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ON THE COVER



While she used to foster larger dogs, Vickie Schultz now prefers smaller dogs.

Photo by Jennifer Spears.

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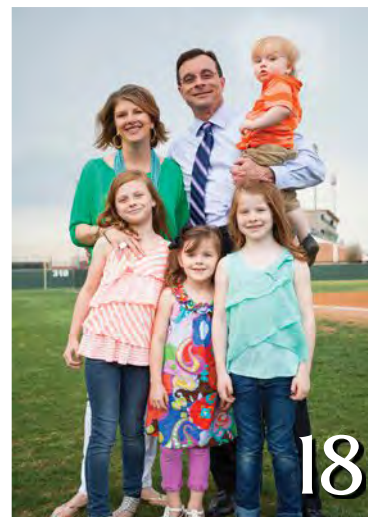
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Editor's Note

Hello, Friends!

New beginnings abound! On June 21, the sun officially escorts us into the season of heat. Prior to the solstice, many of us will celebrate graduations. Whether from elementary, middle, high school or college, students are moving from one level of maturity to a new era of hope — marked by ceremonies focused on the virtues of the graduate and their future. Other gatherings we're likely to participate in this month are weddings. These rituals focus our minds on the purity of love, reminding us to respect people's dignity daily.

This month in our community, the city of Burleson honors us all by offering 90-minute Hot Sounds of Summer concerts every Friday at 7:30 p.m. in Old Town. Sitting with your friends and family under the setting sun, feeling the breeze on your face, relaxing to the beat ... aaaahhhh, I love the beginning of summer, the feeling of freedom!

Melissa

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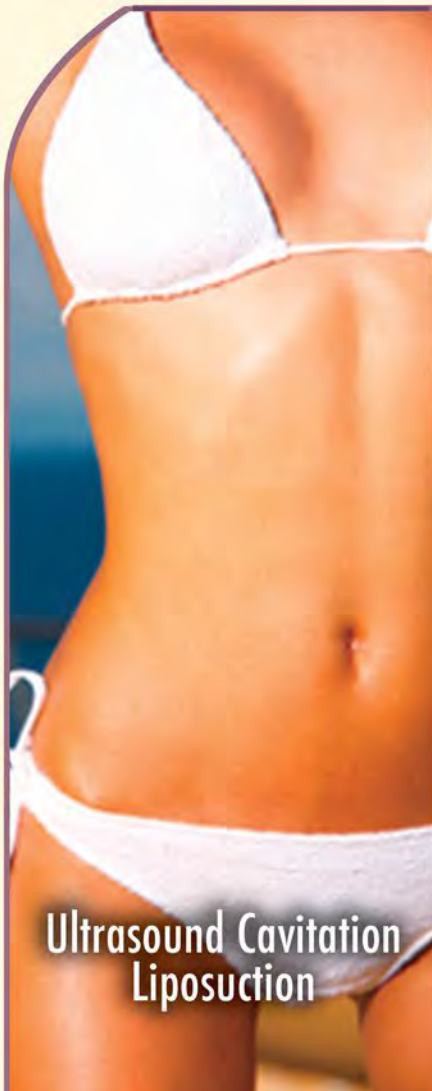
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with the right family
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artstrings

— By Lisa Bell



A pregnant animal starving on the street saddens Vickie Schultz. A pet owned by an elderly person moving to a place where their baby isn't welcomed breaks her heart. Ironically, when she was a little girl, Vickie didn't like her great-grandmother's Chihuahua. "Every time I approached Granny, that dog ran toward me wanting to bite me. I was secretly glad when he died," she said. But in the late 1990s, when she got her first Chihuahua, Vickie grew to love the breed. "I wish Granny was here to see me now," she said.

"Chihuahuas truly believe they are Dobermans, and they're ready to fight any big dog with the intent of winning," Vickie said. They take first place in this Town and Country Shelter Rescue volunteer's heart. She currently owns several dogs that are Chihuahuas or a mix. In addition, two cats claim her as mom. She lost count of how many animals she has fostered over the last 16 years.

Vickie became involved with TCSR in 1997, almost from their beginning. Her best friend called one day. "Vickie, do you wanna foster?" she asked. Vickie declined.

She already had dogs and too little room for an expectant feline. Two days later, the friend called with the same question. The second time, Vickie answered, "Yes. I'll figure something out."

The arrival of the first foster animal hooked her. "She was a wonderful cat with a lot of personality," Vickie said about the expectant mother. Finding the right families for the mama and kittens took time, but eventually she placed all of them. After a short break, she accepted her next fostering assignment.

Limited space in a Fort Worth home restricted her from taking too many animals. As new cats or dogs found their way into her home, she slowly introduced them to the other animals. She wanted a larger place, so she started looking. "I always said the right thing will happen at the right time. I believe that with all my heart," she said. "God provides. We just gotta keep our eyes open." Although somewhat impatient, Vickie waited for the perfect home instead of settling.

Waiting for the right timing paid off. About six years ago, the president of TCSR, living in Crowley, decided to sell her house and move. "I bingoed," Vickie said with a smile. A large yard and additional acreage provided room for the dogs to run. In one of the bedrooms, she created a perfect dwelling for incoming foster cats, complete with climbing apparatus. The dogs, separated from the cats, enjoy their own space.

Each new animal must acclimate to the home. Some have issues and take time to adjust. Others fit immediately. Many of the animals come off the streets. A member may see a starving

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dog or cat, or they receive phone calls about one. The group collaborates with local shelters, pulling dogs and cats from them as needed. Veterinarians sometimes seek help for an abandoned animal.

The most heartbreaking calls Vickie receives come from the elderly. When health or other circumstances force them to move where animals aren't allowed, they have few options. "Anytime I get a call like that, if I can, I take them myself," she said. "I want that person to know their baby is OK." As with all of her



foster babies, Vickie keeps the animal until she finds the right home. In some cases, she keeps a cat or dog for a short time. On other occasions, she may spend years searching for the perfect fit.

While some rescue groups give animals away just to place them, TCSR looks for good matches, decreasing the probability of returns. With the same patience she used in waiting for a new home, Vickie talks to many people. If she knows an animal's personality doesn't fit a family, she honestly tells them.

One family called about a cat they saw on Petfinder.org. They wanted her, but had a 2-year-old child. Vickie knew the animal didn't like children. She suggested a different cat, one who loved children.

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When they met the cat, she approached the child begging for attention. Successful placement means the family took home the best cat instead of the one they thought was right.

Once, Vickie took in an older dog — a Chihuahua mix. She kept the pet for over two years, always searching for a match. One day, a lady called wanting a small, older dog for an uncle. When Vickie placed the dog in the man's lap, she started doing figure eights. She rolled over as if begging him to pet her. "When I looked at the elderly gentleman, he had tears streaming down his cheeks," she said.

Fostering animals creates a lot of work, but Vickie loves every minute of it. Placing animals with the right family makes all of the effort worthwhile. "It's my heartstring," she said. Many groups won't adopt an animal to an elderly person. They fear getting the dog or cat back in a short amount of time. Not true for Vickie. She even leaves a sign with her number for the adoptee and asks him or her to keep it visible in case of an emergency. If something happens to the elderly person, she wants the family or first responders to call her. She gladly takes the animal home until the pet's owner recovers or she can locate a new family to adopt.

The 16-year-old rescue group's main problem is too few volunteers, but they are grateful for each veterinarian and volunteer who helps. Besides needing more people to offer foster homes for



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animals, they also need help cleaning the cat room at PetSmart. The business donates the space, but volunteers must keep it clean. Additionally, they bring dogs to the store every first and third Saturday of the month, hoping to find adoptive families. They always need help on those days. Making donations also plays a vital part in rescuing animals.

For Vickie, cleaning, feeding, trips to the veterinarian and to PetSmart all pay off with a big reward. Whenever she sees an animal that has had a bad situation adopted into a great home, her heart sings. According to Vickie, horses are God's most beautiful creature — a dog His most wonderful.

When she's too old to foster small animals, Vickie hopes to open up her back acre to a horse rescue group. She envisions a horse coming up to a large window and eating an apple out of her hand. That's a story for the future. Until then, Vickie is content with as many cats and dogs as she can help. **NOW**

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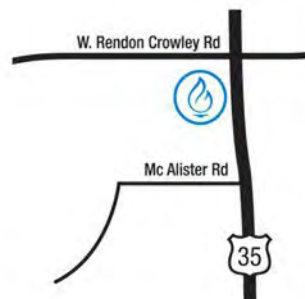
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Thirsty Knowledge

— By Melissa Rawlins

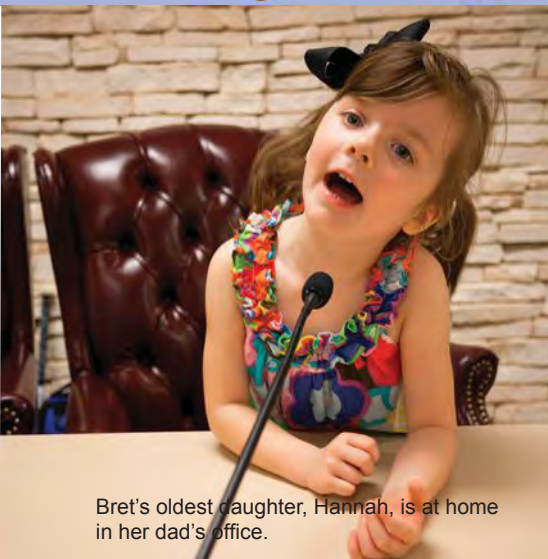
When you bump into Bret Jimerson in the stands at a ball game or near the stalls in the FFA show arena, you'll know him by his eyes. Bright green, piercingly interested in what you're thinking, they drink in whatever you're sharing. This is genuine — yet only partly about you. Certainly he cares, and appreciates the chance to celebrate your successes. He definitely wants to hear what you consider to be a problem, too, so he can fix it. Mostly, though, his concern is for our kids.

In his role as superintendent of Burleson schools, Bret works to give 8-year-olds what he discovered at 28. Call it love of learning, or call it study skills. Either way, he had to be taught to think and readily admits this did not happen until late in his third decade. Between elementary school in Carthage and high school in Grand Prairie, Bret did not enjoy school. His parents were both school administrators, so acting out was neither an option nor a problem. "But I spent my days watching the clock and often sleeping. I did not take a book home until I reached high school. By that point, I had never learned how to study. It made high school tougher," Bret said, adding that college was a similarly frustrating experience. Because of his ambition to practice law, he applied for law school, despite a gnawing awareness that he did not know how to learn.

"I got accepted by the grace of God, and the first day, the law dean addressed the first-year students and said, 'We're not here to teach you the law, per se. We're here to teach you how to think.' Like the scales falling off my eyes, over the course of several years, the joy of learning was called out of me, and a world opened up to me I had not known existed," Bret said.

Although he had never read before, he became an avid reader who highlights and underlines intriguing phrases. He learned to read for a purpose. This enabled him to make use of his law degree within the Texas public school system. Encouraged by

for edge



Bret's oldest daughter, Hannah, is at home in her dad's office.

supervisors to take mini-breaks from managing human resources and try his hand in classrooms, it became Bret's passion to teach today's youth study skills and equip them for success.

That's why he applied for the Educational Leadership MBA/EdD dual degree program, an elite program in the Neeley School of Business at Texas Christian University. Working full time at Grand Prairie ISD, he also studied both business and education "for the challenge of it" and graduated in 2008. "My thirst for knowledge was my hobby. I'm pleased and so thankful I have the pieces of paper that go with the experience," Bret said, "but the fact is, I went for the learning, the study." And that was so opposite of his attitude while growing up. Well aware there were a lot of kids in the same elementary classrooms as he who actually enjoyed school and did very well, Bret admits he chose friends at that time



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Yet, now he continually asks himself and his team of principals and teachers throughout Burleson ISD: “How do we reach kids like me?”

Bret encourages this district’s educators to make school fun so that kids will want to come to school. “And I want our teachers to want to come to school, too,” said Bret, who used to have fun riding Harleys. Now his fun comes from time spent with his family. His wife, Paige, stopped teaching fifth-graders in order to care for their four children: John Davis Jimerson, named after Bret’s grandfather, is almost 2, while his sisters

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Bret Jimerson takes a moment with Burleson High School assistant coaches, Wayne Wayson and Garrett Thomas.



Hannah, Abigail and Grace are 4, 6 and 8, respectively. Bret takes his girls to ball games, where he has just as much fun talking to parents and teachers.

When he spends time alone, Bret reads or lifts weights. “Some people zone out on a lawn tractor. For me, weight lifting



is therapeutic,” Bret said. “Of course, it’s good for energy and staying fit, but also it’s a great stress release. I put the ear buds in and just go at it.”

Although his truck radio is always tuned to country, Bret loves ’90s rock. Other than RED, Third Day, Mandisa and Skillet — Christian rock bands his girls love — one of Bret’s favorite bands is Guns N’ Roses. He dressed as



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their guitarist, Slash, for the 2013-2014 Opening Convocation, entering the Centennial High School auditorium on a Harley. A number of BISD principals and administrators also dressed up and performed a song, with lyrics changed for their school. They were rallying the teachers, whom Bret encourages to create a high energy, exciting and fun environment for the students.

Bret believes the best way to reach kids who may be tuning out is to bring relevance and rigor to the classroom. "The two go hand-in-glove, and for me, they collided in law school," Bret said. He wanted to learn law, making his studies relevant. The rigorous Socratic method of learning employed gave Bret content while developing critical thought. Since then, he has learned Socrates did not have the corner on educational methodology. "I believe the old proverb, 'Give a man a fish, you feed him for a day; teach a man to fish, you feed him for a lifetime.'"

Bret supports a district full of teachers building confidence in their students. Having found in his first year leading Burleson ISD that parents want their graduating seniors ready to leave our district college-ready, Bret and his administrators and teachers are fine-tuning BISD curriculum and instructional processes to continuously



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develop critical thought. "Teaching kids how to learn and think not only prepares them academically, but, I'm convinced, will also prepare a child for a long prosperous life," Bret said. BISD teachers train their students to identify their purpose for reading, to keep pen in hand for recording vital matter, to resolve source documents that appear to be contradictory, to draw their own conclusions, to substantiate and make an argument based on evidence, to defend a position and to reconcile opposing views.

"How do we reach kids like me?"

"The best part is we've got teachers working hard to do just that, and my job is to help them be successful," said Bret, who's taking a collaborative approach. Listening to the community, parents and BISD directors, Bret and campus administrators find ways to enhance each teacher's efforts. "My overarching job is to teach the kids, provide every child an opportunity to have a future and a hope, and thereby, change the world." The joy of learning is a very real thing to Bret now, and he's just paying it forward. **NOW**

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Frontier Living Southwest Style

— By Erin McEndree

"I'M COUNTRY FROM ONE END OF ME TO THE OTHER. I HOPE TO DIE IN THE SADDLE WITH MY BOOTS ON. WITHOUT MY PLACE, I'D GET OLD."

You don't have to live in New Mexico to create a Southwest style. Janie Kellett has accomplished a Southwest retreat in her home by selecting furniture and decor indigenous to Santa Fe and Albuquerque, New Mexico. She has added cowboy and Indian art to create a cohesive mix of frontier living. Her choice of accent pieces and colors reflects the natural environment she grew up to love and continues to foster in her life.

Janie grew up in Delaware in the 1950s. "My dad raised Chincoteague, Welsh crosses [ponies]. He raised grain and chickens for KFC," Janie recalled. "We butchered our own beef and hogs." The country life suited Janie. "When it's in you, it's in you, and you can't get it out," she added.

Janie started riding ponies as a 3-year-old. She helped her dad breed, train and sell horses. Delaware winters were long and harsh, and Janie discovered she suffered from Raynaud's disease. This syndrome



AT HOME WITH JANIE KELLETT





limits blood circulation to extremities of the body such as hands, feet, nose and ears, causing areas to feel numb in response to cold temperatures. She knew she had to find a warmer climate, so she moved to Texas. She brought her country roots with her in 1971.

The Kellett Farm sits on five acres. "There was only a house on the property when I bought it. The previous owner played a lot of golf. To this day when it rains, golf balls float up from the ground," Janie laughed. Now, the whole place is wrapped in a red pipe fence. The red matches the trim on the white barn and loafing sheds. An arena includes a trail course, consisting of obstacles students use when training their horses. Janie loves teaching children. "I love exposing kids to horses," she said. "I want their love of horses to catch on and continue." Janie's goal is to have birthday parties for boys and girls on the patio. "I want people and kids to come here and say they had a ball at Janie's," she said.

Birthday parties and antiques were suggested by Janie's late sister, Rebecca. They had a booth together at the antique store, Nashville Texas. "I just can't give it up. It makes me feel close to my sister," she admitted. Janie keeps antiques for the store in the game room, where she also displays old games and furniture handed down from her family from Delaware. A wooden checker board sits on a trunk by the sofa, and a 1900s cradle she and her sister used as infants is close to the TV cabinet. A long strand of bells hangs by the door. "This old bell collar reminds me of when my dad would pull the neighborhood kids around through the



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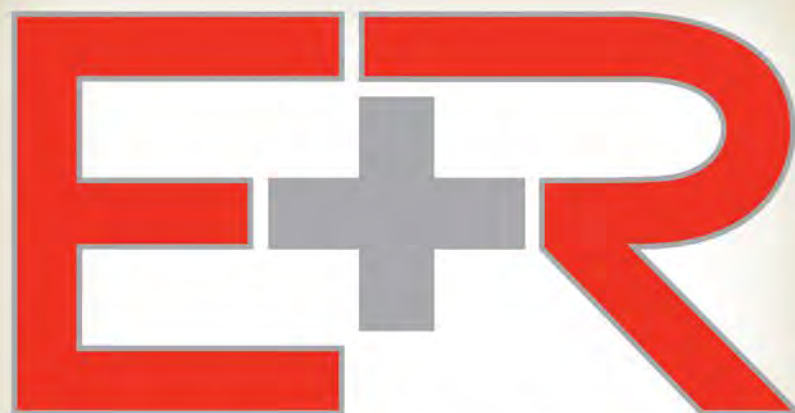
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snow in a sleigh at Christmastime,” Janie said. “All these things mean something to me. They may not mean anything to anyone else, but I cherish them.” The game room was a garage her son, Allen, converted when he was 18. He added a pool table for his friends.



The pool table is gone now, but Allen’s influence is still seen all over the house. He helped Janie update several rooms in her home. Allen designed the kitchen on a computer program. He told Janie to trust him, and she discovered it turned out beautiful. The kitchen cabinets are smoky gray. They complement the pink sand-colored hue of the tile on the floor. The backsplash over the sink depicts a Calvary horse talking to an Indian horse. They seem to be getting to know one another. Another scene over the stove depicts about 10 horses running across the prairie.

In 2000, a dining room was added by knocking out a wall in the kitchen to

create one vast space, like a Southwest landscape. The heavy wooden dining table anchors the space in front of a row of bay windows. “I wanted to see my property out the windows,” Janie said. A smaller table made by an old cowboy has tile inlaid on the top. Red, yellow and orange pop from a picture of Indian corn and pottery. More bright colors, native of Southwest design, can be seen in the dinnerware displayed in the hutch. “My horse cookie jar sits on the hutch,” Janie said. “I’ve had it since I was a little girl. They were only made for a short time in Virginia.”

The living room is like a mini museum of Southwest art. A drum

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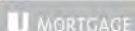
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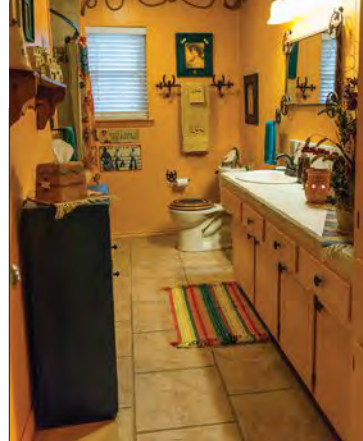
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with illustrations of horses reminiscent of prehistoric cave paintings hangs on the wall next to a large painting of an Indian. The Indian dons eagle feathers and real feathers are framed under the glass. Another picture depicts a child in a traditional Indian head dress. The wall is covered in paper with a Southwest pottery design. A nearby shadowbox holds Janie's collection of Trail of Painted Ponies hand-painted horses. "I've collected horses all my life," Janie said. Another cabinet in the parlor is also full of horses.



Here, Janie displays her mom's desk from the 1940s and her grandmother's spinning wheel. The leather couch has bucking cowboys on the cushions. A cherry wood trunk from Janie's granddad acts as a coffee table. In the corner, Janie displays her show saddle, but the office is where she displays the bulk of her memories from the time when she showed horses. The bright yellow walls in the office hold photos, awards and memorabilia Janie cherishes from her 10 years of showing. Her prize horse, Two Eyed Salty Gal, was third in the nation, and she still gives lessons on her foal, Hot n Salty.

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The grandkids' room is tricked out with Roy Rogers memorabilia. "I grew up with him. I have all my original toys," Janie said. A small kids' table is covered in Roy Rogers material. A Roy Rogers lamp sits on top of a dresser. Down the hall, the guest bathroom is a bright Southwest orange. "It's known as my chick-flick bathroom, because cowgirls are everywhere," Janie said. A western rope accents the wall close to the ceiling. Towel rods are spurs and the Indian deity, Kokopelli, is dancing

on the shower curtain, spreading joy and harmony. Allen tiled the sink and shower area. He also remodeled the bathroom in the master bedroom. A jetted tub was added. White cabinets were installed, along with white wainscoting. Two low chairs Janie's dad made complement the tall wooden bed. A Southwest rug ties the space together.

Janie has created a warm and inviting home in which to work, laugh and play. "I'm country from one end of me to the other," she said. "I hope to die in the saddle with my boots on. Without my place, I'd get old." **NOW**

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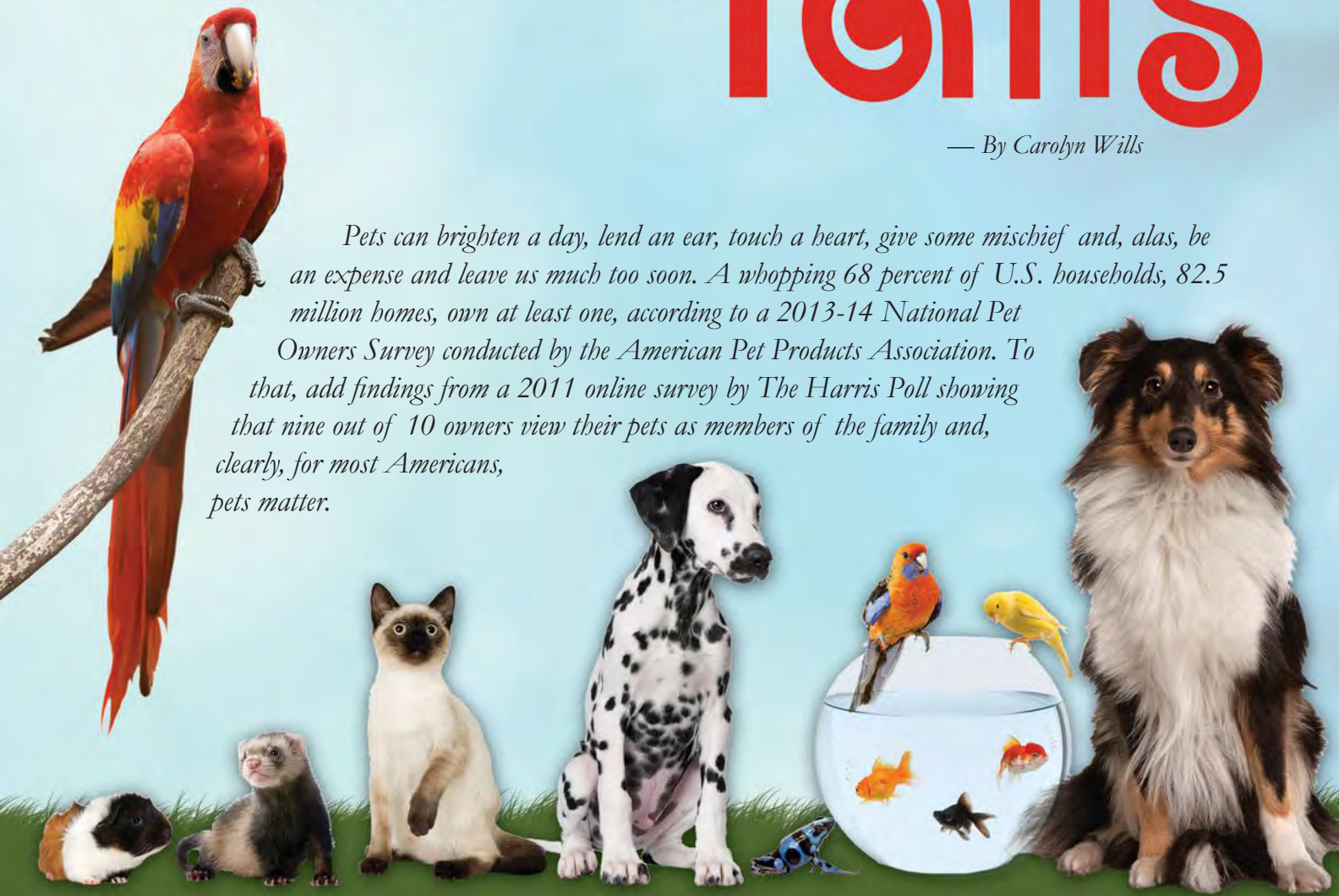
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Wagging Tails

— By Carolyn Wills

Pets can brighten a day, lend an ear, touch a heart, give some mischief and, alas, be an expense and leave us much too soon. A whopping 68 percent of U.S. households, 82.5 million homes, own at least one, according to a 2013-14 National Pet Owners Survey conducted by the American Pet Products Association. To that, add findings from a 2011 online survey by The Harris Poll showing that nine out of 10 owners view their pets as members of the family and, clearly, for most Americans, pets matter.



Anyone who has marveled at a cat, enjoyed the perfect horseback ride or looked into the eyes of an old dog knows the special language between human and animal. On the simplest level, pets are our companions, but they can also be conduits to physical, competitive and/or social outlets. Today, labels like “horse people” and “dog people” are familiar, and clubs, training facilities and activities exist for just about every breed, talent and interest.

Remarkably, Americans care for an estimated 20.6 million birds, 95.6 million cats, 83.3 million dogs, 8.3 million horses, 158.6 million fish, 11.5 million reptiles and 18.1 million small animals. That’s a lot of millions supporting pets, particularly against the realities of their expense and shorter life expectancy.

What, then, draws us to become “pet parents”?

1. Having a pet is an opportunity to care for something outside of ourselves. Pets personify unconditional love and a wondrous



connection to nature. They're also great entertainers, and as creatures of habit, can serve as a grounding force in our lives.

2. Health and welfare benefits can be found in pet ownership, too. APPA cites several studies supporting the pet connection as being good for us:



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People with hypertension who adopted a cat or dog were found to have lower blood pressure readings in stressful

situations than those who did not own pets. (Dr. Karen Allen, State University of New York at Buffalo.)



Pets have also been found to be effective at reducing human stress and anger. Walking a dog, riding a horse, petting a cat or any number of activities soothes nerves, provides physical release and promotes relaxation.

Pets inspire greater psychological stability, which for humans, may add a measure of protection against heart disease. Studies indicate pet owners





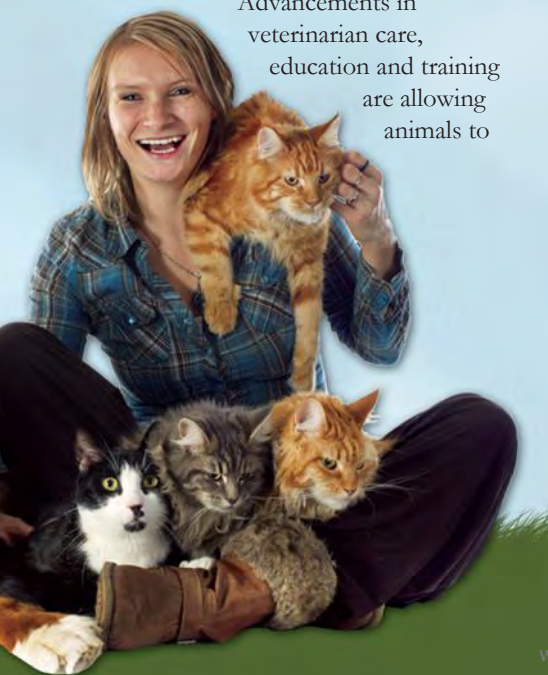
tend to make fewer doctor visits. (National Institute of Health Technology Assessment Workshop: Health Benefits of Pets.)

🐾 APPA also notes that autistic children tend to be more responsive when a pet is in the area, and children who have pets often perform better in school.

🐾 Senior citizens and dementia patients have shown a tendency to react more positively around pets. Baby boomers have the largest instances of pet ownership, and as they transition to empty nesting are keeping pets longer.

These benefits and privileges come with responsibilities. Truly there is no such thing as a free puppy, and although according to the National Council on Pet Population Study and Policy (NCPSP), about 65 percent of pets are acquired from friends and family for free or at low cost, pet owners must provide medical care and prevention for their pets.

Advancements in veterinarian care, education and training are allowing animals to



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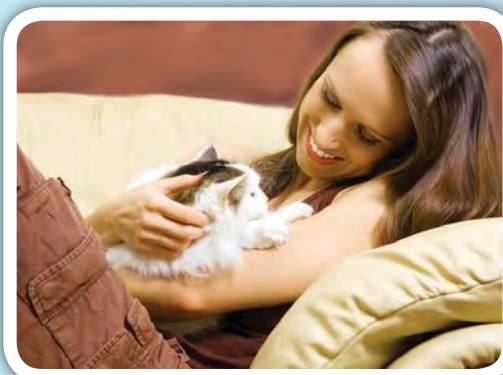




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live longer and healthier. Medical care includes such basics as vaccinations, heartworm preventative (in Texas nearly 1-in-45 heartworm tests in dogs are positive), spaying/neutering and might also include microchipping, vitamins and pet insurance. Much, too, has been learned about the importance of dental maintenance.



Currently APPA estimates that, at most, 3 percent of dogs and 1 percent of cats are insured. Investing in pet insurance is on the increase, though, at an expected annual rate of 10 percent and may especially be pertinent for horse owners considering the cost of equine surgery. Annual medical expenses for a dog are generally just under \$1,000 and for a cat around \$650.

Annual costs of pet food, including treats, begin at around \$300. Where this investment ends depends on the sizes and quantity of pets in a household.

Grooming is also essential. Horses need farriers. Dogs and cats require regular grooming and nail clipping and some breeds are best groomed by a professional.

A growing population of pets, awareness of their needs and the



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many options for activities have spurred development in America's pet industry. In 2014, an estimated \$58.51 billion will be spent on pets in the U.S., and that's a lot of billions. Today's pets are being treated to orthopedic dog beds, designer clothing, IQ-raising toys, seat belt systems, automatic water and food dispensers plus a myriad of foods from basic to breed-specific to organic. Travel-related pet services, after-care (burial) services, pet day care, dog parks, pet portraits and products are all in demand.



More than at any time, people have access to pet-specific information via specialized broadcast programming, publications, social media, clinics and events, breed associations, veterinary journals and pet industry studies. Individual pets have gained fame as social media "stars" with their own Facebook pages, Twitter accounts and blogs. As the industry grows and people increasingly grasp the peril of unwanted animals and unscrupulous/uneducated breeders, more rescue operations and organizations are forming and tolerance is lessening toward all abuse of animals.

Thankfully, for those puppies, guppies, kittens, ponies, parakeets, hedgehogs, hamsters or gerbils, bunnies, ferrets, turtles or others fortunate to be adoptees of responsible and devoted pet parents, life in America is good. **NOW**



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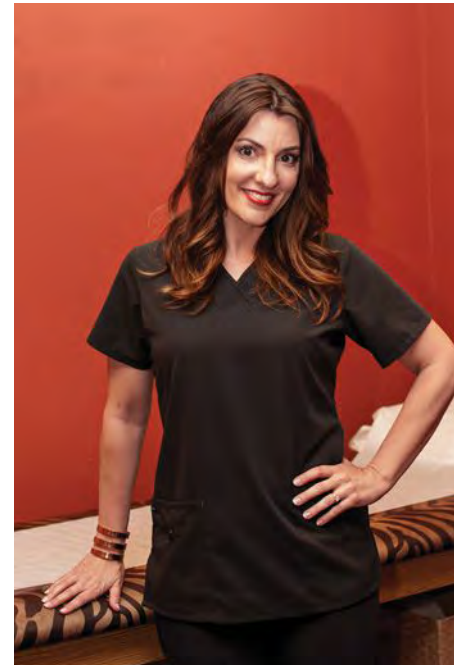


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Jen McMahon and obesity expert Dr. Brian J. Caplan (not pictured) lead Diet Solution's team of caring weight-loss pros.

Learning to Eat

A medical office dealing with weight and related issues, Diet Solution Centers coaches you to health.

— By Melissa Rawlins

Step inside Diet Solution Centers and you will find vibrant, peaceful, cheerful people who will help you lose weight. Their three-pronged approach to improve your health involves accountability, activity and nutrition. “Together, these three things provide a strong basis for your successful weight loss,” Director Jen McMahon said. “Diet Solution Centers is a Christian-owned business established upon Ecclesiastes 4:12. We believe ‘...a three-strand cord is not quickly broken.’”

Jen operates two Diet Solution Centers: one in Mansfield and one in Crowley. Dr. Brian J. Caplan oversees clients’ progress. There is no timeline to the weight-loss program. It is dependent upon how each individual’s body responds to the eating plan. During the program, a client will work closely with the center’s

consultants. Most of these women were patients before joining the staff.

Michelle Caton lost 52 pounds on the program in 25 weeks. The staff cheered her on, cried with her, encouraged and supported her every step of her journey to wellness. “When I’m consulting, you can see the change on my patients’ faces when they realize I was once in their shoes,” Michelle said.

Because the staff empathizes with patients, people trust Diet Solution Centers. Michelle, Jen and the team get up close and personal with each patient during weekly meetings. Initial medical tests, reviewed by Dr. Caplan, may challenge an individual to achieve more than a certain weight-loss goal. Many patients also overcome related blood pressure, thyroid, diabetes

and cholesterol issues. "We care about our patients and want to know how they are eating — whether they're binge eating or, in some cases, not eating," Jen said. Her slender body belies the fact that years ago she was obese herself.

Diet Solution Centers teaches people that when they eat properly, their body will not store fat. Jen and the staff call and check on people, helping them deal with the stress or trauma in their life and also celebrate their daily successes. "We come alongside and become their friends," Jen said, recalling that she recently reconnected with a former patient while shopping in Wal-Mart. "She lost all her weight over a year ago. When she saw me, she ran over to me to show me what was in her cart, and that there was no frozen pizza!"

"I can do all things
through Christ who
strengthens me."
Phil. 4.13

Along with the counseling, Dr. Caplan is able to suggest the proper balance of vitamins, minerals and supplements to help patients achieve health. B-12 shots are given to provide patients natural energy, so they can make better eating decisions. And The Skinny Shot (B6/B12) helps to curb sugar cravings, water retention and fatigue. Patients are able to get natural amino acid appetite suppressants at Diet Solution Centers. And yes, there are protein bars, shakes and other snack options for patients whose lifestyle keeps them on-the-run.

More than anything, though, patients find tender loving care from Dr. Caplan and the staff at Diet Solution Centers. In every food consultation, clients are encouraged to enjoy eating no less than 800 calories daily. "We show people ways to eat that will help them get rid of stored fat and become healthier. We tell every single person: God is the caregiver and the physician," Jen said. "We also pray for people." With Dr. Caplan, an expert on obesity, right in your backyard, why not spend your summer learning to eat for health and for happiness? **NOW**

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Jeff Heald, far right, and Michael Zerbach, chair of the Lonestar International Wine Competition, pronounce Bruce and Birgit Anderson's Cabernet unbelievable.



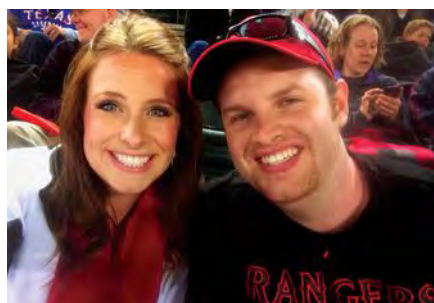
Four of the 10 Burleson High School Air Force Junior ROTC enjoy their meal before presenting the colors at the St. Matthew Cumberland Presbyterian Church during the Prayer Breakfast kicking off National Day of Prayer.



First graders Marley Mora and Cathryn Turner get ready to dance with their Artistic Motion Dance Academy troupe during Cinco de Mayo.



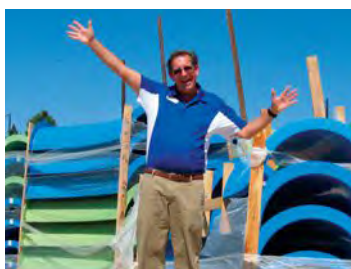
Teri Horn, Crowley Chamber, president tries out the raffle item to be given away at the annual casino night on June 6.



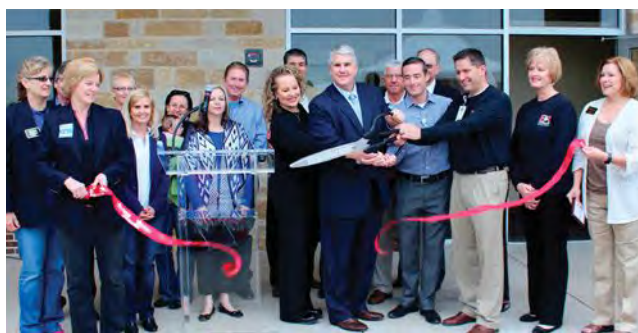
Whitley and Terron Havins enjoy Texas Ranger baseball.



Sara Dicke, Melissa McCoy, Lisa Rodgers, Angelena Morris and Heather Dunn pose at the Wicked Wine Run at Lost Oak Winery.



Steve Stafford, General Manager of Jellystone Park, gets excited when the parts for the new water slide are delivered to Pirate's Cove.



The red ribbon for Plaza Burleson ER is cut by Michelle Underwood; CEO Clay Franklin; Steven Masson, MD; and Cheryl Harrison.



Joye Cooksey serves Lori Parker a little Tempranillo and Red Roan from Lost Oak Winery.



Some of Centennial High School Regional track students smile for the camera.



Kelly Orr directs the Stribling fourth and fifth grade choir in a rousing tribute to Cinco de Mayo.

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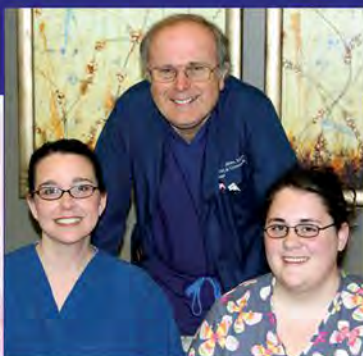
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Turn Your Retirement “Vision” Into Reality

Retirement can be an exciting, active time of your life. But if you’re going to get the full benefits from your retirement years — which could last two, or even three, decades — you’ll need to have a vision for what you want to do. And to transform this vision into reality, you’ll need to take a “holistic” approach — one that involves a financial strategy, clear communications with family members and an awareness of the challenges that may stand in your way.

To articulate and achieve your vision, ask yourself a series of questions, such as the following:

What do I want to do? When you retire, do you plan on traveling around the world? Purchasing a vacation home? Pursuing your hobbies? Or maybe you’re even thinking of opening a small business. Clearly, you have many options, and you’ll need to be aware that some choices are going to be more costly than others. If you can identify how you want to spend your retirement years and then put a “price tag” on your goal — or at least come up with a pretty good estimate of how much money you’ll need each year — you can then create an appropriate investment strategy. Such a strategy will include both your need for growth — during your preretirement and retirement years — and your need for income, especially during your retirement years. Your investment strategy will also need to be based on your risk tolerance, family situation and time horizon — how many years you have until your retirement.


What roadblocks might I encounter? As you work to achieve your retirement vision, you may well encounter some roadblocks along the way. One significant roadblock is the amount of health care expenses you might face during retirement.

Many people think Medicare will cover everything, but that’s not the case — in fact, you could easily spend a few thousand dollars each year, out of pocket, for health care costs. And since these costs typically rise as you move further into retirement, you’ll need a reasonable portion of your assets to be allocated to investments with the potential for rising income. Even beyond normal health care costs, though, you’ll need to be aware that you could eventually need some type of long-term care, such as a stay in a nursing home or assistance from a home health aide. These costs can be enormous. To cope with them, you need to prepare well ahead of time, so you may want to consult with your financial advisor for possible solutions.

How can I protect my family? Your retirement vision can’t just involve yourself, or even just yourself and your spouse. To fully enjoy your retirement years, you’ll want to know that you are helping to protect your grown children from financial and emotional burdens that could fall on them should you become incapacitated in some way. Among the steps you might consider taking is establishing a durable power of attorney, which allows you to appoint an agent to manage your financial affairs, make health care decisions or conduct other business for you during your incapacitation. Consult with your legal advisor about creating a durable power of attorney.

You will find that having your retirement vision come to fruition can be a great feeling. So, do whatever it takes to make it happen. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.




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Summer Safety Tips From the ER

What could be better than a cool dip in the pool on a hot Texas afternoon or a breathtaking fireworks display on the Fourth of July? Summer is full of outdoor fun, but it's important to keep the following safety measures in mind to keep your family safe this season:

Be careful with lighting fireworks. Small fireworks might cause pain and burns, but larger devices can cause severe tissue damage. It is better to set the fireworks on the ground, light them and then run away. Or better yet, leave the firework displays to the professionals! Even sparklers should be used with caution. Sparklers are fun for kids, but they're very hot and a common cause of eye injuries in children. Never let young children run with a lit sparkler. Close parental supervision is very important.

Beat the heat and stay hydrated. If you or your kids are involved in organized sports, sports camps, outdoor work or just simple play, it is important to take breaks in the shade to drink proper fluids and cool down. Water is great for short-term activity in less hot temperatures. Sports drinks are good for activity of one or more hour's duration. Avoid energy drinks with caffeine and other stimulant additives, which could contribute to fluid loss and be dangerous in a heated environment.

Practice pool safety. Being a pool owner is a lot of responsibility! Be sure there is a barrier or pool fence around the pool to limit access

to adults only. Consider installing an underwater pool alarm that sounds when something hits the water. Remove toys from the pool and spa area, so a child won't try to reach for a toy and fall in the water. Make sure to always have a phone in the pool area for emergencies!

Never, ever leave a child in a hot car. It's very easy to be distracted when running into the store, and what was planned to be a one- to two-minute trip in and out often turns into a much longer time away from your child. This delay can be deadly. It's also important to develop routines to lower the risk that you might inadvertently leave a child in a hot car. Make a habit of leaving your purse or briefcase in the backseat, so you will see if the child is still in the car. And always look in the back passenger areas even when your children are not in the car, so that no one is left when routines are disrupted. Educate family members and babysitters about the safety tips and developing those routines as well. **NOW**

Have a safe and happy summer!

Dr. Heather Beard

Medical Director of the Emergency Department

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June 5

Crossroads High School graduation: 6:30-8:30 p.m., Burleson Church of Christ on John Jones Rd.

June 6

Casino Night: 7:00 p.m. Crowley Recreation Center. \$40 tickets support the work of the Crowley Area Chamber of Commerce and the Leonard Morfeld Scholarship Fund. Contact (817) 297-4211, for more information.

June 6, 13, 20, 27

Hot Sounds of Summer: 7:30-9:00 p.m., Old Town Burleson, at the corner of Ellison and Wilson, featuring Blaze of Glory (Bon Jovi tribute band) on **June 6**, Le Freak (disco) on **June 13**, Sgt. Peppers Lonely Bluegrass Band (Beatles bluegrass) on **June 20** and Tejas Brothers (honky tonk country) on **June 27**. Bring lawn chairs and blankets! Visit www.burlesontx.com.

Movies in the Park: 8:00-10:30 p.m., Bicentennial Park. City of Crowley hosts free Friday films, complete with popcorn and drinks. *Frozen*, *Catching Fire*, *Saving Mr. Banks* and *The Nut Job* round out the series. Bring lawn chairs and blankets! For more information, visit www.ci.crowley.tx.us.

June 6 — August 1

Summer Reading Club: **Thursday**, 10:30 a.m.-1:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. The kickoff party takes place at the BRiCK. Afterwards, most meetings are at the library. However, some story times are held in other locations, like the fire station. Visit www.burlesonlibrary.com.

June 7

25th Anniversary of Crowley Public Library: 10:30 a.m.-12:30 p.m., 409 S. Oak St. Enjoy a bounce house, entertainment and giveaways. Get a library card and find out what your library has to offer. Contact (817) 297-6707.

June 9

Burleson High School graduation: 7:00-9:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln., Mansfield.

June 10

Centennial High School graduation: 7:00-9:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln., Mansfield.

June 19

Twilight in the Garden: 6:30 p.m., Annex

1 and Demo Garden, 1410 W. Pearl St., Granbury. \$10/person; \$15/couple. RSVP at (817) 579-3280.

June 22 — 26

Vacation Bible School: 6:00-8:30 p.m., Alsburys Baptist Church. Children 4 years old to sixth grade are welcome to learn more about the Bible and the Savior. Contact Mary Heltcel, (817) 295-0134 or mary@alsburybaptist.com.

June 25

Grant Seeking Basics workshop: Noon-2:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Register at (817) 426-9207.

June 26

Burleson Chamber Quarterly Luncheon: 11:30-1:00 p.m., First United Methodist Church, 590 NE McAllister Rd. David Klein speaks on Healthcare Reform. \$20/member; \$25/nonmember. RSVP (817) 295-6121.

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

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In the Kitchen With Lily and Maddie Boatwright

— By *Melissa Rawlins*

When preparing for Father's Day, two special men inspire two sweet girls. Lily Boatwright, 9, and Maddie Boatwright, 7, appreciate how much their dad, Michael Boatwright, and their stepdad, Tate Viehmann, love them. "I like playing silly games with my dad, and snowboarding with my Tate," Lily said.

"My Tate makes me laugh," Maddie said, "and making chocolate chip pancakes with my dad is fun." She bakes cookies for special occasions. Her sister helps their mom, Amanda Viehmann, with dinner. For Father's Day, they recommend foods their fathers enjoy. Michael loves grilled cheese, as well as dumplings, which his great-grandmother "Mom" sometimes shaped with a doggie-shaped cookie cutter. Tate, known for making great ribs, loves eating chicken fried steak, mashed potatoes, skillet gravy and peas. **NOW**

Mom's Famous Dumplings (Egg Noodles)

- 1 chicken
- 1 onion, chopped
- 4 stalks celery, chopped
- 8 cups water
- 3 eggs
- 3 Tbsp. milk
- 1 Tbsp. shortening
- 1 tsp. salt
- 2 cubes chicken bouillon, crushed
- 1/4 tsp. poultry seasoning
- 2-3 cups flour

1. Place chicken in stockpot with enough water to cover it; add onion and celery; simmer about 45 minutes, until chicken is cooked through. Reserve stock in pot, keeping it heated. Cool chicken on a platter.
2. Mix remaining ingredients, until stiff dough is formed. Roll out on a lightly floured

board to about 1/8-inch thick. Cut into 1-inch wide strips using a pizza cutter or knife; then cut cross-wise into about 1-inch-long pieces to form dumplings.

3. Dust dumplings lightly with flour, shake off excess and drop into hot chicken stock. Cook, uncovered, for about 15-20 minutes, until dumplings are done.

4. Debone chicken; return to pot and heat through.

Grilled Cheese Sandwich: Daddy-style

- 2 slices homemade bread
- Butter
- 2 slices American cheese

1. Spread as much butter as desired on both sides of bread slices and place in a warm skillet. Allow bread to brown on one side of each slice.

2. Flip bread slices; place cheese slices

between slices of bread.

3. Cook on each side for approximately 2 minutes more, or until second side is browned.

Chicken Fried Steak With Skillet Gravy

Steaks:

2 eggs

All-purpose flour

1/2 tsp. salt

1/4 tsp. ground black pepper

1 tsp. dried parsley

1/2 tsp. garlic powder

4 4.5-oz. cube or round steaks

1/2-1 cup cooking oil

Gravy:

2 Tbsp. oil from fried steaks

3 Tbsp. flour

3/4 cup milk

Salt and pepper, to taste

1. *For steaks:* Beat eggs in a bowl and set aside.

2. Mix together flour, salt, pepper, parsley and garlic on a plate. Dip each steak in the flour, shake off any excess and dip in the egg before dredging once more in the flour. Set steaks on waxed paper or another plate.

3. Heat about 1/4-inch of cooking oil in a heavy skillet over medium-high heat. Check the temperature with a drop of water — if it pops up and spits back at you, the oil is hot and ready. Be careful to not make it too hot.

4. Carefully place each steak in the hot oil. Fry steak on both sides, turning once, until golden brown. Reduce heat and cook 4-5 minutes, until steaks are done. Place cooked steaks on a plate covered with paper towels. Reserve oil for gravy.

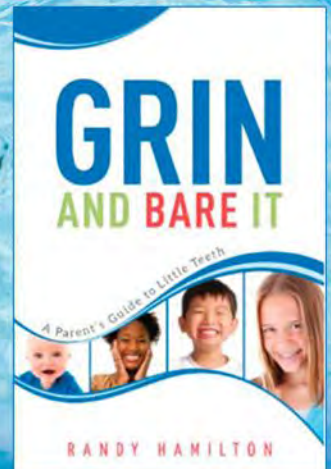
5. *For gravy:* Use no less than 2 Tbsp. reserved oil, but if more is still in the pan you can just make a lot of gravy. Reheat over medium heat until hot. Sprinkle flour in the hot oil. Stir quickly to brown the flour and create a thick mixture.

6. Gradually add milk, stirring constantly and mashing out lumps. Lower heat and continue cooking and stirring a few minutes until gravy reaches desired thickness. Add salt and pepper to your taste. Keep in mind that gravy-making is not an exact science. If too thick, add more milk. If too thin, add more flour.

7. Serve with mashed potatoes, skillet gravy and peas. (Make sure to use frozen peas and heat them with butter; it makes them better!)



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