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rodeo adrenaline

## Chic Meets Vintage

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## ON THE COVER



*Christina Hogg helped establish  
the rodeo team at  
Nazarene Christian Academy.*

*Photo by SRC Photography.*

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## Editor's Note

*Hello, Friends!*

Woo-hoo! Life is good! In the midst of freshness bursting out all over town, I feel like singing out, "Woo-hoo!" I think it's best sung to the tune of that classic by Blur, "Song 2." Once you start singing that, it's hard to stop.

If you want the shortest song ever to celebrate every little detail of life, you can play with "Woo-hoo!" and find your own melody. Maybe you sigh it, when that traffic light stays green just for you. Maybe you call it out, one hand raised in a high five to your Creator! Maybe you sing it, with such a big grin your sound is "Wee-hee!" Possibly, you adjust "Woo-hoo" to a gentle, quiet mantra reminding you after any disappointment that life is always good and this too shall pass. Conceivably, a "Woo-hoo!" sung with another could manifest multiplied blessings.

To life!

*Melissa*

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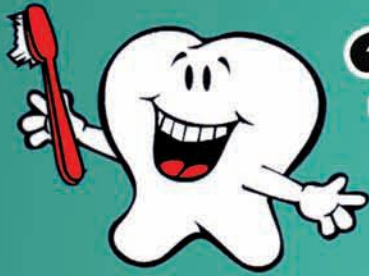


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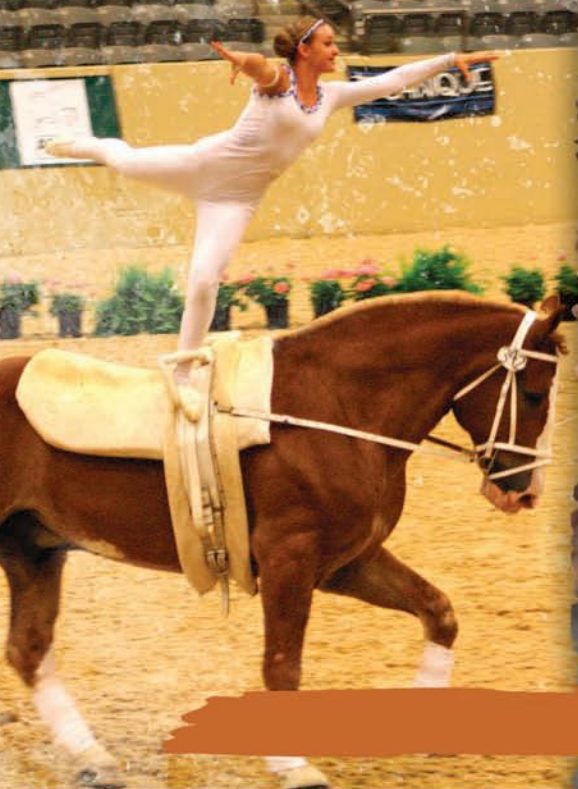
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# SPEED

— By Erin McEndree

*Life would be boring for Christina Hogg without speed. A self-proclaimed adrenaline junkie, she chooses sports that involve swift movements and quick thinking. To achieve the rush she is looking for, she participates in snow sports, water sports and equestrian events. Presently, Christina focuses on blazing a trail down the arena on her quarter horse, Tate, at the North Texas High School Rodeo Association. "I compete in every event you can think of," Christina said. Even through adversity, Christina never gives up. She is resilient, and her determined spirit shines through everything she accomplishes.*

When Christina was 6, she got her first horse, Brownie. She enjoyed horse shows through 4-H. At 9, she focused solely on equestrian vaulting. A vaulting routine consists of gymnastics, dance





# *in the* Saddle

// I have my own  
**little language**  
with my horse. //



Two sisters, Christina and Brianna Hogg with Mariposa and Tate.



and tumbling skills choreographed to music atop a horse being lunged in a 20-meter circle. "I saw an article in a magazine about a girl who vaults, so I went to see her," Christina said. "I could already do handsprings and flips and wanted to try it on my horse." For six years, Christina competed in individual and team vaulting events. She honed her skills every day for hours after school. At Vaulting Nationals, Christina was third at Copper level in 2010 and Bronze level in 2011 and 11th at Silver level in 2012.

"Vaulting is not well-known in Texas. It is big in Europe and California," Christina explained. "There are no scholarships for vaulting, only titles and ribbons. Rodeo will benefit me more in college." So for two years, Christina has focused on stock horse,

sorting, cutting and rodeo events such as team roping. She loves the speed of barrel racing, as she jets down the arena. Christina practices completing the clover leaf pattern in the fastest time, using Tate's athletic ability and her horsemanship skills.

"After I stopped vaulting, I started working on rodeo events consistently," Christina said. "I am my own trainer." Christina and her sister, Brianna, who also participates in equestrian events, watch videos and swap opinions and advice on how to have better runs. Their self-taught method focuses on tweaking their techniques to find better balance and positioning. Christina and Brianna have competed in team penning, where they are timed while separating cattle into pens. Teamwork is the key, and each member has to work in harmony to cut the correct cow out



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of the herd, while keeping the rest of the herd behind the line. "You have to know your horse and be in sync," Christina said. "I have my own little language with my horse."

Horsemanship is important to Christina. She admits Tate is a challenge, and she spent countless hours to retrain his brain so he would have manners and relax at the rodeo. Now, she often gets compliments about his calmness and control. Tate is even calm enough to ride in the 4th of July parade every year. Currently, Christina is training Fredo, a neighbor's rescue horse. "Fredo has not been ridden in five years," Christina said. "The goal is to train her to rein and become a calm riding horse."

Christina is a junior at Nazarene Christian Academy in Crowley. When she graduates, she will have completed almost a semester of college. She is taking extra courses to be able to graduate from high school with honors. "During the speech class," Christiana explained, "I gave a speech about why equestrian vaulting should be an Olympic event." Her enthusiasm helped launch the current rodeo program and establish the first rodeo team at NCA. Currently, four members on the rodeo team compete in individual events. Christina enjoys working with her teammates as they become better ropers and riders.

In August 2014, Christina and her family went to Lake Texoma to enjoy





Kimberly Pritchett holds Christina Hogg high at the 2011 National Vaulting Championship.

water sports once more before school began. Christina enjoys jet skiing, because it is another sport for her to get an adrenaline buzz. While jet washing (spraying) another skier, they collided. "I was T-boned by the Jet Ski and thrown off. My leg snapped in half and was nearly severed," Christina said. "I saw my leg floating, but I didn't cry." After getting help to shore, Christina instructed Brianna, "Take care of my cat, Cheech," as she was transferred to the helicopter for transport to Parkland Hospital.



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The repair to Christina's leg and fractured pelvis took four hours. She missed a month of school as she healed and worked on walking again. Christina used an at-home curriculum until she could return. Her family helped her stay on track with school, and she never missed the college speech class she was taking at TCC. Through it all, Christina maintained an A average.

Four months later, Christina still required physical therapy twice a week. "I was not supposed to be riding horses, but I got on two weeks after my accident," Christina admitted. "Four months after the accident, I competed in the NTHS Rodeo, on December 7. I was only three-hundredths of a second slower than my previous time of 17.02." Christina is capable of withstanding quite a shock and is determined nothing is going to stand in her way. She pushed through the pain of healing, so she could continue her love of fast rodeo events.

Christina also enjoys competing in Horse-O-Rama with two of her horses, Mariposa and Tate. It is the largest annual educational equine event in Tarrant County each March, consisting of three days of education, competition and entertainment. For 10 years, Christina has shown horses in 4-H shows, including barrels and pole bending. Pole bending is a timed event where the rider weaves his



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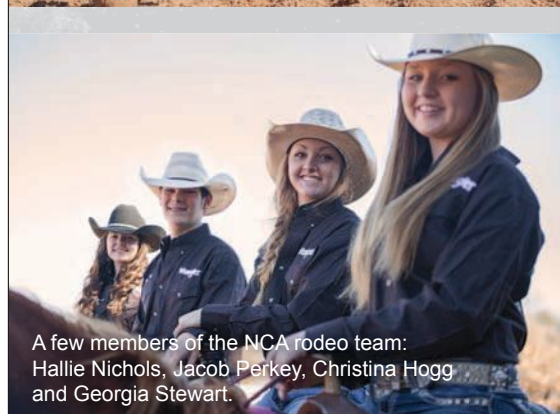
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A few members of the NCA rodeo team:  
Hallie Nichols, Jacob Perkey, Christina Hogg  
and Georgia Stewart.

or her horse through six poles without knocking any poles down. Christina likes the challenge of hotfooting it down the arena with Tate, while avoiding obstacles such as poles and barrels. Last summer, she and Tate made the finals at the 4-H State Horse Show in pole bending.

Christina hopes to make the high school rodeo finals in May at Will Rogers Coliseum. Qualification is based on all your scores leading up to the finals. "Being consistent is important," Christina said. When she graduates from high school, she wants to attend Tarleton State University in Stephenville and compete on the rodeo team. She wants to stay quick on her horse and find a career that involves quick thinking, as well — possibly veterinary science. "I am a risk taker, and I like doing crazy stuff," Christina said. "I also finish what I start." Christina's resolve will help her continue to improve in rodeo events and in the career path she chooses. **NOW**



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# MAKING CONNECTIONS

— By Melissa Rawlins

*When he's old and bald, Jonny Espinoza envisions himself directing a band or teaching college students. In the interim, the Centennial High School senior plans to be a doctor who plays in a band on the side. Between now and then, Jonny's going to study biology at The University of Texas at San Antonio. But first, he's got unfinished business in Burleson. As a member of the Mayor's Youth Council, Jonny's working with 13 other teenagers to complete a youth master plan for the city of Burleson.*

"We're looking at how we can make Burleson a place where youth feel at home," Jonny explained. "The master plan would give us steps to get there." With inspirational guidance from the council chairwoman, Elisabeth White, Jonny and the others on the Mayor's Youth Council expect that in future years, the council will evaluate conditions in Burleson and ask two questions: Is reality reflecting the youth master plan, and does the plan require adjustment? During this process, Jonny has learned that sometimes plans need to change around changed circumstances.

Mayor Ken Shetter came up with the idea to create a youth council. Since 2004, he has promoted initiatives to support Burleson families in the areas of health and wellness, a safe and vibrant community and child and youth development. In



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support of those goals, he has charged our youth council to identify key issues facing Burleson teens, advise City Council on teen-related matters and plan activities and projects for Burleson youth.

"We don't necessarily feel youth don't feel at home," said Jonny, who believes, under the surface, Burleson offers a lot to youth. "A lot of music goes on here, and there are a lot of connections for teens to make. Yet, as involved as I am, I am sometimes really out of the loop. I just kind of happened into the things I did not already know about. Part of



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the master plan would be to make some of the underlying stuff a little easier to access, so we can get involved in bands, football or tennis club.”

With a goal of discovering how Burleson can improve, opinions vary amongst individual teens. “Sometimes young people feel left out of big adult decisions,” Jonny said. “We’re trying to make them feel more active and involved. That’s why the mayor founded the Youth Council, so they could have a voice. Young people make up a significant part of the population. If they’re being discounted, that’s not good.”

One way the Mayor’s Youth Council ensures youth have a way to participate in the community is by providing suggestion boxes in all the schools. “This was my only original idea adopted,” Jonny said. The suggestion boxes have the Youth Council’s logo on them. “We haven’t got many responses. One I thought was a decent response, yet I don’t know how I feel about it. Word for word, the suggestion said: ‘Plant more trees and grass.’ I think they wanted us to improve the environment, but we do have a lot of trees.

“Another idea was something about cleaning up dead animals on some back roads. I might talk to the city about that,” Jonny said. The group is considering all legitimate responses and talking about whether those ideas would help Burleson.

One local youth suggested using art to prevent graffiti on transformer boxes. The Youth Council’s art committee has recommended painting the boxes with mottos like *Go Spartans* or *Go Elks*,





and then sealing the art so it would be permanent. "Getting local art out would kind of spice up Old Town and the city by making it more lively and artistic. Sometimes it gets a bit dreary, and it's good to see art in public," said Jonny, who is himself quite artistic.

He and his brother attempted a garage band for a few summers, and his neighbors were kind because the boys were respectful about the times they practiced. Now, he drives his altogether useful Honda Odyssey to rehearse and perform in a metal band called Remnants of Rome, with whom he plays keyboards. For the Centennial High School varsity wind symphony, Jonny plays trumpet, an instrument he has practiced for seven years. He's sung in the high school choir since ninth grade, and, currently, sings bass in the Spartan Varsity Chorale at CHS. "We sing the lowest part, the bass line, which is the foundation of the

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sound, the root of the chord and kind of like the concrete foundation of the house," Jonny explained. "Bass is the plate of the cake," he riffed creatively. "It's there and really significant but not what you think a cake is." This level of understanding helps in his role as student conductor in Centennial's marching band.

One instrument Jonny does not play is drums. "Otherwise, I could be a one-man band, since I can sing, dance, play guitar, trumpet and piano," joked Jonny, who played a leading role in *Pippin* this year. He enjoys performing, but has just as much fun at rehearsals, where he meets new people.

"It's good to make connections," Jonny said. Jonny, an A student, is very involved and busy before, during and after school, working with people, whether rehearsing or meeting with National Honor Society or practicing for UIL academics. He knows a lot of people, rarely disliking anyone. And generally, they respect his







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opinion. "Good connections help get the word out or, actually, in to the Mayor's Youth Council about what's going on in Burleson."

Jonny's suggestions are usually well-received. When he has something to say but cannot attend a monthly meeting, he can contact one of the other members, and they will present his thought. "We have a good network of communication," Jonny said. "Although it's pretty relaxed, the Youth Council is very well-organized. Our president, Elisabeth, does a great job keeping things moving."

So does Jonny. Another month of nine-hour days at school, and then he'll lifeguard another summer at Pirate's Cove. "I got a recommendation for the job from a person who said I would do well. It's always good to know people," Jonny said, "because you can get jobs."

Once he finishes the effort to earn his bachelor's degree in biology plus a doctorate in medicine, Jonny will follow his calling toward medicine. "I find the body fascinating, especially the heart, and want to make a difference in someone's life. I'm sure I could help people through music," he said, "and will definitely be in a band. But who says I can't do both?" **NOW**



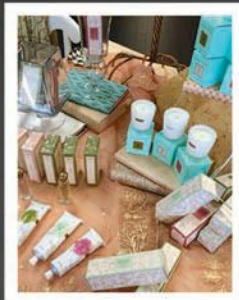
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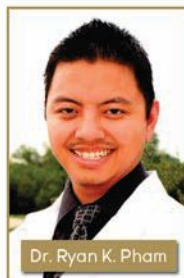
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# Chic Meets Vintage

— By Lisa Bell



*Ryan and Amanda Richardson moved to Burleson from Katy, looking for a home in May 2011. They found one and personalized it with artistic touches, creating a welcoming atmosphere. They wanted an open concept, specifically so they could welcome guests, frequently.*

The front porch opens the invitation. A decorative table sits to the right, with an easel-style chalkboard where Amanda writes messages. Once inside, peace and joy exude from meaningful decor. Little touches of Scripture announce their faith, without being overbearing. All combine to create a feeling of coming home, even if you aren't family.

Ryan grew up in Burleson, staying until he left for Texas A&M University. Amanda came from Teague, a small town near Fairfield. They met during their first semester through mutual friends and built a friendship. Ryan experienced an "aha" moment while a junior, and they started dating and married in 2010. "We chose 2010 on purpose," Ryan said. "Easier to do the math."

Fresh out of college, Ryan went to work for a large bank in Houston. Amanda began a teaching career. In 1998, Ryan's dad had started Star Bank of Texas in Lake Worth. When he decided to open a branch in Burleson, his dad asked Ryan to help him run it. "I always wanted to work for my dad," he said. "But I didn't know how it would work." Amanda loved her job. While he couldn't wait to move back, he wanted to make sure she was happy, too.

Leaving a job, friends and the church they loved, they accepted the job. The couple moved in May 2011, and Ryan started working with his dad in June.





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After three years of teaching in Crowley, Amanda chose to leave the classroom last year. Now, she cares for their precious son, Canaan, who will soon turn 1, and waits for the 2-year-old girl they are in the process of adopting.

Although the house was new when the couple purchased it, it was already finished, so they didn't have the option of choosing colors or changing floor plans. They repainted some walls to a gray. Dark tan carpet and the corner fireplace made of stone provide an earthy feel. Large windows line the back wall. The room is open to the kitchen and dining room, making furniture placement a challenge.

The mantel displays a collection of windows. Different sizes, colors and textures create a unique decoration above the fireplace. "I love old things. I call them treasures," she said.

"She's a treasure hunter for sure," Ryan added.

Amanda also likes chalkboard pieces and created a decorative one from an old cabinet door. Another one, located in the mudroom, resulted from chalkboard paint applied to a mirror. She enjoys old things but also has a wonderful ability to transform them into something special.

Most of the decor and furniture consist of her treasures and the creative abilities she shares with Ryan and her



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family members. In the dining room, Ryan and his father-in-law made a light fixture. With old bait bucket strainers, a little wood and some rope, they created a distinctive design, complementing the style throughout the home. An old screen door has been transformed into an unusual wall hanging.

The kitchen features dark granite countertops and an island. Decorated with yet more windows, milk glass and old plates, the design is perfect for entertaining. Amanda plans parties, and Ryan hosts them. Because of his job, he connects with many people. He is a proud member of the Burleson Rotary Club. And, he recently became a member of the Burleson school board.

Amanda's office/craft room is simply decorated. Her brother built a custom corner desk with lots of space where she operates her business. While teaching in the classroom, she designed her own resources, tested them with students and then shared them with other teachers. Her creativity became a lucrative business, not only providing resources for teachers, but by also adding a blog, she has been able to share tips for the classroom and talk about motherhood or life in general. Still in the process of refining her office, Ryan stated it will be the coolest room in the house. The first, and perhaps only, new piece of furniture they bought as a married couple stands against one wall. In Katy, the new-but-made-to-look-old armoire displayed dishes. In Burleson, it provides storage for craft and business supplies.

Much of the decor in Canaan's room came from Amanda's dad and Ryan. They installed wood, tongue-and-groove flooring on the back wall, producing an exceptional woodsy feel. On another wall, they added a shelf held by electric conduit pipes. They used an old wooden crate for a shelf on yet another wall. "His







room is one of my favorites, because I knew exactly what I wanted in here,” Amanda said. “I wanted it to feel kiddish, but for him to still be able to grow into it.”

She opted for a very vintage look with old wooden blocks, a small wagon, antique baby scale and fan on the shelves. Ryan chose the item that actually inspired the room. An avid duck hunter, he found a stuffed animal version, which inhabits the shelf. Of course, they added a touch of A&M, grooming him for Aggieland.

Their little girl's room is decorated simply, because for now, Amanda's 6-foot-2-inch brother occupies the twin bed at times. They are waiting for their adopted daughter to come home to determine just what the look will be. “It's her room. I want her to be the first to enjoy it all fixed up,” Amanda said.

The huge master bedroom has angled walls with large windows, creating a great sitting area. An iron bed came from Amanda's parents. A treasured wedding gift hangs above the dresser. Their marriage mentors, a couple in their 70s, gave them a framed wedding prayer. “It's not the words or the art but the one who gave it to us,” Ryan said. With the gentleman's passing in 2014, the gift became more meaningful to them.

The couple hosts small groups, baby showers and more. “It's cool how God put us together, so He could use us. He blessed us with this house,” Ryan said. “It's such a blessing to use a home in a way that honors the Lord. We do that well together.”

The many arches and angles throughout the house give it a chic modern feel. Somehow the two seemingly opposite styles come together beautifully — a magnificent representation of the owners, very much the same in some ways, yet vastly different in others — chic with many treasures. **NOW**

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# Outdoor Living *Texas Style*

— By Carolyn Wills

*Understandably it's no surprise Texans have long loved the joys of cooking and eating "out." Where else (OK, besides California) is the climate so conducive to outdoor living and the people so inclined to share great weather and food with family and friends? Texas is where perfectly prepared barbecue reigns as the undisputed goal for bragging rights, the governor's inaugural celebration fare and clearly the all-time favorite at holidays, family gatherings and Western-style weddings.*



Even our original and beloved TV show, *Dallas*, is credited with affecting America's outdoor cooking. According to [www.lagrillislands.com](http://www.lagrillislands.com), when the Ducane Company, a grill manufacturer, was asked to create a special island grill for the wealthy oil-drilling and cattle-ranching Ewings, their prefab design, consisting of dual grills surrounded by spacious counters, not only fulfilled the Ewings' needs but resulted in a huge demand from homeowners, which in turn, led to a whole new product line for the grilling industry.<sup>1</sup> The original *Dallas* series aired from 1978 to 1991, and today, that special prefab grill remains a backyard standard for many outdoor cooks.





Dallas, though, is not alone in its influence. Today, broadcast channels like HGTV and DIY Network have introduced homeowners to the bigger, brighter, fancier world of fully functioning outdoor kitchens. Outdoor kitchens, aka patio or summer kitchens, have been around for decades, but according to [www.outdoorkitchenfranchise.com](http://www.outdoorkitchenfranchise.com), it took a collapsing housing market to spark their super surge in popularity. In



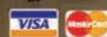
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the mid-2000s, the housing market plummeted and many homeowners saw the wisdom in and even necessity of staying home, remodeling. In the process, they realized the advantages of outdoor living, especially in climates like Texas.<sup>2</sup>

In a 2012 Residential Trend Survey, the American Society of Landscape Architects found America's infatuation with outdoor kitchens is continuing. So, what's it all about, then, this interest in cooking, dining and entertaining in the wide (or not-so-wide) expanses of the backyard?

## *First, the Downsides:*

- An outdoor kitchen is forever linked to weather conditions.
- Kitchenware and appliances can suffer from exposure and, potentially, are also vulnerable to theft.
- Noise, smoke and odors might challenge neighbors.
- Depending on layout, materials and features, an outdoor kitchen can be costly to build, and without careful consideration of standards, values and market conditions, their end return could prove negligible.
- Costs are not declining. From a few simple features to a chef's dream, outdoor kitchens range in cost from \$3,000 to upwards of \$100,000. According to *The Wall Street Journal*, high-end outdoor equipment manufacturer, Kalamazoo Outdoor Gourmet, says their average outdoor kitchen built in 2012 cost \$40,000, up from \$30,000 in 2010.<sup>3</sup>

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## Now, the Upsides:

- Outdoor kitchens are fun, which is the No. 1 reason to have one. They encourage time outside, cooking, relaxing with family and friends, swimming (if there's a pool), watching TV, having parties or intimate dinners and enjoying food that can only taste so good because it's cooked outside. Let's face it, nothing compares to the flavor of a grill or an outdoor pizza oven.
- They add to a home's livable space and entertainment options.
- They help equalize cooking duties and encourage group participation with meal preparation and cleanup.
- They engender a certain pride of ownership. With luck, when it's time to sell they become a hot selling point with potential profit on investment, or at the very least, an extra drawing card for potential buyers.
- They keep heat, smells and mess outside for lower utility bills and a cleaner house.
- In North Texas, they offer year-round use (well, maybe a little less in August and September).





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### What You Need to Know:

- Outdoor kitchens designed with homeowners' needs and budgets in mind offer the greatest return on enjoyment, investment and peace of mind.

- The grill must be the star attraction.

- Hiring a contractor is a good idea.

(Some projects may allow for do-it-yourself skills, but professionals are needed when plumbing, electrical and gas are involved.)

- Use wisdom: Be aware of neighborhood home values, stay close to that standard and beware of overbuilding.

- Permits, codes and standards vary by city. In Texas, permits are generally required for any home improvement beyond painting or simple cosmetics. Be aware and adhere to codes and standards (another advantage in hiring a contractor).

- When designing an outdoor kitchen, it's smart to complement the home's exterior, decorate for the comfort of the indoors and resilience for the outdoors and to pay attention to flooring, walls and ceilings.

- Within budget, it's advisable to buy top-of-the-line appliances starting with the best barbecue grill.



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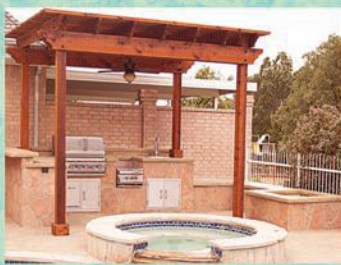


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Today, outdoor kitchens can be accessorized to the hilt with the likes of Sub-Zero refrigerators, stoves, pizza ovens, bread warmers, custom cabinetry, stone work, soaker sinks, trash compactors, barbecues, espresso makers, wine coolers and kegerators. They can be shaded by a pergola, canopy or finished ceiling and accompanied by sound systems, ceiling fans, flat screen televisions, sofas, outdoor rugs, cocktail tables, fire pits, water features and fancy landscaping.

For homeowners who love cooking, entertaining and the outdoor lifestyle, the upsides of having a personal outdoor kitchen greatly outweigh the downsides. Options are endless. Building can involve do-it-yourself, budget-conscious work and the whole process can be done in stages. Texans, other than the Ewings, can also afford the joys of an outdoor kitchen, since Texas is the perfect place to have one! **NOW**

## Sources:

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John Shea, your enthusiastic ear, nose and throat doctor, shares with gifted audiologist Megan Eubank an indepth understanding of your inner ear.

# Here's to *Your Health*

*These ear, nose and throat specialists use common sense in diagnosing and treating every patient.*

— By Melissa Rawlins

For many, sinus issues are familiar, frequent and frustrating. Whether you complain of drainage, congestion, irritation, infections or dizziness, the team at Shea ENT & Allergy Clinic with Eubank Audiology encourages your relief. Trained, experienced and equipped to diagnose and resolve your concerns, Dr. John Shea and his audiologist, Megan Eubank, welcome inquiries.

Wondering how to stop persistent sinus pain and pressure? Dr. Shea, along with Chandra Oliver, the surgical assistant, has performed balloon sinus dilation surgeries for over 15 years. His patients return to normal activity in under two days.

Wondering how to stop random occurrences of vertigo? Dr. Eubank resolves dizziness rooted in the inner ear via the Epley

maneuver. “She has greater than a 95-percent success rate on people who come once with benign positional vertigo,” Dr. Shea said. “She relocates the loose microscopic granules in the inner ear.”

Since 1979, Dr. Shea has practiced in Burleson. He brought Dr. Eubank to his clinic two-and-a-half years ago, because her expertise in hearing aids allowed him to meet one of his clinic’s goals: to prevent interruptions in patients’ lifestyles. Both Shea ENT & Allergy Clinic and Eubank Audiology help patients make full use of their insurance for hearing aids and surgery.

“We want to improve the patient’s quality of life,” said Dr. Eubank, who makes minor repairs to hearing aids, as well as providing compassionate care for children and adults who suffer



from ringing in the ears, hearing loss or vertigo. She also gives hearing tests for school-age children and creates custom ear plugs for hunters and others in need of ear protection.


When Dr. Eubank fits patients for hearing aids, she recognizes they are not one-size-fits-all and custom fits them to the individual's needs. Dr. Eubank is able to help people going through chemotherapy and radiation. "They often endure damage to the inner ear," she said, "and I can program hearing aids to play custom tones to relieve tinnitus."

Whether tinnitus, vertigo, Ménière's disease, sinus issues, headache or eczema plagues patients of Dr. Shea, he recognizes that chronic delayed food allergies are often the root cause of their symptoms. Using sublingual drops called Allertol that Dr. Shea began developing in 2007 and patented in 2014, patients are able to receive testing and treatment for delayed food allergies. "Allertol starts to induce allergen tolerance in as few as two days, relieving stubborn nighttime nasal blockage and mouth breathing, as well as other chronic symptoms.


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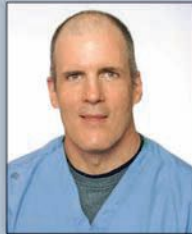
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Brenda and Greg Gammon attend the Burleson Chamber Awards Luncheon. Greg was honored as Burleson's Citizen of the Year.



Amber O'Rourke firms up plans for serving food at Relay for Life with Billy Ayars, who will help serve at the fundraiser for the American Cancer Society.



Bud Fernandez and Robert Robertson take Buck and Cheyenne out for a Sunday drive to Boomtown.



Liz Jordan and Lisa Schwartz, of Crazy8 Ministries, get ready for next month's celebration, City on a Hill.



Janis McRay, left, starts the 1st annual Torchy Trot with Annalise and Madisyn Posey.



Esme, only 1-and-a-half, enjoys a quiet afternoon at the park on McAllister with her mom, Edith Romero.



Kelly Burgess, of Ramhide Rustic, buys homemade breakfast burritos from Liz, aka The Burrito Lady.



Heather Taylor stops at Bath & Body Works to buy her parents a special gift.



Lisa Miller gets an early birthday present from her kids. She enjoys a week in Hawaii with her oldest son.



Merritt and her mom wait to visit Dr. Chadwick at Dunn and Chadwick Family Medicine.



Galen Young likes to hit golf balls when Crowley's Bicentennial Park is not too crowded.





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child's policy can be converted to his or her own policy without health requirements. *This provides the child with the privilege to convert to a permanent policy without the proof of health.*

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***Consider investing in a 529 College Savings Plan and get income tax benefits while saving for the future \*\****

When you're changing your first diaper, college tuition may not be what comes to mind. But, educational planning should be a priority for parents when their children are young. It may be overwhelming today, but it will be worth it tomorrow. Reasons to consider investing in a 529 College Savings Plan include:

- Money invested in the plan grows tax-deferred and withdrawals, if used for qualified higher education expenses, are exempt from federal income taxes.
- Saving money as early as possible for college can give you and your child every possible advantage. Because time is on your side, you can start small and increase the amount you save as your own salary increases over the years.
- Generally, you can start investing in your 529 College Savings Plan with a small initial investment and subsequent contributions are often as little as \$25 a month. If, for some reason, your child does not use the money in the account or there are funds remaining when he or she completes college, then the remaining funds in the account can be transferred to another member of the family.
- Different states may provide for additional income tax advantages, families should check with their tax advisor for state specific benefits for these plans.

\* Adding a rider to a life insurance policy can have tax effects. Please consult with a competent tax advisor.

\*\* 529 plans vary by state, including contribution limits, state tax advantages, investment options and fees and expenses. Investment in 529 plans grows tax-deferred, and distributions, if used for qualified higher education expenses, are federal tax free. Nonqualified withdrawals are subject to current ordinary income taxes and may be subject to an additional 10-percent federal tax penalty. Tax laws are subject to change and contributions and earnings may not be adequate to meet future educational expenses. **NOW**

*Mark Jameson is a licensed Allstate sales associate based in Burleson.*

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# Calendar

APRIL 2015

## April 3 — 5

Easter Weekend: **Friday**, 7:30 p.m.; **Saturday**, 6:00 p.m.; **Sunday**, 8:15, 9:30, or 11:00 a.m.; Pathway Church, 325 NW Renfro. Call (817) 295-5832.

## April 4, 5

Easter Pageant: **Saturday**, 3:00 p.m. and 6:00 p.m.; **Sunday**, 10:00 a.m., Cana Baptist Church, 2309 E. Renfro St. Cast and choir of over 100 people blesses community with this sacrifice of praise. Call (817) 295-3891.

## April 3, 10, 17, 24

Spring Concert Series: 7:00-10:00 p.m., Bicentennial Park, Crowley. Hear Diamond Duo, a country favorite, **April 3**; 4Ever Young & The Reflections, playing '50s & '60s classics, **April 10**; The Inspiration Band, presenting a variety of '80s and '90s tunes, **April 17**; and Blaze of Glory, the Bon Jovi Experience, **April 24**. (817) 297-2201, ext. 4300.

## April 16

BAAC Spring quarterly meeting: 11:30 a.m.-1:00 p.m., NorthPointe Church, 2450 SW Wilshire Blvd. Presentations on "The State of Education" by BISD Superintendent Dr. Bret Jimerson and Hill College President Dr. Pamela Boehm. \$20. RSVP (817) 295-6121.

## April 17

Leonard R. Morfeld Scholarship deadline for application: 5:00 p.m., Crowley Area Chamber of Commerce, 201 N. Hampton, Crowley. The \$1,000-minimum scholarship is awarded to senior students attending a school in the Crowley Independent School District. Contact (817) 297-4211.

## April 18

Burleson Fire Department Open House: Noon-3:00 p.m., Fire Station No. 1, 828 SW Alsbury Blvd. (817) 426-9170.

Relay for Life: Noon-11:45 p.m., Kerr Middle School. Fundraiser benefiting American Cancer Society, cancer patients and survivors. For more information, contact Keegan Blackstock, (817) 480-2206.

SalsaRita Festival and 5K: 4:00-10:00 p.m., Old Town Burleson. \$30. 5K benefits first responders; festival benefits Cleburne Crisis Center. Bring your own lawn chair and stay awhile! Visit [www.salsaritifestival.com](http://www.salsaritifestival.com).

## April 23 — 25

Friends of the Library Spring Book Sale: **Thursday**, 6:00-8:00 p.m.; **Friday**, 10:00 a.m.-6:00 p.m.;

**Saturday**, 10:00 a.m.-4:00 p.m., Burleson Public Library, 248 SW Johnson St. Help your library maintain a satisfying experience for readers of all ages. Call (817) 426-9210 for more info.

## April 25

Walk for Life: 9:00 a.m.-12:30 p.m., Burleson Pregnancy Aid Center, 250 NW Tarrant Ave. Fundraiser walkathon benefiting BPAC. Raise \$1,200 or more and be welcomed into The Lifesavers Club. Get more information at (817) 295-4101. Register at [www.PregnancyAid.org/WFL](http://www.PregnancyAid.org/WFL).

## April 30

Brazos Chamber Orchestra: 7:30 p.m., Sanctuary of First United Methodist Church. Led by music director David Anavitarte, 50-piece ensemble plays an eclectic blend of orchestral music. Free to the public. Visit [www.brazoschamberorchestra.org](http://www.brazoschamberorchestra.org) or contact (817) 645-8067.

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*



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May 7 - 6:00 A.M. Building 317 Ellison St. First Baptist free breakfast	

*All ages invited to all events*  
 Submit Prayer Requests to [www.burlesonprayer.com](http://www.burlesonprayer.com)  
 Contact Frank or Patti Pace [fpac@flash.net](mailto:fpac@flash.net) 817-975-8916  
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## In the Kitchen With Robert Schoonover

— By *Melissa Rawlins*

This month, Engineer Robert Schoonover celebrates 12 years with the Burleson Fire Department. On every shift, he cooks simple, healthy and filling foods — a delight to all his colleagues. He was blessed with a stepmother who believed a young man should not solely depend on a woman to prepare all meals. So at the age of 13, he inaugurated her new cookware by preparing beef patties in a mushroom gravy. He still cooks at home, and his family enjoys his grilled steaks or spaghetti, sometimes followed by not-too-sweet desserts like blueberry muffins. “If I am at the fire station, most of the time our meals are made in a Crock-Pot,” Robert said. “It is amazing how many meals can be made in a Crock-Pot.” **NOW**

### Spaghetti and Meatballs

*Sauce:*

- 1 small onion
- 2 Tbsp. extra-virgin olive oil
- 4 cloves garlic
- 3 15-oz. cans tomato sauce
- 1 8-oz. can tomato paste
- 1 cup beef broth
- 1 tsp. Italian seasoning
- 2 tsp. salt
- 1/4 cup sugar

*Meatballs:*

- 1 lb. ground beef
- 1 lb. Italian sausage
- 1 cup Italian-seasoned breadcrumbs
- 1/2 cup onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 cup Parmesan cheese, grated

*Pasta:*

- 1 gallon water
- 1 Tbsp. extra-virgin olive oil

- 1 tsp. salt
- 2 lbs. spaghetti noodles

1. *For sauce:* Chop the onion into small pieces and sweat it down in the pot with the olive oil for about 3-4 minutes.
2. Crush garlic into fine pieces; add to onions. Cook for about 1 minute.
3. Add remaining ingredients. Bring to a low boil and reduce heat. Simmer on low heat for about 1 hour. Taste and adjust.
4. *For meatballs:* Mix all ingredients in a large bowl. Form meatballs to desired size. I usually make them about the size of a golf ball. Place them into a glass baking dish. Put about 1/4 cup of water into baking dish and cover with foil. Bake at 375 F for about 1 hour. Time will vary, depending on type of oven.
5. *For pasta:* Bring water to boil on stovetop. Add oil and salt to water. Add noodles. Cook according to pkg. directions. Drain noodles: place on individual plates. Top with sauce and meatballs. Sprinkle with additional grated Parmesan cheese, if desired.

### Baja Fish Tacos

- 4-5 fillets tilapia
- 4 Tbsp. Cajun blackening seasoning
- 4 Tbsp. margarine
- 12 taco shells
- 2 cups cheddar cheese, shredded

1. Coat both sides of fillets with seasoning.
2. Using a cast-iron pan, melt margarine on medium-to-high heat. When the margarine begins to foam, start putting the fillets into pan.
3. Cook on each side for about 3-4 minutes. This will make a lot of smoke, so be sure to turn on kitchen vent fan.
4. Take fillets out of pan and put into a glass bowl and begin breaking up the fish.
5. Place into taco shells and top with Taco Cole Slaw (recipe below) and cheese.

### Taco Cole Slaw

- 1 1-lb. pkg. cole slaw, unprepared
- 1 cup of Hellman's mayonnaise
- 1 pkg. taco seasoning
- 1/4 cup cilantro, chopped
- 1/4 cup purple onions, finely chopped

1. Mix all ingredients into a bowl. Cover and refrigerate for 1 hour prior to serving on tacos.

### Crock-Pot Shredded Beef

- 1 4-5 lb. beef roast
- 1 pkg. taco seasoning
- 1 pkg. chili seasoning
- 1 15-oz. can fire-roasted tomatoes
- 1 15-oz. can diced tomatoes
- 1 yellow onion, chopped

1. Place beef into Crock-Pot. Sprinkle seasonings on top. Place remaining ingredients on top of roast. Cover and cook on high for about 4 hours.
2. Remove beef from Crock-Pot onto cutting board. Using a fork, shred beef.
3. Place the beef back into Crock-Pot and cook on low for another 30 minutes.
4. Serve on taco shells, over rice or any way you want it.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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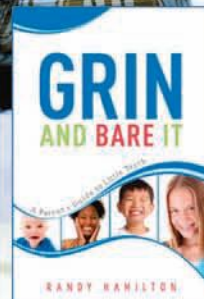


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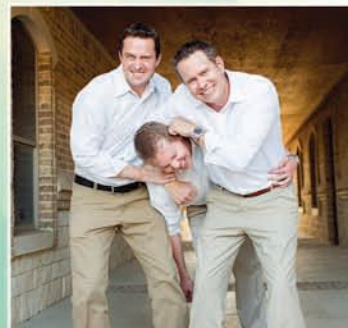
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