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ON THE COVER

*Joe Juarez gets us talking
about the people who
sacrificed everything.*

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EDITOR'S NOTE

The water is calling ...

This is the season when being in a canoe or out on a dock — anywhere near water — is perfectly pleasant. Over at the Burleson Recreation Center, kids 6 to 17 are being challenged this month to build a boat out of recycled items and race it in the BRiCK's outdoor pool. What a neat way for the city to encourage local kids' creativity.

Thinking of my first excursions to pools reminds me of a story my parents tell. We lived in a California apartment complex. Sharing the pool with our family was a family from Germany. While my folks stood near me in the water, helping me paddle with my blow-up arm jackets securely keeping me afloat, the German couple stood on the edge of the pool and tossed their baby in. They cheered in confident glee while the child found the surface and took a deep breath under the calm gaze of the parents, who said, "This is how we do it in Germany."

What kind of moments make you gasp in amazement? Are there people in your life who made an impact on you? I'd love to hear your stories. Who knows? Maybe I'll ask permission to share them with all the readers of *BurlesonNOW Magazine*.

Happy Mother's Day!



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"I honestly felt like I'd tried everything to lose weight ... and I tried this program because it seemed just as serious as I was about losing weight, and NO GIMMICKS! I lost 40 lbs.* in only 2 months, and my energy level is EPIC - I literally wear out my 4-year-old daughter and our Labrador. I truly feel better than I ever have. I'm so thrilled that I found this weight-loss system and literally tell everyone!"* - Brigitte H.

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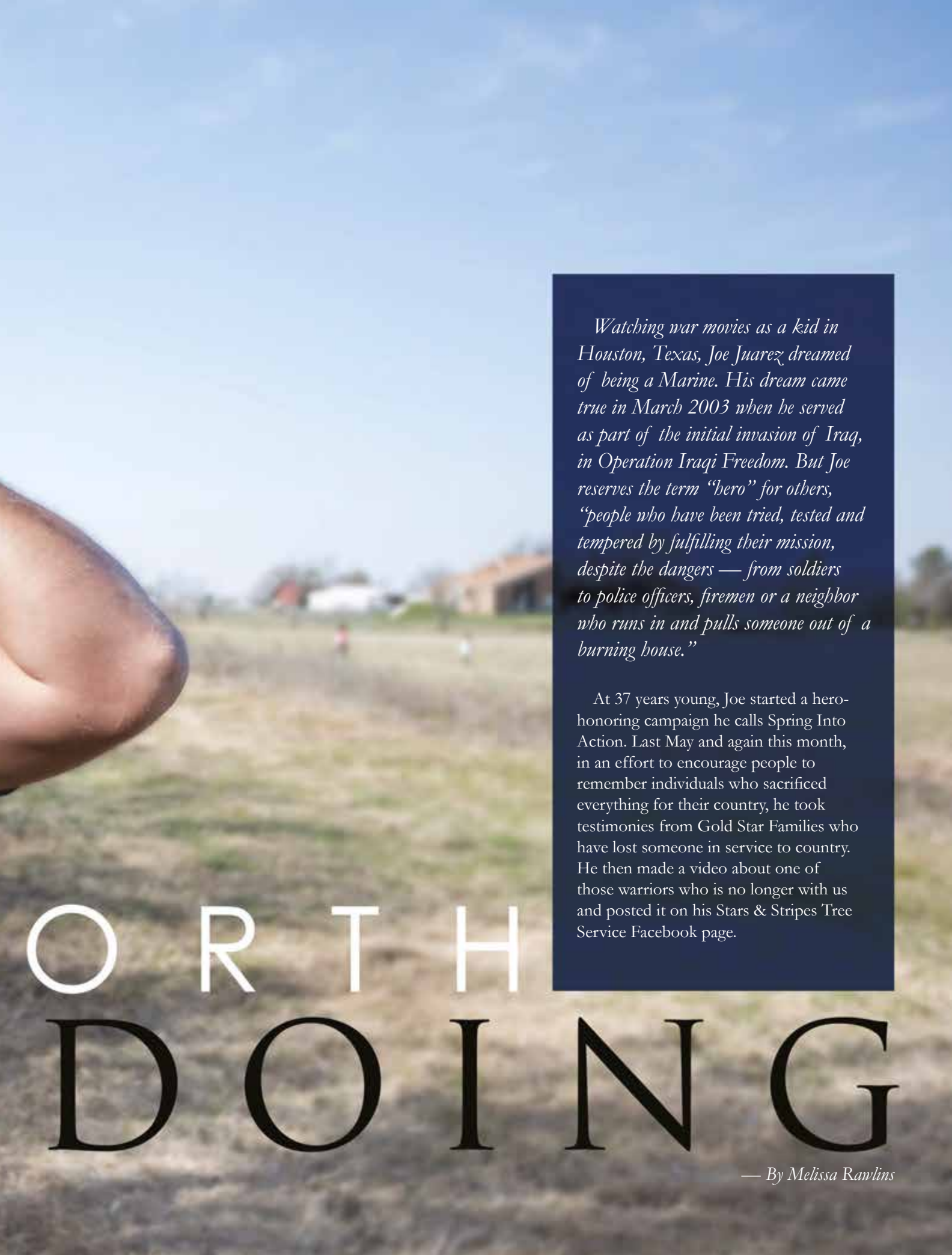
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W O R K W



Watching war movies as a kid in Houston, Texas, Joe Juarez dreamed of being a Marine. His dream came true in March 2003 when he served as part of the initial invasion of Iraq, in Operation Iraqi Freedom. But Joe reserves the term “hero” for others, “people who have been tried, tested and tempered by fulfilling their mission, despite the dangers — from soldiers to police officers, firemen or a neighbor who runs in and pulls someone out of a burning house.”

At 37 years young, Joe started a hero-honoring campaign he calls Spring Into Action. Last May and again this month, in an effort to encourage people to remember individuals who sacrificed everything for their country, he took testimonies from Gold Star Families who have lost someone in service to country. He then made a video about one of those warriors who is no longer with us and posted it on his Stars & Stripes Tree Service Facebook page.

ORTH DOING

— By Melissa Rawlins



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Joe participates in another Facebook group called DFW Devil Dogs, Marines in the DFW area including Johnson County. The members band together to provide charitable work for other veterans in the community. With two trucks and two 16-foot trailers, DFW Devil Dogs volunteered recently to help a single mother, whose son is joining the Marines this summer, move to a different home. "We showed her son what a family he's about to join when he enters the Marines," Joe said. "Obviously, we're helping someone, but all the ribbing and jokes among the Marines is where the fun is."

When Joe left the Marine Corps, his colleagues gave him a plaque. "I was so ready to get out at 23 years old. That plaque means much more



to me now than it did then. It says: *Far and away the best prize that life has to offer is the chance to work hard at work worth doing.* It is a quote by President Theodore Roosevelt. I think that describes my life,” he said.

A five-year resident of Johnson County, Joe has been married for seven years to Tracy, an Arlington-reared Texan and petroleum engineer whom he met in Pittsburgh, Pennsylvania. After leaving the Marines, the oil field work he did gave him the adrenaline rush to which he was accustomed. “When we started having children, we decided it was time to come to Texas,” he said. “A house became available in Joshua with acreage, a workshop and a barn.”

After a year-and-a-half in Joshua, Joe found himself calling around for firewood, and to help a just-laid-off buddy from the oil field. “I looked at my workshop and thought, *Wouldn't it be a great idea to start a tree business?*” Joe recalled. After discussing it with Tracy when they did their New Year's resolutions, he talked to his attorneys and then launched Stars & Stripes Tree Service.

Joe's first effort was to hire veterans, to provide them work with



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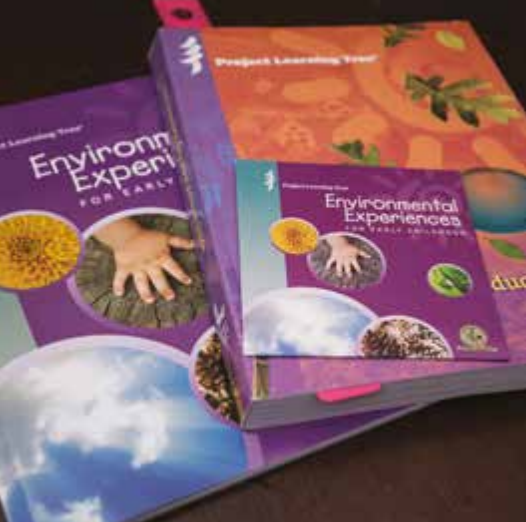
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purpose. "There is something very honorable about getting up every morning to take care of your family at a job worth doing. But a lot of these guys don't find that," he said. "If we can trade in our M16 for a chainsaw, the thrill is there, as is the sense of accomplishment at the end of the day. If I create a crew comprised of two or three veterans, then that sense of camaraderie they used to experience is theirs again." His second effort was to pursue certifications in arboriculture for himself and his crew.

Fast forward three years, and Joe is a member of The International Society of Arboriculture and certified by Texas Project Learning Tree to teach its award-winning environmental education program, encouraging youth from preschool through eighth grade to engage in learning both indoors and out. Having four children himself, three girls and a baby boy, he finds himself bringing the outdoors to his own little Juarez crew, as well as any school group that invites him to plant seeds of environmental consciousness in their students. "I come across people all the time who want to cut a tree down just because they don't like the acorns," Joe said. "I would have laughed 10 years ago if you called me a tree hugger, but I'm a tree hugger."





Using his talents to take care of his total environment, including building teams to help other people, Joe believes men are creators by nature. “We need to work within our human nature. While I was out there trying to hire veterans, I found a lot of guys who came out of prison that needed to find work. I don’t shun anyone from wanting to work,” Joe said. “Not only do they receive a paycheck, but when they use their hands there’s the sensory aspect of the work that is exciting — the smell, even.”

He hopes to one day start a nonprofit that will allow him to turn 8-foot tree limbs into beds for children. “I was one of those children who slept on a mattress on the floor, and there are a lot of children growing up like that,” Joe explained. “We will build bunk beds during the slow winter months.”

Joe is learning to be resourceful, working to see more children building forts in the woods by their house and helping lower the veteran suicide rate. His life is both fulfilling and demanding. He does not miss a moment of his children’s childhood. On their way to the fishing pond, he takes them to a pile of logs in their yard. “Whenever we want to get bait,” he teaches them, “we just turn over a log and there’s a bunch of critters right there!”

“I can’t do any of this without the support of my wife, whom I love dearly,” Joe said. Tracy understands he sees a broken world and wants to fix it. **NOW**



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ALL POINTS WEST

— By Rick Mauch

AT HOME WITH DOLORES STEWART

John Wayne has nothing on Dolores Stewart. A walk through the 78-year-old Burleson resident's log cabin home is like taking a trip into the Old West. From the gate entering the front yard to the watering trough for a shower, Dolores is living close to the way they did in the days of Wyatt Earp and Annie Oakley. Of course, there are a few modern conveniences, such as indoor plumbing, but even that has its own special touch. "I used to dream I was born in the Old West," Dolores said. "When I was a little girl, I would run to the movies to see the Roy Rogers flicks."

In fact, she pays homage to Roy Rogers in her downstairs bathroom, complete with a cedar wooden door that has a sign labeled "toilet" on it. Inside are a couple of walls filled with photos of the legendary western star, along with some movie posters and memorabilia. The toilet is made to resemble an old outhouse seat. Across is an old claw foot bathtub like the ones used in the bathhouses of the Old West. "Roy Rogers was a great Christian man, a great family man and a good horseman," Dolores said. "One of my granddaughters hand-painted this horse on the toilet lid cover. She's quite an artist."

Cypress and cedar logs and wood are prevalent throughout the home. Immediately upon entering, one is greeted by a cedar table with matching chairs, providing seating for six. Above it is a wagon wheel





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chandelier, and in the center of the table is an old wine barrel lid that has been turned into a lazy Susan. "They say Noah's Ark was built out of cypress logs," Dolores said.

The ceiling is made from wood recycled from privacy fences that have been replaced. Dolores smiles when she notes that the ceiling was free. "They give them to you for free. We had to go get them, and then me and

my grandkids and friends sat out front and cleaned them off," she said. "So yes, my ceiling was free."

One of her favorite items is an old-timey stove. It looks exactly like the one she remembers her grandmother had. "The two extravagant things I got when I moved in here were the tin roof and this stove," Dolores said.

A rail over the dining room holds several saddles. Dolores still loves



to ride horses and was once quite competitive, as were her daughters. "That was my daughter, Wren's," she said, pointing to one Dolores had custom-made for Wren when she was a child. With her children, Dolores competed in play days and barrel races. "Now I just trail ride," she said.

Through her kitchen window, Dolores can see a white cross marker. It is the burial site of Ol' Smokey, the



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family's favorite horse, which died a few years ago at age 45. "It was so hard when he left us," she said. "All the kids learned to ride with him."

The home has no door knobs. Screen doors are on the front and back doors. And in lieu of knobs on the other doors, there are round handles that are lifted and then pulled to open, much like the old door knockers one might see on a vintage home.

The staircase leading upstairs is lined with equestrian trophies won by Dolores. It also features a plethora of other memorabilia, including music, a guitar autographed by Charlie Daniels and an album signed by her late husband, Wynn Stewart, a country music singer best known for his hit, "It's Such a Pretty World Today." "He had 18 albums, and they used several of his songs in commercials," Dolores said. "He died in 1985, and his daughters still receive royalty checks, so can you imagine the money artists today are making?"

The upstairs loft features a futon with a western-themed horse cover. There's a cedar coffee table, twin beds in bunk house style, a ping pong table and her granddaughter, Mindy's, high point saddle from a 1999 competition. Dolores has four children, two boys and two girls. She has six grandchildren, three boys and three girls, and a great-grandson.

While the upstairs bathroom is not themed, such as the Roy Rogers room,



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it does have its own flair. Along with the aforementioned watering trough shower, there's a food trough for a sink and the toilet paper dispenser is an old western pistol.

The living room downstairs features a wood-framed gas fireplace, a couple of classic rocking chairs (one with a cedar wood footstool) and a covered wagon entertainment center. It has authentic wagon wheels and a cloth covering. One of the sofas is made of denim, and a custom-made coffee table has a shelf filled with a belt buckle collection.

Dolores has lived in the home for 10 years since moving from Arlington, where she lived for nearly four decades. She is a retired Tarrant County sheriff's deputy, working as Crime Stoppers coordinator in the entire county and schools.

She stays very busy, belonging to several health clubs and a variety of social clubs. She also volunteers every chance she gets for the city of Burleson. And she mows all three acres on which she lives. "When I go to bed at night, I've done something," she said. "I don't just sit around all day."

She loves to travel. In fact, one of her social groups is called the Get-Away Gals. They recently made a memorable trip to Fredericksburg. But she always loves coming home to her dream house and her loving dogs, Molly, Hoss, Misty and Jake. She spent many Sundays looking for the perfect place. "I used to drive out here every Sunday, and I'd drive around looking for land," she said. "I fell in love with these 3 acres. I cut down 144 trees. This place is special, the kind of place I always dreamed of living in, and now I am." **NOW**



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Where Are They NOW?

Krizia Ovando Zenteno

— By Melissa Rawlins



Krizia Ovando Zenteno, the 2012 Joshua High School valedictorian, now lives in Puerto Rico. Well on her way to becoming a traveling doctor specializing in emergency medicine, Krizia's bilingual program in San Juan Bautista School of Medicine was interrupted by last fall's Category 4 Hurricane Maria. Even this has not stopped her efforts to help other people.

"When the hurricane hit, I was trying to leave Puerto Rico to go to Mexico City, where my family is from, but they had an earthquake there, so I had to stay here," Krizia recalled. She could not help by offering food or water, since none was available on the island. For quite a while, there was no electricity — and certainly no Internet. Everyone was in need of help.

"My school in Caguas, Puerto Rico was not functioning for a month. Many of the students from my school helped provide medical services for people who had a condition such as diabetes and needed insulin," Krizia said. "Yet, it was really hard for Puerto Ricans to help other Puerto Ricans, because everybody was short on supplies." So Krizia coached her neighbors to accept reality and deal with it positively. "I

was telling people, 'This is not the first time a hurricane has affected the island.'"

She also encouraged her colleagues. "Everyone is in the same situation. We have to pick each other up and help each other as much as possible. Our calling in medicine is to help the sick," Krizia reminded them. "We have to impart patience and serenity to everyone around us. If they see the people who are trying to help are calm, they'll believe everything is going to be OK."

Her attitude comes naturally, following the lead of her parents Dennerd and Bonnie Ovando. Her father, a trauma and surgery nurse, taught Krizia and her brothers, Steven and Dennard, to help people who are less fortunate. "My dad is from the poorest state in Mexico. In the United States, he worked in a county hospital and accepted overtime for many months, so then for three or four months, we would travel with excess medications, supplies and innovations and give it to the people in need," Krizia said. "When we travel and my dad sees medical attention is needed, he always volunteers. I want to do the same whenever I graduate from medical school in 2019."

Krizia spends every available break visiting places around the globe, traveling more to Mexico than to the states. In 2017, she was in Turkey, Israel, Germany, Sweden, Spain, Barbados and Panama. "In Barcelona, I conducted medical research in cardiology. I was visiting family in Sweden, studying in Puerto Rico, vacationing and pursuing medical projects in Germany, seeing friends in Israel, vacationing to Turkey," she said. "I like to learn about culture, history and politics." Since she speaks more than one language, Krizia also uses travel to improve her language skills.

Two skills learned during her four years in Joshua ISD's NJROTC have helped her immensely along her journey. She was in the program for four years, serving as executive officer for two years. "I learned from Lt. Col. Davidson and Master Chief Linville both time management and discipline, two required qualities when you study medicine," she said. After graduating from The University of Texas at Arlington in December 2013, Krizia worked in Texas Health Huguley Hospital's emergency room as a scribe for one-and-a-half years. In May 2015, she entered medical school in Puerto Rico.

Waking daily at 4:00 a.m., Krizia sometimes studies until 11:00 p.m. "I have short snack breaks, and my distraction for the day is talking to my mom. In a day, I can spend up to 18 hours studying, and then repeat the same agenda the next day," she said. "That's where the discipline comes in. You know you have to do it in order to do well on the next exam and pass the year."

This far ahead of graduation from medical school, it's hard for Krizia to pinpoint the place she'll conduct her residency. But with Mexico as home base, it's a fair bet she'll carry on the family tradition of traveling and helping. **NOW**



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CookingNOW

In the Kitchen With RUBY HARSE

— By Melissa Rawlins

As director of the Crowley Senior Center, Ruby Harse and volunteers provide great meals for people who, like the rest of us, love talking while they dine. For this month's Mother's Day potluck luncheon, Ruby's preparing large quantities and setting aside portions in Ziploc bags date-marked with a Sharpie.

Initial inspiration from her mother and grandmother blossomed during Ruby's 20s, when ladies in her hairdresser's chair shared tips for hosting fabulous dinner parties. Once her children were grown, Ruby missed cooking for someone. For more than 10 years, she has volunteered with a supper club providing a monthly meal for Samaritan House in Fort Worth. "I like sharing with my seniors how to reduce their recipes to make fewer servings or to freeze extra servings for another meal," Ruby said. **NOW**

Meatloaf (and Meatballs)

Makes 2 loaves, or 1 loaf and about 12 meatballs.

2 cups boxed stuffing mix
1 cup warm water
2 eggs
1 Tbsp. Worcestershire sauce
1/2 cup your favorite barbecue sauce (divided use)
2 lbs. ground chuck or ground turkey
1/2 cup onion, diced
Cooking spray
Salt and pepper, to taste (if needed)

1. Mix the stuffing with water, eggs,

Worcestershire sauce and 1/4 cup barbecue sauce. Let set for 10 minutes to soften; mix in the meat and onions.

2. Cover a cookie sheet with foil; spray with cooking spray.

3. Form meat mixture into two loaves, or make one loaf and form the rest of the meat into meatballs to freeze for later.

4. Bake at 350 F. The meatballs will be done in about 25 minutes. Halfway through the cooking time, add barbecue sauce on top. Remove and allow to cool before packing in freezer baggies marked with the date.

5. The meatloaf will need to cook another 30-35 minutes. The last 10 minutes, put barbecue sauce on top. Allow the meatloaf to set about 10 minutes before slicing.

Cabbage and Sausage

Makes 2 meals.

1 Tbsp. cooking oil
1/2 lb. Eckrich Turkey Sausage, cut into slices
1/2 cup onion, chopped
1/2 head cabbage, chopped (or 1 bag chopped cabbage slaw)
1/4 cup water
Salt and pepper, to taste
1 tsp. sugar or 1 sweetener packet (optional)

1. Coat a skillet with oil. On medium heat, brown the sausage slices.

2. Add the onions; sauté for 5 minutes. Add the cabbage, water and seasonings. Stir together; cover with a lid. Simmer 15-20 minutes, depending on how soft you like your cabbage.

3. With leftovers, make Cabbage and Vegetable Soup.

Cabbage and Vegetable Soup

Leftovers from Cabbage and Sausage
1 10.5-oz. can chicken or beef broth
1 10.5-oz. can water

1 potato, peeled and diced
 1 cup frozen mixed vegetables
 1 10.5-oz. can diced tomatoes (optional)
 Salt and pepper, to taste (optional)

1. Combine all ingredients, except salt and pepper. Bring to a boil; let simmer 20-25 minutes.
2. Add salt and pepper if needed.

Zucchini

Cornbread Fritters

Makes 8-10 patties.

2 medium-size zucchinis, grated
 1 pkg. cornbread mix
 1 egg

1/4 to 1/2 cup sour cream or plain Greek yogurt

Salt and pepper, to taste

1 cup grated cheddar or Parmesan cheese

Hot sauce of your choice, to taste (optional)

1 Tbsp. cooking oil

1. Grate zucchini until there are about 1 1/2 cups of the flesh in a bowl. Spread zucchini on paper towels to drain well.

2. Mix together with next 6 ingredients. The batter will be thick.

3. Coat a skillet with oil on medium heat. Drop the batter with a 1/4-cup measure or scoop sprayed with cooking spray to make this process easier. Flatten each fritter out a little, so they are not too thick. Brown on both sides. These are tasty served with a salad, beans or stew.

Marinated Corn Salad

Makes 2-3 servings.

1 15-oz. can sweet whole kernel corn, drained

1/4 cup green or purple onion, diced

1/4 cup red or green bell pepper, diced

1/4 cup celery, diced

Several cherry tomatoes, halved

1/4 cup zesty Italian dressing

1 packet sweetener (or 1 tsp. sugar)

Salt and pepper, to taste

1. Mix all ingredients together; chill for at least an hour for the flavors to blend. This will keep in the refrigerator for several days.

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



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Wild Birds Unlimited of Burleson

— By Melissa Rawlins

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Michele Eder always fed the finches when she lived in Ohio. Since making the Burleson area home in 2008, she saw potential in combining her family's birding hobby with the community. She opened Wild Birds Unlimited of Burleson in the South Towne Crossing shopping center last year, next to Subway.

People who appreciate the many species of birds native to the area are learning to love Wild Birds Unlimited. Jean Ferguson, a

birder and member of the Fort Worth Audubon Society for more than 20 years, joined the staff to help Michele and her husband, Mark Eder, field every question a bird lover might have. People come in bearing pictures of birds they've seen, sharing excitement while investigating the proper birdseed mix to feed "their" birds.

A family-oriented business, they decided to hire Michele's sister-in-law, Lori Lusk. "Lori brings excitement to our store with her outgoing demeanor and a willingness to help others enjoy the hobby of bird-watching," Michele said. "We get to know our customers and build a relationship with them. For some of our older customers and caregivers, birds are their connection to the world."

Children enjoy coloring here while their parents shop, surrounded by colorful wind spinners, local honey and hand-decorated gourds. Shopping for Mother's Day is easy here. The

store computer houses customers' wish lists, so spouses and friends can easily find the perfect gift for people who participate in nature.

Mark grew up here and learned from his grandmother what the different birds are and the sounds they make. He and Michele thoroughly investigated the Wild Birds Unlimited franchise and successfully completed their 18-month selection and training process.

Now, Michele engages the bird-loving community, providing education as well as resources. The store hosts "meet the expert" talks, and Jean leads a bird walk around Bailey Lake once a month.

For people in need of birdseed and accessories, Wild Birds Unlimited of Burleson offers quality products. This time of year, they recommend seed with added calcium, for strengthening the bones of mother birds and their offspring. WBU's EcoClean Feeders with Agion are also offered to stop the transmission of infections between birds. "The majority of items with the WBU logo offer a lifetime warranty," Mark said, "and we are able to repair almost anything, or replace it."

If you want to chase away squirrels, just ask Lauren Eder, Mark and Michele's 7-year-old daughter who is often in the store. "We carry Hot Pepper seeds," Lauren said. "That has capsaicin oil, hot pepper, which deters the squirrels, but not the birds."

Michele appreciates the way WBU's naturalists and nutritionists use science to benefit the birds. "Our custom blends are designed with high-quality seeds for our region's birds and seasons," Michele said. "Made with highly nutritious, food-grade quality sunflower, peanuts, cranberries and millet, birds eat all of the blend. We also offer No-Mess Seed, and it will not germinate if it hits the ground."

This month, WBU's hummingbird feeders — designed with features to solve problems created by ants and wasps — may be just what you need. Visit the family at Wild Bird Unlimited of Burleson for help designing the perfect backyard habitat for your wildlife. **NOW**

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TravelNOW

Awakening in Charleston

— By Amanda Hollinger

A rich and colorful painting by acclaimed artist and South Carolina Lowcountry native Jonathan Green depicts a vibrant sunrise spreading across a tidal creek and marsh grass that is Charleston's iconic landscape. Entitled *Awakening in Charleston*, the painting captures more than the fiery beauty of sunrise. It also evokes the spirit of awakening Charleston experiences as it tells its story to the world — not just the postcard-ready version of cobblestone streets and historic plantations, but also the realities of enslaved people whose skills and labor built Charleston. Once a sleepy coastal port, today Charleston draws visitors to discover a vibrant, modern city examining its roots and teeming with high-tech job growth, a vibrant arts and culture scene and an award-winning culinary destination.

Charleston boasts more than its share of award-winning “get-your-reservation-in-advance” dining experiences but

also entices with off-the-radar offerings. Felix, a hip and modern French café at the north end of the King Street Historic District, tempts visitors with small, savory plates of lobster deviled eggs and crab croquettes with crispy okra. For a quieter, more sophisticated dining experience, reserve your spot at the James Beard award-winning restaurant, FIG. Chef Mike Lata's cuisine is a simple, yet innovative, approach to Lowcountry food, such as baked golden tilefish with spring shallots. For something casual, yet no less mouthwatering, venture to the diverse North Central neighborhood. Strap on your appetite for James Beard-nominated Chef Rodney Scott's legendary whole hog BBQ or sit outside at Leon's Oyster Shop and dine on charred oysters and spicy fried chicken.

After getting your fill, explore downtown Charleston by foot. Founded in 1670, Charleston offers unparalleled

opportunities to experience history. At the Old Exchange and Provost Dungeon, completed in 1771, walk the same floors where George Washington was received, and learn about the site's tragic role in the history of the slave trade.

While downtown, take a walk down historic Broad Street — slowly — so as not to miss the reasons why this street is ranked one of the nation's "Great Streets" by the American Planning Association. Bluestone sidewalks, gas streetlights and palmetto trees frame structures dating back to 1715. Near Broad Street, you will find The Gibbes Museum of Art, home to the foremost collection of American art that incorporates Charleston. The collection includes something for everyone, from 18th century portrait miniatures to modern sculptor Patrick Dougherty's twig and branch structure (a kid favorite).

Visitors are likely to encounter one of Charleston's many popular festivals, such as Charleston Wine + Food, Southeastern Wildlife Exposition, Charleston Fashion Week, Festival of Houses and Gardens or, if you're lucky enough to visit during the 18-day period beginning Memorial Day weekend, Spoleto Festival USA. Every year since 1977, the festival has transformed Charleston, filling its historic venues with opera, symphonic music, theater, dance, chamber music and jazz from across the globe.

No visit to downtown Charleston would be complete without a visit to the Battery, the southernmost tip of the historic district and the Charleston peninsula. This promenade provides sweeping views of Charleston Harbor, Fort Sumter, the convergence of the Ashley and Cooper Rivers and the Atlantic Ocean beyond. Awakening couldn't be more romantic. **NOW**

For more information or to plan your visit to Charleston, visit www.explorecharleston.com. Photos courtesy of ExploreCharleston.com.

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Your Style, Your Palette

— By Zachary R. Urquhart

Home improvement can be an unavoidable hassle. When a garbage disposal goes out or you have a leaky faucet costing you money, you take action. Sometimes, though, home improvement can mean fixing up an old piece of furniture or giving a decorative coat of paint to your accent pieces. Here are some tips for sprucing up your house this summer.

Finding Your Canvas

- *Use your own furniture.* Fixing up your house does not have to mean buying all new things. Your old couch can get new padding or a new cover, either from a professional or as a do-it-yourself project. A worn tabletop might be sitting on a solid foundation or vice versa. You can incorporate some of the parts of an old piece to make something unique and new.

- *There are simple bathroom solutions.* Replacing faucets and towel hangers is a relatively inexpensive way to give your bathroom a facelift. And if your marble tub is starting to seem outdated, consider replacing only the sides with sleek wood painted to match your cabinets. It is an easy way to get a very different look without too much effort.



Looking Outside Your Home

- *Drive slowly and look both ways.*

One of the best ways to find furniture ripe for redoing is just by driving through neighborhoods the day before trash collection. People often have old furniture they just need to get rid of, and they will stick it by the curb to be taken by their garbage service. If you want a piece for aesthetics alone, a cursory once-over can determine if someone else's trash really could be your treasure. If you are using something that needs to bear weight, like a dining table, check all joints and tighten all screws before you even load it in your car.



- *Be safe, not scared.* Getting things online might make you a little anxious, but it can be a great way to start a project. If a seller is too vague with details, or they will not send ample photos, beware. Try to have someone go with you for added safety and avoid making plans to pick something up at night in a remote location. When things are free or too cheap, it might be a sign that the item needs more work than you want to put into it.

Painting Like a Pro

- *Pick the right paint.* Once you have cut, remade and sanded the perfect piece, a good coat of paint is the perfect final touch. Based on what you are covering, you might need a nicer paint to ensure a good, smooth finish. The paint experts at your local store can be invaluable

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"I'm bored."



when selecting the right paint for your project.

- **Chalk it up.** If you want to give a piece the fresh but distressed look that is so popular right now, there are a few things to keep in mind. Chalk paint is versatile. You can thin it or thicken it to change the look a bit. Distress the wood after painting, but before waxing, which is a step you cannot skip. One benefit is that you cannot really mess it up, since nicks and scrapes are a part of this style.

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Whatever you decide to tackle this summer, take your time and be creative. Remember, these projects should be a fun way to spruce up the most important space you have — your home. **NOW**



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Zoomed In:

Katie Goodspeed

By Melissa Rawlins

Zuse has Katie Goodspeed's heart, even though he really belongs to her daughter, Halen Hardin. At the age of 11, Halen gave her new puppy what she felt was a tough, male name. "He acts tough, but he'll lick you to death," Katie said, with a laugh. Barking excited hellos at every stranger he sees, 7-month-old Zuse keeps Katie on her toes.

Fairly athletic, she and Halen integrate Zuse into their lifestyle. "My favorite thing with Zuse is playing ball outside our apartment," she said. "He doesn't fetch, he just stops the ball, like a good soccer player." Playful and loving, Zuse winks at Katie as he accompanies her on errands around town.



Nicole Hutchison accepts the Joshua Chamber's Community Spirit Award from Ambassador Kelsea Locke on behalf of all the "unpaid servants" who help her make many programs happen at First Methodist Joshua.



Board Member Chelsea Thompson and Michael Fletcher enjoy silly "surprise" packages celebrating Harvest House's 35 years of serving our community.



Joshua Ambassadors enjoy dinner at the Annual Joshua Chamber of Commerce Awards Banquet.



After playing in Crowley's Bicentennial Park with his daughter Claire, Keith Quan receives a thank you kiss.



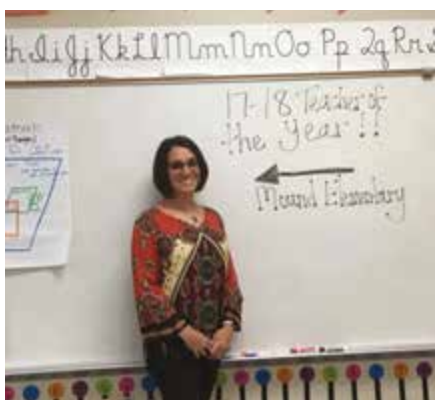
The Burleson Morning Rotary Club members deliver meals inside every Burleson route to launch March for Meals.



Billy and Sharon Hand and their nephew, Micheal Harlow, treat their princesses, Lizzie and Hailey, to a very special 5th birthday at Warren Park.



Maggie Pryor and Rio celebrate as they win 2 BOS and 1 Select.



Lindsey Muse is congratulated for being named Teacher of the Year at Mound Elementary.

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Calendar

4

Health Fair: Noon-3:00 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Free event hosted by City of Burleson. To register, call (817) 295-6611.

May the 4th Be With You: 6:30-8:30 p.m.; Burleson Recreation Center. Star Wars fans are invited to a costume and trivia contest. For more details, call (817) 426-9104.



5

Joshua Chamber Quarterly Luncheon: 11:30 a.m.-1:00 p.m., True Life Church, 301 S. Main St., Joshua. Hear the State of the City address from Mayor Joe Hollarn. www.joshuachamber.com.

8

Business After Hours: 5:30-7:00 p.m., 13250 Jake Ct. Enjoy relaxed networking and find out whose business you can help grow. (817) 295-6121.

11

Senior Dance: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Larry Light and Pure Country Band plays. \$5 each. (817) 295-6611.

12

Hazardous Waste, Electronic Recycling and Paper Shredding: 9:00-

11:00 a.m., Municipal Service Center, 725 S.E. John Jones Dr. For more details, call (817) 426-9848.

Second Saturday: 9:00 a.m.-10:00 p.m., Old Town. Find specials throughout participating businesses in the historic part of Burleson.

Open House: 11:00 a.m.-2:00 p.m., Burleson Police Department, 1161 S.W. Wilshire Blvd. Explore police vehicles, SWAT trucks, motorcycles and methods for safekeeping your family. (817) 426-9913.

15

Mobile Food Pantry: 5:00-7:00 p.m., Jackie Carden Elementary School, 3702 Garden Springs Dr., Fort Worth. Fresh food for those in need, sponsored by Tarrant Area Food Bank. www.taafb.org.

Roots & Branches Genealogy Club meeting: 7:00-8:00 p.m., Burleson Senior Activity Center. Expert researcher Eric Jelle leads the discussion, and there will be a Q&A, as well. Free. Call (817) 426-9550 for more details.



18

The Power of Heels Luncheon: 11:30 a.m.-1:00 p.m., First United Methodist Church, 590 N.E. McAllister. Network with the Burleson Area Chamber of Commerce Women's Division —

even if you aren't wearing heels. \$20 tickets when reserved by **May 16**. (817) 295-6121.

19

Bird Walk: 8:30 a.m., Bailey Lake, 280 W. Hidden Creek Pkwy. Child-friendly morning stroll. Free. For more details, email burlapbirds@gmail.com.



Recycled Boat Regatta: 9:00 a.m.-noon., Burleson Recreation Center. Participants 6-17 years of age pit their boats made of previously used materials against each other in the BRiCk's pool. (817) 426-9104.

Character March and City on a Hill: 9:00 a.m.-1:00 p.m., BISD Athletic Stadium. The community is welcome to join parade marshals Gloria Gillaspie and Patsy Dumas to celebrate students who have been recognized for good character. Following the parade, Crazy8 Ministries invites families to stay for activities, food, fun, vision screenings by Burleson Lions Club and wellness information. Pets on leashes are welcome. (817) 245-1000.

25

Hot Sounds of Summer: 7:30 p.m., Old Town. The first in Burleson's summer concert series features The Dolan Band. Bring chairs, blankets and a picnic or eat at one of the restaurants in Old Town. For more information, call (817) 426-9622.

26

Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia St., Crowley. For more information, contact Jim Hirth, (817) 297-1942.

20th Annual Honey Tour Bike Ride: 8:00 a.m.-5:00 p.m., Centennial High School, 201 Hurst St. Support the work of the Burleson Area Chamber of Commerce while you enjoy Johnson County roads. (817) 295-6121.



Fire Department Safety Fair: Time and location TBD. The family is welcome to explore trucks, helicopters and ambulances. (817) 426-9622.

28

Splash Day: 1:00-7:00 p.m., Burleson Recreation Center. Kick off the summer by swimming in the BRiCk's outdoor pool for free. (817) 426-9104.

June

1, 8, 15, 22, 29

Movies in the Park: Dusk, Bicentennial Park, Crowley. Free movies, popcorn and drinks, presented by The City of Crowley. Bring your own chair, and enjoy *Despicable Me 3* on the first Friday, *Wonder* the second, *Justice League* the third, *Paddington 2* on the fourth and something very special on the fifth Friday. Call (817) 297-2201, x 7040.

Ongoing:

Saturdays

Burleson Farmer's Market: 8:00 a.m.-noon, 217 W. Renfro St. Bring your family and support your local producers of fruits, vegetables, meats, dairy, baked and canned goods and crafts. www.burlesonfarmersmarket.com.

Through October 20

Market on Main: 8:00 a.m.-noon, 106 E. 12th St. Joshua Farmer's Market invites your family to support local artisans, crafters, musicians, bakers, canners and farmers. For mor details, visit marketonmain@joshuachamber.com.

Submissions are welcome and published as space allows. Send your current event details to virginia.riddle@nowmagazines.com.



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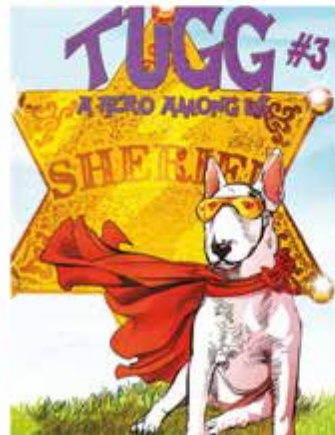
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Touched by the Wuff

— By Melissa Rawlins

BurlesonNOW Magazine featured Blake Ovard in January 2011, and the cover showcased his puppy, Tugg. At the time, Blake and his wife, Kim, worked as dog trainers and animal control officers, and that story highlighted the treasure shelter dogs can be. They had rescued Tugg, helped him heal and planned to take him into schools to show people it is possible to overcome great things with time, love and a positive outlook.

Tugg has returned those gifts to Blake and Kim during the past seven years. Now, his humans own Geek Out, a comic store in Old Town Burleson. They are doing neat stuff for kids and, as planned, Tugg is a part of it all.

In their creative anti-bullying collaboration in schools, they tell children, “You’re great just the way you are. And you always have to wuff it forward,” Blake said, explaining that “wuff” is “love” in Tugg’s vocabulary. “The simple message is: If you love someone, you’re not going to bully them.” The Ovards show Tugg’s video, including before photos from when he was really hurting, and then current photos. “They understand, ‘If he went from that to this, then I can, too.’”

Tugg also stars in his very own comic book series. *Tugg: A Hero Among Us* is published quarterly by the Ovards, who

share the fun of illustrating and writing the story. Tugg takes his creative team with him when invited to pop culture extravaganzas called Comic Con in Texas, Florida and the Midwest. Together, they inspire children, teens and adults around the nation to believe the world can be a better place.

“The dog can connect where we can’t always connect with people. When you bring him in with the kids, they understand,” Kim said. “Adults get picked on, too,” she added.

She knows the feeling of being bullied. Most recently, her bully is early-onset Lewy Body Dementia. When she and Blake opened Geek Out, it became a safe place for her to be productive, happy and helpful, while they gave others a place to belong. Filled with large tables for people of all ages to relax, play games or chat, the space is Kim’s home away from home, and she makes full use of her gift of hospitality. Here, she fills baskets with fresh produce for the Bountiful Baskets Cooperative she volunteers for.

And she and Blake freely explore the depths of their creative potential. With faithful friend Tugg as a constant muse, more people will be touched by the wuff. “He’s just our dog,” Kim said. “He loves Mom and Dad. And he seems to always be thinking, *What can I do to make your world a better place?* Can you imagine if everybody thought that way?” **NOW**

Editor’s Note: For insight into the wonders of Tugg and his superhero status, visit www.tuggthebullterrier.com/tugg-the-comic-book.html.



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