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### ON THE COVER



Angel Jenkins promotes pure positivity through Johnson County Roller Derby.

Photo by Sarah Clawson.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



### Editor's Note

Hello Friends,

There is truth in the saying, "If you would be happy, plant a garden." Deep satisfaction comes from digging in dirt and watching seedlings sprout. And our gardens filter the air others breathe and give passersby sweet spots on which to rest their eyes.

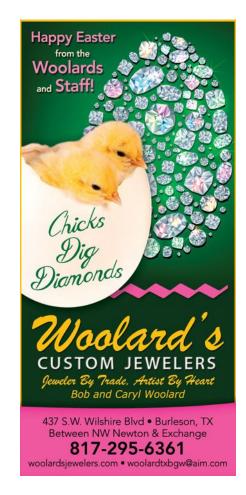
In honor of nature, many Americans celebrate Earth Day on April 22 — which is also Arbor Day, emphasizing planting of trees. In Burleson, the parks and recreation department, neighborhood services department and Keep Burleson Beautiful will give away free seedlings during

the city's annual Arbor Day ceremony on April 25. The next morning, volunteers from our community join forces during Burleson's Great American Cleanup/Don't Mess with Texas Trash-Off event, followed by feasting on free pizza in Warren Park. I hope you all have a chance to celebrate the loveliness of spring this month.

Happy Keep America Beautiful Month!

### Melissa

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







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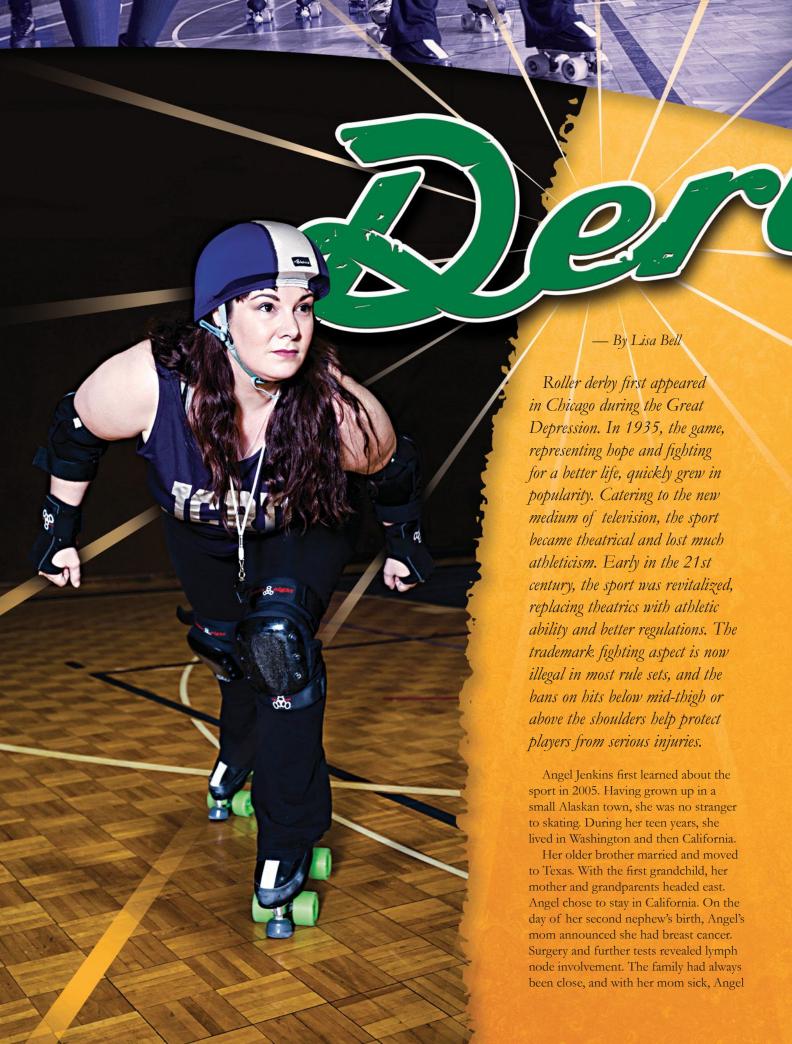
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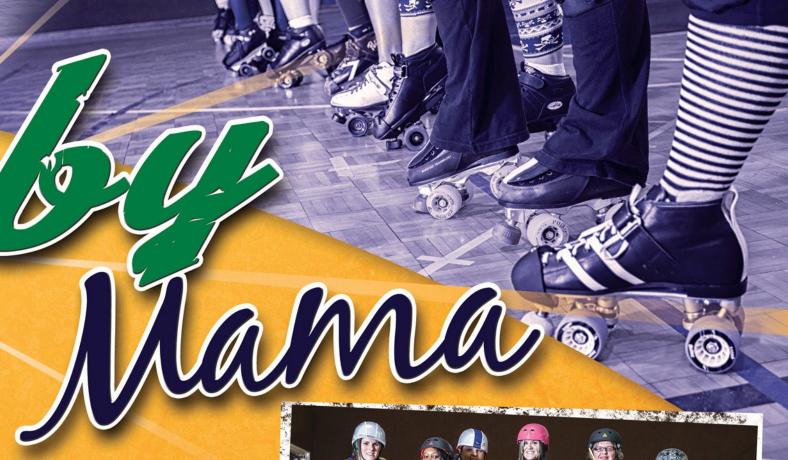


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moved to Texas. Her mom beat cancer, but it recurred and eventually moved into the central nervous system. During her mother's sickest days, Angel saw a roller derby show on A&E.

When her mom passed away, Angel connected with Dallas Derby Devils and began playing on the High Seas Hotties team in North Richland Hills. The first time she skated with them was an open session. At first, she felt wobbly, but in less than an hour, she was skating like a pro. Hooked from the beginning, she ached for the next practice.

Being back on skates felt good, but it didn't take away the pain of losing her mother. "She was only 44. I was 25," Angel said. "I felt cheated and made some bad choices. I tried to drink away the pain."

Drinking, although it solved nothing, did take her in a downward spiral and eventually, back to Seattle temporarily. During a phone conversation, Angel's grandmother said, "If they offer you a job, stay in Washington. We'll be fine, and you're doing well. You need to be near your dad's family." Her grandmother survived breast cancer at 42, and in spite of its later return and spread, Angel had no concerns about staying in Washington. Cancer treatments seemed



"I push myself To skate Better for my girls, and they push me."



Southern Oaks Golf Club in Burleson has changed, which is a direct result of the transfer in ownership for the Club in October 2013 to Mark and Angie Eddins, Burleson residents and co-founders of AngMar Companies, based in Mansfield. A lot of changes have been underway, including:

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to be working well. Two days after the call, her grandmother passed away at the age of 67.

Broken, Angel returned to Texas for a short time. During those weeks, she reconnected with Billy Jenkins. She knew him from her time with roller derby since he was serving as the head of security for Dallas Derby Devils. He wanted to know her better — she resisted, having no intention of staying in Texas. Nevertheless, Billy helped her move belongings into storage and even allowed her to use space in his Joshua home.

Angel left, blaming the state for her alcoholism. "It's easier to blame something else," she said. "I was an

alcoholic long before Texas." Returning to Washington marked a fresh start. In Seattle, she found God. "I've never been much for religion," Angel said. "But I was trying to get sober, so why not." She went to church with her aunt and cousin. The series, Road to Recovery, caught her off guard, and the message changed her life.

She also met Donna, founder of One World Roller Derby, during that



time. After about six months of a long-distance relationship, Billy proposed. She accepted, and moved to Joshua.

Angel rejoined High Seas Hotties, but the commute grew quickly tiresome. As she handed out promo flyers, she detected interest in having the sport at a local level. On April 1, 2013, the first practice in Johnson County took place in a church gym.

The birth of Johnson County Roller Derby (JCRD), a One World Roller Derby league, opened a door for Angel to give back to the community. Her goals include promoting positive body image, good sportsmanship and healthy social interaction. She drives the JCRD motto "skills before drills" and adheres completely to USA Roller Sports rules. Angel implemented off-skate warm-ups working on core strengthening, which also helps to prevent falls. As well, they practice falling small — learning to fall without being hurt.



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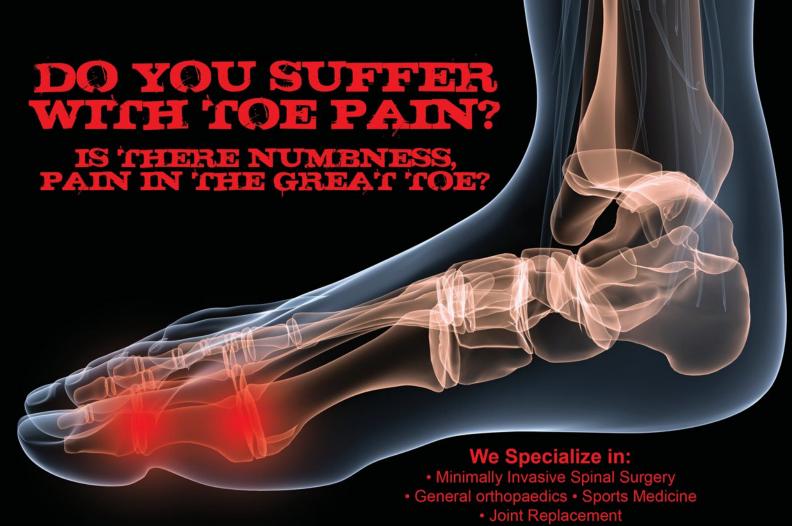


Through an amazing support system, Angel stopped drinking. "I wouldn't have everything I have today if I was still drinking," she said. "I've lost over 40 pounds. I push myself to skate better for my girls, and they push me."

The league consists of members ranging in age from 14 to late 40s. Skaters from beginning levels to those experienced in skating and roller derby find a place. The more advanced members help Angel coach. Perhaps one of the greatest benefits comes from women and girls developing healthy relationships with each other, a sisterhood among some who never enjoyed close friendships with other girls before.

JCRD isn't just about roller derby. Angel supports a zero tolerance policy against bullying and negative talk about other skaters or themselves. The younger girls dubbed her Derby Mama. Angel and Billy are expecting their first child in late October. "If motherhood feels anything like watching my skaters grow, progress, get stronger and healthier, then I welcome motherhood with open arms," she said.

A baby itself, JCRD is growing. Angel uses positive coaching techniques coupled with tough love. She doesn't accept excuses but gently pushes her derby girls to improve while leading by





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example. Angel loves the sport. Healthy competition, with high-fives at the end of practice, thrills her.

The league currently meets for practice on Tuesdays and Thursdays each week from 7:00 to 9:00 p.m. at Uprising Church. They are outgrowing the space as skaters improve and pass skills tests required to form a team and compete in bouts.

Angel's dream is to have a larger space where the league can expand to include teams for men and juniors, as well as partnerships with other roller sports. "The possibilities are endless," she said, her eyes sparkling. She envisions giving back to the community in a number of ways. As JCRD turns one year old this month, she's already begun working toward that goal.

For those interested in roller derby, but shying away from the prospect of receiving a hit from someone, the league always needs off-skate volunteers in addition to the "derby widows." Angel hopes someday to have rivalries between derby teams much like those of football. "My name's on legal documents, but it's not my league," she said. "It belongs to all of us."

Roller derby is the fastest growing sport in the world today, and the only one that requires a team member to play offense and defense at the same time. Derby Mama may lead the way, but as others catch her passion, the sport may roll into something bigger than anyone imagined, changing lives for better in the process.

Editor's note: For more information visit nww.jcrollerderby.com or connect on Facebook.

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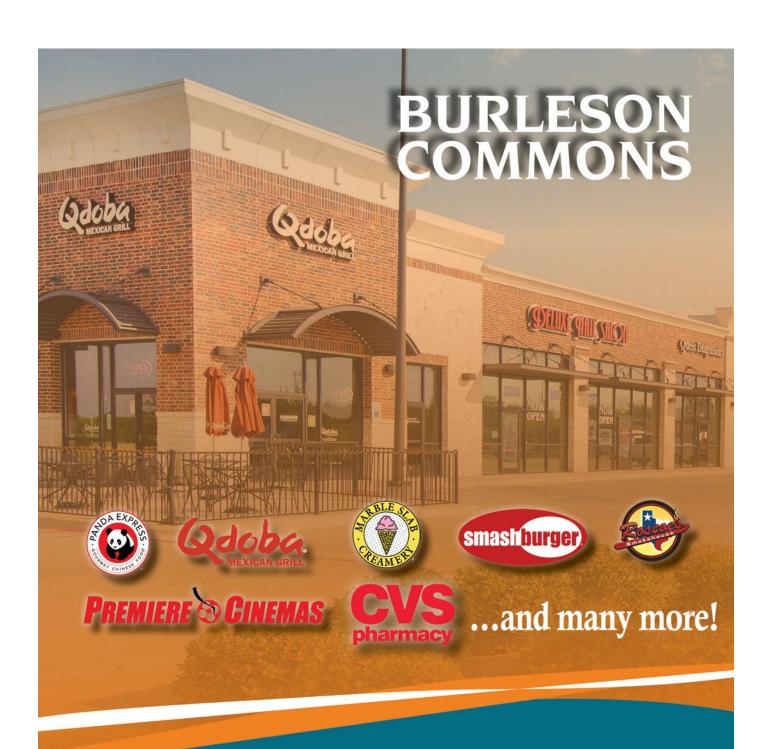
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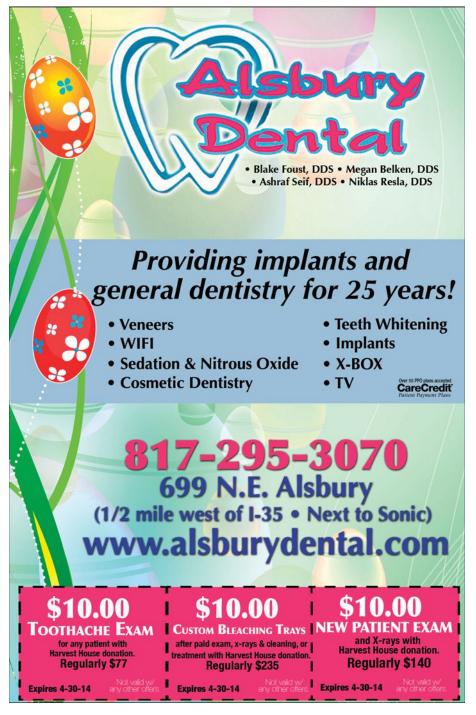
Adventist University in Keene, Texas. He worked with children in Johnson County as a Child/Adolescent Interventionist with MHMR. He provided counseling to adjudicated youth who were going through the legal process of resolving a dispute.

# "I'VE TRIED TO ACCOMPLISH A SENSE OF SERVICE AND A MISSION THE KIDS CAN GRAB HOLD OF."

When Norman met his wife, Robin, and her children, who lived in Louisiana, he moved there and sold insurance. "Baton Rouge is a great city, and selling insurance was totally different," Norman said. "But I had a family and a way to support them." During that time, Norman always felt called to minister. He filled in for pastors at local churches occasionally. Once, the pastor at Denham Springs Seventh-day Adventist Church asked Norman to consider becoming the pastor when he moved. Norman said he was like Jonah and did not want to do









it. Then, Hurricane Katrina hit, and so many people were misplaced. "I started doing a Bible study with evacuees. One man told me, 'We needed a Jonah." Norman said those words always stuck with him. When the pastor from Denham Springs asked Norman a second time to consider becoming the pastor, Norman knew God was calling him to minister at the church. Norman accepted this time. While at Denham Springs, the congregation grew over four-fold.

Denham Springs is about 15 miles from Baton Rouge. When a teacher/administrator position became available at Baton Rouge Adventist Christian School, Norman included that in his life. He preached and taught for about six months. "It was a very busy time," Norman said. "I had to let go of one responsibility. I chose to keep education." This is when Norman began focusing on teaching students about community service projects that reach people in need.

"The verse that has always driven me," Norman said, "is I Thessalonians 5:15: Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other." Norman was at Baton Rouge Adventist Christian School for four-and-a-half years, until he came to Keene for a principal's workshop. He heard about a job opening for a principal at Burleson Adventist School. "Robin and



### "I GUESS I'M GROWING AN ARMY OF DO-GOODERS."

I prayed about it. Our oldest, Steven, was going to be in Keene at Southwestern Adventist University anyway," Norman said, "so it made sense to us to move."

Community service projects that focus on others have been Norman's mission and passion at Burleson Adventist School. The school motto is: "We are His hands," and Norman finds many opportunities for students, parents and families to show they care through fundraisers and hands-on experiences. The Harvest House in Burleson benefits from a food drive students participate in every year around Thanksgiving. They have been one of the top five donors for the last couple of years, helping Harvest House provide temporary and emergency relief to the surrounding community with food, clothing, financial aid, training and education. An annual Math-A-Thon raises awareness and money that is donated to St. Jude Research Hospital. Students gather toys and needed items to fill shoe boxes at Christmas. These boxes are sent to a Navaho reservation.

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Students and parents also give of their time in the community when they see a need. After the tornado in Cleburne, students and their families helped clean up.

Students also collect socks to donate to the Harvest House, which operates a storehouse open to clients who may shop free, or at a reduced rate. "People don't realize how the simplest things are important. Kids can get involved and make an impact," Norman said. "We have the best parents, too. They're driven and supportive, and that creates a sense of community in the school.

"I've tried to accomplish a sense of service and a mission the kids can grab hold of," Norman explained. "Parents play an integral part in that. They volunteer and help their children see how home and school can work together for the good of the community. I guess I'm growing an army of do-gooders."

Norman recalled one of his best days after helping the tornado victims in Cleburne. A student said, "Thank you for giving us the opportunity to help." Norman is passionate about instilling an appreciation to serve others in his students. He believes training students and enabling them with opportunities will create a stronger community in the future. His training is being embedded into their hearts, and it shows. After some students helped in Cleburne, they went home and told their parents they wanted to go back and continue to be involved.











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Norman was inspired that his students wanted to be a light for others to see on their own time. "We are here to help each other," Norman said. "And through helping, others can see Jesus in us."

Another student showed great interest in the Math-A-Thon. "Something about helping the cancer patients at St. Jude inspired one fourth-grader," Norman remembered. "He raised over \$500 the first year and did even better the second." Norman realizes he may never know the full impact of the good deeds his students perform, but he is confident they are drawing people to Jesus.



### "PEOPLE DON'T REALIZE HOW THE SIMPLEST THINGS ARE IMPORTANT, KIDS CAN GET INVOLVED AND MAKE AN IMPACT.

Sometimes the students need some incentive to meet goals. Last year, items for the food drive were running short. Norman motivated the kids by telling them that he and another teacher would dress up like Elvis and give a little concert, if they met their goal. Needless to say, the students came through and supplied the food, and Norman and the teacher supplied the fun.

Norman will spend a lifetime serving others and teaching others, formally or by example, to do the same. "I would like to see my first kindergarten class at Burleson Adventist School graduate," Norman said. "It is more than a school. It's a family." NOW



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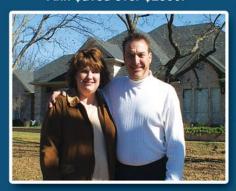
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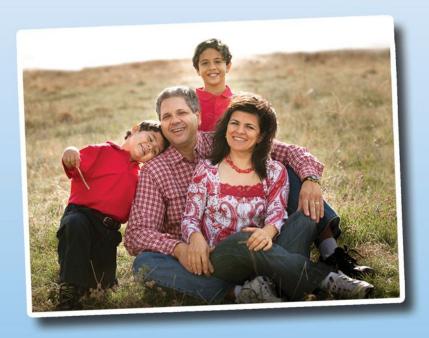
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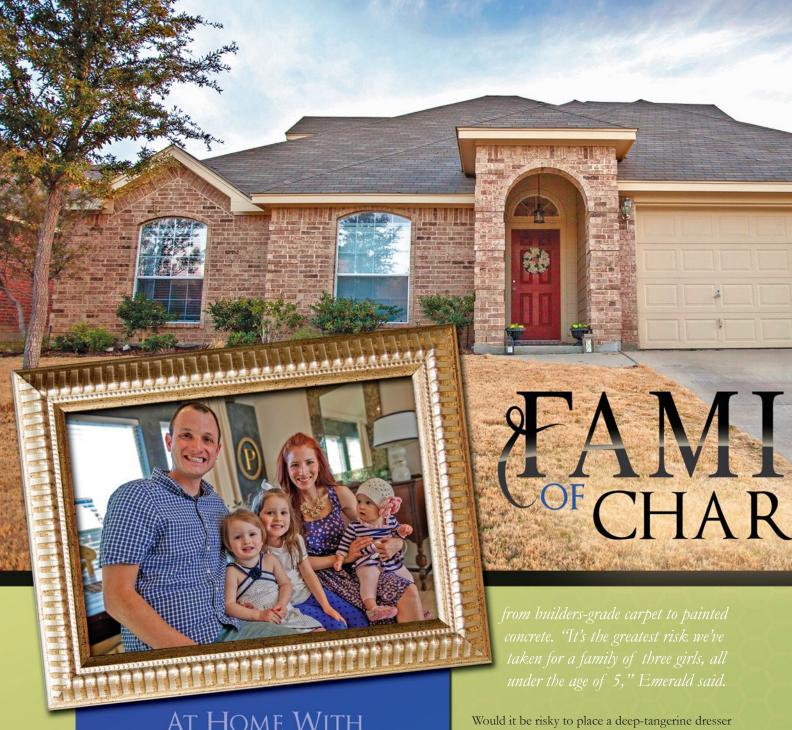
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AT HOME WITH
BRANDON AND EMERALD
PITTMAN

Five years ago, Brandon and Emerald Pittman purchased a home for their family to grow in. As the children came, so did a need for renovations — which Brandon has done beautifully. Their most recent dramatic change was their living room floor, taken

Would it be risky to place a deep-tangerine dresser in the nursery of a child named Clementine? How about painting a wall of your middle daughter's room with a bit of sandless grout mixed with black paint to create a chalkboard that your daring, darling Scarlett will take full advantage of? Or what about hanging a chandelier that came from your mother-in-law's home

in the hallway between all the other bedrooms? Emerald saw these bold moves as simply logical.

And Brandon wouldn't have it any other way. He loves watching his wife's style slowly fill out their home. The operative word, however, is slowly. "I don't like much change," Brandon said. "I like being comfortable, so I kind of limit the major renovations to one room per year. The bathroom is the last room we did, and the next will be the kitchen."

Currently, the kitchen walls are peachy mocha, except for one section made into a chalkboard for the girls. Emerald intends



to paint the kitchen walls creamy white and paint the dark cabinets white above the counters and grey below. "To have Dorito-colored fingerprints all over white cabinets would be crazy," laughed Emerald, who taught elementary students in Crowley ISD before becoming a mother. Little by little, she and Brandon built their home.

"At first, it was just me and Emerald," said Brandon, a chemist who works at Alcon. "We both got our jobs after graduating from The University of Texas at Austin in 2005. We got Penelope in June of 2009. Then we furnished the home. At first, we sat in our little lawn chairs in the living room. I don't think we had a couch for three or four months."

Their daughter had been in day care for a year when Emerald decided she wanted to stay home. "It was hard for me, going back to work," she said, crying as she added, "having to drop her off at day care and then spend a long time away







from her."

Now, all her time is spent nurturing and guiding her daughters. "I see the importance of teaching my girls to clean up after themselves in an effort to help keep our home clean and somewhat uncluttered," Emerald said. For fun, Emerald renovates furniture she finds at garage sales, thrift stores and on Craig's List and redecorates portions of her home.

Two examples of Emerald's impressive creativity are displayed

in the kitchen atop the antique sideboard her mother gave her. "The two lamps were my great-grandmother's, given to me by my dad," Emerald said. "I found two lampshades at Goodwill and added black ribbon to them." Ta-da!

Energy comes from caffeine in the morning, after Brandon has left for work. "I try to exercise to get some endorphins going," Emerald said. "I don't want to sit on my hiney and watch *Ellen* all day. My mom or dad told me, once, "There is enough time to sleep when you're dead." You must go, go, go!"









# EASTER

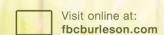
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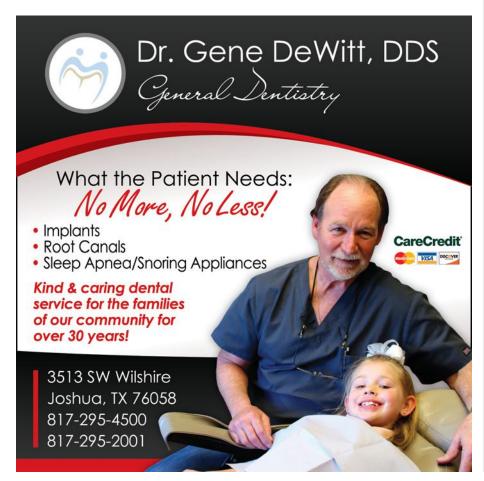


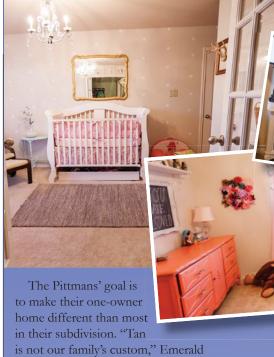
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is not our family's custom," Emerald said. "I want our home to be unique and reflect us. That means a pink room has to be in the house. If we don't like it in two years, we can change it."

When Emerald refreshed the nursery in preparation for Clementine's arrival, she was well into her pregnancy. "I mixed three different colors of random paint that I already had in a big bucket," Emerald recalled. "I got it done that day. Brandon came home and said, 'What did you do?" They found a dresser at Antique Alley, and Emerald refinished it with a tangerine-colored paint well before naming their newborn. Adding a chandelier from Lowe's only made sense, and everything was tied together by hanging a tapestry containing both tangerine and sage — a color similar to the sea foam green Emerald used in the adjoining hallway. The sleigh crib was used by all three girls, and has been white for all three.



"Everything in our home is DIY and cheap," Emerald said. "My focus is always the cheapest way to do what I like the best." Significantly cheaper than putting down new carpet, for instance, was the transformation of the living room floor.

"With little kids and our small dog, Lionel Richie, it was impossible to keep clean," Brandon said. They would ultimately like laminate hardwood floors, but for now, Brandon and his father simply ripped out the old, child-

extra concrete, cleaned it up with a rented sander and then painted it matte white. "It was very simple, and now this floor is so easy to clean." She sweeps, he mops, and sometimes she kneels down to spot clean with a rag. Either way, they are pleased with their carefree living room furnished with pieces found over time at garage sales. "I like that we're using the credenza as a TV stand."

stained carpet, along with the tacks, smoothed the floor out with a little

Brandon also likes their master bedroom, with its cool tones and cattle hide on the floor. The room's pleasing mix of feminine with masculine is due to the combination of wood grains and whites. To the right of the bed stands a big chest Brandon's mother bought at a garage sale. Originally painted blue, Emerald distressed it. Across the room, an antique vanity, once belonging to Emerald's great-grandmother, still has the original mirror. "How neat is that," she asked, "to have something my great-grandmother looked in while getting ready?"

Other antiques in the house include the chest of drawers and white iron bed in Penelope's room and the old dresser in Scarlett's room, where giraffes form a theme. Emerald likes animals, including deer. Her father is a hunter, so she collects antlers. "All the antlers in our house came from my dad, and each girl has a pair. Scarlett's is above the window and Penelope's is above her bulletin board where she hangs her pictures," Emerald said. The antlers seem to fit right in with the pale, icing-pink walls with white tissue paper flowers on the wall above the bed.

Call this house eclectic. Call this home risky. Call this a family of character!





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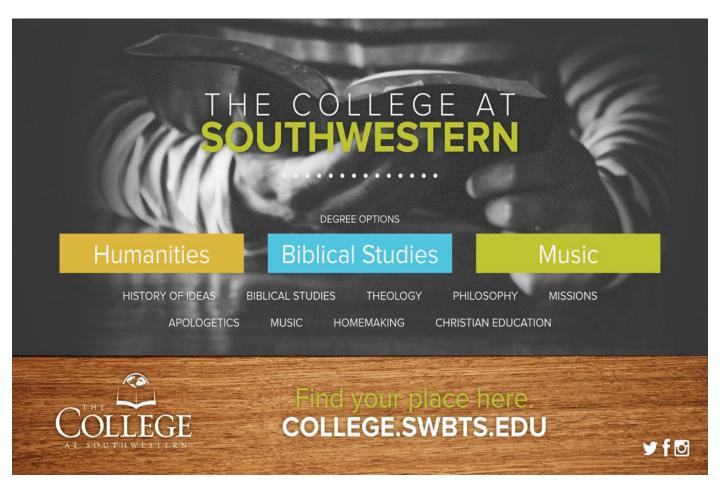
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# ACLASSY HOOD

When it comes to home improvement, most people believe you have to spend a large amount of money to make much difference. The reality is, some of the projects with the most impact on your home have the least impact on your wallet. One such project around my house involved replacing an over-the-stove microwave cabinet with a custom hood for the range for less than \$50.

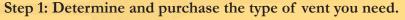
The inspiration for this project came from a beautiful range hood I saw online. As beautiful as this range hood was, the price was not. The cost of this particular range hood was around \$700. With a few materials, you can create a similar hood for a fraction of the cost.



#### What you need based on a 16-inch range hood:

- 1 4 ft. x 8 ft. birch plywood panel: \$10.67
- 1 1 in. x 2 in. x 8 ft. support board: \$2.61
- 1 1 in. x 3 in. x 8 ft. pine board (for top front facing): \$5.43
- 1 1 in. x 4 in. x 8 ft. pine board (for bottom front facing): \$8.64
- 2 8 ft. lattice pieces: \$7.28
- LIQUID NAILS construction adhesive: \$2.52
- 8 ft. trim pieces (quantity and style based on personal preference): \$8.52 Vent: N/A

Total: \$45.67! Note: The cost of the vent is not included in the project costs as it varies by make and model. Also, this cost doesn't include the crown molding. I was replacing all of that on my cabinets anyway, so I already had it on hand.



Depending on the type of venting currently provided by your microwave, you will either need a recirculating vent or an external vent. A recirculating vent takes air, steam or other materials, passes them through a filter and reintroduces them into the room as fresh air. An external vent takes these same materials and removes them to the outside of your home using a venting system. For my particular situation, I needed a recirculating vent. To determine the correct size, measure the width and depth of your space, subtract approximately 4 inches from the depth and width and use that number as a guide.

Note: You do not want a vent the width of your cabinet, because you will be unable to build a box to hold it.







## Step 2: Remove the existing microwave and cabinet structure.

Note: Before beginning this project, move your stove so it does not get damaged.

After removing the microwave, remove the cabinet doors. Next, remove the bottom of the cabinet, as well as the front support piece. If your cabinets are individual units, you can simply take the cabinet off the wall. In my situation, the

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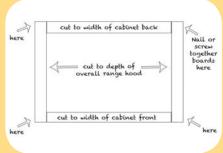


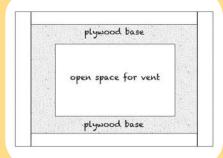
middle cabinet was a part of a single cabinet unit.

## Step 3: Determine the depth of your range hood.

Most range hoods have a depth between 16 and 24 inches. The size you pick will be based upon your preference, but generally you want to make sure it extends far enough to partially cover your front burner.

## Step 4: Build a box for your vent.





Measure the width of your cabinets in the front and the back. (They should be the same, but can be off by about 1/2 inch.) Cut two support beams to this width. Next, cut two support beams to the overall depth you decided on for the range hood. (For me it was 16 inches.) Attach the supports together, creating a box frame. Do this outside of the cabinet space (in your workshop).

Next, cut a 3/4-inch thick piece of plywood to the overall width and length of the finished box frame. Set the vent on top of the plywood and draw an outline. Cut out the outlined section. Attach the plywood to the bottom of the box frame.

#### Step 5: Attach the vent.

Attach the box frame to the cabinet. Attach the vent to the supports. (Your user's manual should suggest the best way to do this.) Install the vent, i.e. plug it in, attach the outside venting, if needed, etc.)

## Step 6: Create the front facings and supports.

Using the 1 in. x 4 in. x 8 ft. pine board, create the front facing for the



bottom support. The front facing should be roughly 1/2 inch longer than the support and should be mitered to 45 degrees on both ends. Next, measure the amount of exposed supports on the side and cut front facing for each side (continuing to use the 1 in. x 4 in. x 8 ft. pine board). Miter the edges. Attach the facing to the support using a nail gun.

Using the 1 in. x 3 in. x 8 ft. pine board, create the front facing for your cabinet frame. (The top face front should be the same length as the bottom face front and should also be mitered at the ends.) Depending on how far the top face front sticks out, you will need to cut side face fronts for the upper section as well using the remaining 1 in. x 3 in. x 8







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ft. pine board. Attach the facing to the support using a nail gun.

Measure the length between the top and bottom face front, and cut three support beams to that size using the 1 in. x 2 in. x 8 ft. support board. Attach them to the back of the face fronts using a nail gun. (I mitered the ends of the boards, so they can be attached just behind the face fronts.)

After adding the supports, measure the open area from the outside of the left support to the outside of the right support and from the top face front to the bottom. Using these measurements, cut out a plywood square. Attach the plywood to the supports using a nail gun. Because the hood is slanted, the plywood should sit right behind both the upper and lower face fronts.

Next, determine the angle of the side pieces. For lack of a better option, I folded a piece of cardboard over the side and then cut the cardboard to size. Trace out the pattern on a piece of plywood and cut. Attach side pieces to the supports using a nail gun.

## Step 7: Add the finishing touches.

After attaching the sides, sand the entire range hood. Next, cut two pieces of lattice to the width of the center plywood area, making sure to miter them on the edges.

Measure the length between the upper

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and lower lattice pieces and cut five pieces of lattice to this length. Attach in equally spaced segments across the front of the plywood. Make sure you have a piece of lattice on each edge — this will help disguise those imperfect side pieces.

After caulking and filling in the nail holes, sand, prime and paint. That's it! Total time, start to finish was about four hours.

Editor's note: For more information, please visit: www.therozyhome.com/2013/09/26/custom-range-hood-for-less-than-50/.





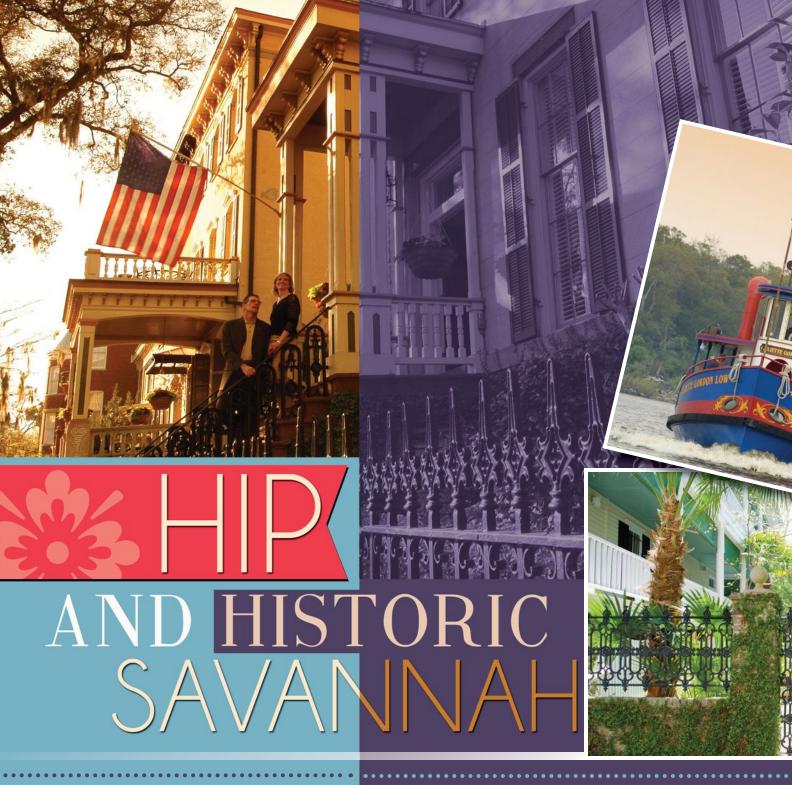












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Savannah's quaint bed-and-breakfast inns and upscale hotels offer comfortable options for resting up before another day of exploration. Savannah grew up to be a bustling port famed for exporting cotton, and a city of culture whose architecture blended a variety of styles still in evidence — Federal, English Regency, Greek Revival, Gothic Revival, Italianate, Romanesque Revival and Queen Anne.















In a study published by the Savannah Historic Foundation, one of the most admired preservation groups in the country, more than 40 percent of 2,500 buildings inventoried in Savannah had architectural or historical significance.

Today, Savannah invites well-versed, influences like the Savannah College of Art and Design and the City Market artist colony make Savannah's Historic District the perfect artist's muse. Antique shops, galleries and gift shops full of handcrafts pepper every corner of the district and River Street. Explorers find that Savannah is a city of romance.

As one of only a handful of cities in America that allow al fresco cocktails, Savannah offers an unforgettable night out. If you're walking on foot north of Jones Street, any Historic District bartender will pour your drink to go. A moonlit carriage ride is the perfect beginning to a romantic evening of a candlelit meal followed by a musical, play, opera or comedy at one of Savannah's three performance theaters.

adding spice to life. The holidays are always spectacular in Savannah with and the Savannah Harbor Boat Parade Jr. Observance Day Celebration and St. Patrick's Day Parade are legendary. Throughout March and April, the Savannah Music Festival features some of Fall gatherings, like the Savannah Food and Wine Festival and Savannah Film

















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Mechelle Davis, Heather Proux, Becky Langbein, Tara Crane and Katie Brelsford offer TLC for customers like Jett and Lily Lightfoot, who appreciate accessories from the trendy boutique.

# Doing Dirty Work

The Happy Tails team loves making animals and their owners happy! — By Melissa Rawlins

In the great, big play yard near Becky Langbein's kennel on Rendon Road, romping dogs inspired the name of her business: Happy Tails. Here, Becky boards any animal you need to be lovingly cared for. She even takes snakes, if you bring them contained, and pit bulls are cared for in facilities separated from the other dogs. Happy Tails provides bright, airy, open and clean boarding. Bedding is provided for your animal's comfort, and quality food is served twice daily before exercise time.

"I've boarded my dogs there, because they take really good care of them," said Mechelle Davis. More than a dog lover, Mechelle is shop manager and dog groomer at Happy Tails Too, which Becky opened six years ago near Old Town. This onestop shop allows people to do boutique shopping for their pets,

as well as receive specialized grooming and bathing of all breed dogs, cats, birds and exotic animals.

Mechelle sends customers from Happy Tails Too to Happy Tails' original location for two reasons: First, if that animal is large enough to require a sizable, clean environment in which to wait for their owners, and second, if that pet needs sedation or simply attention for a skin, heart or diabetic issue, since there is a vet right next door to Happy Tails Complete Pet Care. At both locations, groomers accommodate owners' desires — even painting dogs, giving them Mohawks or affixing feathers to their hair.

For everyday grooming and bathing of most cats and dogs, Happy Tails Too does the dirty work for you. Sarah, Jett,

#### Business NOW

Heather, Mechelle and Becky chat about their customers on a first-name basis, and nobody would know they're dogs. After several trips to Happy Tails, the animal trusts their groomer's compassion, and the groomer knows the customer's personality, quirks and all.

"Dogs have more than idiosyncrasies," Becky said. "It's our job to educate the owners about the health and well-being of these pets. A lot of people do not notice what we are able to show them — everyday things requiring treatment like ear or skin problems, flea infestations or ingrown toenails." Becky and her team also require proof of all vaccinations before they will groom dogs. "Dogs can catch an illness from being around other dogs, just like a kid at day care," she said.

"They need to have certain vaccines against airborne upper respiratory viruses like kennel cough, canine flu and distemper."

# Happy Tails provides bright, airy, open and clean boarding.

In the grooming shop, Becky's team gently handles geriatric dogs and specializes in hand-scissoring Bichons, Pomeranians and Poodles. They also keep the bathtubs, floors, blow-dry stations, cutting platforms and kennels clean and welcoming for their furry clients. Persian cats are often brought in for the Lion Cut, which keeps down the shedding. Chows are also pampered at Happy Tails Too, where the particular people who care for the heavy-coated dogs take pleasure knowing they are preventing these animals from suffering in the Texas summers.

It's not easy making animals happy, and their owners are just as picky about the result. For Mechelle, each pet has its way of thanking her for helping it feel better. "That right there is enough for me."







## Around Town NOW



Joshua Detective Josh Lyon with his wife, Heather, and their son, Hudson.



Grace Algton gets private lessons from Artist Motion Dance Academy owner Angela McCord-McGarity.



Tony Pressgrove is a charter member of Little Free Library. Take a book, return a book. Library is on Mesa Vista in Crowley.



Morgan, sister Maggie, and mom Carolyn Haught, get their baby ducks for Easter at Tractor Supply in Burleson.



Relay For Life organizers Amanda Braudaway and Keegan Blackstock prepare for a spectacular event on behalf of cancer survivors.



Wood carver and chainsaw artist Jason Emmons demonstrates his trade of carving an eagle.



Kate McBride checks her tips after serving frito pie at Stubby's during the Fort Worth Stock Show and Rodeo.



Sean Hunt and Nicky Danelski congratulate Jerry Middlebrook on completing restoration of his candy apple red 1929 Ford Tudor sedan.



Burleson Chamber Ambassadors hold a ribbon cutting for Burleson Outdoor Power Equipment.



Burleson Ministerial Alliance supporters David and Carolyn Miller, with Brother Hank Hoaldridge, get ready for National Day of Prayer.





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## Follow "Tax-smart" Investment Moves

With tax season upon us, it's time to focus on your tax return, which is due on April 15. As you work on your return, you may see some areas in which you'd like to make some changes for 2014 and beyond — and one of these areas may be your investments. Specifically, can you find ways to become a more "tax-smart" investor?

You may be able to benefit from taking the following steps:

- "Max out" on your IRA. Depending on your income level, you may be able to deduct some or all of your contributions to a traditional IRA. And your earnings can grow on a tax-deferred basis.\* (Roth IRA contributions are not deductible, but your earnings and eventual distributions will be tax-free, provided you meet certain conditions.) You can contribute to your IRA for 2013 right up until the tax-filing deadline on April 15. And for 2014, the annual IRA contribution limit remains at \$5,500 (or \$6,500, if you're 50 or older).
- Boost your 401(k) contributions. You generally contribute pre-tax dollars to your 401(k), so the



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## Feeling like you

## paid too much in taxes this year?

This year, evaluate whether you can benefit from:

- 1. Tax-advantaged investments. If appropriate, consider tax-free municipal bonds to provide federally tax-free income.\*
- 2. Tax-advantaged retirement accounts. Consider contributing to a traditional Individual Retirement Account (IRA) or 401(k) to help lower your taxable income.
- 3. Tax-advantaged college savings accounts. Contribute or gift to a college savings plan for you children or grandchildren.

\*May be subject to state and local taxes and the alternative minimum tax (AMT).

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult with a qualified tax specialist or legal advisor for professional advice on your situation.

Call or visit today to learn more about these investing strategies.



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#### Finance NOW

more you put in, the lower your taxable income. (Depending on your employer, you may even be able to make Roth contributions to your 401(k) plan.) So, every time your salary goes up, you may want to consider increasing your 401(k) contributions. For 2014, you can put in up to \$17,500 to your 401(k) or other employer-sponsored plan, such as a 457(b) or 403(b). If you're 50 or older, you can add another \$5,500 on top of the contribution limit.

- Consider tax-advantaged investments. If you can afford to put money away even after you've reached the limits on your IRA and your 401(k), you might want to consider other tax-advantaged investments. For example, you may be able to benefit from investing in municipal bonds, which provide interest payments that are free of federal taxes, and, in some cases, free of state and local taxes, too. (Some municipal bonds may be subject to the alternative minimum tax.) Another investment possibility is a fixed annuity, which offers tax-deferred earnings growth. Your financial and tax advisors can help you determine which, if any, tax-favored investments may be suitable for your individual needs.
- Avoid frequent buying and selling. Many people constantly buy and sell investments, hoping to boost their returns. Such frequent trading is usually ineffective, however - and it can also be "taxing." If you sell an investment you've held for one year or less, you may have to pay the short-term capital gains rate, which is the same as your ordinary income tax rate. But when you sell an investment you've held for more than one year, you'll be assessed the more favorable long-term capital gains rate, which will be 15 percent or 20 percent, depending on your income level. So, as you can see, you have a real incentive to be a "buy-andhold" investor.

Generally speaking, taxes, by themselves, shouldn't drive your investment decisions. Instead, you should focus on an investment's suitability for your risk tolerance and long-term goals. Work with your financial advisor and tax professional to see how you may be able to make progress toward your objectives and still keep control of your investmentrelated taxes. NOW

\* Taxes are due upon withdrawal and withdrawals prior to age 59 1/2 may be subject to a 10-percent IRS penalty.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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.













#### April 3, 10, 17, 24

A Matter of Balance classes: 1:30-3:30 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Sponsored by the Area Agency on Aging of North Texas and Texas Health Resources. RSVP (817) 426-9207.

#### April 4, 11, 18, 25

Stars in the Park: 7:30-9:00 p.m., Stage Pavilion, 900 E. Glendale St. City of Crowley Spring Concert Series welcomes you to bring lawn chairs, blankets, friends and family! Call (817) 297-2201, ext. 4300.

#### April 8

SPARK Worldwide Fifth Annual Gala: 6:30 p.m., Cendera Center, 3600 Benbrook Hwy., Ft. Worth. Help restore hope to orphans in our own community as well as overseas. Contact (817) 229-7610.

#### April 10

Spring Quarterly Luncheon: 11:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church. State of the State Address from State Representative Rob Orr and State Senator Brian Birdwell. RSVP to (817) 295-6121.

#### April 12

Be Healthy Community 5K and Fun

Walk: 7:00 a.m., Bartlett Park, 550 N.W. Summercrest Blvd. Walk free; 5K \$20 in advance. (817) 426-9682.

Johnson County Master Gardeners Spring Plant Sale: 9:00 a.m.-3:00 p.m., Sheriff's Posse Rodeo Grounds, 1315 S. Main, Cleburne. View perennials online, www.jcmg.org. Contact (817) 556-6370.

City of Crowley Easter Egg Hunt: 10:00 a.m., Bicentennial Park. Call Julie Hepler, Community Services Administrator, (817) 297-2201, ext. 4300.

Bunny Daze: Noon-2:00 p.m., Bartlett Park, next to the BRiCk. Free, hosted by City of Burleson. Carnival games, face painting and the Easter Bunny. Egg Hunt starts at 1:30 p.m. Call the BRiCk at (817) 426-9104.

2014 Relay For Life: Noon-midnight, Kerr Middle School. Fundraising for American Cancer Society while remembering those who have battled cancer. Keegan Blackstock, (817) 480-2206.

#### April 14

18th Annual JACC Golf Tournament: 9:00 a.m., Mountain Valley Country Club. Shotgun

start for individuals (\$110) or teams (\$375); support Joshua Area Chamber of Commerce. Register by calling (817) 556-2480.

#### April 17

28th Annual Burleson Spring Meet for Special Athletes: 9:00 a.m.-1:00 p.m., Elks Stadium. Fun and games for athletes ages 5 to 21. Rain date is April 25. Call Mattie Foster, (817) 504-7110.

#### April 25, 26

Cowboys for Kids: **Friday**, 5:30 p.m., Diamond W Arena, 8901 E. Hwy 67, Alvarado; **Saturday**, 11:00 a.m.-1:00 p.m. and 6:00-10:00 p.m., Sheriff's Posse Grounds, Cleburne. Children's Advocacy Center. (817) 558-1599.

#### May 1

National Day of Prayer: 6:00-7:30 a.m., St. Matthews Cumberland Presbyterian Church. Burleson Christian Ministerial Alliance invites all to join in "One Voice, United in Prayer." Free breakfast. (817) 295-2191.

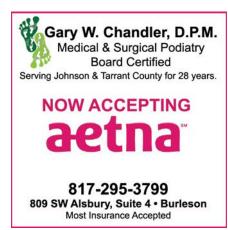
Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com







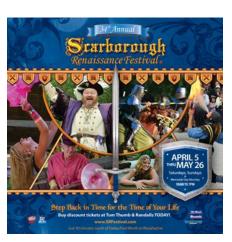
















## In the Kitchen With Flora Walker

— By Melissa Rawlins

Flora Walker still has her mother's designated biscuit pan, which they used during the summer of her sixth year. Standing in a chair to help prepare two full meals every day for her dad, Flora and her mother cooked garden-fresh vegetables with bacon grease and made the biscuits and the cookies from scratch. Flora became a mother and continued cooking from scratch.

Her children are grown, and live in Burleson and Benbrook with children of their own, so Flora tries to cook at least once a week for them. "Lasagna, chicken pot pie, stroganoff and enchiladas are some of their favorites," said Flora, who has watched her hometown grow from a small, country town with a lot of farms to the place where her roots are firmly planted.

#### **Chicken Pot Pie**

1 stick butter
Salt and pepper, to taste
3/4 cup flour
1 1/3 cups milk
4 cups chicken broth
1 4-oz. jar chopped pimentos, drained
1 cup carrots, sliced
1 cup green peas

#### Crust:

1 cup shortening3 cups flour1 1/2 tsp. salt9 Tbsp. water

**1.** Melt butter in large pan; add salt, pepper and flour. Add milk, slowly; add broth.

**2.** Cook slowly, stirring constantly until thickened. Add pimentos, carrots and peas.

**3.** Pour into 9x13-inch pan.

**4.** For crust: Mix shortening into flour and salt until clumps form. Work in water until doughy, being careful not to overwork. Roll into a 9x13-inch rectangle. Place crust over filling

**5.** Bake at 350 F for 20 minutes, or until crust is done.

#### Lasagna

I lb. ground chuck
I tsp. salt
I tsp. black pepper
I 28-oz. can diced tomatoes
I 6-oz. can tomato paste
I clove garlic, chopped
2-3 oregano branches
I cup fresh mushrooms, sliced
I/4 cup onion, chopped
I Tbsp. parsley
I bell pepper, diced

1 16-oz. pkg. lasagna noodles

1 8-oz. carton ricotta cheese

1 8-oz. bag mozzarella cheese, shredded

1 8-oz. pkg. Swiss cheese, shredded

1 8-oz. bag Parmesan cheese, shredded

**I.** Brown meat and drain. Add next 10 ingredients, adjusting seasonings to taste. Simmer 20-30 minutes.

2. Cook noodles as directed.

**3.** Pour small amount of meat sauce in the bottom of a 9x13-inch pan.

**4.** Layer ricotta, mozzarella and Swiss cheeses.

**5.** Spread half of meat sauce and noodles. Layer cheeses again.

**6.** Top with meat sauce and Parmesan.

**7.** Bake 20-30 minutes at 350 F. (May be frozen.)

#### **Broccoli Cheese Casserole**

16 oz. frozen cauliflower, chopped 16 oz. frozen broccoli florets

1 10 3/4-oz. can cream of celery soup

1 10 3/4-oz. can cream of mushroom soup

1 8-oz. jar Cheez Whiz

1 2-oz. can mushrooms, drained

1 6-oz. can Durkee onions

**1.** Arrange frozen cauliflower and broccoli in a 13x9-inch casserole pan.

**2.** Mix soups with Cheez Whiz and mushrooms; pour over vegetables.

**3.** Top with onions. Bake about 20-30 minutes at 350 E

#### **Pound Cake**

3 sticks margarine or butter

1 16-oz. box powdered sugar

6 large eggs

I tsp. vanilla

3 cups flour

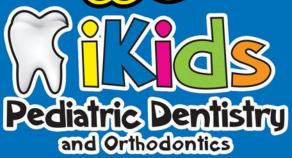
**1.** Beat margarine and powdered sugar until fluffy. Add eggs, 1 at a time, mixing well. Add vanilla and flour.

2. Pour into greased and floured Bundt pan.

**3.** Bake at 350 F for about an hour, depending on the oven.

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





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