

BURLESON | JOSHUA | CROWLEY

BurlesonNOW

M A G A Z I N E

JANUARY 2018



Having a Blast

Cousins Zack Hanson and Camden Bruner play paintball every chance they get

Intentional Living

At Home With Shaun and Brandi Rush

Featured Business:
Eubank Audiology and Hearing Aids

In the Kitchen With
Alyssa Magagnotti Rose

Where Is Reed Barton?

Postal Customer

.....ECRWSS EDM.....

PERMIT #1450
DALLAS TX
MAD
U.S. POSTAGE



DIETSOLUTION
WEIGHT LOSS CENTERS

www.dietsolutioncenters.com

Dr. Richard R. Knight, M.D.

Jackie D., Mansfield, TX

I love to eat, and it shows. I got up one day, looked in the mirror and didn't recognize the person looking back at me. With health and mobility issues, I said, "This is it. Something must be done." The next day I did a Google search and came upon the Diet Solution Centers website, and I said to myself, "What do I have to lose?". Boy, am I glad that I called to schedule my initial visit. I started out exercising every day, but with my busy schedule and working two jobs, I had little to no time to work out. I just stuck to the plan without cheating and here I am, 65 pounds gone in 19 weeks. I feel like a new person and love myself again! If I can do this while working two jobs, so can you!



Before

**Jackie lost
65 lbs.
in 19 weeks.***

After

*Individual results may vary.

Mention
this ad for
\$99 OFF
initial visit!

Expires 1/31/18

MANSFIELD

920 U.S. Hwy. 287 N., Suite 306
(At Walnut Creek in Tom Thumb Shopping Center)

817-453-3438

PANTEGO

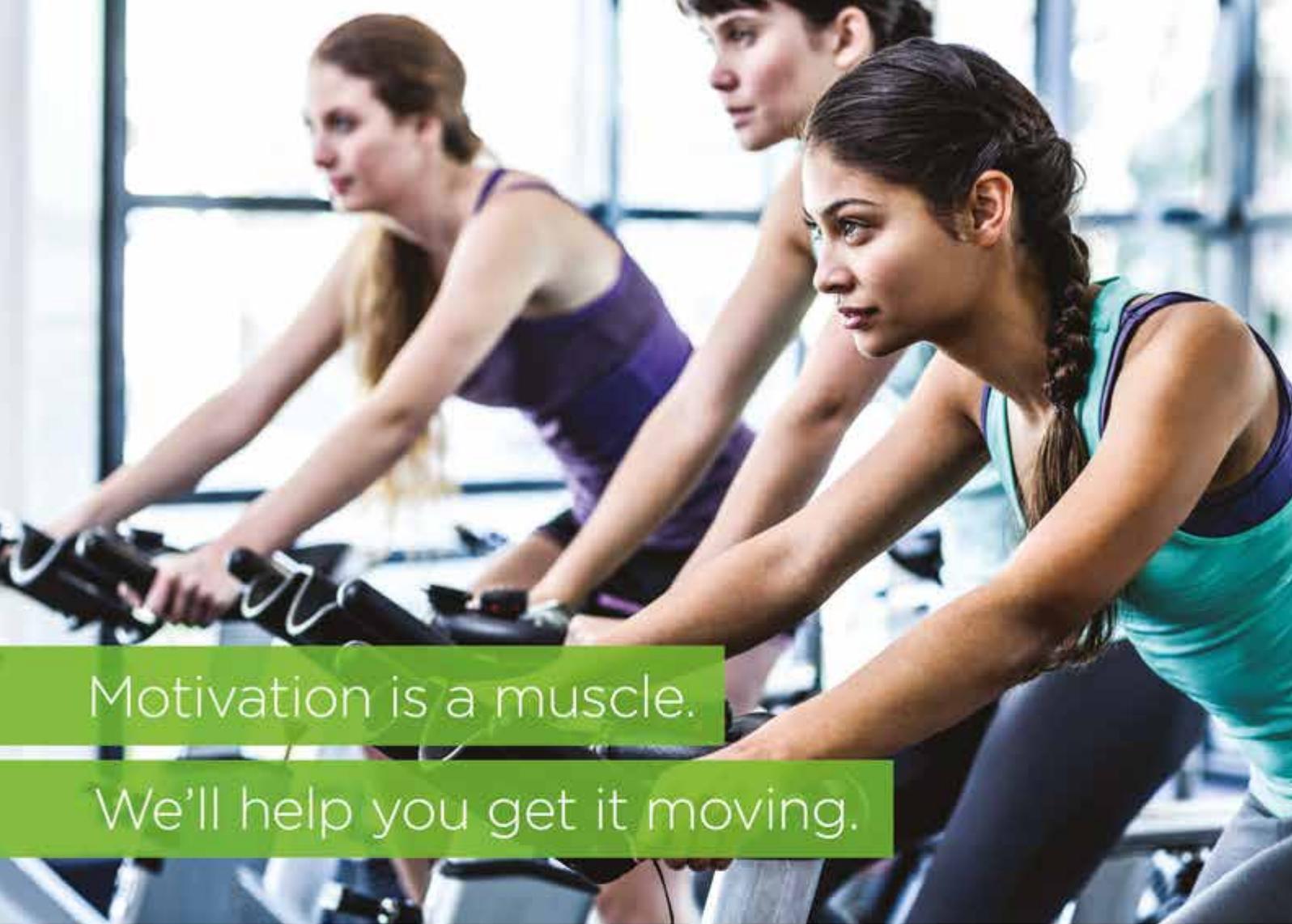
2542 West Pioneer Parkway
Pantego, TX 76013

817-277-3438

CROWLEY / BURLESON

740 S. Crowley Road, Suite 2
(Next door to I-Fit Elite Gym)

817-297-2100



Motivation is a muscle.

We'll help you get it moving.

Welcome to Texas Health Fitness Center Burleson.

We're more than your typical gym. We're a full-service fitness center with everything from Certified Personal Trainers to complimentary group classes, all designed to improve your overall health. Discount plans are available; try us today. Services and amenities include:

- 25-meter, three-lane lap pool
- 30+ free group exercise classes
- Certified Personal Trainers*
- Complimentary towel service
- Premium equipment
- On-site child care*
- Smoothie bar*
- Spacious locker rooms

January special only - get employee pricing on most training packages.

2750 SW Wilshire Blvd.
Burleson, TX 76028

TexasHealth.org/Burleson-Fitness
1-877-THR-WELL



CONTENTS

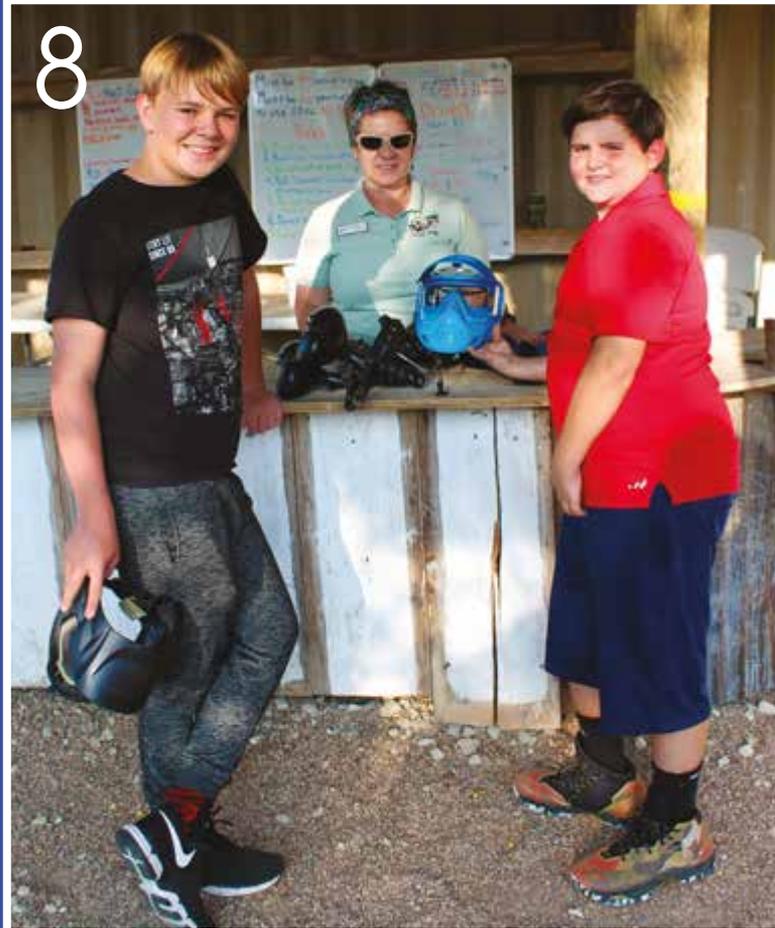
8 HAVING A BLAST
Paintball provides a good time involving strategy and skill.

16 INTENTIONAL LIVING
At Home With Shaun and Brandi Rush.

24 WHERE ARE THEY NOW?
Reed Barton

30 GETAWAY TO GOOD TIMES
Head to Northwest Florida for fun, sun and historical treasures.

32 A BRAND NEW YOU
Make the right choices in your diet this year.



26 CookingNOW

28 BusinessNOW

36 Around TownNOW

44 FinanceNOW

Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

*Managing Editor, Becky Walker | Burluson Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith | Writers, Lindsay L. Allen . Lynn H. Bates
Rick Mauch . Emily Nipps . Zachary R. Urquhart
Editors/Proofreaders, Pat Anthony . Shannon Pfaff*

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen . Martha Macias . Brande Morgan . Anthony Sarmienta

PHOTOGRAPHY

*Photography Directors, Chris McCalla . Brande Morgan
Photographers, SRC Photography . Joy Elmore*

ADVERTISING

*Advertising Representatives, Melissa Perkins . Kelsea Locke
Cherise Burnett . Dustin Dauenhauer . Bryan Frye . Jennifer Henderson
Ashlyn LeVesque . Lori O'Connell . Steve Randle . Linda Roberson
Keri Roberson . Joyce Sebesta . Shilo Treille*

Billing Manager, Angela Mixon



ON THE COVER

These cousins carry on a modern family tradition playing paintball.

Photo by
Joy Elmore.

BurlusonNOW is a NOW Magazines, L.L.C. publication. Copyright © 2018. All rights reserved. BurlusonNOW is published monthly and individually mailed free of charge to homes and businesses in the Burluson, Crowley and Joshua ZIP codes.

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.



It's like GPS
for surgery.

The future of joint care has arrived.

Texas Health Huguley has acquired Mako™, the latest addition to our comprehensive orthopedic program. This surgeon-controlled, robotic-arm assisted technology is used for total hip, total knee and partial knee replacements and leads to less pain and faster recovery times after surgery.

Mako™ increases accuracy of your new joint implant by creating an operative plan based on your unique anatomy. During surgery, your surgeon guides the robotic-arm for optimum placement and alignment which sets you up for rapid recovery and minimal hospitalization.

Our personalized care is not only proven to lead to better outcomes, it's also designed to make you feel better about each step along the way.

For more information on Mako™ and your options for joint pain relief, visit HuguleyOrthoCenter.com or call 817-568-5996

EDITOR'S NOTE



Melissa

Melissa Rawlins
BurlsonNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888

Hello, Burlson, Crowley and Joshua!

The ball drops this year on a gratefully peaceful Rawlins household. From cozy beds on the floor, two large, elderly dogs will snore through the moment when the clock ticks from 2017 to 2018. The 14-year-old orange tom cat will turn 15, give or take a month or two, while his 4-year-old feral female companion snuggles close to his neck at my feet. Leaning back on a heated pillow, I'll read poetry and enjoy the transition.

According to Scotland.org, the phrase *auld lang syne* roughly translates as "for old times' sake," and the song by the same title is all about preserving old friendships and looking back over the events of the year. Did you sing this at your New Year's Eve celebration and spend time recounting with your family and friends last year's progress brought about by the people in our community? If you have time, tell me about your friends or family who are doing intriguing things.

And thank you, in advance, for the privilege of telling your stories!

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it. Cheers!



Powered by
the Girl Scout
Cookie Program



Find your cookies at girlscoutcookies.org



New beginnings
with the new year
and old jewelry made
new again

CUSTOM JEWELRY DESIGNS
DESIGNS PERSONALIZED JUST
FOR YOUR SPECIAL SOMEONE

Woolard's
CUSTOM JEWELERS

437 S.W. Wilshire Blvd • Burlson, TX
Between N.W. Newton & Exchange
817-295-6361
woolardsjewelers.com • woolardtx@gmail.com

START THE NEW YEAR OFF WITH A
new adventure

**WORRY FREE
OWNERSHIP
OF A NEW CAR**



**Burleson
Honda**

www.BurlesonHonda.com • 817-295-5000

632 N Burleson Blvd in Burleson, TX 76028

BURLESON COMMONS



VISIT US AT
SHOPBURLESONCOMMONS.COM
1501 SW Wilshire Blvd. | Burleson, TX 76028



- KROGER MARKETPLACE
- PREMIERE CINEMAS
- MARVEL DENTAL
- THE GARAGE MEN'S GROOMING
- MARBLE SLAB CREAMERY
- PETER PIPER PIZZA
- CARENOW URGENT CARE
- THE CATCH
- QDOBA
- ROSCOE'S BBQ
- GOLDEN CHICK
- CVS
- QUEST DIAGNOSTICS
- PANDA EXPRESS
- ER BURLESON
- PLAZA PRIMARY CARE
- BIOLIFE
- DELUXE NAILS
- ORANGETHEORY FITNESS

NEED TO LOSE WEIGHT?

Want A Highly Effective Program With No Gimmicks?

OUR PATIENTS HAVE LOST OVER 5,500 POUNDS

Our program works!

- * Genetic Testing Utilized
- * Doctor Supervised
- * NOT Exercise Dependent
- * Designed to Reduce Hunger and Cravings
- * No Prepackaged Foods/Shakes
- * NO Drugs or Injections
- * ALL-NATURAL Health Transformation

Weight-Loss Success

What Our Patients Have To Say



Sharon George has lost 51.3 pounds in 4 months!
Being able to cut down on medications and feeling the best she has in years are just a few milestones on her journey to health!



Al Crane has lost 38.6 pounds in 10 weeks!
Al has gone down eight sizes, has not had heart burn since the start, and has thoroughly enjoyed the energy he now has to play with his grandchildren.



Heather Martin lost 52 pounds in five months!
Heather has loved being able to buy new clothes, incorporate exercise back into her daily routine (and enjoy it!) and be able to keep up with her two sons.



Jan Clark reached her goal weight in 41 days!
Jan started the program and set a goal in hopes of just getting healthier. She not only met her weight loss goal but also exceeded it, and more importantly ... has kept it off!



Gary Davis lost 30 pounds in 41 days!
Gary began the program in hopes to become healthier! He's accomplished the first step in hopes of becoming healthier. Gary feels great!



Amber Chacko lost 26 pounds in two months!
After 3 children, hypothyroidism and finding out she is gluten intolerant, Amber needed to find a holistic & effective weight loss approach ... and she did!

*Results may vary; causes for being overweight or obese vary from person to person. Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical. These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.



LONESTAR

PROGRESSIVE MEDICINE

BURLESON

LEADERS IN LIFESTYLE MEDICINE

Jason Butler, M.D. | Melanie Hampton, RN., A.C.N.S. | M. Brandon Pettke, D.C.

CALL TODAY TO SCHEDULE YOUR
\$20.18 NEW YEARS SPECIAL
CONSULTATION

(NORMALLY \$109) EXPIRES 1/31/2018

FatLossBurleson.com

817-297-7100

1320 NW John Jones Dr., Burleson, TX 76028

HAVING A

BLA





— By Rick Mauch

To cousins Zack Hanson and Camden Bruner, life is one big ball of paint. And that's what you're likely to find all over yourself if you ever play paintball with these 13-year-olds. They love the sport, which they've been playing for about three years. They go every chance they get, no matter what time of year. "It's fun. You get to shoot like you're in a video game," Camden said. "It feels like a simulation."

"It's like being in a war," Zack said. "You have to hide, and you have to be strategic."

Zack is a sixth-grader at Hughes Middle School, while Camden is a seventh-grader at STEAM (Science, Technology, Engineering, Art, Mathematics) Middle School. The two are close, as are their families. So, it makes sense that they both fell in love with paintball when they were camping with their families at North Texas Jellystone Park™. "There's about 60 of us [family members] who go camping,

Discover A World
You Love To Live In



We Offer *Free* Measure & Estimates and Design Consults
No Interest Financing with Approved Credit

Store: **817.641.2010** | After Hours: **972.345.4917**

Visit our beautiful showroom at **307 E. 12th Street, Suite B Joshua**
(Next to Family Dollar)



infinityflooring2010@gmail.com



Hours: Mon-Fri 10 a.m.-5 p.m. | Sat 10 a.m.-3 p.m. | Closed Sun

\$100 OFF

OF A PURCHASE OF
\$1,000 OR MORE

Offer expires 1.31.18

\$200 OFF

OF A PURCHASE OF
\$2,000 OR MORE

Offer expires 1.31.18

\$300 OFF

OF A PURCHASE OF
\$3,000 OR MORE

Offer expires 1.31.18

Coupons may NOT be combined with sale items. Coupons must be presented at time of sale.

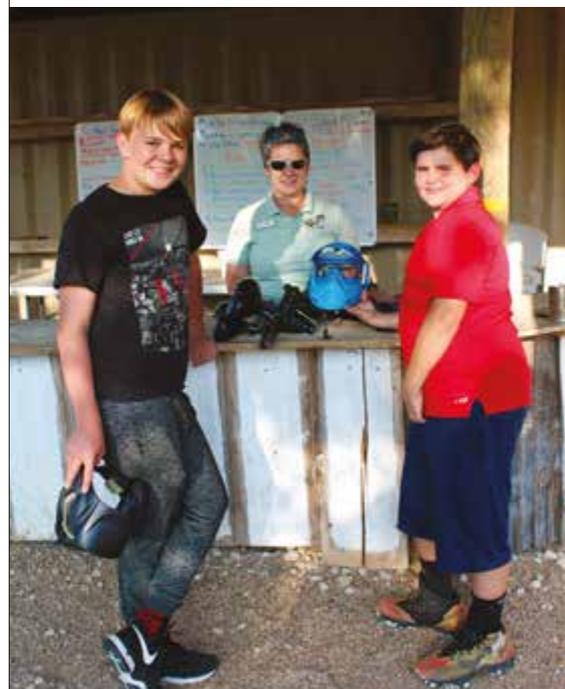
Check out our 5-Star Customer Service Rating at yellowpages.com



and there's a bunch of kids who play," said Dana Tarver, Camden's mother.

Misty Ramos, Zack's aunt, said she used to play paintball herself. She also mentioned that the sport is popular at Jellystone. "I wish I had the capital. I'd buy a couple acres here in Burleson and start a facility of my own," she said. "I had fun playing. We used to go a lot when I was younger, when things didn't hurt so much," she added with a laugh.

The boys only play at Jellystone, where it is a family-friendly environment and the equipment is at a lower level of power than some



Camden Bruner and Zack Hanson pick up their paintball equipment from Marcie Purviance.



other places. But, that doesn't mean it's not high intensity, and while the risk of harm is low, sometimes players do get hurt a little. "I got shot in the finger once and it made me bleed," Camden said. "And if you're up close and shoot where there's no armor, it would really hurt."

Camden then described that very thing happening to a girl who was playing with him, Zack and some friends once. She was wearing shorts. "You have to make sure you're properly covered," Camden said. "It will sting really bad if you get hit in the bare legs or arms."

It can especially sting in certain weather, but that doesn't stop the boys from playing. They've talked their moms into taking them with temperatures in the 30s. "There was snow," Camden said. "It was cold, but it was fun."

To which Zack added, "That's when it really hurts when you get shot in the fingers."

Competing in paintball is more than simply shooting. It takes skill and patience, as well. Each of the boys has his own strategy for success. "I hide and listen really close. Then, I determine which ear I heard a noise in," Camden said. "I listen for footsteps and gun rattles."

Zack is a bit more direct with his technique. He charges to the middle of the course. "Most people stay back, but this way I can see all around me," he explained.

*Warm Winter Wishes
for Your Entire Family!*

**Hoffman Family Practice
ASSOCIATES**

*Providing compassionate
care for your entire family!*

Adult & Pediatric Care
(Newborn to Adolescent)
Sports Medicine
Physicals for All Ages
Allergy Testing

**IN-OFFICE LAB
& X-RAYS**

Hoffman
Family Practice
Associates

Same-day Appointments
Available

**Monday - Friday
7:00 a.m. - 6:00 p.m.**

817-953-9978 • HoffmanFPA.com

2730 S.W. Wilshire (Hwy 174), Burleson, TX 76028
Located at the Texas Health Burleson medical complex

Physicians employed by Texas Health Physicians Group practice independently, and are not employees or agents of the hospital or Texas Health Resources.

Coffee CARE



Because we Care about your Coffee...

Regular cleaning and descaling will remove mineral build-up which can extend the life of your coffee maker and improve the taste of your cup of Joe.

- **Removes scale build-up and extends the life of your brewer**
- **Odorless and works in minutes**
- **Use as needed every 3-6 months**
- **For use in all size coffee brewers**
- **Compare to Keurig Hot**

**NEW YEAR SPECIAL
In-store Only Special \$5.00**

406 N. Commerce St., Burleson, TX 76028

Hours: M-F 9:00am - 4:00pm

817-447-9898

www.CoffeeCareHome.com

sales@coffeecarehome.com

Aside from dealing with hot and cold days, there are other elements that come into play. For instance, wind plays a key role. “You don’t aim straight at a person. You play the wind,” he said. “You shoot, and let the wind take your shot where it needs to go.”

The two have also participated in a Zombie Hunt in Grand Prairie on Halloween. It’s exactly what it sounds like — they ride on a bus, and when they see someone dressed as a zombie (or what they *hope* is someone in costume), they shoot them with a paintball gun. “It’s great practice,” Zack said. “It really does help you get better.”

Camden said a Halloween zombie theme and paintball guns go well together, but he wouldn’t rule out adding other holidays, such as having the opportunity to shoot Santa Claus! “Well, maybe just once,” he said, laughing.

Camden’s extracurricular activities at school include graphic design, 3D modeling and comic books. Zack plays trombone in the band and participates in baseball and soccer. He feels that paintball helps him be a better soccer player. “You have to be able to communicate with your teammates on a soccer field, just like you have to communicate with your friends on your team in paintball,” Zack stated.



BREAKTHROUGH RELIEF FOR BACK PAIN AND SCIATICA

If you suffer from low back pain and sciatica, you are one of more than 20 million adults in the US with this, often crippling, spinal condition.

Shooting, stabbing and burning pains from the lower back, sometimes with the additional pain through the buttocks and down the legs, are all symptoms of a pinched nerve, often called "sciatica."

In severe cases, it can lead to muscle wasting, numbness, and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of a non-surgical integrated approach for this condition.

In Burleson, you can now receive this integrated care in the office of Lone Star Progressive Medicine. The Lone Star Progressive Medicine team has helped over 3,000 patients find relief with agonizing lower back pain and sciatica.

According to Dr. Pettke, "We use a combination of advanced medical, chiropractic, and functional movement evaluations, along with diagnostics, to precisely diagnose the cause, or causes, of a patient's lower back pain and sciatica. Once we know the cause, we can then create a unique program for treating and rehabilitating the damaged area causing the pain. This typically results in fantastic long-term results for patients."



Because the treatment is non-surgical, safe and easy, most patients report very rapid relief from their pain, even when they have suffered for many months or years and tried numerous traditional treatments.

To find out if Lone Star Progressive Medicine can help you, you can call to schedule a complimentary consultation. They have a limited number of complimentary consultations each month, so call now so you can be seen soon. Their office number is 817-297-7100.

Don't suffer from the pain and immobility any longer. Discover the treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

They accept most major health insurances, including Medicare, which covers care in their office.

LONESTAR
PROGRESSIVE MEDICINE
BURLESON

LEADERS IN LIFESTYLE MEDICINE

Jason Butler, M.D. | Melanie Hampton, RN., A.C.N.S. | M. Brandon Pettke, D.C.

We offer a **NO COST,**
NO OBLIGATION Consultation!
817-297-7100

Limited to the first 8 people. Expires 1/31/18

1320 NW JOHN JONES DR., BURLESON, TX 76028 • LoneStarProgressiveMedicine.com

Spokes
Bicycles & Service

817-447-3505
111 S. Wilson St.
Burleson, TX
WWW.SPOKES-BICYCLES.COM

FIND US ON



COMPETING IN PAINTBALL IS MORE THAN SIMPLY SHOOTING. IT TAKES SKILL AND PATIENCE, AS WELL.

Re-Elect
Judge Jeff Monk
for Justice of the Peace
Precinct #2

I am honored and privileged to have served as your Judge of the Justice of the Peace, Precinct Two Court since 2003. You deserve a Judge who currently has 15 years of Judicial Experience. A Judge, who also stands by his conservative principles, treats all parties fairly and follows the Law and the Constitution. This is the type of Judge I have consistently been. This is the type of Judge I will continue to be if re-elected to the Justice of the Peace Court, Precinct Two.

Vote Tuesday, March 6th, 2018.

Republican Primary

Early voting begins on Tuesday, February 20th through Friday, March 2nd.



JUDGE JEFF MONK
Justice of the Peace, Precinct #2
Johnson County, Texas



Political Ad paid for by Re-Elect Judge Jeff Monk for Justice of the Peace, Precinct #2, Campaign Fund
Steven Cloud, Treasurer, P.O. Box 1062 Joshua, TX 76058 | 817-223-2780 | jeffmonk@sbcglobal.net

“There are some things in life that take precedence over paintball,” Misty said. She and her family skipped their Labor Day vacation as she joined some friends in delivering goods to Hurricane Harvey victims on the Gulf Coast, even cooking and serving people in shelters. “It was sad, rewarding and depressing,” she said. “It was really eerie going into Vidor. We had to have a military escort. It was like a scene from out of a movie, like *Resident Evil*. It was like a Third-World country.”

Such charity work, of course, sets a good example for Zack and Camden. Misty and Dana also stress responsibility in everything they do in life, including paintball. And, neither she nor Dana want the boys to own their own equipment yet. Perhaps when they are older and expand their play beyond Jellystone, but for now, they say what is offered at the park works just fine. “I’ve seen some guns so powerful they’ll put a hole in a fence,” Misty said. “Besides, it can get expensive buying your own equipment.”

There’s also another reason Misty isn’t in a hurry for the boys to get their own equipment. She likes the current design of their home. “My backyard would be a mess,” she said, smiling. “I want them to have fun, but not *that* much fun.” **NOW**

START THE NEW YEAR OFF RIGHT

WORRY FREE
OWNERSHIP
OF A NEW CAR



Free
2 YEAR
MAINTENANCE



Burleson
NISSAN

www.BurlesonNissan.com • 817-484-3500

300 N. Burleson Blvd. in Burleson, TX 76028



INTENTIONAL LIVING

AT HOME WITH SHAUN AND BRANDI RUSH

— By Melissa Rawlins

From the minute Shaun Rush told Brandi Robinson he loved her, his intentions were clear. Faithfulness formed their partnership. When Shaun took Brandi and her son, Riley, as his own, Shaun's family grew quite naturally. Their daughters, Annabelle and Maggie, learned to walk, talk and love others at the family's first home on Rosamond Street. Three years ago, the Rushes adopted a baby girl they named Grace, because they're convinced divine providence enabled processing of the paperwork in only 3.5 weeks. The children easily became best friends. Just as this family of five felt need for more space, the opportunity arose to rent a brick house originally owned by Brandi's grandparents. Its 2,400 square feet have been redecorated invitingly, with a minimalistic flair driven by the couple's desire to live as intentionally as they love.





Everyone in this home has a responsibility. “We want our children to know they have value. I tell them all the time, ‘I know you did not sign up to be part of a giant family, but God gave you a big family, and we have to function as a team,’” Brandi said. “We believe in working hard and playing harder.”

Everything in the Rush home has a purpose, and most items serve multiple functions. Quite often, Brandi leads the children to consider their possessions and honestly assess whether they’re using them. If not, they repurpose them by taking them to Rachel’s Hope, Crazy8 Ministries or Goodwill. “They’re used to *me* purging stuff,” Brandi said. “I ask *them* to purge, so they will know what it is like to have a giving heart.”

The useful, beloved family heirlooms remain, however. Ten-year-old Riley has his great-great-grandfather’s bedroom suite. Riley’s most valued possession is his reading lamp, since he loves to read. His art is on the walls above his bed, and on the adjoining wall is a framed *Fort Worth Star-Telegram* article featuring his own 4-year-old self praying during praise and worship at the Fort Worth Stock Show & Rodeo.

Seven year-old Annabelle keeps white bunk beds in her bedroom. She has fun without the use of high-tech gadgets. She’s proud of her roll-top desk, which used to belong to Brandi’s



ATLAS FOUNDATION CO., INC.
Serving this area since 1958...

**FINANCING
OPTIONS
AVAILABLE**

**FREE ESTIMATES
NO SALESMAN**

817-478-1181



PRESSED PILINGS • STEEL PILINGS • SLABS • PIER AND BEAMS • MUDJACKING • DRAINAGE

  www.atlasfoundationinc.com   

We wish you and your family a
Happy New Year!



**Mansfield Glass
& Windows**

“You Can Trust Us With Your Panes!”



GUARDIAN
SHOWERGUARD
FOREVER BEAUTIFUL

- **Frameless Shower Glass**
- **Replacement Windows**
 - Lower Energy Cost
 - Reduce Dust/Allergens
 - 0% Financing WAC
- **Broken or Foggy Window Repair**



Call Today for a FREE Estimate!

817-473-3909

7489 Rendon Bloodworth Rd., Mansfield, TX

www.MansfieldGlass.com



sister, and uses it to stash found objects like bottle caps, bottles and strips of paper. These, she insists, are not trash but art. “She makes cards and birthday presents at her desk,” Shaun said. “Since she’s been able to write, around the age of 4, she’s always written note cards that say *Jesus Loves You* and then delivered them around to all the neighbors.”

When they spread out their current favorite game, Checkers, on the kitchen table, the children cannot escape the giant, four-letter wall art their mother created from window frames Shaun salvaged while helping renovate the original First Baptist Church in Joshua. “I’ve always had a vision of windows with the word *HOPE* in it,” said Brandi, who originally hung her white-framed white letters on the teal kitchen wall in preparation for a mission she had for women.

Now, hope sets the tone for every day in the Rushs’ home, and



inspires women attending Brandi’s Friday morning prayer meetings and Wednesday morning Bible studies. She serves them coffee from the buffet she recreated out of what once was her parents’ dresser. “We put wheels on it so, like our house, it is versatile,” Brandi said. “If we need it out here in the living room, we can

easily move it here for one of our quarterly big family dinners.”

The children participate in all these community events. But if 5-year-old Maggie or 3-year-old Grace desire to just play or nap, their bedroom is ready. They have the twin beds that Brandi’s grandfather and great-uncle grew up sleeping in. “They’re real

Happy New Year!

We are thankful to serve our students, families, and community.

New Year Enrollment Special

Register by 1/31/18 and receive

\$250
FREE TUITION!

*Upon registering, you will receive \$25 tuition credit over each of your first 10 weeks. New registrations and full-time enrollment only. Not to be combined with any other discount.



Why moms choose Kid's Kampus Preschool

- Welcoming family atmosphere
- Fun and engaging curriculum designed to offer activities for individual students' learning style
- Keep pulse on your child's day while away with digital parent communication



Infant | Toddlers | Preschool | After School | Summer Camp

725 E. Renfro St. | (817) 447-1287
811 Vicksburg Ln. | (817) 295-7521
1371 NW Summercrest Blvd. | (817) 484-2342

www.KidsKampusPreschool.com

"Inside Kid's Kampus Preschool, you find peace of mind and preparation for life."
- Melissa Rawlins



**DON'T PAY
6%**

Save Thousands! Call...

817-799-SAVE

BURLESON'S BEST REAL ESTATE PROGRAM!

"Greg and Dawn made the selling and buying process run so smoothly. They provided the best advice and always put our best interest first, saving us even more money than expected. Hands down the best experience I've had with a realtor or realty team!"

~ Jerry & Cindy P.



\$AVED \$5805



\$AVED \$6100

"I have bought and sold many properties over the years. I am happy to advise anyone looking to purchase or sell real estate to consider Greg & Dawn Willis to represent you. Their professionalism and responsiveness were completely over the top and they completely had my best interest at heart during the entire process. Their level of commitment is hard to find any more. I truly appreciate their assistance in selling my home and getting me the maximum return!"

~ Barbara S.

Greg & Dawn Willis, Broker & Owners

Over 30 Years Combined Experience

FULL SERVICE FOR LESS!

Read what people are saying about us at...

www.WillisReviews.com



Danielle Elston

Upper Cut Salon
 Owner/Stylist
 Hair
 Airbrush Make-Up
 405.514.9106

www.DanielleElston.com

f facebook.com/
 DanielleElstonStylist

Photo: Courtesy Keri Brooks Photography
 Model: Natalie Jacome




antiques, and the springs squeak and might flip the kids out if they get too close to the edge,” Brandi said. Their room is also full of Barbies, baby dolls, a play kitchen and clothes, because Maggie really enjoys dressing just so. “Where she gets her fashion queen thing is kind of funny,” Shaun mused, “because Brandi’s not like that.”

In fact, her mother’s closet is devoted more to prayer than storage. Beyond the racks, Brandi has installed a narrow desk holding books and journals. Above is a bulletin board decorated with notes expressing her concerns and her gratitude. Below is a little wooden chair, with a stretched-leather seat, that once was carried by her grandmother to-and-from the schoolhouse.

Tiny rocking chairs carved from solid wood are some of the only furniture in the front room, where sage-green sheers suffuse sunlight shining on all sorts of family gatherings. Most often, it is the children’s wrestling room, and has been the site of a 12-person tent-camping weekend. The cream-colored carpet once held a formal dining



MORTGAGE LENDING REIMAGINED®

We believe that anything can be reimagined. Your space, your lifestyle, and even your home financing needs. Let us help you reimagine your world and craft the perfect loan for you.




Samie Campbell
 Branch Manager
 NMLS# 277792

CARDINAL
 FINANCIAL COMPANY | LIMITED PARTNERSHIP

101 NW Newton Dr., Burleson, TX 76028
 Office 817-447-4443 | Fax 817-447-3735
 samie.campbell@cardinalfinancial.com
 www.informedmortgagefinancing.com
MORTGAGE LENDING REIMAGINED



table, where Shaun hosted a men’s Bible study, while Brandi cared for the children in the opposite side of the home. “This is probably the *biggest* little house we’ve had,” Shaun said.

Drawing a good idea from their former dwelling, he bought a 68-inch fan with redwood blades for moving air throughout their new, open-concept home. “The idea is to conserve energy,” he said, “and this fan moves as much air on low as most fans do even when they’re set on high.” The fan blades gently rotate above the living room’s hardwood floor, covered in its center with a gray, shag area rug.

The wall behind the denim-covered couch sports three boldly painted flowers on three separate canvases. “Even the wall art has a purpose,” Brandi said. “It helps with the echoing in the house.” The art resting on the mantel is a chalkboard framed in whitewashed cedar proclaiming *GOD designed* in a friend’s handwriting. “That reflects the photo across the room of the bottom of our family’s feet — all are the same color. God designed our family.”

The Rushes’ goal is to operate their home as a community, so they keep a garden out back near a row of inherited Red Tip Photinias and a shed that Shaun salvaged, re-sided, painted and leveled with concrete from sidewalks the city was replacing. “We are growing our garden with hope,” he said, “so anyone in our community who is hungry can feel free to harvest for themselves.” Working together, Shaun and Brandi are teaching their children to cherish life. **NOW**

ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits...

Call today for **FREE** Consultation

817.453.3100
WWW.URBANOASISOUTDOOR.COM

URBAN OASIS
 OUTDOOR LIVING

PAVILIONS • FIRE & WATER FEATURES • LIGHTING



reconnect.
reignite.
resurrect.

*Just What Your
Marriage Needs*

**A Safe Place
for Couples
to Reconnect
and Grow**

Marriage in any condition can benefit, whether you are struggling, or you simply want to grow closer together.

re|engage is a 16 - week biblical study to help your marriage move toward oneness through stories of grace, teaching and small groups.

Childcare will be provided for children under age 12. Must be pre-registered.

**re|engage
will begin
Sunday,
January 14th
5:00pm - 6:45pm**

Burleson
Church of Christ
1150 NW John Jones Dr
Burleson, TX 76028

BurlesonCoC.com

To Register or ask questions please call
817.295.2233

*Space Is Limited.
Register Today!*



Allergy ENT
Associates of Texas



(817) 293-9009

Allergient.net

• Allergy/Sinus Problems

Learn how we can help with common allergy problems ranging from congestion and drainage to severe sinus infections.

• Allergy Desensitization (Shots/Drops)

Learn about the only way to truly eliminate your allergies

• Throat, Voice and Swallowing Disturbances

Tonsillitis, chronic cough, hoarseness, trouble swallowing, something feel like its stuck in your throat? We can help.

• Pediatric ENT

Kids aren't little adults. Learn how we treat their allergies, sinus problems, snoring, ear and tonsil infections and more.

• Ear Problems

Ear wax, pain, dizziness, ringing, infections, swimmer's ear, drainage?

• Hearing Trouble

Trouble understanding people, TV getting turned up loud, or having to ask people to repeat themselves?

• Snoring and Sleep Apnea

Learn how we can help with snoring, apnea and more.

• Head/Neck Lumps and Cancer

Skin cysts, sores in the nose/mouth, and head and neck cancer

Huguley Surgery Center

Dr. Tariq Yunus, MD

12001 South Freeway, Suite 201, Burleson
Hours: Monday-Friday 8AM-5PM
Fax: (817) 293 9013



**BURLESON
EQUINE HOSPITAL**

Farm calls & hospital appointments available

Specializing in:

- Sports Medicine & Lameness
- Soft Tissue & Orthopedic Surgery
- Digital X-Ray & Ultrasound
- Dentistry & Reproduction
- Emergency Medicine & Surgery



**MISTY JORDAN DVM, MS - OWNER
ABRA WRIGHT, DVM, MS
AMY ARMENTROUT, DVM, MS, DACVS**

OPEN 24/7 • 817-295-2231

STEP INTO THE NEW YEAR WITH A NEW DANCE CLASS!
TRY A CLASS FOR FREE!



STUDIO C DANCE

NATIONAL DANCE CHAMPIONS • CHECK US OUT ON FACEBOOK FOR SCHEDULES, PHOTOS AND INFO!
817-295-8277 • 120 NW NEWTON DRIVE, BURLESON, TX • STUDIOCDANCE@SBCGLOBAL.NET • WWW.STUDIOCDANCE.COM



www.lliconstruction.net

Find us on Facebook at LLI Construction



CONSTRUCTION INC.

Give us a call! 817-894-7593

Locally Owned • Quality Workmanship
References Available on Request

Outdoor Kitchens

Patios & Arbors

Concrete/Pavers

Fireplaces

Swimming Pools

Where Are They NOW?

Reed Barton

— By Melissa Rawlins

Red-bearded Reed Barton takes country western music seriously. After two years in Nacogdoches, one of his best habits remains. Reed likes to grab one of his many guitars, hop in his pickup and drive to the nearest quiet spot to jot down a couple lines for a new tune.

Such passion is fully supported by his parents — father, Casey Barton, and stepmom, Viviana Barton, and mother, Rhonda Grandon, and stepdad, Steven Grandon — who bought a guitar for Reed after watching him mow grass, save money and invest in his talent. First, he bought pawnshop guitars, practicing everything from Hank Williams to AC/DC. Later, he purchased finer guitars by Gibson and Fender. “If you want to run with the best, you kind of have to have the best,” said Reed, who is very proud of all the tools of his trade that he has, whether acoustic, electric, steel or bass. “I’m in this to make a career out of it and have something for people to remember me by,” he said.

His music business is his third priority, though, despite the fact that weekends are filled with traveling to play in honky-tonks throughout Texas. “No matter how busy I get with my music, I pull away and tend to my schooling,” said Reed, who is the first in his family to go to college.

While studying for a degree in agricultural engineering at Stephen F. Austin State University, Reed has a residency to support his music. “There are venues in Fort Worth, Burleson and Nacogdoches where a band can go to perform regularly, and that venue pays a musician to play on the same night every week,” he explained. “For me, every Wednesday at 8:00 p.m., I go into a local bar, and they cut me a paycheck to perform for four hours. I’m in a dorm, and my housing is covered by federal grants. The money from music goes to my music bank account for guitar strings, gasoline to make a gig or new equipment.”

Through months filled with gigs and tests, Reed makes time for his first priority — family. He credits everyone in Burleson for his success thus far, because they’ve been very supportive of both his education and his music. “As long as I keep my education in line, I’ve always had their support unconditionally. It’s not just financial, but mostly mental,” he said. “Because they have been consistent to have me pay for my music stuff, it’s helped me be self-sufficient.

“My dad’s house, where I can disconnect from concrete to grass, from seeing cars to seeing cattle, is about 10 minutes outside of the city limits. That’s the thing I miss



the most about Burleson,” Reed said. He also has a lot of friends and enjoys hanging out in the Fort Worth Stockyards and visiting former co-workers at Billy Bob’s.

He worked there back when he carried a guitar around all the time and drove “Rosie,” the old red Chevrolet pickup with which he never lost a race. “I still have Rosie, but will probably be selling her at some point to fund recording new music,” he said.

Reed is currently working on new material. When he gets into Fort Worth Sound, the studio he’s chosen for recording his electric guitar and vocals, he will be joined by a bass player and a drummer who are both in-house musicians. The name of Reed’s upcoming album is yet to be determined.

“I have some songs that mention certain places in Burleson and Fort Worth by name.”

“A friend of mine who used to play with a legendary Texas country band is helping me produce it,” said Reed, a member of the Fort Worth Songwriters Association who has written a few songs referencing places in his hometown. “I have some songs that mention certain places in Burleson and Fort Worth by name,” he said. “If you listen to the lyrics and are familiar with the area, you’ll catch on.” Reed’s goal is to release his second record this summer. **NOW**

LET *The Wethington Team*
WELCOME YOU TO *Your New Home*
IN 2018!

Wethington Team
Your Real Estate Specialist
817-929-3189

WWW.WETHINGTONTEAM.COM | KWETHINGTON@KW.COM

 *Mountain Valley*
FUNERAL HOME

*You still have a choice.
We accept most pre-arranged
funeral plans.*

**Give us a call:
817-426-3200**

CookingNOW

In the Kitchen With ALYSSA MAGAGNOTTI ROSE

— By Lindsay L. Allen



Growing up Italian, Alyssa Magagnotti Rose remembers food being an integral part of any event — be it birth, marriage, death and everything in between. She learned to cook from her grandmothers, mother and aunts, and prefers to estimate her measurements verses using exacts. Alyssa even makes her own pasta!

“My family cherishes mealtime and good food so much so that we have a special plate that says ‘Celebrate’ all over it,” she explained. “If it’s Mother’s/Father’s Day, a birthday, a special event or if someone receives a promotion at work or other good news, that person gets to eat off the plate and choose the meal for the evening!” Her love for cooking also spills over into her volunteer work with the local food pantry and Meals on Wheels. **NOW**

Magagnotti Spaghetti Sauce

This recipe will make enough for one 9x13-inch pan of lasagna or a pound of cooked pasta.

- 1 lb. ground chuck
- 1 medium onion, chopped
- 1 carrot, peeled and chopped
- 2-3 garlic cloves, finely chopped or pressed through a garlic press
- 2 Tbsp. tomato paste
- 1 cup dry red wine
- 1 28-oz. can Cento crushed tomatoes
- 2 Tbsp. sugar
- 1 Tbsp. Italian seasoning
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. fresh parsley, chopped
- 1 Tbsp. fresh basil, chopped
- 1 fresh sprig of rosemary, whole
- Salt and pepper, to taste

1. In a large Dutch oven or pot, brown the meat

with the onions and carrots. Drain residual grease from the meat mixture.

- 2. Add garlic and tomato paste. Cook for another two minutes over medium heat.
- 3. Add the red wine; cook until the wine has reduced, about 3-4 minutes. Add the remaining ingredients; simmer on low for at least 20 minutes.

Authentic Italian Lasagna

Béchamel Sauce:

- 5 Tbsp. butter
- 4 Tbsp. all-purpose flour
- 4 cups whole milk
- Salt and pepper, to taste
- 1/4 tsp. nutmeg

Lasagna:

- 1 recipe of Magagnotti Spaghetti Sauce
- 1 lb. fresh pasta sheets or 1 pkg. Barilla Oven-Ready Lasagne Sheets

- 3 cups mozzarella cheese, shredded
- 1 cup Parmesan cheese, shredded

- 1. Preheat oven to 350 F.
- 2. *For béchamel sauce:* In a large saucepan, melt butter; add flour. Combine until mixture is smooth. Let mixture cook until golden brown, about 5 minutes.
- 3. Add the milk, salt, pepper and nutmeg. Continue to stir sauce while it thickens and to ensure it doesn’t burn on the bottom. Sauce is done when it’s thick enough to coat the back of a spoon.
- 4. *For lasagna:* In a 9x13-inch pan, pour 1-2 ladles of Magagnotti Spaghetti Sauce on the bottom of the pan and place a layer of noodles on top of sauce.
- 5. Ladle more spaghetti sauce on top of noodles then add a few ladles of the béchamel.
- 6. Sprinkle mozzarella and Parmesan cheese over béchamel.
- 7. Place another layer of noodles and continue to layer the lasagna until you are out of ingredients.
- 8. Bake for 40-45 minutes until the lasagna is golden brown on top.
- 9. Let stand for 20 minutes before serving.

Alyssa’s Banana Bread

- 1/2 cup unsalted butter, softened
- 1 cup brown sugar
- 1/4 cup milk

- 2 eggs
- 2 medium very ripe bananas, smashed
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. kosher salt
- 1 cup chocolate chips and/or walnuts, (optional)

1. Preheat oven to 350 F.
2. Butter 1 loaf pan or 4 mini-loaf pans.
3. In a large mixing bowl, blend the butter, brown sugar, milk, eggs, bananas and vanilla.
4. Stir in remaining ingredients; mix until dry ingredients are moistened.
5. Pour into prepared pan(s) and bake 25-30 minutes for mini loaves or 50-60 minutes for regular loaf pan.

Chicken Romano Pasta

- 1 lb. Barilla Fettucine Rigate, cooked
- 2 boneless, skinless chicken breasts, cut into bite-size pieces
- Salt and pepper, to taste
- 2 Tbsp. olive oil
- 4 large garlic cloves, minced
- 2 tsp. fresh rosemary, chopped
- 1 cup dry white wine
- 1 lemon, juiced
- 1 ladle reserved pasta water
- 2 tsp. Better than Bouillon roasted chicken base
- Pinch of crushed red pepper
- 2 Tbsp. butter
- 1/4 cup Parmesan cheese, grated
- 2 Tbsp. fresh parsley, chopped

1. Cook pasta according to package directions. Reserve a ladle of pasta water; set aside. The starch in the pasta water will help the light sauce stick to the pasta.
2. Cut the chicken breasts into bite-size pieces; season with salt and pepper.
3. Sauté chicken in olive oil in a large sauté pan. Remove cooked chicken; set aside.
4. In the same sauté pan, add garlic and rosemary. Cook for a minute or two. Add wine and let reduce.
5. Once wine has reduced, add lemon juice, pasta water, chicken bouillon, crushed red pepper flakes, salt and pepper to taste.
6. Add cooked chicken and pasta. Stir in butter and some freshly grated Parmesan cheese. Garnish with fresh chopped parsley and serve.

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

ONE CALL - WE CAN DO IT ALL

Design • Installation • Commercial • Residential



Landscape • Stone & Masonry • Sprinkler Systems
Outdoor Kitchens • Decks, Patios & Arbors



817-454-2898 • 817-313-1410
Like us on Facebook



The *Vine*

MEDICAL CENTER
& Sleep Lab for Adults & Children

921 E. FM 1187, Suite A, Crowley, TX 76036
Monday thru Friday from 8 a.m to 6 p.m.

Walk-ins
welcome

New Location Coming Soon at
6251 Oakmont Blvd, Fort Worth, TX 76133

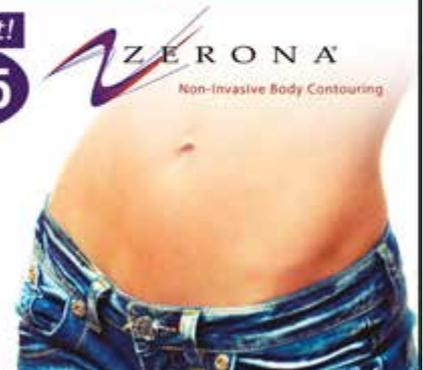
Limited Time Holiday Discount!

Reveal your true shape. 6 ZERONA sessions \$495

ZERONA® is the first FDA-approved, non-invasive laser that removes fat and inches painlessly. NO PAIN, NO SURGERY and NO RECOVERY TIME.

817-945-1682
www.thevinemedicalcenter.com

Find us on Facebook.



Ehab Hanna, MD, Board Certified in Internal Medicine
Nagwa Lamaie, MD, Board Certified in Family Medicine and Sleep Medicine
Stacey Jackson, FNP-C and Uchenna Iloma MSN, APRN, FNP-C
Accepts Medicare, Medicaid & most other insurance plans. Promotional cash prices also available.



BusinessNOW Eubank Audiology and Hearing Aids

— By Melissa Rawlins

Eubank Audiology and Hearing Aids

Texas Health Huguley, Medical Office Bldg. 3
11797 S. Fwy., Suite 132
Burleson, TX 76028
(817) 551-0466 • www.eubankaudiology.com

Hours: Monday-Wednesday: 8:30 a.m.-4:30 p.m.
Office is open Thursday 8:30 a.m.-4:30 p.m. and Friday 8:30 a.m.-noon

Audiologist Megan Eubank promotes quality in the lives of the people she meets. Eubank Audiology and Hearing Aids operates in partnership with Shea ENT so that no matter the issue, patients find resolution. “Dr. John Shea and I work together,” Dr. Eubank said. “If someone needs something beyond just hearing, we are here to help with that, as well.”

For instance, they treat vertigo and tinnitus. As people

become more aware that these conditions are treatable, patients are trusting Eubank Audiology to help them overcome feelings of dizziness, from vertigo, or ringing in the ear, from tinnitus. “Patients lay back and, using the Epley maneuver, we move their heads in different positions to move the crystals around and back into their proper place,” Dr. Eubank said.

Dr. Eubank has worked in the field of audiology since 2004, when she did hearing tests on newborns in the hospital. She loved that experience, and graduated from the University of North Texas with her doctorate in audiology in 2010. After working at the Department of Veterans Affairs Fort Worth Outpatient Clinic for three years, she opened Eubank Audiology and Hearing Aids in the office of Shea ENT in 2012.

Serving people of every age, Dr. Eubank greatly enjoys transforming experiences for people suffering from

vertigo or hearing loss. "Hearing affects everything in people's lives, from relationships to group involvements," Dr. Eubank said. "A lot of people refrain from going to activities because they can't hear in group settings. We want people to feel good about going to church, or any meeting, and to be able to hear everyone, from husbands and wives to grandkids."

"If someone needs something beyond just hearing, we are here to help with that, as well."

Taking time to figure out exactly what each patient needs, Eubank Audiology is as thorough with follow-ups as examinations. She offers a multitude of different hearing aid brands to provide the best hearing for the patients. "Some of our newest technologies allow you to control a hearing aid with your smartphone, which can adjust programs and hearing aid functions. This makes it more discreet," Dr. Eubank said, "so you're not reaching up to adjust your hearing aid at your ear, but are just playing on your phone."

Dr. Eubank sees patients regularly for a follow-up during each hearing aid's 30-day trial period, when Eubank Audiology will trade out any hearing aid not fitting the needs of the patient. "Then, for the life of the hearing aids, I'll adjust them for free."

Anyone who knows they need help, or who simply suspects they have a hearing loss and wants to try a hearing aid on for size, is welcome to consult with Eubank Audiology. Their staff calls insurance companies on behalf of patients to learn whether they have hearing aid benefits. Save yourself money as well as time by calling Dr. Eubank, who is ready to help you regain the hearing you've been missing. **NOW**

DID YOU KNOW?

Did you know that untreated hearing loss can contribute to dementia and depression? Or that those with diabetes or heart disease have an increased chance of developing a hearing issue?

MIND. BODY. HEARING. IT'S ALL CONNECTED.

Hearing isn't just a part of communication. It can affect your whole body—and your whole body can affect your ability to hear.

Call us today to set up a hearing consultation and to discuss how hearing loss may be affecting your everyday life.

817-551-0466
11797 S Fwy, Ste 132
Burleson, Tx 76028
www.eubankaudiology.com

(((EUBANK
Audiology & Hearing Aids

"OPENING DOORS IN BURLESON SINCE 1986"

TEXAS OVERHEAD DOOR

REPAIR, SERVICE & NEW GARAGE DOORS

122 N.W. Hillery Street
Burleson, Texas 76028

Garage Door Tune-Up
\$49.00 + tax
PARTS EXTRA • LIMITED AREA • CALL AHEAD
For regular business hours M-F 7:30-5 only.
May not be combined with other offers.
Call for details. Expires: 1-31-2018
Must Mention "Burleson Now Coupon"

817-295-0216
www.txohd.com

Amarq ACCREDITED BUSINESS

Shades, Drapery and More!

Budget Blinds & Shutters

30% OFF Signature Series when you mention this ad. Expires 1/31/18

Schedule your FREE IN-HOME Consultation today!
817-539-0155 // BudgetBlinds.com/MansfieldTX

The Best in Custom Blinds and Window Coverings



Collin Hackley for VISIT FLORIDA



Collin Hackley for VISIT FLORIDA



Visit South Walton



Bill Strength for VISIT FLORIDA

TravelNOW Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't

miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique

artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.

Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**

New Ownership
The ART BARN Studio
 Pottery Painting & Wood Art
 Kid's Parties • Office Parties • Girls Night Out

\$10 OFF A \$50 PURCHASE
 Limit 1 Per Customer

Call to book your next party! 817-426-3232
 Burleson, TX • WWW.THEARTBARNSTUDIO.COM

★ All American ★
Painting & Handyman Services
 No job too big or small.

Call for Wood & Laminate Flooring Factory Direct Discounts!

- Interior & Exterior Painting • Tape, Bed & Texture
- Wood & Laminate Installation • Roof Repairs

Mention this ad for special pricing!

(214) 235-9443
 FREE on-site estimates. 31 years experience.

Joy Massage

- ★ Light to deep tissue massage
- ★ Chinese acupressure

GRAND OPENING SPECIAL
 1 hr. Massage for \$60

Open Daily 9am - 8pm
817-714-3333
 1302 West Magnolia, Fort Worth, TX 76104
 Licensed Therapist

Children's Therapy Solutions
 Speech & Feeding Therapy

Do you have a **PICKY EATER?**

Speech Therapy & Feeding Therapy

817-888-8454 • Burleson, TX
 www.ChildrensTherapySolutions.org

SUNSET WINERY

Pacific Rim Wine Dunch

January 14 • 2 PM
 Menu on website
 Reservations Required

WORLD OF WINE SALE
 JANUARY 6 • 10 AM - 2 PM

The Best Little Wine House in Texas.™
WWW.SUNSETWINERY.COM



A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

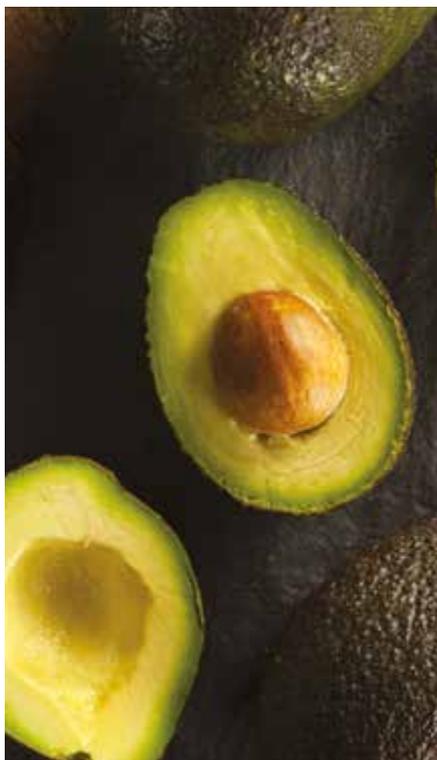
- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.



Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.



Heart Healthy³

- *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

- *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose



TOTALCARE
Family Medicine | Urgent Care
Same-day Appointments & Walk-ins Welcome

New Year, New You!



TotalCare offers a comprehensive and effective weight loss program to help you keep that resolution! Call us today to schedule your appointment!

**ALLERGY TESTING & TREATMENT
FAMILY MEDICINE • IMMUNIZATIONS
IN-HOUSE LAB & DIAGNOSTIC TESTING
SCHOOL PHYSICALS • SKIN CARE
TESTOSTERONE THERAPY • WEIGHT LOSS**

Open 7 Days a Week
Mon. - Fri. 8 a.m. - 8 p.m. • Sat. 8 a.m. - 6 p.m. • Sun. 1 p.m. - 5 p.m.
1005 S. Crowley Rd, Crowley, TX
Located near the intersection of Renfro Street & Crowley Road (FM 731)
817-297-4455
www.totalcareclinic.com



CONTACT US TO SCHEDULE YOUR ANNUAL PHYSICAL!



**A NEW
year
A NEW
you**

SERVICES

General Orthopaedics • Sports Medicine • Joint Replacement
Trauma and Fractures • Spine Surgery • Podiatry • Osteoporosis Treatment



LONE STAR
Orthopaedic and Spine Specialists, PLLC

215 Old Hwy. 1187 • Burleson, TX 76028
(817) 926-BONE (2663)
www.lonestar-ortho.net



good proteins like lean ground meat or poultry, eggs and legumes.

- *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**

Sources:

1. “Is Eating Gluten-Free Healthier” obtained from <http://www.eatingwell.com/article/9943/is-eating-gluten-free-healthier/>
2. “Diabetes Diet: Create your healthy-eating plan” obtained from <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>
3. “Heart Healthy Diet: 8 Steps to prevent heart disease” obtained from <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

**BEST WISHES FOR A GREAT RIDE
INTO A HEALTHY AND HAPPY NEW YEAR**

QUALITY AFFORDABLE HEALTHCARE FOR ALL AGES

\$100 OFFICE VISITS
For Cash Patients



Rusty Short FNP, BC
Healthcare by Profession
Cowgirl at Heart




PEDIATRICS & ADULTS
817.295.5200
www.shortfmc.com
101 NW Ellison ST.
Burleson, TX 76028



HARVEST FEAST

DINNER, AUCTION, DANCING

The Oaks Event Center
at Southern Oaks Golf & Tennis Club

FRIDAY MARCH 23, 2018
6:00 pm - 11:00 pm

HARVEST HOUSE HELPS 450 FAMILIES A MONTH WITH THEIR BASIC NEEDS. HELP US PROVIDE HOPE IN 2018.



Sponsorships Available At:
WWW.YOURHARVESTHOUSE.ORG/HARVEST-FEAST-2018

New Year's Offer. Call for Pricing. Expires 1/31/18.

BEST BUY WALK-IN BATH TUBS \$500 OFF



NOW INSTALLING ONYX Walk-in Showers.



Visit our Showroom
3411 E. Hwy 377, Granbury
817-326-3003 • www.bestbuywalkintubs.com

Family owned,
Texas built

► Experienced Physician, New Name in Wellness



For more than seven years, internist Meenu Sharma, M.D., has cared for patients in our community. Her clinic now features a new name to emphasize her passion for your best health: Well Crest Medical Clinic.

Even with a new name, she's keeping what her patients love most - her compassion and open, relaxed communication. Her practice's convenient location on the Texas Health Huguley campus also remains the same.

As a board-certified internal medicine physician, Meenu Sharma, M.D., specializes in the prevention, diagnosis and treatment of diseases that affect adults, including:

- High blood pressure
- Diabetes
- Sinus infections
- High cholesterol
- Depression and anxiety
- Headaches
- Chest pain
- Allergies
- Smoking cessation
- Social/domestic issues
- Physicals and well-woman care
- Influenza
- Digestive problems

► Dr. Sharma welcomes new patients and accepts most insurance plans, including Medicare.

Same Day Appointments Available



Dr. Meenu Sharma, Well Crest Medical Clinic
817-615-8627 ► 11803 South Freeway, Suite 205



Say **YES!** to No-Mess

Spend \$60; Get 5lbs. of No-Mess FREE

*Valid only at the participating stores listed. One discount per purchase. Offer not valid on previous purchases or sale items. Offer valid in-store only 01/01/18 thru 01/31/18.



140 NW John Jones Dr. #102 Burleson, TX, 76028 (next to subway)
16821 708-5650
www.wbu.com/Burleson

BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS



Zoomed In: Scott and Ken Nelson

By Melissa Rawlins

Scott and Ken Nelson consider themselves *paisans* with Richie Hodza, co-owner of Villa Diana. Here, the lounge-singing brothers have performed their family favorites for almost six months. “*Paisans* are friends and countrymen, in Italian,” Ken explained. The Nelson brothers — of Irish, English, Scotch and Alsatian descent — and Richie grew up in and around Newark, New Jersey, but never knew each other until Sunset Winery owner Bruce Anderson introduced them last year.

Ken feels right at home at Villa Diana. “This is kind of a roadhouse, like The Rustic Cabin in New Jersey where Frank Sinatra was a singing waiter,” Ken said. During Ken and Scott’s Frank and Friends Show, they honor their highly talented mother, Joan Menillo, who also was a singer, when they perform “My Foolish Heart”.



Ray Neal, once a WWII fighter pilot, celebrates his 94th birthday while volunteering at Huguley Imaging Center.



Judy Gorski, Karen Jennings, Lou McDaniel and Jeanne Worth help Arlando Day make cookies at Mustang Creek Estates.



Elder Elementary School’s Merry KISSmas performance took 1st Place in the Joshua Christmas Parade.



Alvaro Rios, MD, and members of the Texas Health Huguley cardiology team, celebrate their reaccreditation for echocardiography and vascular testing.



Dr. Bret Jimerson and BISD Character Council Chair Pat Worrell present Christian Hayes with the Max Stallings Award.



Sherry Lee, a volunteer at the Crowley Animal Shelter, feeds Allie a treat in exchange for a sit.



Sue Martin and Tracy Shakespeare-Branch led the charge during the 7th Annual Coffee Talk Women Boots on the Ground conference.

Let Me Be The **KEY**
To The Home Of
Your Dreams!



**KELLER
WILLIAMS®**
REALTY

At Home With Whitley

For information about brokerage services,
please call (817) 366-2583
or visit whitleyrodgers.kw.com



817-556-4644

www.maverickdrivingacademy.com
(for Calendar)

ONE TRUCK + SUV SW Wilshire Suite D
next to the Burleson Car Wash behind the old barber shop

\$15 OFF

Must present ad. Expires 1/31/18

Complete in Just 3 Weeks!

Register Now!

Happy New Year!

ServiceFirst
MORTGAGE

437 SW Wilshire, Ste A-1
Burleson, TX 76028
817-447-7300



Lisa Keese
Branch Manager
NMLS# 206895



Terrie Goodloe
Sr. Loan Officer
NMLS# 206828





Wishing you a
Happy New Year
 FROM OUR FAMILY TO YOURS!
 Have a safe, prosperous and healthy New Year.

NOW
 MAGAZINES
Bringing the best of the community home



Providence Tow
 Serving Mansfield, Arlington,
 Kennedale and Surrounding Areas.



214.701.2365
www.providencetow.com
 TDLR# 6469481C • VSE# 647218VSF
 Like us!  

THE
upper
 CUT salon
 (817) 295-0491
 Walk-Ins Welcome

RTB SERVICE COMPANY
 HVAC & ELECTRIC
 Residential & Commercial

Let Us Help You with Your
 HVAC & Electrical Needs

 Call Today!
817-996-3641
 Contractor Licensed in
 HVAC & Electric
 TECL32490, TAACL80338E

Redeem This
 Coupon for
10% OFF
 Service Calls

\$45 1 HOUR MASSAGE

The Garage
 MEN'S GROOMING | BURLESON, TX

1571 SW Wilshire Blvd., Ste. 515, Burleson, TX
 (817) 484-9876
 WWW.THEGARAGEMG.COM 

HAPPY NEW YEAR!

 **16 X 7 INSULATED STEEL BACK DOOR INSTALLED**

• Spring Repair Specialists
 • New Installation
 • Commercial/Residential
 • 24/7 Emergency Service

\$1,200

BURLESON OVERHEAD DOOR
817-988-4191
 Burleson owned and operated
www.BurlesonOverheadDoor.com

Fancy's
 Sizes 1X - 5X Plus Size
 Buy • Sell • Consign Resale Shop

Happy 2018
 220 E. Renfro
 Burleson, TX
 (Next Door to City Market)
817-426-4944
 Tues-Fri 10-6
 Mon & Sat 10-5

We also carry shoes, jewelry, purses and accessories.
Winter Items Available

WINGS OF HOPE

WE PROVIDE HOPE &
 HEALING THROUGH
 GENTLE HORSES AND THE
 LOVE OF GOD.



ADULTS & CHILDREN WITH SPECIAL NEEDS
PHYSICAL • EMOTIONAL • MENTAL
 Volunteers Always Welcome
 14 years old & older, no experience necessary.

For more information (817) 790-8810
 or to make a donation.

4200 CR 806 • Johnson County
WWW.WINGSOFHOPHORSES.ORG

Texas Ace



Heating & Air

Residential
Commercial
Industrial

**10% OFF
SERVICE CALL!**
parts and labor included



Heavy-duty Pleated Filters

- Easy online ordering
- Lower maintenance costs/utilities
- Every size available

Call us about how to get a **FREE** filter!

**FREE
10-yr. Parts
Warranty**

\$69
Per Residential System
A/C Tune-Up
Get your HVAC system tuned up for only \$69. Reg. \$119
With coupon. Not valid with other offers.

Coupon valid through Jan. 31, 2018

**UP TO \$1,600
Rebate**
from Lennox on a Qualifying New System
LENNOX
With coupon. Not valid with other offers.

Coupon valid through Jan. 31, 2018

**817-240-6701
972-825-7180**

*Open 8 a.m.-8 p.m.
7 days a week*

Phones answered 24 hours a day

We accept all major credit cards



- 100% Financing
- Free Estimates
- Precision Tune-ups
- Service All Brands
- Home Energy Audits
- Duct Sealing
- Blown Attic Insulation
- 24-hour Emergency Service

Become a Texas Ace Club Member today and enjoy special **DISCOUNTS** and **LOW** monthly rates. Includes 2 **NO-CHARGE** visits per year!

Midlothian Family owned and operated
TACLA40925C

www.texasacehvac.com

Calendar

4, 18

Crowley City Council meeting: 7:00-8:30 p.m., City Hall, 201 E. Main St., Crowley. A person wishing to address the City Council on matters not already scheduled may do so under the Citizen and Visitor Participation section of the agenda. To submit an item for the agenda, contact City Secretary Carol Konhauser at (817) 297-2201, ext. 4000.

8 - 10

13th Annual Chisholm Challenge: 8:00 a.m.-9:30 p.m., John Justin Arena, 3401 W. Lancaster Ave., Fort Worth. Wings of Hope Equitherapy supports extraordinary people living with special needs. Watch 13 of them compete in Western and English equitation, trail, western riding and showmanship in the Will Rogers Equestrian Center, at the beginning of the Fort Worth Stock Show and Rodeo. RSVP to Allison Gross, (817) 790-8810.



9

Business After Hours: 5:30-7:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Free to BACC members. (817) 295-6121.

12

Senior Dance: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Anyone 50 years or

older is invited to dance to a live band for only \$5 per person. The dress code is casual. (817) 295-6611.



16

Genealogy Club meeting: 6:30-7:30 p.m., Burleson Senior Activity Center. Expert researcher Norman Harrell is the guest speaker and there will be a Q&A, as well. Free. Call (817) 680-1933 for more information or to RSVP.

Joshua vs. Centennial Varsity Basketball: Girls, 6:30-8:00 p.m.; Boys, 8:00-10:00 p.m., Galbreath Gym, Joshua High School, 909 S. Broadway, Joshua. Cheer on your favorite athletes. \$5 tickets. (817) 202-2500 x1117.



18

The State of the City: 11:30 a.m.-1:00 p.m., Victory Family Church, 455 N.W. John Jones Dr. Enjoy this fine luncheon and winter quarterly meeting of the Burleson Chamber of Commerce. Tickets are \$20, Chamber members; \$25 non-Chamber members. Call (817) 295-6121 for more information.

26

Crowley vs. Centennial Varsity Soccer: Girls, 6:00-7:30 p.m.; Boys, 7:45-9:00 p.m., Centennial Spartan Stadium, 201 S. Hurst Rd., Burleson. Cheer on your favorite athletes. \$5 tickets. (817) 245-0250, ext. 0262.

26

Power of Heels luncheon: 11:30 a.m.-1:00 p.m., First United Methodist Church of Burleson, 590 N.E. McAlister. Tickets are \$20, Chamber members; \$25 non-Chamber members. (817) 295-6121.

Chili Supper Fundraiser 6:00-8:00 p.m., Crowley Senior Center, 900 E. Glendale St., in Bicentennial Park. Raymond Henderson's homemade chili and banana pudding will be the star of the menu. \$7 entrance does not include extra raffle tickets. All proceeds benefit Crowley Senior Center. For more information, contact Ruby Harse at (817) 297-9131.

27

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



Ongoing:

Mondays

Toastmasters: 6:30-7:30 p.m., Burleson Area Chamber of

Commerce. Contact Gary Miller, (817) 919-3243.

Tuesdays

Widowed Persons Service meeting: 8:00-11:00 a.m., Our Place Restaurant, 950 N. Burleson Blvd. Enjoy breakfast, fellowship and sharing your helpful heart. Contact Don Jordan, (817) 483-5458.

Second Tuesdays

Burleson Heritage Foundation meeting: 7:00-8:30 p.m., Burleson Heritage Visitors Center, 124 W. Ellison. Call (817) 447-1575 for more information.

Wednesdays

Burleson Business Connections: 7:30-9:00 a.m., Burleson Police Department Community Room. Contact Ruth Moor, (817) 517-9808.

Second Wednesdays

Burleson Area Recreational Cyclists: 7:00 p.m., Spokes Bicycles & Service, 111 S. Wilson St. Work with other cycling enthusiasts to create a more rider-friendly community. Contact Dave Garrett, (817) 447-3505.



Saturdays

Russell-Boren House tours: 9:00 a.m.-5:00 p.m., Russell Farm, 405 W. CR 714. Free. Built in 1877 by Martha Glenn Russell, an independent pioneer woman, the house sheltered not only Martha and her five children,

but also descendants of the Russell family for 135 years. Middle-school aged and older students should be accompanied by their teacher or parents. For more information, call (817) 447-3316.

Third Saturdays

VFW Post 6872 Breakfast: 9:00 a.m., 3409 CR 920, Crowley. Join the Ladies Auxiliary for good food and fellowship. (817) 645-2436.

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

MOUNTAIN VALLEY STUDIOS
NOW ENROLLING!
PIANO & GUITAR LESSONS
CHILDREN'S CHOIR • PRESCHOOL MUSIC

817-297-7756
3437 CR 807, CLEBURNE, TX 76031
(UPSTAIRS FROM LUCAS GYMNASTICS)

A-AFFORDABLE STORAGE

WINTER SPECIALS
Call us today!
817-874-0183

- A-Affordable Boat & RV Storage
2180 FM 1187, Mansfield, TX 76063
- A-Affordable Boat, RV & Mini Storage
2101 FM 1187, Crowley, TX 76036

LOCATION, LOCATION, LOCATION

Why not buy new in one of Mansfield's most luxurious communities?

I CAN HELP YOU, CALL ME!

Toby Powell, Realtor
817-201-5119 • tobysellsdfw.com

THE VACUUM SHOP

Since 1976

**SALES
SERVICE
SUPPLIES
NEW & USED
VACUUMS**

**Vacuum Cleaner Tune-up
\$29.95**

Check electrical, motor & wiring

Test brush roll and suction

Clean inside and out - Replace bag & belt

Present Coupon, Expires 1-31-18

WFD GRA
BUR

**400 W. Jefferson, Waxahachie
(972) 937-3900**

**www.vacuumshoponline.com
Monday - Friday 8:30 to 5:00
Closed Saturday & Sunday**



HUGE ESTATE SALE

★ ★ ★ **CORSICANA, TX** ★ ★

GO TO
ESTATESALES.NET
FOR MORE INFO AND
LOTS OF PICTURES!



★ NO early sales will be done. ★

SALE STARTS

Wed. Jan 24 - Jan 27

Wed. - Fri. 10AM - 6PM

1/2-price Saturday 10AM - 3PM



Look for the UGLY "Pink Sign Estate Sale" for directions.
Address, phone number and more information
will be on the website on Jan 23 at 9AM.
"PINK SIGN ESTATE SALE"



... AND LOTS MORE!

FinanceNOW

Time for New Year's Financial Resolutions

It's the beginning of another year — which means it's time for some New Year's resolutions. Would you like to study a new language, take up a musical instrument or visit the gym more often? All these are worthy goals, of course, but why not also add some *financial* resolutions?

Here are some ideas to think about:

- **Increase contributions to your employer-sponsored retirement plan.** For 2018, you can contribute up to \$18,500 (or \$24,500 if you're 50 or older) to your 401(k) or similar plan, such as a 403(b), for employees of public schools and some nonprofit groups, or a 457(b) plan, for employees of local governments. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while your earnings can grow tax-deferred. At a minimum, put in enough to earn your employer's matching contribution, if one is offered.
- **Try to "max out" on your IRA.** Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2018, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending

on your income, and your earnings can grow tax-deferred. Roth IRA contributions are not deductible, but earnings can grow tax-free, provided you don't start taking withdrawals until you are 59 1/2, and you've had your account at least five years. You can put virtually any investment in an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

- **Build an emergency fund.** Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping into your long-term investments to pay for unexpected costs, such as a new furnace or a major car repair.
- **Control your debts.** It's never easy, but do what you can to keep your debts under control. The less you have to spend on debt payments, the more you can invest for your future.
- **Don't overreact to changes in the financial markets.** We've had a long run of rising stock prices — but it won't last forever. If we experience a sharp market downturn in 2018, don't overreact by taking a "time out" from investing. Market drops are a normal feature of the investment landscape, and you may ultimately gain an advantage by buying new shares when their prices are down.
- **Review your goals and risk tolerance.** At least once in 2018, take some time to review your short- and long-term financial goals, and try to determine, possibly with the help of a financial professional, if your investment portfolio is still appropriate for these goals. At the same time, you'll want to re-evaluate your risk tolerance to ensure you're not taking too much risk — or possibly too *little* risk — with your investments.

Do your best to stick with these resolutions throughout the coming year. At a minimum, they can help you improve your investment habits — and they may improve your financial picture far beyond 2018. **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.

Happy New Year

As the calendar turns the page, we wish you the very best in the year ahead.



Lynn H. Bates Jr., AAMS®
Financial Advisor

115 N W Newton Drive, Suite E
Burleson, TX 76028
817-447-9446

www.edwardjones.com Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING



Low Cost QUALITY PET CARE



www.texasforthem.org • 817-426-3777

Bring ad
for Free Rabies
vaccination

*Limit 1 per
household



Services: Spay and neuter, vaccinations, dental cleaning,
microchipping, heartworm testing, flea/tick control



344 SW Wilshire Blvd Burleson, TX (next to Tractor Supply)
Walk-in vaccine hours: Monday - Friday 9 am - 12 pm

Orthodontics

Orthodontics

BIRTH, STEWART & FLETCHER

IS MUCH MORE THAN BRACES!



We work with our patients for optimal health in the following areas:

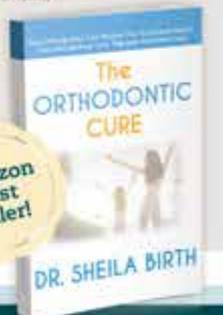
- Prevention of surgery and extraction of teeth
- Widening dental arches which open airways and improve breathing
- Problems with breathing can lead to poor performance in school (ADD, ADHD), at work and in athletics
- Problems with breathing can lead to snoring and sleep apnea
- We offer simple orthodontic appliances for sleep apnea
- We offer drug and injection free treatment of migraines, headaches, jaw and neck pain
- Top 1% Provider of Invisalign
- Best selling book on Amazon, *The Orthodontic Cure*

 BSFORTHO.COM

Visit our website for a *free* download of Dr. Birth's book, **THE ORTHODONTIC CURE!**

Show proof of book download & receive **\$300 OFF TREATMENT!**

New patients only. Must bring in this ad and proof of book download to claim offer. Cannot be combined with any other offers. Only one offer can be claimed per patient. Monthly payments for traditional braces range from \$150 to \$250 per month. Invisalign® treatment ranges from \$4900 to \$5900 depending on the patient's unique needs. Expires January 30, 2018.



Arlington (817) 557-0025
2011 W. Bardin Rd., Arlington, TX 76017

Burleson (817) 546-0770
109 W. Renfro St., Burleson, TX 76028

Fort Worth (817) 370-0268
3060 Sycamore School Rd., Fort Worth, TX 76133

Keller (817) 348-0910
4420 Heritage Trace Pkwy., Ste 300, Keller, TX 76244