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ON THE COVER



Shannan Sutter loves people and dogs, so Sahara loves her right back.

Photo by Lena Leath.

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



Editor's Note

Happy Fourth of July, Friends!

The Burleson Lions Club knows how hot our days can get. So, the cannon sounds exactly at 9:00 a.m., and the parade honoring local heroes who ensure our independence wraps up at 11:00 a.m., just in time to find a pool to cool you. Likewise, the city of Burleson keeps the celebration of our independence to the evening hours. By the time the fireworks light the night sky, not a drop of

sweat should distract us from reveling in our freedom.

Seems to me such freedom is exactly what makes us cool — in the proverbial sense. Our attitude of rationality, generosity and deliberate compassion keeps the atmosphere around us from heating up. We have stayed the course of kindness. Our commitment to unity keeps us living as a community, watching out for our neighbors, while seeking to learn what we can from each other. With that in mind, may your month be just as cool as it is hot!

Let freedom ring!

Melissa

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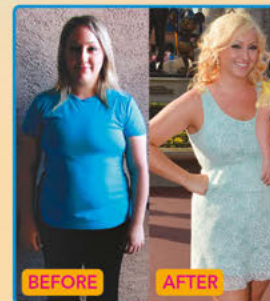
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Peace, Love &

"Reality leaves a lot to the imagination," John Lennon of the Beatles once said. Shannan Sutter's reality changed dramatically at age 40 when she was diagnosed with colorectal cancer. While going through the ups and downs of surgery, treatments, doctors' appointments and recovery, Shannan not only revised her life's plan but was also inspired to imagine how she could make life better for her fellow Burleson residents. Since recovery, she has taken on several volunteer roles — Relay For Life, city of Burleson Park Board and working to make a dog park in Burleson a reality. "I've always been the middle child, so I've shared everything. My experience with cancer definitely moved me to get involved," Shannan said.

"The 'Big C' diagnosis happens to everyone in the family. My family and friends were awesome caregivers," she added. The cancerous tumor was removed entirely, followed by chemotherapy and radiation treatments. Shannan's husband, Chris, and her three children helped her with daily tasks. "I was often so tired," she remembered.

As her strength returned and an all-clear follow-up diagnosis came, Shannan felt she needed to begin to give back to those who had helped her and to others in the future who would go through the same experience. "Our health insurance through Chris' H-E-B job was great," she stated. Fellow employees where Shannan worked at the time pooled their sick leave days and donated them to her, so she wouldn't have to miss a paycheck. "Everyone was holding garage sales to raise money to help with expenses," Shannan recalled. "Friends just kept extending outward to other friends."

That network of friends came in handy when Shannan's friend, Amanda Young, asked her to participate in Burleson's Relay For Life four years ago. Now serving as the group's social media chair, Shannan has been chair or co-chair of the Peace.Love.Happy. Team at Relay For Life every year since. Another friend, Kathy James, chair of the 2012 Relay For Life, encouraged and mentored Shannan that first year. Shannan said, "By dawn at Relay, when it's cold and wet with the morning dew, the sun comes up, and it's just like going through chemo and being able to see the light at the end of the tunnel."



Happiness

— By Virginia Riddle

Regular testing done with all-clear results has motivated Shannan to look forward. She loves her new position as the business director of Heritage Place Assisted Living in Burleson.

This Grand Prairie native loves life in Burleson and contributes to her adopted hometown through her three-year service on the city's park board. "Burleson feels like the Grand Prairie I knew as a kid — like I am home. It was definitely a place where I wanted to put down roots and raise my three kids," she said. Shannan's children, now young adults, all live and work in Burleson, and Shannan has a 4-year-old granddaughter who was born on Earth Day. "I work and volunteer for future generations in Burleson," she added.



Shannan Sutter, in black, with her friend, Amanda Young, in pink, work together on the dog park planning committee now that the 2016 Relay For Life is complete.

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Recently, Shannan recognized the need to have a dog park in Burleson and has been instrumental in networking and organizing other interested citizens. "There's been lots of interest, especially from 'puppy moms and dads,'" she said. "People living in apartments are interested, as well as people with big dogs and small yards. Our group has a goal of having a 'Coming Soon' sign erected on a site by the end of this year." The group has visited three potential sites and is beginning to research costs, designs and rules at this point. "We will be in the Fourth of July parade and at other events to get input, raise interest among citizens and attract corporate sponsors," Shannan said. "We want to give dogs and their owners a safe place to run off-leash and socially interact."

Vicki Sorensen, a longtime Burleson resident and dog park volunteer,



Shannan poses with her husband, Chris, and two daughters, Baylee Shields and Chelsey Leath.



Shannan and her family work hard to make a pet lover's dream reality.

said, "Shannan, Amanda Young, and Councilman DanO Strong, myself and others have been working on the dog park for a couple of years. Some of us, accompanied by our dogs, visited dog parks in Arlington and Fort Worth and talked to other people with dogs there. How wonderful it is to see all these dogs being able to run without a leash and play with other dogs. They were so joyous! It's easy to get into a conversation with people who love dogs. A dog park is a real community builder, and in my opinion, the more we get to know each other, the safer we'll all be."

Amanda also sees benefits in bringing a dog park to Burleson. "I believe it would build up morale in the community," Amanda explained. "I envision people coming together with their dogs at social events and having an area for dog training." She and other interested citizens are looking to area dog park enthusiasts for advice on funding sources and design.

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Councilman Strong, a dog owner himself, has been inspired by his visits to dog-friendly cities such as Portland, Oregon, where dogs are welcome in businesses, restaurants and other public places. "We are hoping to soon make a recommendation to the City Council concerning the site selection," Vicki stated.

Shannan and Chris have three rescue dogs in their household and know the value pets add to humans' lives. "My family and pets are my hobby," Shannan said. "I have worked to provide for them." Shannan began working while still in high school. Married soon after high school graduation, she and her former husband moved to Arlington and started their family. They then moved to Fort Worth. "We lived in Fort Worth but were in the Burleson school district," Shannan said. When she separated from her husband,

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- Dr. Susan Andrews, Chief of Staff,
Burleson Animal Emergency Hospital



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Shannan moved into Burleson so her kids could stay in their same schools. She met Chris when they both worked for the same employer. "We were just casual friends at the time. I sent him an email with a line quoted from a Beatles' song. He replied with the next line from the song, and that was it for me," Shannan said.

The couple's wedding music was nothing but Beatles' songs. Shannan's favorites, "Imagine" and "With a Little Help From My Friends," have taken on new meaning, since she became a go-getter volunteer. "This is the healthiest I've been, and I'm super excited!" Shannan said.

Shannan's positive outlook on life is contagious, and she hopes that her efforts will encourage future generations to get involved in their communities. Shannan advises young people, "You have to give before you can receive." **NOW**

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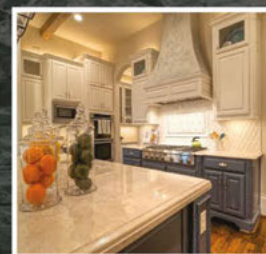
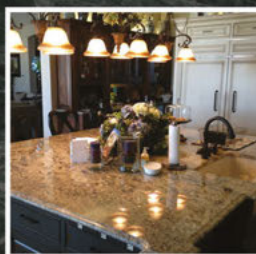
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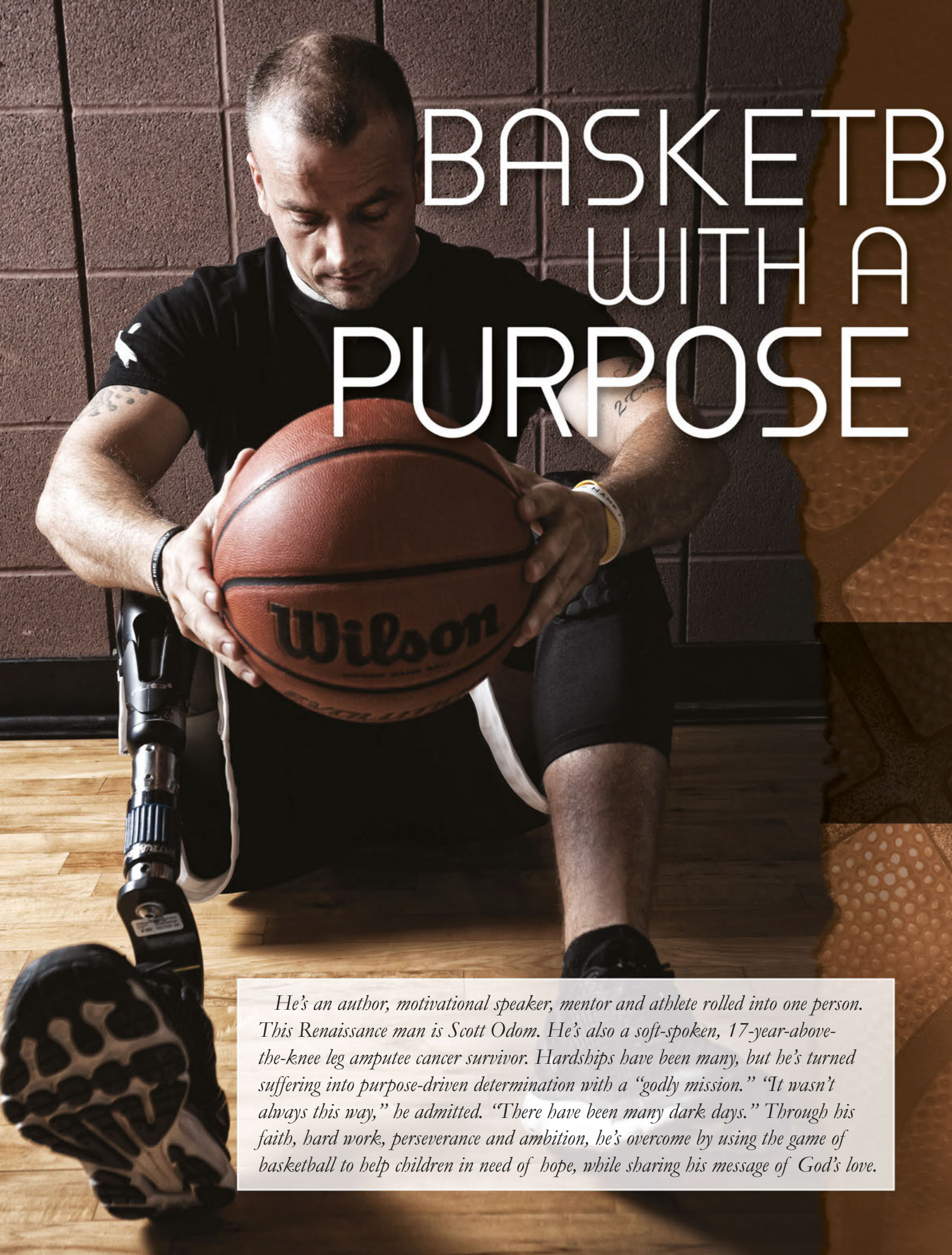
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BASKETBALL WITH A PURPOSE

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ALL

— By Larry W. Davis

As an athletic 10-year-old, Scott experienced pain and swelling in his right knee. Doctors first said the pain was due to over exertion. Time passed and the pain worsened, becoming intolerable. Doctors then told the family it was a normal growth spurt. The pain continued, and Scott endured four more years of excruciating pain. One day, his right leg gave out. His mother took him to Cook Children's Medical Center in Fort Worth. The MRI revealed osteosarcoma, a form of bone cancer. Scott's immediate thoughts were *I'm going to die*. "Things began moving fast," he stated. "Everything being said was going in one ear and out the other."

Scott is like a **superhero** for children in need of **hope.**"

Scott was given choices — replace the leg bone with a steel rod or have an above-the-knee amputation. A rod would hinder his mobility and cause the need for replacement surgery, due to Scott's growth or if the rod bent or got infected. An amputation would bring better mobility — maybe a normal life. Scott opted for an amputation, so he could resume athletics. "All I could think about was playing sports again," he confessed. "That's why I chose an amputation."

With his parents at his side, he became an above-knee-amputee at the age of 14. Scott received his first prosthesis during 14 months of chemotherapy at Scottish Rite Hospital for Children (TRSHC) where he endured his first rehabilitation.

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"I was determined to overcome," he said. Prosthesis fitting while doing chemotherapy created some challenges, but it also brought opportunities. Scott would seize the opportunities, choosing not to dwell on the daily challenges. Two weeks of leg therapy at TSRHC made him realize he could move forward with the decision he made to play sports once again. He simply refused to give in.

Scott's mother secured rehabilitation closer to home at Huguley Memorial Medical Center in Burleson (now Texas Health Huguley Hospital). Working out there gave him confidence. He wasn't back to normal, but he was in the gym. However, being an above-knee amputee brought challenges. Balance while walking was an issue. He attended a two-day running clinic in Dallas, produced by two elite gold medal amputee athletes. Scott was the youngest person in attendance. "They walked right up to me and said, 'Today we're going to get you running,'" he said. "I was thinking, *Running! It's hard for me to walk.*" By the end of that day, Scott wasn't ready for the Olympics, but he *was* running.

Scott returned to Joshua High School using crutches, then a cane. "I had no balance," he explained. Nevertheless, through hard work and perseverance he participated in baseball his junior and senior years. He got stronger mentally and physically. When the season concluded his senior year, it brought finality and caused Scott to wonder what

he was going to do with the rest of his life. "At the time, I was thinking, *Now what am I going to do?*" he recalled.

With laser focus, Scott began playing basketball for hours in his father's backyard. Gaining daily confidence with his prosthesis was therapeutic. His drive wasn't to prove anybody wrong, but to gain the self-confidence he'd lost. "I knew I could do it. I'm not this cancer kid who needs pity," he added. "This is when God gave me the vision to use basketball to help others like me."

As he began to put this edict to work, everyone he turned to directed him toward wheelchair basketball. Wheelchair basketball is a wonderful game, played by



many and loved by fans around the globe. However, Scott wanted to play basketball as a stand-up player. He emailed several high-level celebrities and mailed over 1,000 flyers. The message read, "I'm a cancer survivor leg amputee with the ability to play basketball as a stand-up player," he said. "All that work and I just received one response from a person who obviously never read the flyer," he jokingly said. Never one to be deterred, he would soldier on to achieve his goal.

Turning to social media, Scott posted a YouTube video of himself playing basketball standing up. Responses came from across the country. Referral connections helped him become the first above-the-knee amputee to play in a

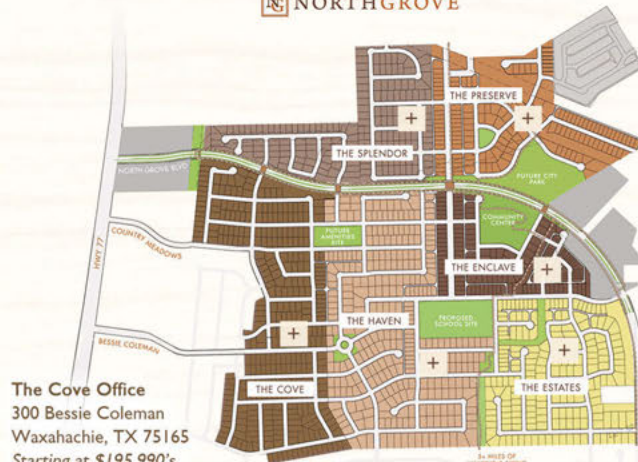


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professional basketball game. He's written a book about his journey entitled *Stand Up: I Lost My Leg to Cancer Not My Dream*.

Scott co-founded a charity named Amputee Basketball Invigorated (ABI-IBELIEVE), a 501(c)(3) entity. Their slogan is: *I Believe*. They believe God is bigger than anything negative, and someone can rise above cancer, bullying, racism, depression — anything that can hinder an individual. ABI-IBELIEVE raises funds for children in need of prostheses. The group produces "Amputees vs. Able Bodies" basketball games. Recently, they hosted a charity game in Luther, Oklahoma. The event raised over \$6,500 for an 8-year-old girl, another cancer survivor amputee. The funds helped her receive a new prosthesis.

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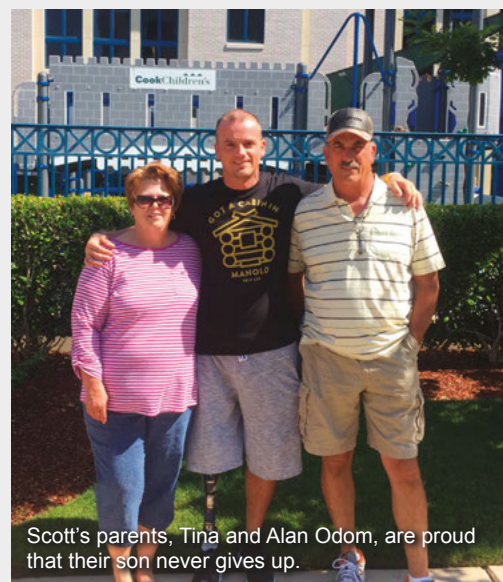
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Scott's parents, Tina and Alan Odom, are proud that their son never gives up.

Presently, Scott has three child amputees and cancer patients he's determined to help. He also volunteers with Camp Sanguinity, which is hosted by Cook Children's Medical Center. Located at Camp John Marc in Meridian, Texas, the camp offers mentorship to children with cancer and blood disorders. It's held annually during the first week of July.

The charity game in Oklahoma has opened many doors. Scott was chosen to play in the Coaches vs. Cancer game held at the 2016 Men's NCAA Final Four in Houston, Texas, as a cancer survivor. His coach was legendary UCLA basketball coach, Jim Harrick, who was assisted by former Texas Longhorn basketball star, T.J. Ford.

Scott is like a superhero for children in need of hope. By day, he works for Alltech Orthotics and Prosthetics in Cleburne, Texas, as a licensed prosthetics assistant. By night, he uses his basketball charity to help young kids receive financial resources for medical needs. Standing on his firm faith, Scott is showing how a person can turn a childhood hardship into blessings for less fortunate children. **NOW**

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Wrapped in Memories

— By Melissa Rawlins

AT HOME WITH LOUISE BODIFORD

Love lives inside these cream-colored brick walls, polished with glossy black shutters and trim. Louise Bodiford made this place home when she was 22 years old, just starting a family. She and her first husband reared four children here before divorcing. Later, she married Lewis Wayne Bodiford, and he added a free-standing garage and a pool to this home. Louise maintains this dwelling to be near the collected memories of her children and her now-deceased husband. Photos of her three sons, one daughter, nine grandsons and one granddaughter abound. And guest rooms stand ready to be occupied.

Friends appreciate Louise's love, too. Sharon and Clark Wofford, forever-true friends, lived in this neighborhood when Louise moved here. Although they live in California now, they visit frequently and stay in the room where Louise's daughter grew up. It has since been enlarged and outfitted with an all-reproduction Victorian bedroom suit. Louise calls the pink-walled refuge her Teddy Bear Room. The top drawer of the antique-looking dresser contains her granddaughter's handprint in a round piece of clay. And on the wall near the door hangs a pencil portrait of Louise, drawn in 1968 at Six Flags. Two ceiling fans were installed, so Clark didn't have to open her window and let in mosquitoes.

After 11 years of living here on her own, Louise has developed diligent habits of home maintenance and takes care of her property and her house all on her own. It helps that after her children were all in school, she worked doing sales and merchandising, first part time for The





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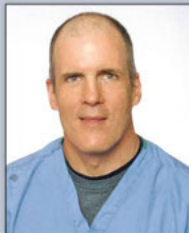


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Hershey Company, and then full time for General Mills. She and her husband prepared well for their future. Now, she can hire individuals to install tile or carpet or build bookcases when she decides it's necessary. But her hands-on nature keeps her unafraid to do laborious tasks, from wall painting to landscaping.

"My late husband and I would have been married 29 years this past November. He wanted a pool," Louise recalled, "and it was really nice while the grandkids were young." Five years ago, she filled it in because she was tired of removing leaves shed by the overhanging

trees. Spending much of her time working under the shade, removing dead limbs, weeds and overgrown ivy, Louise is happy to have the swing under the oak tree where she can take a rest. From this vantage point, she can look past the spot where the pool once entertained the grandchildren, and see the glassed-in sunroom that her first husband added.

"All the memories are the most important things," Louise said, thinking of the love represented by the family heirlooms behind that glass. There's a family picture of herself with her brother and twin, Bobby Lee Tucker. Her mom

had two sets of twins, a boy and girl both times, three years apart, and reared them all in White Settlement. Amongst a few antiques, Louise interspersed surprises like a reproduction Victorian couch she found at an antique mall and an enameled, Chinese-style coffee table that actually came from TJ Maxx.

The wet bar, built at the same time her kitchen was remodeled, matches the modern, galley-style kitchen. Louise has all the space she needs to cook, bake and prepare for parties. She is on the hospitality committee for Burleson Heritage Foundation. Louise loves

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entertaining, not only her family but also for her many associates from Beta Sigma Phi and Widowed Persons Services of Tarrant County. Through the years, the matriarch of this home preserved the tiny-inked names next to tick marks on the original kitchen door trim, marking the changes as her children grew, inch by inch.

A few steps out that door is the garage, built only 22 years ago. She's had a lot of fun decorating this space, so it offers another cool hangout. Spiffed up with shiny gray epoxy on the floors, gold and red paint on the walls and the



dark wood shelves that were originally around the living room's fireplace, the garage is filled with fun. There are Elvis Presley souvenirs, a Beatles poster from Louise's days as a Beatles fan and license plates from all 50 states. There's an old Coca-Cola machine that Lewis found in a doctor's office while buying used medical equipment. There's also a photo of the General Mills racecar, signed for Louise by its driver, Richard Petty.

She'd been with General Mills six years when her husband got sick. That prompted deep changes for Louise. While she healed from the grief of helping him through the progression of cancer and releasing him when it was time for him to pass, she was given several dreams prompting her not to move, but to update the home. "About



six months after he passed, I thought I needed to get busy," she said. They had blue-printed wallpaper and blue country carpet everywhere. "I never want to have blue again!" she said. Now her house is decorated in florals and stripes based around the colors rusty red, beige, green and burgundy.

Curio cabinets in the living room hold her longtime collection of Seraphim Classics angels and Heirloom Traditions figurines designed by Maud Humphrey, the mother of Humphrey Bogart. A red, curly corded telephone, its head cradled above a rotary dial, sits subtly near the traditionalist couches that Louise picked for their one-piece cushions. She enjoys relaxing here, curling up with a cozy, chenille throw and reading gardening books or other non-fiction works. "I replaced the gas fireplace that had quit functioning, and drew up plans for the bookcase on either side," she said.

She added window seats in the foyer, just in case her daughter chooses to play the piano. "When I come in my front door, I can look past the piano all the way through the sunroom window into my backyard," Louise said, "and I appreciate the depth that developed through the years as this house has evolved."

The legacy she most enjoys when she closes off the world is her spacious, burgundy master bedroom, added when her daughter was born. Reupholstered wingback chairs she's had for 27 years are positioned not far from a vintage cupboard hiding her old sewing machine. "I used to make my daughter's pinafores and dresses until she got to the age when she wanted to wear jeans," Louise said. Memories wrap around her when she opens the blinds and looks out to her big backyard. Sitting in the window seat, watching raindrops on cloudy days and squirrels and cardinals when the sun shines down, Louise finds it easy to count her blessings. **NOW**

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Ready, Set, SHOOT

— By Zachary R. Urquhart

Summer is the time for making memories, and one of the best parts of making memories is capturing the perfect shot to commemorate the occasion. Whether your little ones jumped off the high dive for the first time, or you need a photo of your family pet fetching a Frisbee out of the water, getting the picture can be harder than it seems. These simple steps will help make sure you get an image to last a lifetime.

KNOW HOW TO USE YOUR EQUIPMENT

- Modern-day single-lens reflex cameras are amazing, as long as you know how to use them. If you have, or are buying an SLR, the manual should be your friend. Most SLRs, whether digital or manual, offer many features, but



the novice photographer often misses some of the features available. Specifics differ from one camera to another, but some common features include: changing shutter speeds, optional flash and the ability to take rapid-fire photos.

- Lenses have zoom capabilities for specific ranges, and bigger is not always better. For closer photos, a smaller lens gives a clearer picture, but shots from far away are greatly enhanced by lenses with a range of 55-300 mm.¹ Most companies also offer a lens choice that is branded “vibration reduction” or “image stabilization,” which steadies the subject but can also slow some camera functions.

IF YOUR CAMERA IS A PHONE

Phone companies have come a long way when it comes to their camera features, although a phone picture will

probably not have the quality of a stand-alone camera. Here are some things to remember when your phone is the only camera you can use:

- Use space behind the subject to make sure



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Focus on having fun.

they stand out as much as possible. This could include the sky, a field or even a solid-colored wall. Most phones will automatically enhance the subject of the photo, but even the smartest phone may not know whether the subject is your son or the celebrity on the poster behind him.

- Use the flash and zoom sparingly. Most camera flashes overexpose the subject and leave colors looking washed out. And if you have to take a picture from far away, crop it afterward instead of zooming. You will see a drastic reduction in quality when you zoom in on a subject that is far away. Instead, let the subject be far away and fix it in the editing stage.²

- Find the right editing app. Different phones will have different best options, so find out what apps are ideal for your use.³ Getting out red-eye, touching up lighting issues and adding enhancements



will take a standard camera phone and turn it into the work of art you were hoping to get when you snapped the photo in the first place.

FINDING THE RIGHT LIGHT

• Photographers of every level deal with the singular issue of lighting, with every picture they take. One of the best ways to ensure a good photo is to take

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it outdoors.⁴ Too much sunlight can be bad, but on a mildly cloudy day, just enough light means fewer shadows and rich colors for the photos. If you have to take a picture in the middle of a cloudless day, try to use trees with large openings to diffuse the sun, without completely putting your subjects in the dark.

- Make sure you and the subject are in the right spot. You may not be able to control the amount of light, but putting the light source to the side of the subject will decrease washout, if the light is behind them, and should eliminate the awkward squint that happens when your subject has to look into the sun. If you see shadows, you might consider adding a light source on each side of the subject, which will provide equal lighting for the photo.

- Learn how and when to use your flash. Make sure not to let the flash reflect off a mirror or window. On the other hand, using the flash when the sun is behind your subject can reverse the shadowing effect that typically ruins some pictures.



HOW TO CAPTURE YOUR LOVED ONES

Even with the right camera, the perfect light and complete understanding of how to use what you have, getting a great shot of a moving target can seem impossible. Remember these tips:

- Anticipate the movement, and use the shutter speed to your advantage. Aim your shot in the direction your subject is moving. It is better to get your child's

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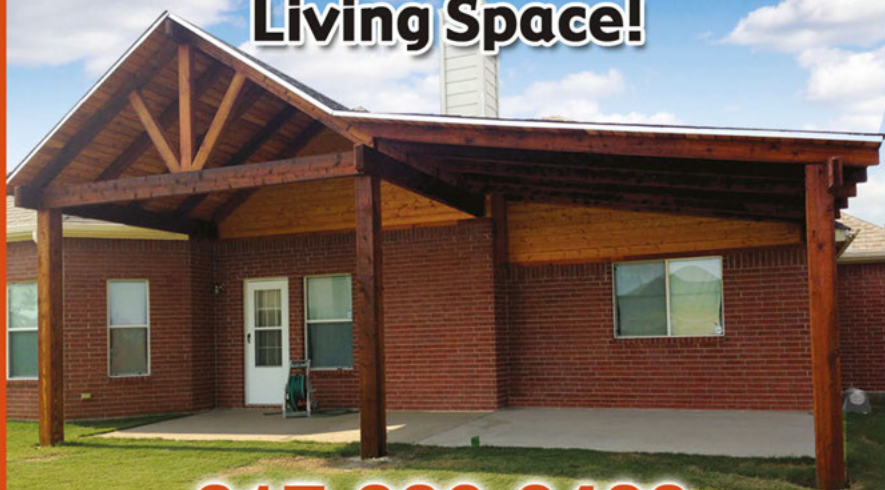
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face and the grass in front of him than the back of his feet.

- Be careful how you bribe. Offer the kids a treat for doing a good job, but do not hold it in front of them while taking the shot. You are likely to get a child with an unhappy look and outstretched arms.

- Use their energy and spunk. It may be messy, but getting a candid photo of your daughter joyfully eating an ice cream cone may be better than struggling to get a shot of her sitting just right. And for your pets, try action shots of them playing fetch instead of getting them to sit still for a photo.

This list can help you get a great photo of special moments this summer. But the most important tip is this: Focus on having fun. Do not let the stress of taking the perfect picture take away from making great memories with your loved ones. **NOW**

Sources:

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Adam Russell, Nancy Patterson, Norma Maxwell and Jim Easter are proud to work with the professionals who staff both locations of First National Bank of Burleson.

Banking on Burleson

Old-fashioned service is at the core of First National Bank of Burleson. — By Melissa Rawlins

Options abound for customers choosing First National Bank of Burleson. In the business of helping people in the community where they were chartered 35 years ago, Burleson's only locally owned, independent community bank excels at providing products and services to suit specific needs.

Named Best Burleson Bank of 2015 by readers of *The Burleson Star*, First National Bank of Burleson is managed by a strong team of well-trained individuals who have each been promoted from within. All 32 employees consider it their privilege to serve every person walking through their doors.

In 2001, Adam Russell began working his way through operations. Now senior vice president, he handles information technology, manages the bank's investment portfolio, makes loans, manages the Wilshire branch and serves on the board.

Thanks to his mentors through the years and his hard work, Adam was voted Best Burleson Banker of 2015.

The directors of FNBB understand the people they serve have different needs. They created a variety of products to fit all their customers. Unique accounts include The First Response Account, developed in 2012 to benefit First Responders. It was inspired by the formation of the Chisholm Trail 100 Club. "This special account is offered for those who put their lives on the line every day," marketing officer, Erin Russell, said. The bank also offers a Senior Account. Of course, their free checking account never goes out of style.

Small- and large-business owners appreciate FNBB's business accounts, merchant solutions and mobile pay — a very modern convenience. Yet old-fashioned service is at the core of FNBB's

Business **NOW**

products. Since 1981, when the bank began investing in Burleson through personal and business loans, all sorts of people have been able to see their dreams become reality.

Jim Easter, FNBB president, encourages every loan officer to customize business loans for each individual situation. He has served as a loan officer since 1999, when he came on board as vice president. His earliest involvement with FNBB was in 1988, when he was a correspondent banker for Mercantile Bank in Dallas and helped the local shareholders get the money to build the bank building on Alsbury in 1988. To better serve people on the southern side of Burleson, the Wilshire branch was purchased and remodeled in 2003 and given a new exterior in 2010.

Burleson's only locally owned, independent community bank excels at providing products and services to suit specific needs.

Norma Maxwell began strengthening the bank's ties to the community in 2003, when she started working at FNBB as vice president. Currently executive vice president, Norma has helped the bank keep up with the times. Understanding people appreciate technologies that allow remote deposits, withdrawals and transfers, mobile banking was offered in 2014, and now, the lobbies are not nearly as full as they were in Norma's early days because of the technology.

Many customers still choose to visit the bank, some simply to talk over a cup of coffee. And the employees love that. Most have worked at First National Bank of Burleson for over 10 years and are cross-trained to fill in for each other. They provide the hospitality of a well-organized family, even when they're dressed down on Fridays.

Already, several local charities and civic organizations receive FNBB's support. For \$5 Jean Day, employees personally participate in the bank's philanthropy by paying \$5 for the privilege of wearing blue jeans. All of the money is paid to a different local charity monthly. Thanks to their employees, FNBB has created yet another way to be the community bank it was designed to be. **NOW**



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Brandon Kelly takes his children, Brandon and Kaydence, to Warren Park for a picnic.



Erin Kaminski gets lessons from Jessica Duran in how to use Young Living's oil of frankincense.



Judy Arnold celebrates her retirement from Texas Wesleyan with her husband, Robert, and mother, Patsy Owens.



Hill College graduate Donté Henderson was able to grab a quick selfie with Hill College President Dr. Pam Boehm.



Janae Davenport helps assistant store manager Ashley Peets arrange a display at Party Warehouse.



Sales reps from various companies and their spouses enjoy a night out in support of the SOS Redneck Roundup.



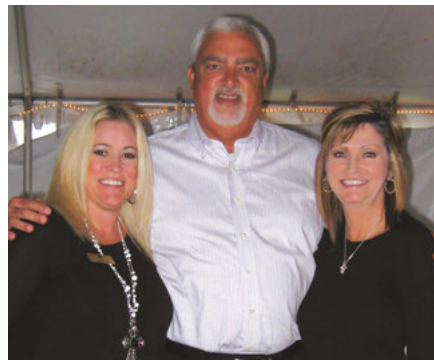
Three volunteers for Rachel's Resale spend time in the sort room.



Sunday Funday with some traditional Perkins family volleyball.



Spitfire ball player, Ty Freeman, suited up and ready for his tournament in Houston.



Kurt Logan and Peggy Stephens meet up with Kim Malone, left, at Crazy8 Ministries' networking event in the Skybar.

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Help Older Parents Avoid Financial Scams

Here's a disturbing statistic: One out of every five Americans over the age of 65 has been victimized by a financial scheme, according to the Investor Protection Trust, a nonprofit organization devoted to investor education. If your parents are in this age group, should you be concerned? And can you help them avoid being scammed, so that they maintain control over their finances?

The answer to the first question is yes — you should be concerned. Of course, as the numbers above show, most aging Americans are not being swindled, which suggests they can take care of themselves quite well. Still, it's no secret that many fraud schemes target seniors because of their concentrated wealth and in many cases, trusting nature. And as much as you'd like to think otherwise, your parents could be susceptible to rip-off artists.

Fortunately, in regard to the second question above, you can indeed take steps to help prevent your parents from being fleeced. Here are a few suggestions:

- **Observe their behavior.** If you live close to your parents, listen closely to any new friends, investment deals or sweepstakes they mention during your normal interactions. If you're in a different city, try to stay abreast of your parents' behavior by communicating with them frequently and by checking in with other family members or friends who have occasion to see your parents.



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• **Urge them to watch out for suspicious emails.** You've probably seen them — the emails offering to reward you with huge amounts of money if you will only contact such-and-such from a distant country and then put up a "small" sum to initiate some ill-defined transaction. You probably "spam" these without a moment's thought, and you should urge your parents to do the same. Remind them that any offer that sounds too good to be true is, without question, neither good nor true.

• **Encourage them to further their financial education.** Law enforcement agencies, health care professionals and reputable financial services providers all offer personal financial management programs designed specifically for seniors. Look for these types of programs in your area, encourage your parents to attend — and even consider going with them.

• **Become familiar with their financial situation.** Having a serious discussion with your parents about their finances may not be easy — but it's important. The more you know about their investments, retirement accounts and estate plans, the better prepared you'll be to respond helpfully if they mention an action they're considering taking that, to you, just doesn't sound appropriate.

• **Suggest professional help.** If your parents are already working with a qualified financial professional, they're probably less likely to be victimized by fraud than if they are managing their finances on their own. And it's a good idea for you to know their financial advisor, and for him or her to know you, as you may well be involved in your parents' legacy planning. But if your parents don't already have a financial advisor, you may want to recommend one to them, particularly if it's someone you already know and trust.

It's entirely possible that your parents won't need any assistance in avoiding financial scams. But, just in case, be prepared to act on the above suggestions. Your intervention could help preserve your parent's financial independence. **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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July 2, 16

Grocery Giveaway: 9:30-11:00 a.m., OpenDoor Food Bank, 6601 County Rd. 912, Joshua. Families in need are invited to receive free food, dry goods and encouragement. www.opendoorexperience.com.

July 4

Burleson Lions Club Fourth of July Parade: 9:00 a.m., Old Town Burleson. Come early with lawn chairs and water bottles to join the community honoring United States' military heroes, past and present. www.burlesonlions.org.

Burleson Independence Day Celebration Concert: 5:00-10:00 p.m., Chisenhall Fields Sports Complex, 500 W. Hidden Creek Pkwy. Bring lawn chairs and settle in for the City of Burleson's gift to the community. At 7:30 p.m., the Dallas-based band Escape sings some of Journey's biggest hits, and then fireworks light up the sky at 9:20 p.m. www.burlesontx.com.

Joshua 4th of July Celebration: 6:30-10:00 p.m., Joshua Owl Stadium. Concert starts at 7:30 p.m., fireworks at 9:15 p.m. Call (817) 556-2480.

July 9

Celebration of Freedom: 10:00 a.m. and 5:00-

9:00 p.m., Downtown to Bicentennial Park, 900 E. Glendale St., Crowley. Parade at **10:00 a.m.** on Main Street; Festivities at **5:00 p.m.** in Bicentennial Park, concluding with fireworks at dark. (817) 297-2201, x4300.

July 11, August 1

Cherish The Promise: 6:00-8:00 p.m., Burleson Public Library. Pastor Dave and Lucrecia Tucker teach two marriage enrichment classes: **July 11, Parasites in Marriage; August 1, Sexual Intimacy**. Call (817) 506-9197.

July 12

Story Time: 10:00 a.m., Crowley Adventist Church, W. FM 1187 and Cleburne Rd. Bring your kids for stories, crafts and snacks. For more information, contact Judith Jamison, judyjrd@sbcglobal.net.

Business After Hours: 5:30-7:00 p.m., Burleson Nissan, 300 N. Burleson Blvd. Free to Burleson Chamber of Commerce members. (817) 295-6121.

July 17

Community Open House: 4:00-7:00 p.m., Texas Health Huguley Hospital Fort Worth South, 11801 S. Frwy. Enjoy tours, music, food, prizes,

giveaways and fun for the whole family. RSVP at www.YourNewHuguley.com.

July 28

Dog Park Planning Committee: 6:30-8:30 p.m., Community Room, Burleson Police Department. Call Shannan Sutter, (817) 323-0255.

July 30

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

August 5

Roundup for Riders: 6:00-9:30 p.m., Historic Hilton Hotel Downtown, 815 Main St., Fort Worth. Help Wings of Hope Equitherapy in Egan provide physical and emotional support for extraordinary people living with special needs. RSVP to Allison Gross, (817) 790-8810.

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

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





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TECL # 17144



In the Kitchen With Josh Fortney

— By *Melissa Rawlins*

Cooking fun meals to fit his family's budget and schedule is one of many talents given to Josh Fortney, who works by day as pastor of marriage, family and student ministries at Pathway Church. His greatest gifts are his daughter, EllaGrace, and his wife, Melissa. She encouraged him to prepare a few meals early in their married life. Now, Melissa and her mother, Margaret, enjoy Josh's creations. "I love utilizing my new grill and making variations of tacos, casseroles and pasta dishes using spaghetti squash," he said. They explore new desserts together, too. "There is something special about ending a hard week with something sweet. The Bible says to 'taste and see that the Lord is good,' and I think that's easiest with dessert!" **NOW**

Hidden Veggie Pizza Bake

1 large spaghetti squash
1 lb. Italian sausage or venison
1/2 onion, chopped
1/2 bell pepper, chopped
1 tsp. dried basil or premixed Italian seasoning
8 oz. pizza sauce or tomato sauce
3 eggs

1. Preheat oven to 400 F. Cut spaghetti squash in half, lengthwise. Bake cut side down for 20-25 minutes.
2. Brown meat over medium heat; mix in veggies, seasoning and tomato sauce.
3. Scoop and discard seeds and threads from squash.
4. Lower oven temperature to 350 F.

Fork out the spaghetti from squash into a 9x9-inch pan, or a 13x9-inch pan for a thinner bake.

5. Stir the meat/veggie/sauce mix into the pan, as well.
6. Whisk together the 3 eggs and stir into the baking dish until ingredients are well-coated and egg is no longer visible.
7. Bake for 45 minutes, until top feels firm. Let cool 5 minutes before serving.

Wet Hot American Chicken Kebobs

1.5 lbs. chicken breasts or thighs
1 red bell pepper
1 green bell pepper
1 yellow squash
1 zucchini squash

1/2 cup Franks Red Hot sauce
1/4 cup soy sauce
1/4 cup honey
1/4 cup Season-All Seasoning Salt or 1 Tbsp. each salt and pepper

1. Cut all meat and vegetables about 1-inch thick and set aside.
2. Mix together remaining ingredients to create marinade; pour half of marinade into two Ziploc bags.
3. Add chicken to 1/2 of the marinade mix and marinate in the refrigerator for an hour, or overnight. Place vegetables in other half of marinade for an hour or less.
4. Thread meat and vegetables on skewers. Note: Wooden skewers should be soaked in water for a few minutes to prevent burning.
5. Save the marinade from vegetables for later. Discard leftover meat marinade immediately.
6. Place kabobs on grill over medium heat. Rotate a quarter turn every 2 minutes until meat is cooked through, roughly 10 minutes.
7. Place on serving plate and drizzle leftover vegetable marinade on skewers. Enjoy with corn on the cob or baked beans.

Grilled Corn on the Cob

1 jalapeño pepper
6-8 ears corn, shucked
3 Tbsp. unsalted butter or ghee
1 lime
2 tsp. honey
1/2 tsp. salt

1. Preheat grill to a medium temperature.
2. Place the jalapeño on the grill for 10 minutes, turning every couple of minutes. Remove from grill and let cool.
3. Place ears of corn on the grill, turning every few minutes until lightly charred.
4. While corn cooks, peel jalapeño and discard seeds; dice. Stir jalapeño into butter with a squeeze of lime juice, 1/2 tsp. grated lime peel, honey and salt.
5. Once corn is charred, place on serving plate and cover with the jalapeño-butter mix.

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

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