home decor, twining, twirling and twiggy branches subtly crop up in nearly every room of her house.

In her breakfast nook, for example, crystals hang from a branch affixed over the valance. The large corkscrew willow branch that hangs in her master bedroom was found when Candi was walking Winston, the family dog. The willow's beautiful curl suspends a crystal chandelier gently over an old five-panel door, which her boyfriend and his son helped to hang on the wall. And an old Gothic gate, nestled in the corner with a picture frame and mirror, do more than take up space. They invite you to walk into the future or, as Candi says, step into the past.

Everything in this design diva's home reflects her love for antiques. At least six chandeliers share ceiling space with six corbels — each from Apple Tree Antiques in Donnellson, Iowa — to create her vintage ambience. "I love to go back to my childhood, because that was such a happy time," she said. "Growing up



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on the Mississippi River, wildlife was a big part of my world.” The *Ducks Unlimited* magazines on her coffee table hint that wildlife conservation is near and dear to her heart. Three signs saying *Hutson* are nods to her maiden name. “My grandpa Hutson farmed in Illinois,” she said, and the family business, Hutson & Sons, is still in operation.

Her eclectic collection is a result of Candi’s ability to see a piece she

loves and figure out where it’s going to fit in her house. “I don’t have the finished product in my head. It creates as it goes,” she said.

For instance, the door in the hallway was given to her by Clayton Smith, a friend in Godley. “It is an ornate, beautiful door. I thought it was very Texas. I have found most of my doors in the Midwest, but this door fit perfectly around the script and light fixture I already had on the otherwise neutral wall,” said

Candi, who placed the door next to a random railing that reminded her of her childhood home, a two-story Victorian house with a sturdy banister heading up the stairs. “I still love that grouping as much as I did when I first placed it there.”

Nodding to the more recent past, Candi cherishes the circa 1999 embroidery work of her recently married daughter, which hangs by the front door. Corinne’s words, *Bless This Happy Home*, ring true every day. In the kitchen, Candi placed a piece of elementary school framed art featuring the words *for amber waves of grain* above a crayoned drawing of a red barn on a yellow field. Her son, Clinton, made this when they lived in California. “He had great penmanship as a first-grader,” Candi said. “When he was in Burleson High School, his art skill continued as he freehanded an elk on the wall of his bedroom.” Since graduation, Clinton followed in his father’s

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footsteps and spent seven years in the U.S. Navy. Candi decorated his bedroom in a red, white and blue theme.

Candi added all the personality to this tract home, which she bought in 2008. “Trennon Massengale, the owner of SWP Construction, encouraged me to take on the remodel of this once torn-apart foreclosure,” Candi said. “Back then, the thought of roofing or air conditioning repair was a scary challenge. I have learned a lot working there. I learned that remodeling is not so scary.” SWP came in and helped Candi do all new floors, new paint, rocked the fireplace and installed new hardware and light fixtures.

She’s also planted a multitude of flowers and trees. “I love the knockout roses and roses of Sharon, and some of the other perennials I brought from the last place I lived,” Candi said, pointing out the strategic plantings in the front yard. “When I moved in here, Eric Humphreys was studying landscape design at Oklahoma State University. I used

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some of his great plant design tips,” Candi said, crediting the young man who was a friend to her daughter. “I softened the back brick of the house behind the L-shaped entry sidewalk, as you walk from the driveway to the house, with a topiary and softened the corner of the home

with a rose of Sharon and a large flower pot.”

Since she spends a lot of time outdoors, Candi added the back porch with its rock columns and wood-burning fireplace. “It will definitely warm you up if you sit close enough to it,” she said.

It’s easy for Candi to savor peaceful moments any time of day all weekend long here. The trees are budding this month, and she’s beginning to enjoy them from chairs outside that are painted pastel blue and yellow. The Adirondack chairs were made by her Iowan Uncle Ronnie. The antiques were purchased from estate sales, and Candi painted them. “I wanted it to be colorful out there. I started out with it just white, and ended up having a crayon box. It’s happy,” she said.

The porch is her favorite space, as long as mosquito spray is plentiful. But the kitchen invites most of Candi’s guests to stay awhile. “That’s where all the fun seems to happen,” she said. “When my kids come home, the kitchen is where all the jokes get told and the dancing starts.”

Candi, who helps with decorative design at SWP, put a lot of thought into her eclectic kitchen antiques. “If they’re not from Iowa, I bought them from Heritage Home in Cleburne.” Something about the way she flanked the dining room table by a dark, antique oak high chair and doctor’s medicine cabinet, filled with table linens and candles, leaves an impression that progress is not only possible, but inevitable. **NOW**

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The Lunch Bunch

— By Jill Martinez

There are kind souls all around us who volunteer to deliver hot meals to homebound people with Meals on Wheels of Johnson & Ellis Counties. “In 2017, we had 600 volunteers who served over 225,000 meals to almost 1,300 people,” said Lisa Deese, community development coordinator for MOWJEC.

They, in fact, deliver more than a meal. “We’ve been involved with Meals on Wheels of Johnson & Ellis Counties since 2003. It is so rewarding to be able to visit with so many sweet people. Providing a hot meal is important, but it’s the personal interaction that really means the most. Sometimes, we’re the only people they’ll see each day, so it’s nice to be able to give a hug and put a smile on their faces,” said Brian and Kim Holley of Ennis.

Nearly 80 percent of the individuals served by MOWJEC last year were senior citizens, and all were homebound for a short or long period of time. By providing meals and other support services, people can remain in their homes, saving

thousands of dollars in nursing home or hospital expenses. “MOWJEC can serve one individual a year of meals for roughly the same cost as a one-day stay in the hospital or a 10-day stay in a nursing home,” Lisa explained.

There are more than 80 routes where volunteer drivers deliver each weekday, serving 15 Ellis County and 12 Johnson County communities, including Lillian. All of this can be a challenge, but it is one that Lisa has taken on happily for nearly 10 years. “I love seniors and love to serve! I know there is a need in our community, and I have the privilege of sharing that need in all of our communities throughout Johnson and Ellis counties,” she said.

One of the beautiful things about this organization is that people of all ages come together to serve. Some mommy/toddler groups deliver, as do working adults and healthy, mobile seniors. Several organizations also volunteer, such as universities, car dealerships and athletics groups. “Being part of Meals on Wheels has been a blessing to me and my team. Each one of us who delivers views it as a privilege to serve,” said Steve Stafford, general manager of North Texas Jellystone Park.

Community leaders join this lunch bunch, too, from time to

time. Every year during the month of March, Meals on Wheels carries out a campaign called March for Meals. "This is our month-long celebration where we raise funds and awareness. We have businesses, churches and individuals who sponsor meals in their community or county," Lisa said.

One week during this month, called Community Champions Week, draws elected officials from both counties and local celebrities to help. "Dale Hansen joined us last year in Waxahachie!" Lisa said enthusiastically.

Delivering meals is not the only way folks can get involved with this endeavor. Many school-aged children contribute by making placemats or cards. Others donate holiday gifts or their time to wrap them. Recipients' faces light up with joy when they see that others have taken time to remember them. It's beautiful.

Many of those served by MOWJEC have pets that act as their steady companions. Through the AniMeals program, deliveries are made once a month, providing precious food for these furry friends, as well. "We have some middle and high school student groups that help to deliver these on a special Saturday route. It's a great way for them to earn their community service hours," Lisa added.

All of the services that MOWJEC provides are covered through donations and government funds. "Last year, 50 percent of our revenue came from local support. We are extremely blessed to serve in very supportive communities," Lisa said. A major fundraiser for the organization is the annual golf benefit held each September. People play individually or in teams, having fun while they support this vital pillar in our community.

Because the aging population continues to grow at a rapid pace, more volunteers and donations will be needed to keep the individuals MOWJEC serves in their home sweet homes. **NOW**

Editor's Note: For more information on the Meals on Wheels program, visit www.monjec.org.

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CookingNOW

In the Kitchen With

PRATEEK SARASWAT

— By Melissa Rawlins



Prateek Saraswat came to the United States 17 years ago for graduate school. That's when he began cooking in earnest. "It is relaxing and fun, more like therapy," Prateek said. He worked in corporate America until early 2016, when he embarked on a career in network marketing inspired by a desire to help people help themselves through healthy lifestyles.

"I generally cook for my wife, or whosoever says they love Indian food and would like to try some," Prateek said. His Texan wife, Kimberly, and their two children, 7-year-old Aiden and 4-year-old Andrew, join him in the kitchen, learning about aromatic spices just as he did in eastern India, while helping his mother, Usha. "Both the boys are precious to us, and they love to help me when I am cooking." **NOW**

Chicken Curry

- 2 Tbsp. all-purpose flour
- 1 tsp. salt
- 1/2 tsp. cayenne pepper
- 1 lb. boneless, skinless chicken breast, cut into small pieces
- 2 Tbsp. butter or olive oil
- 1 Tbsp. curry powder
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 1 cup chicken broth
- 1/3 cup golden raisins (optional)
- 1 1/2 Tbsp. tomato paste
- 1/4 cup fresh cilantro, chopped
- 1/4 cup plain yogurt or sour cream

1. Mix together flour, salt and cayenne pepper in a separate container; add chicken to coat it with the mix.
2. Heat butter or olive oil in a large skillet over medium-high heat.

3. Add pre-dredged chicken; cook until lightly browned.
4. Add curry powder; toss to coat.
5. Remove chicken from the skillet; set aside.
6. In the same skillet, add onion and garlic. Add a little more oil or butter, if necessary, and cook for 2 to 3 minutes. Then add chicken broth, raisins and tomato paste.
7. Put the chicken back in the skillet; simmer uncovered for 8 to 10 minutes, or until chicken is cooked through and sauce has thickened.
8. Garnish with cilantro and a dollop of yogurt or sour cream.
9. Serve with pita bread, naan or rice.

Dal (Lintel Soup)

- 1 Tbsp. olive oil or butter
- 1 cup onion, chopped
- 1 Tbsp. fresh ginger, minced
- 1 tsp. cumin seed

- 1 tsp. turmeric powder
- 1/2 tsp. red pepper, crushed
- 4 garlic cloves, minced
- 2 cups cauliflower florets, chopped
- 2 cups tomatoes, chopped
- 2 1/2 cups water
- 1 cup dried lentils
- 2 Tbsp. fresh lime juice
- 1 Tbsp. fresh cilantro, minced
- 3/4 tsp. salt

1. Heat oil or butter in a large skillet over medium-high heat.
2. Add onion, ginger, cumin, turmeric, red peppers and garlic. Sauté 2 to 3 minutes.
3. Add cauliflower and tomatoes; sauté for another 2 or 3 minutes.
4. Add water and lentils; stir gently a few times until it comes to boil. Cover; reduce heat. Simmer about 35 minutes, or until lentils are tender.
5. Stir in lime juice, cilantro and salt.
6. Serve with pita bread, naan or rice, or eat it as a soup.

Lassi

- 1 quart plain low-fat yogurt
- 6 to 8 Tbsp. sugar
- 4 large ice cubes
- 1 tsp. ground cardamom
- 1 oz. water (optional)

1. Place yogurt into a blender.
2. Add 6 Tbsp. of sugar to the yogurt.
3. Add ice and cardamom; blend until the

yogurt mixture is smooth and frothy.

4. Add up to 2 more Tbsp. of sugar, if you want a sweeter drink.

5. Add an ounce of water, if needed, to make it more of a liquid. Serve cold.

Indian Chickpea (Chole)

1 onion, diced

2 to 3 Tbsp. olive oil or butter

1 tsp. fresh ginger, minced

5 garlic cloves, minced

1 to 4 tsp. curry powder

1 16-oz. can chickpeas

1/2 tsp. salt

1 to 2 oz. water

1 medium tomato, diced

1. Sauté onion in oil or butter for 3 to 5 minutes.

2. Add ginger, garlic and curry powder. (I use about 2 tsp.) Stir and cook a few more minutes.

3. Drain and wash chickpeas; add them to pan. Add salt and water, depending on desired consistency of sauce. Cook and stir for about 2 minutes.

4. Add tomatoes; cook for 5 minutes, stirring gently.

5. Add water if it seems dry or if it's burning or sticking to the bottom.

6. Serve with pita bread, naan or rice.

Pulao (Indian Rice)

1 oz. butter

1 cup basmati rice, uncooked

1 tsp. turmeric

1/2 bay leaf

3 or 4 pods green cardamom

3 or 4 whole cloves

1/2 tsp. fennel seed

1 tsp. salt

2 cups boiling water

1. Melt butter in a saucepan.

2. Add rice and stir until it is coated in the butter.

3. Add turmeric, bay leaf, cardamom pods, cloves, fennel seed and salt.

4. In a separate pot, boil water. Add boiling water to the mix in the saucepan. Cover with a lid; simmer on the lowest heat for 15 minutes. Do not stir in the meantime.

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



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— By Melissa Rawlins

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Whether young, old or in between, there comes a time when your body needs help standing tall and strong. Patients come to Lone Star Orthopaedic and Spine Specialists either because of an accident or injury or simply wear and tear to body parts they once could rely on.

“Since 2007, we have provided full-service orthopedic services from neck and back issues to hands, feet, knees and shoulders,” John A. Thomas, M.D., board-certified orthopedic surgeon and sports medicine specialist, said.

“We can take care of almost anybody and are blessed to be able to take care of people in our community.”

The newest doctor at Lone Star is Jeffrey J. Ratusznik, M.D., orthopedic spine surgeon, who began serving patients here in 2015. He joined a group of four specialists who have worked together since forging a tight-knit partnership between professionals sharing a common goal.

Lone Star benefits the community in many ways. They’ve recently begun hosting food drives for Harvest House throughout the year, and they continue to work with injured athletes from local high schools. The individual physicians are also involved in their own charitable activities.

Dr. Von L. Evans, Jr., M.D., board-certified orthopedic surgeon and sports medicine specialist, and Gurpreet S. Bajaj, M.D., board-certified orthopedic surgeon, recruited Dr. Thomas to come from Houston to help start the practice 11 years ago. Soon, they were joined by Dr. Christopher P. Werner, M.D., board-certified podiatrist. “I

can be confident in referring to my foot and ankle specialist partner,” Dr. Thomas said, “I know he’ll take good care of my patients, who are sometimes friends of mine, and that’s reciprocated amongst Lone Star’s different specialists.”

Lone Star’s spacious offices promote a beautifully flowing, one-stop-medical-shopping experience. Patients enjoy the in-house convenience of seeing their doctor, getting MRI scans or bone density measurements and performing physical therapy. With help from Kirstin Webster, board-certified nurse practitioner and bone health and osteoporosis specialist, the doctors at Lone Star actively screen at-risk and geriatric patients to see how fragile their bones are to help them prevent further fractures.

When surgeries are necessary, they are conducted in a variety of facilities in the Fort Worth area. The physicians at Lone Star have worked closely with nearby Huguley Hospital in order to advance orthopedic care in the community. “They have bought a robotic assisted technology, called Mako,” Dr. Thomas said. “Especially in knee and hip replacements, we’re able to be more precise and match the patient’s anatomy to the implant, which allows us to reduce their pain and allow them a shorter stay in the hospital.”

Lone Star’s full-service partners take a patient-centered, team-oriented approach. “We’ll talk to you to find out what you do, what your realistic goals are and what we need to do to help make those goals happen,” Dr. Thomas explained. “For instance, I tell my patients my commitment to their recovery and then set expectations for what they’re going to do. We map out each stage, guiding each patient to a full recovery.”

Lone Star Orthopaedic and Spine Specialists are ready to assist you. “We can give people their lives back,” Dr. Thomas said, “so they can do their work, exercise and play sports, or just chase their grandkids around.” **NOW**

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An Ozark Haven for Art and Architecture

— By Linda DeBerry

A forested hollow in the Ozarks may seem like an unordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.

Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and

built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40 minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.

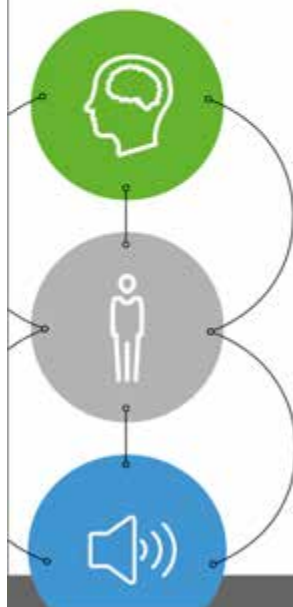
Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.

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Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a

permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little



to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

• *Organic Can Mean Simple.*

Depending on your location and soil quality, you may only need to put seeds in the ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.



• *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.



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Zoomed In: JoAnn Roark

By Melissa Rawlins

JoAnn Roark gets a pleasant surprise from her dog, Sam, who gives her kisses during lap time he has to share with the younger blonde, Gracie. JoAnn brought her dogs to the family room at Mustang Creek Estates, where a group of residents gather to make blankets and pillows for the dogs living at Second Chance Farm, a rescue for special needs dogs in Granbury, Texas.

JoAnn lived in Crowley with her husband, Bob, until about a year ago. "When Bob died, I thought Sam would give up," JoAnn recalled, "but I started giving him bouillon, with a spoon. After three days, he perked up!" His younger friend, Gracie, keeps him on the alert and gives him a dog to boss around. But it is JoAnn who benefits from all his affection.



Tatum McCord holds Maddy while shopping with her Mimi, Bobbi Berry.



Kenneth Nitcher, owner of 9Dime Metal Concepts, treats Patrick White, Brian Williams and Matt Whitby to lunch at Rio Mambo, where they installed the new kitchen.



Corbin Savoy, a volunteer at Crowley's Center for ASD, helps Chad Kennedy, right, and Patrick Dean, left, build their teamworking skills by starting a puzzle.



Crowley loves Sonny Lippincott, who recently celebrated his 80th birthday.



Jolene Barton and Annie Helton take great care of customers in Joshua's All Things New Resale Shop.



Two Johnson County Texas Master Gardeners, Noelle Schechter and David Walters, chat about grapes with Texas A&M Agrilife Extension Agent Michael Cook.



Vanessa Bonds has a great life with Zero, whom she adopted a year ago when he was the size that his head is now.



Tiffany Carlen Hurd and Melissa Rawlins enjoy girl time, a late afternoon meal and chat at Taste of Asia.

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Calendar

1, 15

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

2

Joshua Chamber Clay Shoot: 8:00 a.m.-noon, Alpine Shooting Range, 5482 Shelby Rd., Fort Worth. This fundraiser helps keep the Chamber alive and provide scholarships to seniors, fund community events and give help where possible. \$400 team entry. Register at www.joshuachamber.com.



3

Kiwanis Pancake Day: 8:00-11:00 a.m., Russell Farm, 405 West CR 714. At this \$6 fundraiser, enjoy all-you-can-eat pancakes served with sausage, milk, orange juice or coffee, plus old-fashion games, music, workshops, community gardens, wood carving demonstrations and tours of art galleries and the 1877 Russell House. 6 and under free. Bur888Kiwanis@gmail.com.

Mardi Gras Gala: 6:00 p.m.-midnight, Walnut Creek Country Club, 1151

Country Club Dr., Mansfield. In the true New Orleans tradition, breakfast is served at 11:00 p.m. after a VIP reception, casino play, silent and live auctions. Hosted annually by the ATHENAs to support charitable programs in Johnson County: www.athenasocietyofburleson.org/athena-gala/.

3 — 9

Revival: **Saturday:** 10:00 a.m.; **Sunday-Friday,** 7:00 p.m., Boulevard Baptist Church, 315 N. Burleson Blvd. Youth rally Saturday morning for singing and preaching plus a game truck, foot darts, bubbleball soccer, small basketball tournament, special singing and preaching. Everyone welcome nightly Sunday through Friday for special singing and preaching. Free. Contact chad@blvdbaptistchurch.org.

9

Senior Dance: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. The Cowtown Music Club plays. \$5 per person. (817) 295-6611.

10

Family Movie Night: 6:30 p.m., The LOT Downtown, 110 S. Main St. Mansfield. Watch Coco for free. Details at www.thelotdowntown.com.

20

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

Roots & Branches Genealogy Club meeting: 6:30-7:30 p.m., Burleson Senior Activity Center. Expert researcher Eric Jelle is the guest speaker

and there will be a Q&A, as well. Free. Call (817) 680-1933 for details.

21

How to Finance Your Small Business: 6:00-7:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Call to register: (817) 426-9211.



22

Crowley Area Chamber of Commerce Awards Luncheon: 11:30 a.m.-1:00 p.m., Crowley Recreation Center, 405 S. Oak St. Contact (817) 297-4211.

24

Bird Walk: 8:30 a.m., Bailey Lake, 280 W. Hidden Creek Pkwy.

Hosted by Wild Birds Unlimited of Burleson, the child-friendly morning stroll around Burleson's hidden gem is free but requires good walking shoes and comfortable clothing. A few binoculars will be available to borrow. For more information, contact Michelle Eder at burlapbirds@gmail.com.

First-Time Home Buying Workshop: 9:00 a.m.-1:00 p.m., Community Room, Burleson Church of Christ. Learn the secrets of buying your first home. Free. Sign up at www.eventbrite.com/e/basics-for-first-time-home-buyers-registration-42988667261.

Burleson Egg Hunt: 9:00-10:00 a.m., Russell Farm, 405 West CR 714. Join Joey the Easter Donkey for the second annual Easter egg hunt at Russell Farm. Joey will be ready to pose for pictures (bring your own camera) and lead in a petting zoo, plus more. (817) 426-9622.

Crowley Easter Egg Hunt: 10:00 a.m., Bicentennial Park. (817) 297-2201.

Aqua Daze: 10:00 a.m.-noon; Burleson Recreation Center. Dive in to hunt for Easter eggs in the natatorium. \$2. (817) 426-9104.



Bunny Daze: Noon-2:00 p.m., Hidden Creek Sports Complex. Egg hunts will be divided into age groups and there will be a special egg hunt for children with special needs and learning disabilities. (817) 426-9104.

27

Quarters for a Cure: 6:00-9:00 p.m., Guadalajara Hall, North Texas Jellystone Park. Benefiting Relay for Life. Mary Slaney, Community Partner, (682) 622-9326.

31

Vietnam Veterans Celebration: 1:00 p.m., Veterans Memorial Plaza. Hosted by Burleson Heritage Foundation and City of Burleson, the event commemorates March 29, 1973, the date that the last of the troops left Vietnam. (817) 426-9622.

Ongoing:

Wednesdays Through **April 15**
Free Tax Assistance for Seniors: 9:00 a.m.-5:00 p.m., Crowley Public Library, 409 S Oak St., Crowley. Appointments are recommended and can be scheduled in person or over the phone at (817) 297-6707.

Second Thursdays
American Legion Post 235 meeting: 6:00 p.m., Community Room, Burleson Police Department. Eligible Veterans are welcome. Contact R. J. Niznik, Adjutant. (609)-220-2721

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Breathe Deeply

— By Betty Tryon, BSN

One of the most overused words in the English language is *stress* — with good reason. Stress, a normal and necessary part of life, can lead to serious consequences if managed poorly. Stress is the body's response to meeting a challenge with enough energy, alertness and strength. A common way of understanding stress is to see it as the fight-or-flight response. For example: A danger is perceived, such as a car suddenly veering into your path. You immediately assess the situation and swiftly take defensive action. The fight-or-flight response can also be triggered by a circumstance that does not put your life in danger, such as nervousness about a presentation at work or a final exam at school. When that happens, stress hormones are released.

The heightened reaction on your senses caused by this explains why some people say they operate best under pressure. In that type of situation or to aid in removing one from danger, stress is good. Stress becomes harmful when the body does not settle down after the situation is over. Times of ongoing stress — financial problems, divorce, chronic illness, etc. — can cause stress hormone levels to remain high.

At the first sign of stress, the body springs into action

by releasing adrenaline (also known as epinephrine) from the adrenal glands and cortisol. These are your fight-or-flight hormones. They work to increase your heart rate, respirations, metabolism and dilate your air passages so more oxygen can be taken in to prepare you for action. They also contribute to increased alertness and increased glucose level in the bloodstream to give you energy to flee.

If you must meet danger head on, these hormones give you a fighting chance to meet that challenge. Under normal circumstances, once the challenge has been met, the body will go back to normal. Lingering problems, which cannot be solved quickly, will cause the hormones to stay in the body, creating all sorts of mayhem. This may be the cause of sleeplessness at night or feeling nervous or edgy during the day.

Stress is a part of life. You cannot always control what happens to you, but you can find some peace in determining how you respond. Yoga is a popular retreat for those seeking ways to stay calm in stressful situations. Exercise helps to work off a lot of tension. Give yourself a chance to start your day strong by getting a good night's sleep. If necessary, ask for help from a professional counselor or your spiritual adviser. Peace of mind and a healthier life are worth the extra effort. **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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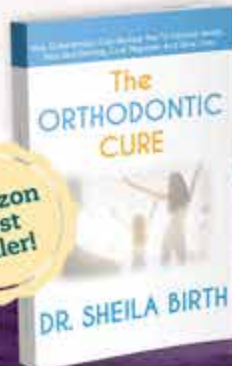
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