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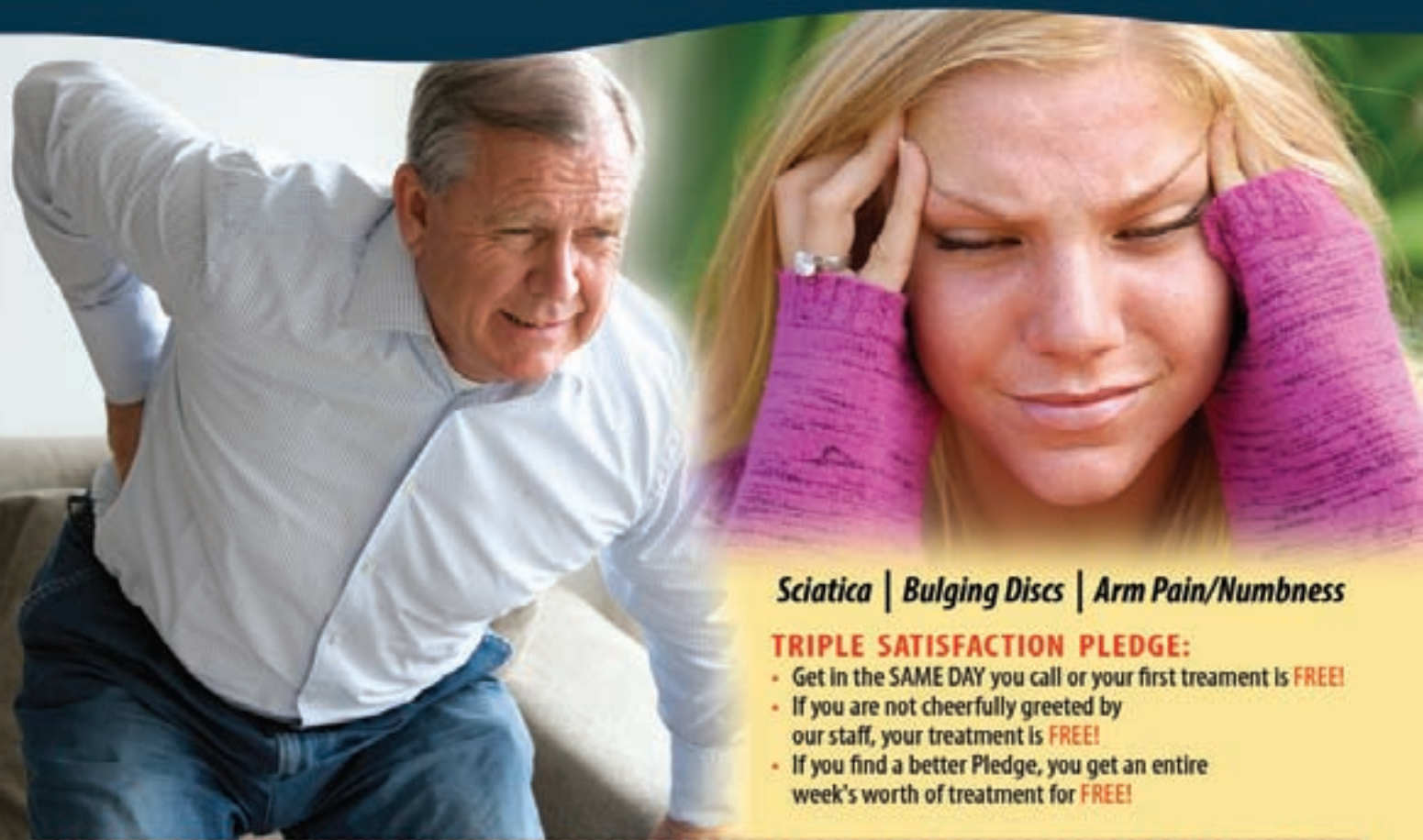
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Ava Joyce McWilliams
enjoys playing dress up.

Photo by Opaque Visuals.

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Editor's Note

Hello, Friends!

The heat is on, hinting that summer's official start is 7:09 p.m., June 20. That's just three days after Father's Day, and five days after The Power of Heels — a meeting of bright-minded, strong-willed and high-spirited businesswomen. Influential men often attend, because Power of Heels, a division of the Burleson Area Chamber of Commerce, unites people who are committed to empowering women in business through professional and personal

development and initiatives. The luncheons often promote opportunities to assist people in need through benevolence and education. This month, Power of Heels presents Sarah Zink with thoughts on profitability, productivity and power. Since its inception in spring 2011, Power of Heels has taken on a vibrant life of its own, as participants pass the torch amongst each other. May you, too, spread the warmth and help our community grow stronger!

Happy Father's Day!

Melissa

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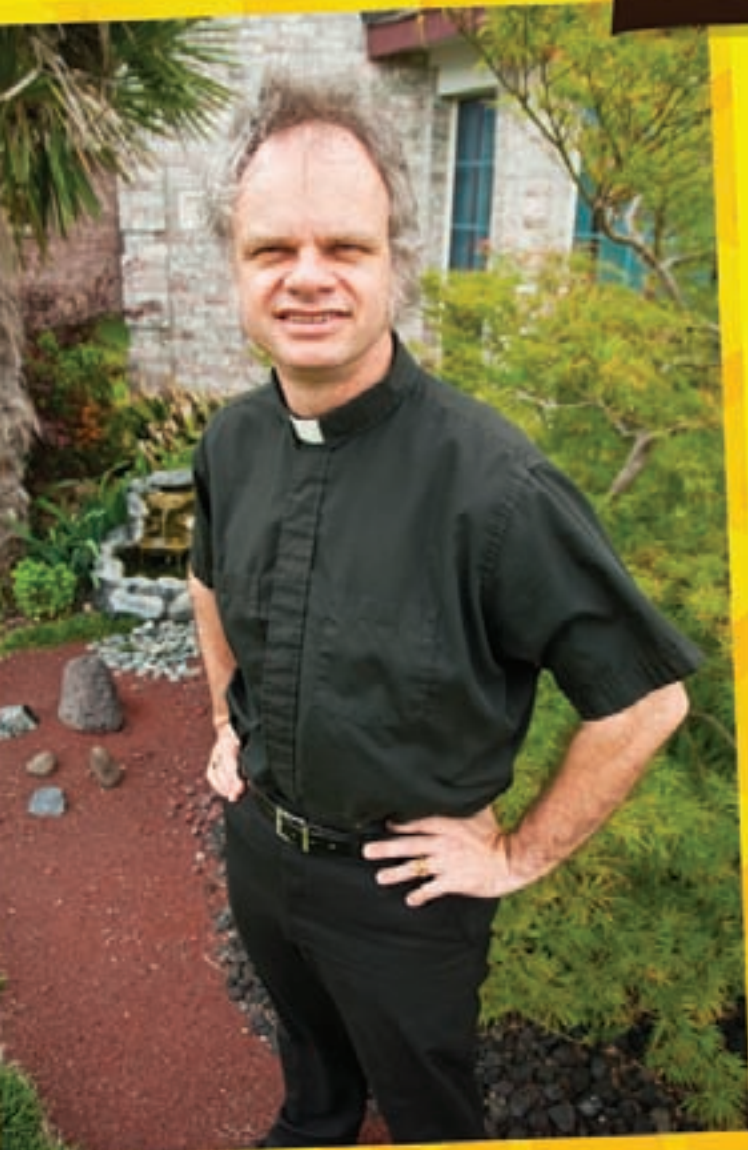
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Keeping Bees for Life

— By Melissa Rawlins



For most of us, the zingy flavor of fermented honey is unfamiliar. For Kent Heimbigner, self-proclaimed Bishop of Bees in Burleson, the precious amber beverage brings such sipping pleasure that he makes his own and passes on the gift. He does sell his gooey, raw local harvest, but that's not his day job. The Rev. Kent Heimbigner pastors Charity Lutheran Church, and nurturing the members takes most of his week. Sundays he gives sermons written from his recliner at home. Here, in the center of his peaceful, active family, the encouraging messages are worked out. Over the years since joining Charity Lutheran in 1997, his not-so-secret fascination with bees has illustrated several ideas in his sermons.

One Sunday, after a bee stung him above one of his eyes, the reverend assured the congregation that if John the Baptist, who ate locusts and wild honey, was raiding beehives, he was probably similarly stung and not very attractive. Kent emphasizes that the outward appearance is not what is most important. Even when he doesn't look his best, on days when he is puffy-faced from a bee sting, this preacher's goal is to speak the truth. Burleson's Bishop of Bees does not raid wild hives. He removes

ees

hives for people who would rather not have busy bees under their doghouse. For instance, of the 26 identified subspecies of honeybees, our area hosts both Italian and Africanized varieties. Kent uses a yellow bee brush to move the bees off of his body without harming them. "When I have to use that thing like a windshield wiper, when they thrust their abdomen in my veil to try to inject venom in my eyes, when they gang up on you," Kent said, "that's when I know I am dealing with Africanized bees."

Different honeybees have different characteristics. "The only thing that stops violent bees from taking over that niche of the environment is domestic beekeepers that don't want to play with them. So, we replace queens in hives that are cranky with queens who have known genetics, and this civilizes the hive," Kent explained.

Kent recently moved an established colony of about 20,000 bees from an older home in Burleson to his own backyard. Surrounded by a weeping cherry, various herbs and other flowers in the neighborhood, the bees have contentedly set up house in the medium super hive on the edge of the lawn. "A deep box fully laden with honey can weigh over 100 pounds," Kent said, who is in very good shape. He is a black belt in kyukido and spends three hours every week doing the taekwondo-like martial art. He also lifts a lot of hives.



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Kent began learning the nuances of beekeeping as a child in Anaheim, a residential suburb of Los Angeles. In second grade, he saw a video about bees that featured a glass observation beehive through which he could see the activity of bees. His persistent questions and requests prompted Kent's electrical-engineer father to challenge his young son to learn how to build such a beehive before he could have one. "I asked, 'What would you need?' and he answered, 'I suppose, designs.'"

"Where would you get designs?"

"At the Ag Agency."

"Mom, get me the address for the agricultural extension agency!"

At 7 years old and with spelling help from his mother, Kent printed a note To Whom It May Concern, asking for designs for an observation beehive. A month-and-a-half later, the designs came in the mail. "Knowing how a 7-year-old can be, Dad would work on it for a while and then get involved in something at the church and the project would collect dust, but I'd see it and ask if we could get it finished," Kent remembered. "To make a long story short, it wasn't until fourth grade, but I would call my fascination with honeybees the closest thing to love at first sight I've ever experienced."

Once completed, a tube allowed the bees to fly outside, gather pollen and return to their hive, which was inside Kent's bedroom. "From fourth grade until I left high school, I was sung to sleep by 20,000 bees every night," Kent said. "When I was 14, I harvested honey. By the time I was done selling it, I had




"There are those days when the Lord graciously sends those reminders not to give up my day job."

made more money in one hard summer day's sweaty work, and getting a few bee stings, than what some of my friends made all year doing a paper route."

Kent is an active member of the Metro Beekeepers Association, which mentors young people and adults interested in learning more about the business of beekeeping. "The club has a lot of older beekeepers with a lot of experience," Kent said. The club's scholarship program awards winning applicants a beehive, all the gear and mentoring by one of their knowledgeable beekeepers.







As a member of the Rotary Club, which has an international mission of lifting people out of poverty, Kent dreams of going to a Third World country and setting people up with beekeeping. "They could make good money selling a jar of honey," he said.



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But the real importance of bees, he insists, is for pollination of our food supply.

Enjoying nature while removing swarms and nests, Kent finds relaxation through beekeeping. "It also gives me supplemental income and opportunities to speak to people who might otherwise not speak to a Lutheran pastor," Kent said, explaining that Lutherans believe drunkenness is wrong, but a drink is not.

When Kent discovered how to make mead by mixing a gallon of honey with water, yeast and activator and letting it ferment for six months, he found a satisfying new hobby. "Also known as honey wine, mead was considered by the medieval English to be an aphrodisiac. Newlyweds were encouraged to drink it, especially for the first month of their marriage," shared Kent, who, not surprisingly, teaches religion and philosophy courses for the extension campus of Concordia University Texas in Fort Worth. "One month is one cycle of the moon, and mead is made from honey, hence the English word honeymoon."

Kent's wisdom about bees gives him courage to approach them and is as much of a breastplate as his white canvas garb. "At the end of the day, if they are violent, it doesn't matter why," Burleson's Bishop of Bees said. "I need to replace the queen, so they're not so violent. If they're gentle, I'm happy." But, when they're not, he's not.

"Especially," his wife, Denise, added, "when he comes home and it's 105 F outside, and he's all stung up. He asks, 'Why am I doing this, again?'"

"Yes," Kent smiled beatifically, "there are those days when the Lord graciously sends those reminders not to give up my day job." **NOW**



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Meaningful Service

— By Erin McEndree

Anthony Hinojosa is not a typical 17-year-old young man. Many people his age are addicted to their iPod, smartphone, MP3 player and Facebook page, but he is addicted to his little brother, Gabe, who was diagnosed with autism in 2009. Anthony is a conscientious big brother who was willing to rid the house of all appliances that emit radio waves, including cell phones and microwaves. His parents even thought about getting rid of the dog. They wanted to evaluate if eliminating animal dander along with radio waves would help Gabe's condition improve. "My life dramatically changed, but it was for the best," Anthony said.

Since the diagnosis, Anthony has involved himself in helping Gabe be the best he can be. He also helps other families and children with autism gain knowledge about the condition and find encouragement through his service. His motivation comes from seeing what others can accomplish. "I am satisfied when I see others [succeed] in what they do," Anthony explained. "I want autism to be fought off and done away with. God gave me this body to work, and I have to take advantage of what God has given me to do."

Everything Anthony does is for others. He is a true community servant. "I do things that need to be done," he said. "I help neighbors with needs like yard work and moving things. I take friends to work who don't have a ride." He gets auctioned off at First Baptist Church in Crowley in the "Hire a Hand" event where people bid on his services. He will help the highest bidder by babysitting, gardening or assisting with renovations.

Anthony's mother, Lisa Boultinghouse, started a nonprofit organization called Parents Defeating Autism in March 2009. This organization rises above the storms autism brings by providing emotional and financial assistance to families who have children with autism or display signs of being on the autistic



"I want autism to be fought off and done away with. God gave me this body to work, and I have to take advantage of what God has given me to do."

spectrum. Local parents are excited to find this resource in their area and recently have either requested information or expressed a desire to be involved.

Anthony is also heavily involved with Parents Defeating Autism. In fact, his commitment to helping kids with autism reaches beyond Gabe. It reaches the surrounding area, as he serves the community of autism through fundraisers,



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Kids with Autism (or ASD) Making Progress (KAMP) and tournaments.

KAMP, which is sponsored by First Baptist Church of Crowley, is an annual event wherein ambitious volunteers support families and children with autism for a week at day camp. It is four hours a day and designed to give parents much needed time to themselves. "Everyone is assigned a kid for the day," Anthony explained. "We help them use their words. We help them with arts and crafts." KAMP is structured and this summer will provide music therapy and recreation, such as tennis, which helps children with hand-eye coordination, language skills and motor skills. But the main goal is for children with autism to find their passion. "It is cool to see them in their comfort zone where no one cares about their disability. Everything is normal there," Anthony said. KAMP is intended to help children with autism thrive in the area they are passionate about.

Tournaments are an important source of fundraising for the organization. There is an annual softball tournament in July in which Anthony participates. He was an avid athlete for 13 years, until he tore his meniscus during his sophomore year of school. He does more than just play. "He is there to set up, work concessions and clean up," Lisa said. "He also does a good job getting friends

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to help.” There are plans for a summer bowling tournament, and this April, the Crowley High School Bill R. Johnson Career and Technology Education Center hosted its first Walk for Autism, with plans of making it an annual event.

The Walk for Autism honors families and their children who are dealing with autism. The event serves the community directly. This year, 26 vendors provided families with information about services for autism, while people enjoyed some shopping, bounce houses, concessions and a one-mile and two-mile walk/run. Anthony was there to provide assistance to the community, work the concessions and participate in the run.

When Anthony is at home, he is a great big brother. “I help Gabe at night when he won’t go to sleep. I help him with his homework, and we play together,” Anthony said. “I try to get Gabe to talk and use his words.” Anthony gets down on Gabe’s level, so Gabe can have fun.

Gabe did not show symptoms of autism until he was 17 months old. He showed signs of the disability when he regressed in play and gradually quit speaking altogether. He did not say a word for over a year-and-a-half. “It was a culture shock,” Anthony admitted, “but Gabe needed simplification.” Anthony has been willing to do what it takes to help his brother and others with autism.

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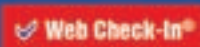
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“What Ever it Takes” is a theme in Anthony’s household. Lisa changed Gabe’s diet. Nutrition was drastically simplified to eliminate sugar, gluten and dairy. “When we placed him on the diet and started him on supplements, he started talking within four days. It was dramatic,” Lisa said. This kind of diet is expensive and “families need encouragement to try it,” Lisa said. “I’ve seen evidence of it helping a child. It was a drastic transformation. All the hard work pays off.”

Gabe thrives in the area of language. He knows five languages including English, Spanish, German, Chinese and French. “We found out when my sister-in-law spoke French to Gabe, and he responded correctly to her,” Lisa said. “We want all kids [with autism] to become the happiest and most functional adults they can be.”

Anthony wants to graduate high school early and attend Tarrant County College. He then plans to go into the military. “I don’t know what branch yet. I want to make a difference,” Anthony stated. “I want people to go to bed and feel safe knowing we are out there. I want to give back.” Anthony’s long-term goal is to produce music and help artists create their songs.

A quote from Dayspring describes the life Anthony is leading, “God is using you for His special purpose — to shine His light, to share His love, to shape His people.” Autism has given Anthony the motivation to share himself. He is making a difference in the lives of children with this illness and encouraging parents to have hope in the future. **NOW**



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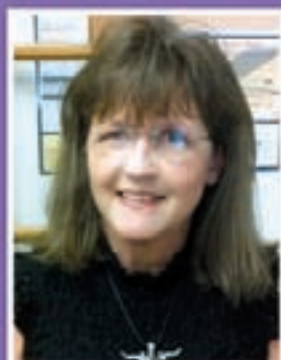
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AT HOME WITH AARON AND ASHLEY MCWILLIAMS



Through WIDE Windows

— By Carolyn Wills

Aaron McWilliams was readying his fifth-grade classroom for the new school year at Norwood Elementary School when he noticed the kindergarten teacher. “I saw Ashley in the hallway and thought she was beautiful,” he smiled. “That was in 2005, and before school started, we were dating.” The two were engaged by the following April and married in 2006.

Today, Aaron is principal at Burleson’s Clinkscale Elementary School, and Ashley has created a thriving online children’s clothing business. They are parents to two beautiful children, and after six years of marriage, their powerful “first-sight” connection is stronger than ever. “Ashley is balanced spiritually,



physically and emotionally,” Aaron said. “She’s a great teacher, nonstop mom, successful businesswoman, and she puts family first.”

“We’re a good team,” Ashley agreed. “Aaron is so supportive. He’s involved with the kids, helps with the house and keeps me grounded.” Ashley graduated from Burleson High School. “My dad passed away when I was in high school,” she said. “After college, I came back to Burleson to teach and bought a home to stay close to my mom.”

Her home became the first residence for Mr. and Mrs. McWilliams. Eventually, it also welcomed their first child. “We lived in that house until we outgrew it,” Aaron said. “When Ashley became pregnant again, we knew it was time for more space.” In addition to building a family, Aaron managed to complete his master’s degree. “Clinkscale Elementary School was built in 2009. I’m privileged to be its principal and to have opened the school and hired the staff,” he said. “It’s a beautiful school with exemplary status. I’m proud to be a part of it.”

Early in 2011 and with a baby on the way, Aaron and Ashley searched for a new home. “We found this neighborhood that appears to be a nod to the way neighborhoods used to be,” Aaron said. “It’s a relatively new development, yet the houses are different from each other and each has lots of character.”

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at first sight," Ashley smiled. "When we walked in, we were sold. Our house hadn't sold yet, so we prayed that everything would work out."

Everything did work out, and in May 2011, the family moved into their charming, newly constructed, two-story stone and brick home in a neighborhood

of diversity and distinction. At 2,380 square feet, the home features three bedrooms and two baths downstairs, a formal dining room, open-concept kitchen/breakfast area/living room and a laundry room. The upstairs loft includes a large common area, office and craft and storage rooms.

"It feels like the house was built for us," Ashley said. "I started an online business with a friend three years ago. We make children's clothes, many of which are custom monogrammed and/or embellished. I needed a place to be with my children and to work. I think the upstairs is my favorite part of the house." The cheerful sewing room upstairs, decorated in aqua and red, allows her to keep her eyes on the children in the common area.

"There is also one heck of a view from the upstairs windows," Aaron said. "The neighborhood park, which Ava calls 'her park' backs up to our house, and the view from the living room is equally amazing. I had the wood fence in the backyard replaced with iron, so we could enjoy the great sunsets, the neighborhood park and watch cows grazing in the distance. I'm thankful for simple pleasures, and the views here are calming and peaceful."

"We're still decorating," Ashley smiled. "I was 14 weeks pregnant when we moved in, and we wanted the baby's room to be ready." Baby Judd, now 8 months old, arrived in time to settle into

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his happy yellow room with gray accents. "Aaron's brother painted the kids' rooms after I picked the colors," Ashley added.

"My sister, Shauna, is close to the kids," Aaron said. "She spends the night at our house on Saturdays. 'Auntie' Shauna loves ballet and insists that Ava take dancing lessons. Ava loves to dance with her Auntie Shauna, so we're totally cool with that!"

Ava is a beautiful little girl with big intense eyes, a whole lot of personality and a jam-packed schedule. Her room, painted pink with touches of lavender, features a huge iron-scrrolled princess bed, a wall bracket dripping with multicolored tutus, a piggy bank wearing a tutu and owls everywhere. "It's her owl room," Ashley grinned. "She loves owls and picked her bedding because it has owls on it. She also likes to wear her tutus to preschool with her uniform shirt. She's 'all girl' and enjoys changing her clothes at least five times a day!" Ava is especially excited that she will be wearing her new Cinderella dress to an upcoming performance of Disney on Ice with her mother and aunt.

In contrast to the bright-colored children's rooms, the core of Aaron and Ashley's home is decorated in neutral shades accented by dark-stained cherry wood cabinetry in the kitchen, granite



countertops and stainless-steel appliances. Light-colored ceramic tile floors throughout the open area are coupled with tall ceilings and bright, wide windows.

The luxurious master bedroom toward the back of the house and just off the living area is very private and, like the living room, it offers a great view. "We love the high features, wide windows with inset ledges and crown moldings throughout the house," Aaron said. "When people first walk into the central area and look up, they are surprised to see a second floor. The stairs are not visible from the entrance. We like that the layout is so different from most homes and works so well for our needs."

The McWilliamses also share their home with their 11-year-old beloved dog, Lucy. "She's a Labrador-mix and



our resident senior," Aaron said, "and definitely a member of the family."

Aaron is now pursuing his doctorate degree. Ashley is nurturing her family. Ava Joyce, named after her mother's mother, is following the motto framed and displayed in the home: "dance like no one is watching." If ever a little girl is dancing like no one is watching (except for mom and dad), it is Ava! Judd Richard, named after his father's father, is observing the world through the wide windows of his home. As many newly planted trees in the McWilliamses' neighborhood mature, it's safe to bet that this young family will continue to bloom. **NOW**

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The Way to Play

— By Sarah Anderson

Passionate does not begin to express Madison Riley's love of volleyball. Her dedication and commitment to the sport exemplify what every coach hopes for. According to her trainer, J.R. Martinez, athletes of her caliber enhance the experience of everyone they

encounter, on and off the court. "She's determined to be the best she can be, no matter what it takes," J.R. said. "From the beginning, she's been asking questions, and she hasn't stopped since. She's the type of kid who always wants to get better."

Just shy of 15, Madison is headed into her sophomore year at Burleson High School (BHS), where she is proud to be an Elk. School, however, is only one place she shines. Playing three months a year during the school season is not enough to satisfy her insatiable appetite for volleyball. As soon as the school season wraps up in October, she starts training for the Johnson County Junior Volleyball (JCJV) Club's indoor season, which runs from January to April. In May, she heads straight into JCJV's beach season, which runs through the summer until tryouts for school start. "I don't know what I would do without volleyball," Madison said. "It's my life."



So much so, playing on one indoor club team wasn't enough. This year, she played on two teams, with the 15- and 17-year-olds, which meant she practiced four days a week, leaving only Wednesdays and Sundays to breathe between training and games. "She works very hard, and she never misses a practice," said Madison's mother, Karla Riley. "We are so proud of her. She's an exceptional athlete. Volleyball has matured her and made her a more responsible person."

Exceptional, however, has not always described Madison's ability. When she started at the end of sixth grade, she couldn't even serve the ball to the net, let alone over it. "The first time I served the ball too far, even though I gave the point to the other team, everyone jumped up and started screaming like it was the best thing they'd ever seen," Madison laughed.


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Then, thanks to J.R., JCJV club owner and personal volleyball trainer, everything changed. It wasn't long until she stood out so much that coaches recruited her for the A-team in eighth grade.

"J.R. is still a huge part of my training. When I don't have anything else to do, I call him so we can practice," she said. "He even calls me, especially when he can tell I'm getting frustrated with things outside volleyball. Training and hitting really clear my head."

JCJV coaches were eager to have Madison, too. BHS graduate Britney Fellers was thrilled to be her first indoor club volleyball coach. "Madison is the athlete you would want to have on your team. She's humble, but she's still confident, and she always wants to improve," Britney said. "She uplifts her teammates, too, and always has a positive attitude."

With summer here, Madison — complete with well-manicured toes — is now ankle deep in the sand of beach volleyball, and this year her dad, Larry Riley, is the JCJV beach volleyball director. "My dad is amazing. He's about as dedicated to volleyball as I am. I don't think I could



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play without him," Madison said. "He's by my side at every game, and if he's not on the sidelines, I'm looking for him. He's even training to be a coach."

Larry is enthusiastic about watching his daughter play. They lovingly call him the Ron Washington of volleyball. He gets so engrossed in the game, the players often gauge how they are doing based on his reactions. Even though he had no experience with volleyball before Madison gave it a try, he has learned right along with her.

"When she came to me in sixth grade and told me she wanted to play, I told her I would do everything I could to make it happen. I've always told my kids I would support them 100 percent in anything they wanted to do," Larry said. "To see Madison grow like she has and get to play a sport she loves is not only fulfilling, but I still get emotional watching her."

Larry believes getting to play both indoor and beach volleyball is a great opportunity for Madison. Even though beach volleyball varies quite a bit from indoor volleyball, players and coaches alike agree playing both helps them train and improve in each sport. Aside from the lack of air conditioning and the bright Texas sun, Madison said beach volleyball also differs in strategy and approach. It requires more finesse and focusing on where you place the ball. With only two players on a team, it also requires more communication with your partner because, even though sand courts are smaller, players still have to cover a lot of ground.

"Without beach, I wouldn't be as good of an indoor player," Madison said.

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beach volleyball. The same church that lets JCJV practice in their gymnasium for indoor volleyball, allowed them to build two sand courts for beach volleyball.

"Living Water Church has been incredible," Madison said. "It's had a huge impact on my volleyball. Without that gym, I don't know what would've happened or where we would've practiced, and the fact that they let us build sand courts was amazing."

Out of respect for the church and its support, JCJV emphasizes tremendous sportsmanship and a strict code of ethics. The girls respect each other, their coaches, the referees and the importance of modest uniforms. During indoor events, their shorts must be a certain length, and during beach games, they wear one-piece suits — not bikinis. Parents have their own code of ethics, too. If they have questions or concerns, they know how to address it respectfully and who to approach. "Our code of ethics sets us apart," Karla said.

After two-and-half short years, Madison has not only discovered a drive and passion for volleyball, but according to her parents and coaches she has also revealed tremendous character, integrity and strong self-esteem. "Madison is a good player, a good student and a good friend to her teammates," Britney said. "She has a great outlook on life."

As Madison looks to the future, college ball is, without question, her next adventure. With her brother, a recent BHS graduate, headed to college in the fall, she can't wait to follow his example. She would love to play for Texas Christian University, but she is open to wherever the sport takes her. She even hopes to coach, one day. Until then, Madison enjoys summer fun in the sand. **NOW**

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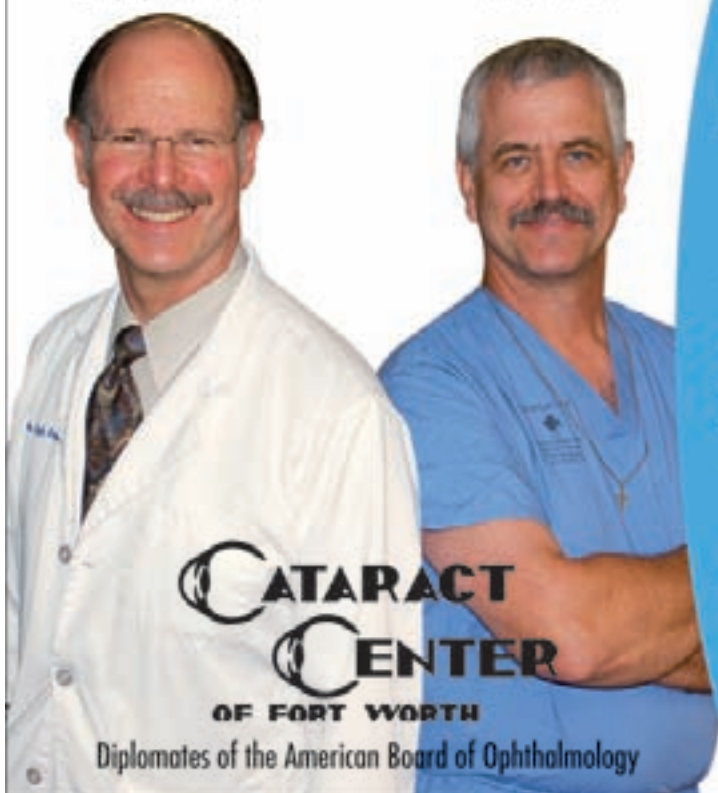
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drawing visitors to this charming, historic beach town on the Texas Gulf Coast.

Galveston is described as a romantic island off the coast of South Texas. It possesses all the charm of a small, Southern town, yet it is only 40 minutes south of Houston, the fourth-largest city in the United States. At 32 miles long and 2 1/2 miles wide, most residents

can't remember the last time they visited the mainland and, if circumstances permitted, they would never leave. Galveston Island is a popular year-round destination, blending temperate weather and rich history — including one of the largest and most well-preserved concentrations





of Victorian architecture in the country. But that's only the beginning. The island is also home to 32 miles of beaches, a wide variety of family attractions, museums, restaurants, downtown shopping, top resort hotels and outdoor adventure activities by land or sea, including: kayaking, diving, deep-sea fishing, birding, golfing, beach volleyball and more.

Most notably, however, much of Galveston's appeal is tied to its history, an aspect the island's tight-knit tourism community works to preserve and promote — from its many National Historic Landmarks to the island's newest attraction: the Galveston Island Historic Pleasure Pier. Located over the Gulf of Mexico off Galveston's Seawall Boulevard, the pier is reminiscent of the pleasure pier that was built in the same location during the early 1940s and stood there until 1961. The new pier, opening in May 2012, includes 16 thrill rides, a full-service restaurant, midway games, shops and live entertainment.

Other historical attractions on the island include the 1892 Victorian mansion, Bishop's Palace, and the



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1895 Moody Mansion. Both historic homes are open for tours regularly. Galveston is also home to four nationally recognized historic districts, including the popular East End Historic District where completely restored historic homes line the streets. Within the district, the Galveston Island Tree Sculptures have become a popular tourist draw. These sculptures — made from neighborhood oak trees destroyed by Hurricane Ike in 2008 — are nestled in yards for the public to find and enjoy.

Another historic district, the Downtown Historic Strand Seaport District, is located



across the street from the Galveston Cruise Terminal. Within the district, The Strand is a popular destination with



Victorian buildings lining the street that house quaint boutiques, shops, restaurants and attractions, including a new interactive pirate museum, Pirates! Legends of the Gulf Coast. The district is also home to the Galveston Railroad Museum. A couple of blocks over, Postoffice Street is home to art galleries, shops, restaurants and entertainment venues, such as The Grand 1894 Opera House.

Next door to the Galveston Cruise Terminal — which offers eastern and western Caribbean cruises through Royal Caribbean, Carnival Cruise Lines, Disney Cruise Line and Princess Cruises — stands Pier 21, a destination home to the Texas Seaport Museum and 1877 tall ship, *Elissa*, harbor boat tours, the Pier 21 Theater and a variety of restaurants,

Much of Galveston's appeal is tied to its history.

including the harbor front Olympia Grill and Willie G's Seafood & Steaks. On the nearby Pier 19, the Ocean Star Offshore Drilling Rig and Museum offers a unique opportunity to step inside a retired oil rig and learn about the offshore industry.

In addition to Galveston's rich history, the island is known for its beaches. Stewart Beach is an ideal family destination offering a children's playground, umbrella



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and chair rentals, volleyball courts, and an outdoor pavilion with a snack bar, souvenir shop, restrooms and bath house. Seawolf Park on Pelican Island in Galveston Bay is another beach destination that features a historic WWII submarine, a destroyer escort and other military items. Galveston is also home to East Beach, the beaches



along Seawall Boulevard and Pocket Parks 1, 2 and 3, providing plenty of options for picnics and water sports.

On the West End of the island, visitors to Galveston will find a cluster of family and adventure attractions, all within walking distance of each other. The first, Moody Gardens, is a 245-acre resort complex known for its large glass pyramid buildings. One of the most visited places in Texas, Moody Gardens has an Aquarium Pyramid and a tropical Rainforest Pyramid that houses more than 1,000 species of plants and free-roaming animals, such as: monkeys, sloths and birds from rainforests around the world. Moody Gardens also has 3-D, 4-D and Ridefilm theaters, a golf course, a kid's water park, historic paddlewheel boat cruises and a AAA-rated, four-diamond hotel.

Right next door, Schlitterbahn Galveston Island Waterpark is open year-round with an outdoor and indoor park. The indoor park was named the best indoor water park in the world by *Amusement Today*. Nearby is also the Lone Star Flight Museum, where visitors can see and even fly in rare historic aircraft from World War II. **NOW**

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Scott Brown with his wife, Rebecca, in the offices of Superior Retirement Strategies.



The Whole Picture

Talk to Superior Retirement Strategies if you don't know what you own or why you own it.

— By Melissa Rawlins

Investment advisor Scott Brown loves offering advice. Even outside of the office, in his speeches at Burleson Toastmaster Club meetings, Scott is admired for giving clear and often hard-hitting information that steers people through conservatively liberal thought processes on everything from gardening to family life to the economy. Since 2008, people in our area have come to Scott's office to strategize their financial goals.

"My clients will tell me, for instance, that they want to leave a legacy for their kids, and then they ask me, 'How do I get there?' I recommend various strategies to aid in those goals," Scott said. He also manages money and portfolios for his customers.

To help clients position their assets according to their goals

and objectives, Scott offers well-researched perspectives on whether certain investments are the right choice for them. As a broker, Scott can carry out transactions for his customers as they direct. He also leverages the wisdom of others to help his clients accomplish specialty goals involving estate planning or tax strategies. "I assist most people directly," Scott said, "or, I point them to the place where they will be best-served."

People often visit Scott to get an impartial second opinion. "I don't do this so that I can get rich," Scott said. "If somebody has been offered an investment that seems almost too good, such as certain annuities, I am more than happy to discuss the recommendation with them so that they get the full picture."

Business **NOW**

As a child, Scott learned the value of investigating when he took things apart to see how they were made and then put them back together again. "Regarding any investment, I want to know how it works, so I'll know how it can break. And then I'll know whether it will be appropriate for somebody," Scott said. "When you're investing, you should always look at what can go wrong before you look at the upside. I present both sides."

Since January 1996, Scott has worked hard to be a trustworthy investment advisor. "I don't want to be a gambler; I want to be an investor. You've got to know what you own and why you own it," Scott said. "How can you reasonably expect to make money off something if you have no idea what the company does or how they turn a profit?" Nearly 85 percent of each day, Scott researches the economy, financial markets and investment alternatives. Then he educates his clients on the status of their investments.

Intrigued with our economic system since childhood, Scott learned how money works, where it comes from and how a person makes it. "Growing up poor increased my fascination," Scott said, remembering that he started a lottery in elementary school. "I would sell little homemade lottery tickets to people in the fifth grade, until my mother told me it was illegal — which I didn't understand since the state did it." Now, he shares his knowledge with his clients. "I consider many of them my personal friends and, therefore, I want to see them succeed."

Scott's mission to help others extends to his family and to the community. He assisted his wife in establishing and growing Mountain Valley Studios. He helped found the Burleson Toastmasters Club, which supports individuals in achieving confidence with public speaking. He participates with the congregation of Reece Prairie Baptist Church. One of his goals for 2012 is to expand Superior Retirement Strategies to a larger location with a full staff. And through it all, Scott will continue to garden, where he relaxes and regains the whole picture. **NOW**

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Kerry Montgomery and Brenda Gammon pose at the Burleson Farmers Market.



The Burleson Chamber holds a ribbon cutting for Trinity Chiropractic.



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Gwen Morgan shares a bit of spring with her horse.



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Don't Worry: There Are Ways to Cope With Stress

— By Mistie Calahan, Angellyn Grondin and Lora Ashmore

Are you feeling stressed? Here's a quick quiz to help you find out.

1. Are you feeling more anxiety or tension lately?
2. Have you had feelings of being powerless or depressed?
3. Have you been suffering from unusual fears?
4. Are you frequently having unwanted thoughts?
5. Have you been unusually tired?
6. Have you had difficulty sleeping?

If you answered "yes" to even a couple of these questions, you may very well be suffering from stress. Now here's more bad news: That stress is very unhealthy.

Stress affects us on a variety of levels. For one, it increases our risk for cardiovascular disease. Stress also is associated with weight gain, irregular heartbeat, high blood pressure and high cholesterol, a weakened immune system and impaired regulation of blood sugar. Stress can even affect your pain tolerance.

The good news is there are easy ways to manage your stress. First, don't try to ignore it. If you try to hold things in, it can add to your stress — and you may end up losing your temper later on.

Also, try to avoid falling into bad eating habits.

Instead, try to deal with stress right away. Start by taking three to five deep breaths. Think positively, telling yourself you can handle the situation. To deal with stress in the long-term, think about your environment: How is work? What is your social life like? Do what you can to stay in environments that are positive and supportive.

Regular exercise and eating healthy will keep you better prepared to cope with stressors and feeling better in general. Many people enjoy relaxation activities, such as yoga, tai chi or meditation. But taking part in an activity or hobby you enjoy is a great way to fight off stress. Of course, no matter what you do, remember it will probably take time to reduce your stress level. By using various strategies, we can lower our short-term stress and drastically improve our long-term health. **NOW**

Mistie Calahan, RN, BSN, CCRN, nurse specialist; Angellyn Grondin, MS, exercise physiologist; and Lora Ashmore, ES, exercise specialist are part of the cardiac rehabilitation team at Texas Health Harris Methodist Outpatient Center Burleson.

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Love, Honor and Financially Protect

— By Mark Jameson

According to a recent survey, 67 percent of newlyweds believe the most serious conflict in their first year of marriage is over money. With spring and summer wedding season here, we offer the following five financial foundation tips:

- **Build the money you'll want on hand for immediate and short-term needs.** This money could be for a specific upcoming expense like a honeymoon or an education for your future children — anything you expect to pay for in the near future.

- **Set aside enough savings to serve as an emergency fund.** This takes the role of basic financial





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When it comes to the number of retirement accounts you have, the saying "more is better" is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you're properly diversified.* At the very least, multiple accounts usually mean multiple fees.

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- **Make a list of specific savings goals.** This is important because you'll be able to match your goals to dollar amounts and track your progress toward meeting them. Your list might include the down payment on a home, four years of college tuition, a new car or simply a vacation.

Set aside enough savings to serve as an emergency fund.

- **Prepare a household budget.** By preparing a budget you can examine the money that comes in and the money that goes out. You'll likely spot places where trimming your expenses can help you put money aside on a weekly or monthly basis.

- **Devise a savings strategy that maximizes your return.** Check what bank accounts can offer the best interest rate, and make the most appropriate choices for your savings.

- **Protect the ones you love.** Be sure you have secured enough life insurance for your loved ones so that in the event you were to pass away unexpectedly, your family has enough money to survive for some period without your income.

Preparing a financial plan for you and your family is an important step to financial stability. **NOW**

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

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June 2

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June 2-July 27

Summer Reading Club: 10:00 a.m., Burleson Public Library, 248 S.W. Johnson Ave. For every five hours read by participants, a small prize will be awarded. Certificates will be awarded after 20 reading hours are completed. The Summer Reading Club

Wrap-Up Party is slated for **July 27**, 2:00 p.m. Go to www.burlesontx.com/library for more details.

June 5 and 19

Partners in Progress: 7:45-9:15 a.m., Compass Bank Heritage Room, 586 E. FM 1187, Crowley. Entry fee is \$1. Networking with a punch! For more information, please call Bethany Norton at (817) 297-4211 or e-mail her at info@crowleyareachamber.org.

June 11

Metro Beekeepers Meeting: 6:30-8:30 p.m., Charity Lutheran Church, 1101 Southwest Wilshire Ave. Novice and expert beekeepers in Texas will enjoy learning from each other at all Metro Beekeepers meetings. Contact Stan Key at (682) 459-1737 or visit www.metrobeekeepers.net.

June 12

Business After Hours Networking: 5:30-7:30 p.m., Rustic Rawhide in Old Town. Food, drinks, door prizes and networking, free for Burleson Chamber of Commerce members and only \$10 for nonmembers. Call Sara Pryor at (817) 999-0823 or Allan Tidwell (817) 798-5008 for location.

June 15

Power of Heels: 11:30 a.m.-1:00 p.m., Crestmont Baptist Church, 640 Northwest Tarrant Avenue. "20 Tips for Power Chicks" presented by author and radio personality, Sarah Zink. Cost: \$20 or \$15.00 for members of the Burleson Chamber of Commerce. To RSVP, call (817) 295-6121.

Ongoing:

Mondays and Thursdays

Toastmasters International meeting: **Mondays**, 6:30-7:30 p.m.; **Thursdays**, 7:00-8:00 a.m., The Burleson Chamber of Commerce on Wilshire Blvd. Join other professionals to encourage each other to speak effectively and persuasively in public settings. We have fun, too! Contact Neal Jones at (817) 343-2589 or Gary Miller at (817) 919-3243.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbeglobal.net.

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In The Kitchen With Betty Trevino

— *By Melissa Rawlins*

Growing up on an Oklahoma wheat farm, Betty Trevino remembers her immigrant grandparents preparing German foods made with heavy cream and butter. Betty first cooked beside her mother, who tried new recipes and loved to bake, passing on to Betty the delightful Sour Cream Peach Pie. “Wait until fresh peaches are in to try it,” said Betty, who majored in home economics for her undergraduate degree. She takes cooking seriously, trying to prepare delicious, healthy meals for family and friends.

Betty and her husband came to Burleson in 2000 and live next door to their daughter. Both homes were designed by the Trevinos’ son, and the families share many vegetarian dinners together. Betty enjoys teaching her granddaughter, Hannah, to make the family’s favorite recipes. **NOW**

Mother’s Sour Cream Peach Pie

1 cup sour cream
1 cup sugar
5 Tbsp. flour
1 box refrigerated pie crust dough
4 cups fresh peaches, peeled and sliced
2 Tbsp. sugar
1 tsp. cinnamon
1/4 tsp. salt

1. Mix sour cream with sugar and flour.
2. Press half the dough into a 9-inch pie plate; add peaches. Top with sour cream mixture.
3. Make lattice top with remaining pie crust dough. Mix together sugar, cinnamon and salt and sprinkle over pie.
4. Bake in preheated 375 F oven for 50 minutes to 1 hour.

Homemade Manicotti

1 1/2 cups flour
2 1/4 tsp. salt (divided use)
8 eggs (divided use)
1 1/2 cups water
15-oz. Ricotta cheese
1 lb. Mozzarella cheese, coarsely grated
1/2 cup Parmesan cheese
1/4 cup fresh parsley, finely chopped
1/2 cup onion, chopped
4 cloves garlic, minced
2 tsp. olive oil
8 oz. mushrooms, sliced
1 28-oz. can crushed tomatoes
8 oz. tomato sauce
1/2 cup fresh basil, chopped
1 Tbsp. red wine vinegar
1 Tbsp. sugar
1/4 tsp. pepper
1/2 tsp. oregano

Pam Cooking Spray

1. To prepare shells, measure flour and 1/4 tsp. salt into a large bowl. Whisk 6 eggs in another bowl. Gradually pour small amount of eggs into flour while mixing with whisk until all is mixed together. Add water gradually, whisking until smooth. Let mixture set at least 30 minutes.
2. To make filling, mix together the cheeses, parsley and 1 tsp. salt with 2 beaten eggs.
3. To make sauce, sauté onion and garlic in oil. Add remaining ingredients plus the last 1 tsp. of salt and bring to a boil. Reduce heat and simmer for 30 minutes.
4. To make and fill manicotti shells, pour a little less than 1/4 cup batter into an 8-inch skillet that has been sprayed with Pam. Cook on medium heat until crepe is set, and then flip and cook for a short time on the other side. Remove and continue making shells until all of batter is used.
5. Fill shells with about 1/4 cup filling by placing a mound of filling mixture down center of each crepe. Then roll. Place seam side down into 9- x 12-inch baking dish.
6. Pour sauce over filled shells. Bake uncovered at 350 F for 45 minutes to 1 hour.

Oven-baked Asparagus

Pam Cooking Spray
2 lbs. fresh asparagus
1/4 tsp. salt
1/8 tsp. pepper
3 Tbsp. butter
2 tsp. soy sauce
2 tsp. balsamic vinegar

1. Spray Pam on a cookie sheet. Place asparagus on pan and sprinkle with salt and pepper. Bake at 400 F for 12 minutes.
2. Lightly brown butter in a skillet. Add soy sauce and balsamic vinegar and heat. Drizzle over asparagus and serve.

Roasted Carrots

2 lbs. whole carrots
2 Tbsp. olive oil
1 tsp. salt
1/2 tsp. pepper

1. Peel carrots and cut diagonally into 1-inch thick slices. Toss in bowl with oil.
2. Place on baking sheet in one layer. Sprinkle with salt and pepper.
3. Place in preheated oven at 400 F for 20 minutes.



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