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ON THE COVER



Rick Eubanks tells the story of the grassroots student-led prayer movement, See You At The Pole.

Photo by Jennifer Spears.

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Editor's Note

Hello, Friends!

As we transition from summer to fall this month, may we all get a strong dose of good medicine. My favorite book tells me that laughter, good food, wine, purity, praise and truth all combine to make our spines straighter, our eyes sparklier and our faces shinier. Sounds like a good dinner table to me.

On the 27th of this month, we can officially celebrate Family Day. It's a special day for mothers, fathers and children to spend time together,

strengthening their bonds of love — a day set apart in a proclamation by the Texas governor. That's a perfect day for a fabulous meal — maybe out by a campfire, maybe indoors in the air conditioning, maybe in one of our area's fine restaurants. If you're blessed to have a strong family, totally trustworthy and loving, then give them a call and suggest spending the day together.

Live, laugh and love!

Melissa

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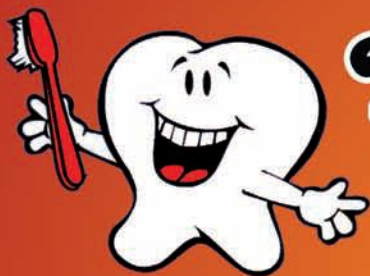
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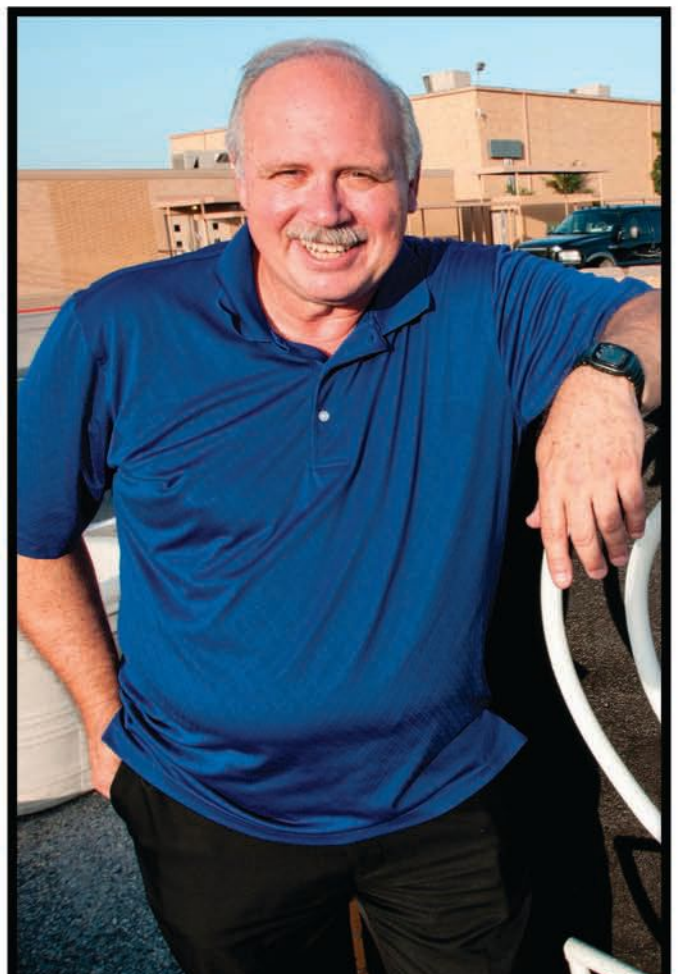
Victory After



— By Melissa Rawlins

Call Rick Eubanks a product of prayer, and he'll glow with gratitude. Now a 63-year-old youth minister at Oak Grove Baptist Church, Rick once was a 16-year-old rock-n-roll musician in Fort Worth, known in his community as "Sandra's wayward brother." But a new fellowship in Burleson called Crestmont Baptist Church was praying for him. Little did he know 23 years later, as a staff member of that very church, he would participate in a youth-led prayer group influencing Burleson students and sparking what is now a global prayer movement known as See You At The Pole.

See You At the Pole (SYATP) is itself supported by prayer. In Burleson this month, pastors in the Burleson Christian Ministerial Alliance (BCMA) will walk through the city the night before SYATP, praying as they go, and then convene at Venue 510 for more prayer with the public. "As parents and elders, for the sake of the children, we're interceding for God's presence to





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be in the schools, helping them grow," said David Miller, president of BCMA.

As it was in the beginning, whatever takes place on any school campus the fourth Wednesday of September will be youth-initiated. SYATP's prototype occurred during the 1989-1990 school year. Rick was 39 and pouring prayers into the Crestmont congregation, whom he served as minister of music and youth. The battle of Jericho inspired youth in an earlier Disciple Now retreat. "Our theme was Shout It Out!" Rick said, "and we constantly asked God to give us influence in our schools."

As the school year began, Crestmont youth participated with 45 other Christian students in a lunchtime prayer group at Burleson High School, located in what is now Kerr Middle School. About 150 Hughes Middle School students were also meeting for prayer. Focusing their efforts on a number of students who had wandered away from the fold, Rick and other students especially prayed for Brian Jennings, an influential teen with great potential.

In early April 1990, several ninth-graders gathered for a weekend Disciple Now retreat. After prayers for themselves, they decided to pray for others out in front of their schools. The youth went in the cool of the night to Crowley High, Hughes Middle, Burleson High plus the home of Pastor Don Lane, since his son was homeschooled. Within days, the pattern set by the Burleson ninth-graders inspired a rallying cry to students near and far.

At a mid-April meeting of men and women devoted to encouraging Texas youth, Chuck Flowers, director of Youth Evangelism with the State Baptist Convention, shared his vision that after Youth Evangelism summer

camps, something would happen to strengthen the students. The evangelism team had borrowed Crestmont's theme for the summer and produced green megaphones with the logo, Shout it out across Texas! Rick suggested students sign the megaphones as a commitment to pray at their schools together.

"Pastor Don Lane remarked, 'You can say anything you want under the American flag,'" Rick recalled.



Billy Beacham, with Carol and Rick Eubanks, supports students desiring to pray for each other and the world.

"Somebody else said, 'Yeah! Every school's got a flag pole!' Then Neal McLendon, who is now pastor of a church I worked with in Sugar Land, Texas, said, 'Yeah, see you at the pole.'" Excited at the vision of 3,500 students praying at their schools, someone suggested the opportunity be also offered to students attending the Youth Evangelism Conference in Reunion Arena that coming June.

Meanwhile, Brian had called Rick to say he wanted to return to Christian life. "That summer, Brian brought back to the Lord around 23 students, influenced the school football team and went on, eventually, to follow me as youth minister at Crestmont and other places in our area," said Rick, who preached at Brian's funeral in June 2013. Brian had been killed in a drunk-driving incident not far from Oak Grove Baptist Church, where Rick now directs youth ministries. Rick focused on the immense influence Brian exerted in the 23 years since that first See You At The Pole.

That was the victory the evangelism team had in mind, in June 1990, when Neal got up in front of 20,000 students in Reunion Arena to explain the SYATP concept. Word got out around to at least two other states. The kids told each other, "See ya at the pole!"

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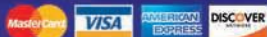
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Billy Beacham's Student Discipleship Ministries was already poised to give youth tools to creatively influence their community of faith then and for years to come, becoming the center for schools reporting in that first year.

At 7:00 a.m., on September 12, 1990, 45,000 students prayed in front of schools in at least three states for their nation, their parents, their schools and each other. In Burleson, one young man mocked what was going on. "He circled us with a jam box, making fun of us. The next year," Rick said, "he came to faith in Jesus Christ and is now a faithful leader in Burleson."

Billy can look out the windows of the second floor of Venue 510, where See You At The Pole is now headquartered, and see Kerr Middle School, the site of Burleson's first high school SYATP. Billy and Rick still work with some of the same people from that first meeting and have developed a larger support network nationwide, with groups like National Network of Youth Ministries (NNYM), and locally,

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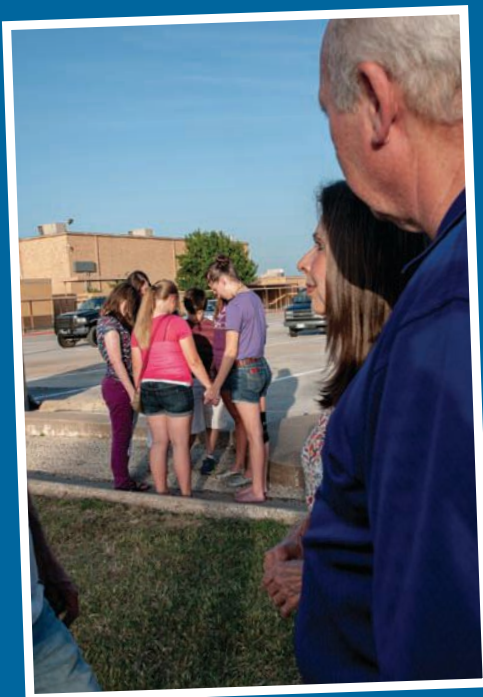
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BCMA. They learned early on the power of linking all the churches into a prayer chain supporting students' endeavors.

By its second year, SYATP had gone global. Students had made an impact in their communities, and the adults could not stop talking about it. Billy, Chuck and Rick had shared the See You At The Pole concept at a NNYM conference, where pastors from Australia, England and Israel asked if they could participate. The answer was, "Yes. No cost. Just pray."

"This is what God had in mind back in 1989 and 1990, when those ninth-graders boldly went out and stood at their schools. Giggling, nervous, not perfect, they wanted to make an impact. They did it, and as a result, we got to be part of something way bigger: God making great changes in people's lives," Rick said.

Last year, SYATP was the center of the first Global Week of Student Prayer. Held the last full week of September, with SYATP in the middle, it begins on Sunday and ends on Saturday, offering adults and students everywhere a full week to get creative about praying before, during and after the 45-minute SYATP. Like a wildfire that started 25 years ago in Burleson, Texas, the grassroots, student-led prayer movement has turned into some students' most anticipated moment at the beginning of every school year. And the evangelism team of student pastors, whose fires were lit well before 1989, still watches in amazement. **NOW**

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BEYOND PHYSICAL ACTIVITY

— By Lisa Bell

“Teaching physical education wasn’t my first career choice,” Tammy Livesay said. Nevertheless, the Staples Elementary teacher sprints into passionate discussion when someone asks about her job.

Originally, she planned to follow her father’s footsteps into accounting. During high school, she took accounting classes, loved them and did well. At Texas Tech University, she passed Accounting 101 and failed the second level. Calling home, Tammy told her dad, “This isn’t working. I can’t even figure out what a widget is.”

Her dad said, “Just find something you like.”

Tammy liked sports, but being business-minded, she pictured a job with a fitness center or something similar. Degree in hand, she didn’t find a job right away, so she started substitute teaching and promptly fell in love with it. “I want to go back to school and get my teaching hours,” she remembered telling her dad.

With his support, she did. In the 1990s, her mom helped her with a master’s degree from Texas Christian University. “It’s my calling. God’s blessed me with that, and I love it,” Tammy said.

Tammy’s 28-year career with the Joshua ISD began with kindergarten and first grade. Two years later, she accepted a middle school coaching position and remained there for six years before going to Staples Elementary. Six years later, she moved to the intermediate campus, but the next year returned to her Staples family, where she has taught ever since.

Certified for teaching older students, Tammy prefers the elementary level. Her years with middle school students challenged her. “I was so young and inexperienced, but I’m blessed they let me do that,” she said. “It helps me now to prepare younger kids. I know what the middle school coaches will expect from the athletes.”

Tammy loves seeing eyes light up when a child makes that very first basket. She adores watching a





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face shine when the younger ones learn new things, but laughter is the best part. PE should be fun, not work. In elementary school, they have fun without harsh competition. The kids enter the gym filled with anticipation of learning something new.

While secondary students participate in six-week units, she uses one to two weeks for the elementary level. For



a nonathletic student, six weeks feels like forever, but two weeks is manageable. During each unit, Tammy incorporates reading, math and science skills with the physical activities.

Contrary to what most people expect, PE isn't always about running. While she encourages movement, Tammy understands not all children particularly love to run. In the running club, they can walk, gallop or skip — anything involving movement. Even a simple game of tag can be made into a strategic activity that includes cardiovascular endurance, flexibility and strength training. Some





children release stress with exercise, but others need an alternative way to relax. The last week of the school year, she introduces them to games like Cats Cradle, using a string to make different designs. A fourth-grader perfected one of the world's fastest growing sports, speed stacking. In this sport, a person stacks cups in specifically designated ways,



while being timed. The little boy won a competition in his division, earning the right to advance to a higher-level event. This sport and many others improve eye-hand coordination, so Tammy encourages her



students to try them.

"Teaching requires on-the-job training. It isn't what they teach you in college," she said. "You have to be flexible. Every child is different, and sometimes you have to forget the lesson plans, stop and give one of them a hug."

As they begin a unit, the veteran teacher won't ask the students to do something she doesn't do. While

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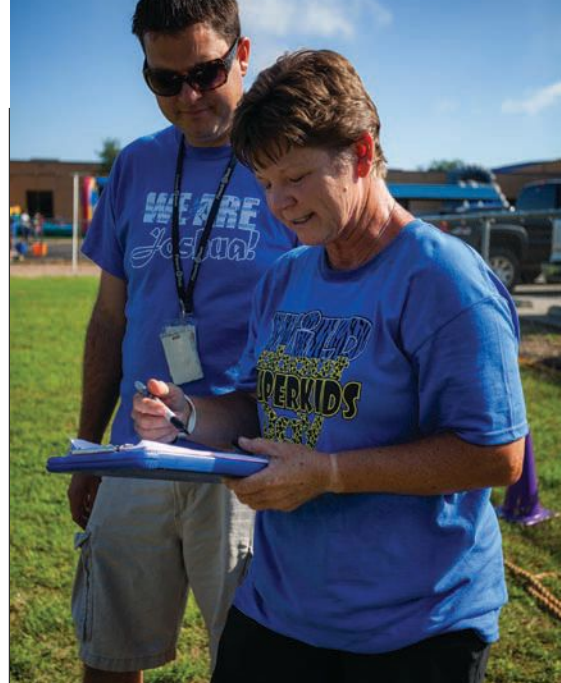
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introducing gymnastics, she performs rolls and handstands. "It's getting a little harder every year," she said, laughing. Her paraprofessional of 10 years eagerly steps in to move equipment or demonstrate activities. Tammy had already taught her son before she came to work at the school, so the two instantly bonded.

As each year winds down, students get to enjoy a Super Kids Day, rewarding good behavior throughout the year. After spring break, Tammy begins randomly handing out invitations to one girl and one boy in each class every day. In the process, she teaches the students good sportsmanship. It may not be their day, but they celebrate with classmates. Eventually, everyone has an invitation. If a child misbehaves, he or she can lose the privilege, but good behavior earns the invitation back.

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All day long, Tammy is in the middle of events, interacting with children and having fun. In her usual style, she protects them from injury with rules, good discipline and plenty of sunscreen.

Although she became eligible for retirement last month, she hopes to make at least another two years before leaving. She isn't sure what the future holds, but she stays busy with her church and Bible study fellowship group. Earning a doctorate and pursuing children's ministry rests in the back of her mind as possibilities. "Whatever I do, it will be with children," she said.

Having never married, Tammy maintains a confident and joyous attitude. "I guess God knew I needed to devote my time to Him and my job. I have 500 kids at school, and at home I have two four-legged ones, Faith and Grace," she said. With 13-year-old chocolate labs and a mom around the corner who relies on Tammy, she's not slowing down.

Teachers and staff voted Tammy Teacher of the Year twice — once in 2003 and again in 2013. "It's a great honor, because we have wonderful teachers," she said. She taught some of those teachers and their children. Tears moisten her eyes as she wonders why they picked her. "I'm just doing my job," she said. PE job descriptions don't necessarily include pouring love on children or enhancing core subjects.

"When I'm not having fun teaching and playing with the kids, then it's time to retire," she said. While she may leave teaching PE in a few years, Tammy is a long way from retiring. **NOW**

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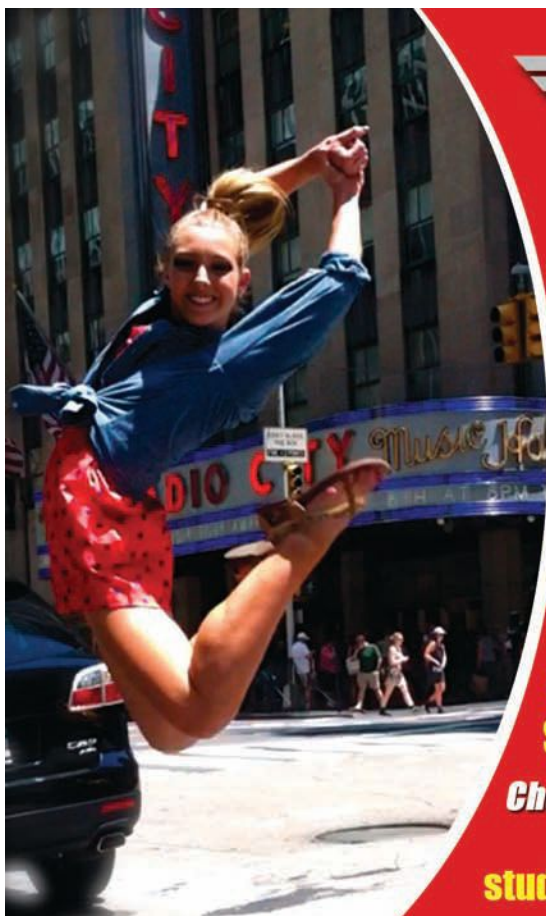
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Surrounded by Hope

— By Erin McEndree



Being surrounded by furnishings and items that give support and comfort is very important to Kathy Owens. Her three-room duplex is decorated with elements from different styles: Victorian, rustic and contemporary. Her eclectic mix is composed of heirlooms from family members, leather furniture and homemade art from her grandchildren. She also collects many mementos that remind her to be strong while fighting cancer. Most items in Kathy's house are teal. Teal has become her favorite color during her successful, long-fought battle.

Teal represents the type of cancer Kathy is fighting. "Each type of cancer is depicted by a different color. My family and friends find teal things all the time and give them to me," Kathy said. "My daughter even had teal glasses." Kathy admits she has teal purses, teal clothes and even teal on her truck. A teal owl sits on the stove, and a huge teal cross sits above the dark cabinets in the kitchen. Many other teal items dot the white walls and add pops of color. A teal and hot pink Hope Tree from her cousin, Jamie, sits near the kitchen. It reminds Kathy to continue to hope in recovery and never give up. The crystals on the tree catch the light and sparkle.

September is Ovarian Cancer Awareness Month and is represented by Kathy's favorite color. Kathy looks forward to the Ovarian Cancer Walk every September at the Ball Park in



Arlington. "This year, they're going to allow us to walk *in* the ball park," Kathy said. "The walk gets bigger and bigger every year, as awareness grows."

To help Kathy remain uplifted and think positively, inspirational words in big, bold letters fill her home. *Believe*, *Faith* and *Hope* are among the words Kathy reads every day. "My doctor said I have to believe I am the one who will survive," Kathy said with tears in her eyes. "It's made a huge difference in my success

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to overcome.” By the window, a tile says *UR The 1*. Kathy’s whole family fights for her in prayer and encourages her all the time that she is indeed the one to survive. Family is very important to Kathy, and they have been a guiding force in her recovery. “The doctor said I needed my family to help,” Kathy said. “My whole family checks on me all the time. I see my sisters and daughters and granddaughters at least once a week.”

Welcoming them to stay awhile, the dining room has matching chairs, table and hutch, which Kathy got from her Aunt Jannette. Mother of pearl is inlaid



around the table and is a shiny detail on the legs of the chairs and hutch. The hutch holds *Winnie the Pooh* characters and Willow Tree people. The words *Hope*, *Love*, *Believe* and *Faith* rest on the shelves. Another collection Kathy enjoys is the clocks. A tall grandfather clock stands near the kitchen.

An old cuckoo clock is in the hallway. She has three of them set to go off one right after the other. “I love the sound they make,” Kathy said. “It reminds me of Geppetto.”

The living room has a rustic feel. Leather furniture lines the walls, and dark wood end tables match the coffee table in the middle of the room. An oversized teal bowl rests in the middle of the coffee table. A large, personalized throw blanket

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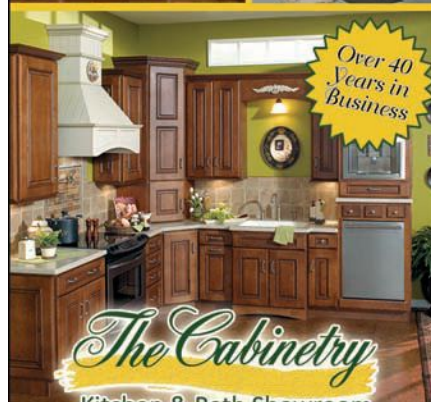
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lays over Kathy's recliner. Her daughters had a collage of family photos placed on the throw.

The extra bedroom is always ready for Kathy's granddaughters, Aubrie, Kiersten and Addison. A small kitchen sits in the corner, and a princess table waits patiently for the next tea party. "I always tell them, 'I love you to the moon and back,'" Kathy said. Her dad is the pastor at the Apostolic Lighthouse of Mansfield where she attends. "I lead worship songs with my mom and aunt," Kathy said. "My mom also plays the piano." Kathy loves teaching small children during Vacation Bible School. "If we can give the kids a good meal and hope, it is very rewarding," Kathy said. "We try to put it in their hearts to pray in all situations."

Everywhere she goes, Kathy lives what she teaches. For the last several years, Kathy has spent a lot of time at The Center for Cancer and Blood Disorders. She and Colleen Hayes, the patient navigator, discussed how there were no support groups in the area for women with cancer. "From our conversation, a support group for women called Birds of a Feather was started," Kathy said. "The group is for women with any type of cancer. We wear a colored feather to indicate which type of cancer we are battling, so people don't have to ask over and over." The ladies in the group pray with one another. They share their highs and lows. They also have a Facebook group to keep connected between meetings. "If we know people care, we can make it," Kathy said. "Sometimes there are people I don't even know who bless me with gifts. God works in mysterious ways."

For Kathy, every day is a gift. That saying is on a plaque next to her guest bathroom. This is the only room in the house that does not have a drop of teal.



The shower curtain has earth tone stripes. "This room is the odd ball in my house," Kathy laughed.

Teal is also the primary color in the master bedroom. A sofa table that matches the dining room furniture is filled with family photos. Big teal polka dots are on the shower curtain in the master bath. A small, ornate hand mirror rests on the counter. "This was a gift from my aunt. It belonged to my grandmother," Kathy explained. "She passed away with ovarian cancer when I was 14." Kathy explained the BRCA gene is in her family history, and they're all taking steps to prevent future cancers from forming.

A trunk from Kathy's other grandmother is one of her treasured possessions. It's full of mementos. "I cherish my grandmother's autograph book from the 1940s, my grandfather's medals from the battle of Normandy and my Uncle Sam's box of baby keepsakes," Kathy said. The trunk also contains other reminders like shells, knit dolls and a Bible.

Kathy feels very blessed to be a cancer survivor. Her faith in God and strength in family are what keep her going, and that strength is evident in her home. Many crosses and inspirational words remind her to stay strong and to keep keeping on. Her positive attitude and hope-filled character show in her home and in her heart for others. **NOW**

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— By Shannon Pfaff

Planning a wedding can be a hectic experience. The preparation can take months, yet the actual wedding day passes so quickly. With all the details that go into planning the wedding, it seems like the honeymoon is the time to recover. Why not get the vacation started early with a destination wedding? A destination wedding can be a unique and exciting way to get married and have a honeymoon all in one shot!

When considering a destination wedding, it may seem like it would be more expensive than having a traditional wedding at home. Depending on the type of wedding and the location, having a destination wedding may actually save money. Many resorts will include the ceremony for free when you stay and have the reception at their location. This will save you from having to find two locations for the ceremony and the reception. Several resorts also offer credits toward the ceremony package to include: flowers, linens, chairs and the officiant, as well as room upgrades for the bride and groom. Some packages even include table settings and the wedding cake. The cost to the couple is the food, drinks and any additional guests not covered by the package.



The expense of the event will also vary depending on the number of guests and any additional activities paid for by the bride and groom. Since you are requesting for people to travel for your wedding, it makes sense to plan some fun for you and your guests. Destination weddings tend to be more intimate affairs with a smaller guest list, which helps keep costs down. While the couple is responsible for the ceremony and reception expenses, wedding guests should expect to cover their own travel expenses. To help their traveling guests, the bride and groom can arrange a flight and room block to help guests with making arrangements. Some hotels offer group discounts when booking several rooms, which will help your guests save money. This is a great incentive to start the planning process early.

Because the party generally pays for their own accommodations, the bride and groom should choose their attendants as soon as possible. Once the attendants are chosen, the couple should inform them of their plans to have a destination



wedding. This gives each person in the wedding party time to set aside funds for their trip. Encourage your guests to book early as well, which will help them save money. Be prepared to make necessary changes if someone you ask cannot afford the trip. If you can afford it, you can always help someone who is in financial need, but this is not a requirement. Consider having a reception

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later on to include those who could not attend your wedding.

If you are planning to travel out of the country, make sure your passport is up-to-date and that you meet all the necessary requirements to get married in that location. Some countries have residency restrictions, so it's important to plan ample travel time to meet the required number of days, if necessary. A wedding planner at your destination is a great tool to help you understand the country's requirements, communicate with vendors, set up travel arrangements and make your dream a reality. A wedding planner close to home is also a great source to help you coordinate your wedding. Whether they help you plan the entire event or just assist you in some of



the details, they can help save time and money in the planning process.

Another wedding professional you should consider hiring is a travel agent. A travel agent can help simplify your travel arrangements. They can research destinations, compare prices, negotiate with hotels, as well as help plan excursions. It's best to select a local travel agent that you can meet personally. When selecting a travel agent, make sure you check their certifications. This will ensure they are certified with credible agencies. You will also want to interview the agent before selecting one. Ask them about their experience and their fees.

Selecting a destination is important in determining the wedding type, travel time and budget for the event. Some popular

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Support Our Soldiers (SOS) is a military support, nonprofit organization based in Fort Worth, Texas. Founded in 2011, this community-driven group focuses on sending care packages of food, activities and toiletries to soldiers overseas not currently receiving other means of support.

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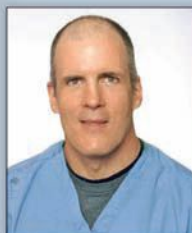


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choices are Hawaii, Canada and Europe. If your budget is limited, consider traveling a little closer to home. There are several beautiful locations that are just a drive away.

Whichever location you choose, make sure you research the weather patterns when setting a date. Keep in mind that optimal weather conditions usually coincide with high tourist season, which will mean higher prices. Shoulder season is the best time to travel for good prices and great weather. This is the time that falls between high season and low season when tourists are few and the weather is on the edge of ideal. During this time, resorts are lowering their rates due to receding tourism. The Internet is a great source for understanding the best times to travel to various locations.

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12:15 pm: Elizabeth Engleheart, SOUTHERN FOOD MATTERS: Stories From The Dinner Plate

1:00pm: Steven Bailey, URBAN ACRES: Building Community Through Real Food

2:00pm: Daniel Vaughn, THE PROPHETS OF SMOKED MEATS: A Journey Through Texas Barbecue

3:00pm: Sherrie McLeRoy, GRAPE MAN OF TEXAS: How T.V. Munson Saved The World's Vineyards

4:00pm: Hank Fincken, NOT "JOHNNY" IF YOU PLEASE: A Conversation with Johnny Appleseed

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Once you have chosen your destination, selected a date, advised your attendants and family, the fun truly begins in the planning process. With all of the major and more difficult decisions out of the way, you are free to think about planning your trip. There will be other wedding details to consider, but you should also think about some fun with your friends and family. Consider planning a welcome dinner when everyone arrives. A destination wedding is a great way for you to celebrate a significant moment in your life. You will be able to spend time with close friends and family and make memories that will be part of the foundation of your future together. **NOW**



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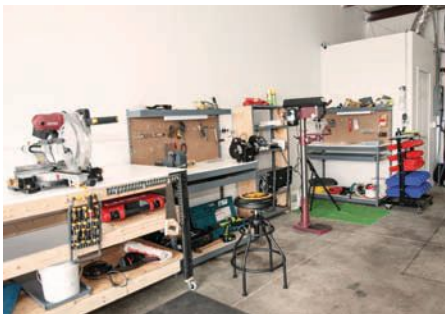
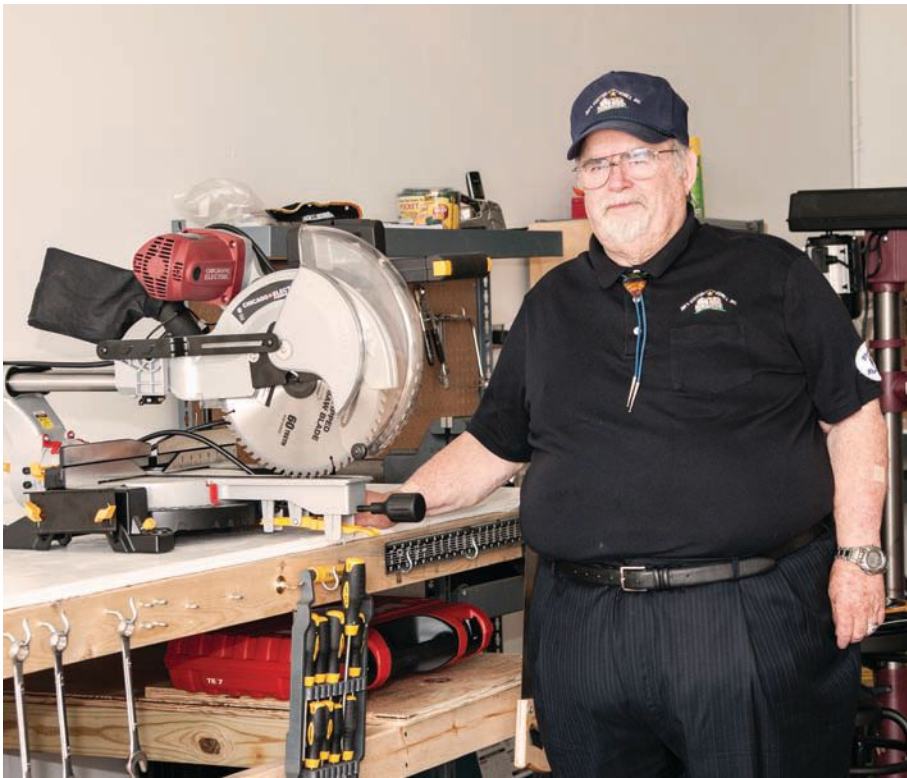
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In Jim and Mary Burns' manufacturing facility, they demonstrate their steel storm shelters for people who value security.

Providing Protection

You don't have to wait for another storm to be safe. — By Melissa Rawlins

Jim Burns is eager to show people the Iron Eagle storm shelter bolted to the floor of his garage. "Once they see how strong it is, they buy it," Jim said. A servant at heart, and engineer by trade, Jim began selling storm shelters because his custom-home clients asked for them. Happy to oblige prudent homeowners in Texas, who understood the threat from tornadoes and desired to prepare for the worst, Jim put all his U.S. Corps of Engineering experience to work.

For over 20 years, he and an Oklahoma-based manufacturer have created sturdy steel boxes that withstand gales over 250 miles per hour. They can be installed in homes throughout Texas as stand-alone units or invisibly tucked away in closets. Each shelter has been tested and certified by FEMA for effectiveness in an F5 tornado, and Jim has never had to service the 10-year warranties provided.

His wife, Mary, is vice president and bookkeeper for Jim's Custom Homes. She retired from Crowley ISD after 31 years as a teacher, and of course, she knows all Jim's customers by name. A recent customer moved here from Houston after a major hurricane. "Now that she has our storm shelter, she told us she feels so peaceful," Mary said. "If you've never been through a storm, you can't understand how relieved our customers feel when they get their storm shelter installed."

The Crowley office, run by Jim and Mary, offers comfortable space for consultation, as well as a demo of Storm Guard III, the 10-gauge steel shelter made of four panels bolted together. "This sells better than the Iron Eagle, maybe because it's easier to assemble in smaller spaces," Jim said. The installation process is available for viewing on Jim's Custom Homes' website, in the Safe Room Gallery.

Jim can answer any question, but seeing is believing. "After customers thump on the demo — and see how strong and heavy it is — and confirm it meets FEMA requirements, they feel confident they'll be protected," Jim said. "You can have all kinds of insurance to protect you financially, but it takes a storm shelter to save your life in a tornado."

"If you've never been through a storm, you can't understand how relieved our customers feel when they get their storm shelter installed."

In this customer-driven business, Jim asks for 30 days to get the storm shelter built and installed. "Lately, demand is higher, and so I use a manufacturer in Oklahoma, as well as my own manufacturing division behind the office," Jim said. Customers can choose from three models in two sizes. Jim and Mary offer a two-person storm shelter or one that holds five or more.

"We can build any size commercial unit, made with steel and concrete or any combination," Jim said. "We'll even build doomsday bunkers. These shelters are very useful. Our state is now in an F5 tornado area halfway down into Texas!"

Once customers get one, they experience peace of mind. "For quite awhile, Mary and I were too busy to get around to protecting ourselves. We finally did. Soon after, we put lightning protection on top of our house, which dissipates the lightning in five-eighths of a second," Jim stated. "Until you get it, you don't realize you've been risking your life!" As business has evolved, Jim and Mary have found their storm shelter division is saving people's lives. Call them soon for an appointment to see how they can help you, too. **NOW**



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Anita Newberry gets out and enjoys the fall-like weather while doing her rehab at Senior Care of Crowley.



Cindy Segrest serves tea and toasties at Ms. Doily's Tea Room in Crowley.



BISD Summer Clarinet Ensemble celebrate their fabulous performance with BISD board members and new Centennial High School principal, Jimmy Neal.



Power of Heels Chairwoman Megan Rhoades, right, gives a fabulous door prize to Leslie Bender Jutzzi, Chief Academic Innovation Officer for BISD.



On his way to workout at Huguley, Sebastian Murray poses beside the 1923 Ford T-Bucket that he and his family restored.



During Crowley's Summer Reading Program, Nancy Burk Worcester and her puppet proclaim to the children, "Whatever size you are, you can do something amazing."



Kelly Qualls helps Glenda Scott, right, get the perfect shot of volunteer Debbie Emerson for the program produced for next month's Burleson Pregnancy Aid Center gala.



Roxanne Myers and her son, Noah Lamprea, enjoy an afternoon lollipop in Granbury.



Claire Marchand learns to putt during Hidden Creek's youth golf camp.



Steven and Kathleen serve hamburgers and hot dogs to Scott Bentley at Vapor Depot's first anniversary. All donations were accepted on behalf of the Wounded Warrior project.



Keller Williams' Karan Wethington and Frank Gilmer enjoy a breezy outdoor gathering with LeeAnn Richard of Orr and Associates.



Mary and Jim Burns take time for one of their favorite pastimes, singing gospel in harmony.

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- Winter storms accounted for 7.8 percent of catastrophe losses from 1986-2005.
- Losses averaged more than \$1 billion a year over that same period.
- The average claim for water damage and freezing is \$5,095.

But before the thermometer drops, you can take simple steps to safeguard your home from winter's wrath and head off a cold weather catastrophe. While it's hard to start thinking about winter while temperatures remain well above




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freezing, now is the time to plan ahead and take care of all the things in and around your home you wish you had done when the weather was still nice.

Outside Your Home

- **Clean out gutters.** Remove leaves, sticks and other debris from gutters, so melting snow and ice can flow freely. This can prevent ice damming — a condition where water is unable to drain through the gutters and instead seeps into the house causing water to drip from the ceiling and walls.

- **Trim trees and remove dead branches.**

Ice, snow and wind can cause weak trees or branches to break, causing damage to your home or car, as well as injury to people on your property.

- **Repair steps and handrails.** This may prevent someone from falling and being seriously injured. Broken stairs and banisters can become lethal when covered with snow and ice.

- **Seal cracks in holes in outside walls and foundations.** Use caulking to protect water pipes and make sure that skylights and other roof openings have proper weather stripping to prevent snowmelt from seeping in.

Inside Your Home

- **Keep the house warm.** Set the thermostat for at least 65 degrees, since the temperature inside the walls, where the pipes are located, is substantially colder — a lower temperature will not keep the pipes from freezing.

- **Have the heating system serviced.** Furnaces, boilers and chimneys should be serviced at least once a year to prevent fire and smoke damage.

- **Check pipes.** Look closely for cracks and leaks and have the pipes repaired immediately. Wrap exposed pipes with pipe insulation or heating tape. Allow your faucets to drip lukewarm water to minimize the chances of a pipe freeze.

- **Make sure that smoke and fire alarms are working properly.** Residential fires increase in the winter, so it is important to protect your family with working alarm systems. Also, consider installing a carbon dioxide detector, since a well-sealed home can trap this toxic gas.

- **Learn how to shut the water off and know where your pipes are located.** If your pipes freeze, time is of the essence. The quicker you can shut off the water or direct your plumber to the problem, the better chance you have to prevent pipes from bursting. **NOW**

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Source: Insurance Institute for Highway Safety Fatality Facts 2007-2009. Allstate Fire and Casualty Insurance Company © 2012 Allstate Insurance Company

September 4

Teen S.W.A.G. Affair: 4:00-8:00 p.m., Ron Harmon Sub Courthouse, 247 Elk Dr. Mothers Against Driving Drunk invites all to a fun and educational free event, presenting a texting and driving simulation, anti-bullying information and Think B4 U Ink. Contact Constance White, Burleson Municipal Court, (817) 426-9220.

Public Hearing: 6:30 p.m. Joshua City Hall Council Chambers, 101 S. Main St. This is the second of two public hearings on the 2014-2015 budget and tax rate for Joshua residents. Contact (817) 558-7447.

September 9

Round-Up for Riders: 6:30-9:30 p.m., Historic Hilton Hotel, 815 Main St., Fort Worth. Celebrity auctioneer Scott Murray adds to the fun while guests bid to purchase items that Wings of Hope Equitherapy will use in their service to children and adults with disabilities. RSVP to (817) 790-8810.

September 22

Mayor's Youth Council: 7:00-9:00 p.m., Burleson City Hall. Determining issues related to youth and how to solve them, this meeting

is open to the public. Contact (817) 426-9687, or visit www.burlesontx.com.

September 13

Casino Night: 6:00 p.m., Crowley Recreation Center, 405 S. Oak St., Crowley. 11th annual Casino and Auction, presented by the Crowley Lions Club, funds local needs, student eyeglass program and Lions charities. Reserve tickets: (817) 996-7000 or (817) 297-9000.

September 20

Burleson Trash Bash: 9:00-11:00 a.m., All Over Burleson. Volunteers of all ages are welcome to remove litter and debris from retail corridors, waterways, drainage channels, streets, parks and other public areas. After the cleanup, volunteers will convene at Warren Park, 301 S.W. Johnson Ave. Registration early, through Environmental Services, (817) 426-9842.

September 24

CACC Golf Tournament: 8:00 a.m., Southern Oaks Golf Club, 13765 Southern Oaks Dr., Burleson. The night before, from 5:00-9:00 p.m., there will be an after-hours networking at the Southern Oaks Grill. RSVP to Crowley Area Chamber of Commerce, (817) 297-4211.

September 26

Power of Heels luncheon: 11:30 a.m.-1:00 p.m., Location to be Determined. Learn about "Women in Finance" presented by Aimee Lynn Johnson, Allianz Life Financial Services Women's Program Manager. \$15 for BACC members. \$20 non-members. RSVP to (817) 295-6121.

September 28

Kids Triathlon: 7:30 a.m., Texas Health Huguley Hospital Fitness Center. Have fun, be healthy and raise funds for Pathway Prep Christian Academy, a Christ-centered University-Model School that supports home-centered education in Joshua. Contact Emily_shw@yahoo.com or (817) 480-2600.

September 30

Surrendering the Secret study group: 5:00 p.m., Burleson Pregnancy Aid Center, 250 NW Tarrant Ave., Suite J. Registration now welcome for free, 8-week Bible study designed to heal the heartbreak of abortion. Visit www.pregnancyaid.org, or contact Rhonda Jordan, (817) 295-4101.

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 Esther Jones

— *By Melissa Rawlins*

Born into a military family in China, Esther Jones was 13 when her grandmother taught her to cook. Dumplings were Esther's first meal, satisfying her parents. She developed skill in traditional Chinese cooking, involving lots of vegetables — usually fried or sautéed. Now that she lives in Burleson, she is learning to use an oven. "I will roast the chicken, potatoes, beans and asparagus together, a convenient method that pleases my family," Esther said. Four years ago, she met her husband, Neal Jones, online. They went to Beijing to meet. "Our first dinner was a cultural collision between a Chinese and Western table!" In her very happy life, participating in most of the same activities as Neal, she is learning Western ways, while sharing her heart for simplicity. **NOW**

Mango Ice Cream

1 cup milk
3 fresh mangoes
1/2 cup sugar

1. In a saucepan, boil milk for 10 minutes over low heat.
2. Cool and set aside.
3. Peel and mash the mangoes.
4. Combine mashed mangoes, sugar and cooled milk.
5. Place in freezer. Stir every 30 minutes, at least four times. Then freeze for another 4 hours before serving.

Shrimp Broccoli

1 broccoli head
2 cups water
1/2 Tbsp. salt
2 Tbsp. light soy sauce
1/2 Tbsp. corn starch
1/2 cup raw shrimp
1 garlic clove, minced

1. Soak broccoli in lightly salted water for 20 minutes.
2. Meanwhile, combine soy sauce with corn starch; add shrimp for 10 minutes.
3. Chop broccoli into fine pieces; boil for 5 minutes.
4. In a skillet, stir-fry shrimp for 5 minutes, or until color changes.
5. Stir in broccoli and garlic. Sauté 10 minutes more.

Scrambled Eggs With Tomatoes

3 eggs, beaten
1 Tbsp. green onion, finely chopped
2 tomatoes, wedged
1/2 tsp. salt

1. Beat eggs in a skillet; cook over medium heat for 5 minutes or until browned. Remove from heat and set aside.
2. In the skillet, stir the green onion for 10 seconds; add tomatoes. Cook and stir for 10 minutes or until tomatoes are softened. Season with salt.

3. Add eggs. Chop the egg into several pieces, big or small, with the spatula. Simmer for 4 minutes. Stir and serve.

Cashew Nut Shrimp

7 Tbsp. olive oil (divided use)
1/4 cup cashew nuts
1/2 cup shrimp
1 Tbsp. cooking wine
2 Tbsp. spring onion, chopped
1 Tbsp. garlic, minced
2 potatoes, diced
2 carrots, diced
1 cucumber, diced
2 Tbsp. soy sauce
1 tsp. Chinese five-spice powder
1 tsp. salt

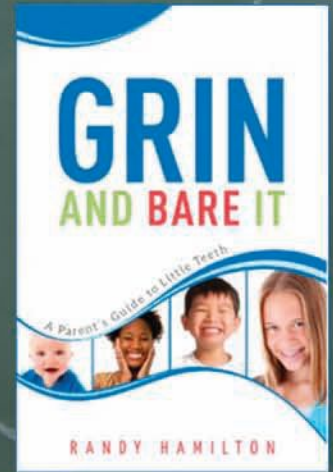
1. Coat the bottom of a frying pan with 2 Tbsp. olive oil. Stir-fry the cashew nuts till golden-brown. Set aside.
2. Soak shrimp in wine. Put 1 Tbsp. oil in pan; add shrimp and sauté for 2 minutes. Set aside.
3. Add 4 Tbsp. oil to pan. Sauté onion and garlic. Keep stirring; do not set aside this time. Add potatoes and carrots; sauté for 3 minutes. Stir in cucumber. Add soy sauce and a pinch of five-spice powder.
4. Combine cooked cashew nuts with the vegetables. Stir in cooked shrimp.
5. Spice with some salt, sauté and serve.

Coca-Cola Chicken Wings

6-8 chicken wings (or drumsticks)
1 Tbsp. olive oil
1 tsp. sugar
1 can Coca-Cola
3 pieces ginger, sliced
2 Tbsp. soy sauce
5 pieces star anise (optional)

1. Clean the chicken wings under running water. Slit the center of each wing for better taste later.
2. Heat skillet with cooking oil; add sugar, stirring until it melts.
3. Add chicken wings, cooking until they are golden-brown.
4. Mix in all other ingredients. Bring to a boil; simmer until thickened, stirring occasionally.

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



-by Dr. Randy Hamilton III



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