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MARCH 2015

# NOW

## An American Dream

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## Performing for Change

Playing the role  
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for Justin Bond

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## ON THE COVER



*Justin Bond promotes a thriving  
Burluson, both at home and at work.*

*Photo by SRC Photography.*

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## Editor's Note

*Hello, Friends,*

If you're like I am, you're still chilly right now. Even though you know warmer days are promised, you know it's smarter not to turn off your furnace's pilot light until the last week of this month. You might be thinking a bit like Julian S. Cutler, who wrote a lovely poem titled "Through the Year," in which these final days of winter are described:

When the snow lies deep and white,  
When the sleeping fields are silent  
And the stars gleam cold and bright.  
When the hand and heart are tired  
With life's long and weary quest.

May you rest this month. Rest in the knowledge that spring is right around the corner, and with it will come more busy hours and fewer nighttime quiet moments. So while you are planning your next season, take time to rest and enjoy your precious now.

Happy end of winter!

# Melissa

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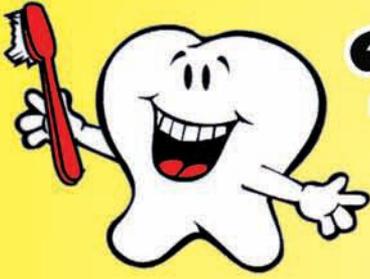
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# PERFORMING FOR *Change*

— By Erin McEndree

*Christians observe many traditions around Easter. Some start 40 days before Easter Sunday with a time of reflection, fasting and penance that represents the 40 days Jesus spent alone in the wilderness before starting his ministry. Some continue 50 days following Easter Sunday, including the celebration of Jesus' ascension into heaven. The season is a time when Christians celebrate Jesus' resurrection from the dead and the salvation He brought to the world. Justin Bond observes Easter in a unique way — by playing the role of Jesus in the semi-annual Easter Pageant at Cana Baptist Church in Burleson where he attends with his family. He contributes his time and talent in the hope he can spark deeper spiritual growth in his church and in his community.*

Justin grew up in Burleson. He married Lauren Mankin in 2007, and they have three young children: Elizabeth, Ryer and Joy, who was born in December 2014. Justin joined Cana Baptist Church, where Lauren grew up attending. "At first, it felt like Lauren's church to me," Justin admitted. "But, with all the support we have received and the friends who have become important to us, it quickly felt like my church, too." Getting involved in church activities is a good way to feel connected. Melissa Tullos, the Easter drama director, promptly asked Justin to be one of Jesus' disciples in the upcoming performance. "I felt involved and began to build relationships in my new congregation," Justin said. The next year, Melissa asked Justin



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to play the role of Jesus. He admitted he was both nervous and excited.

“Some of the scenes simply require that I wear a lot less clothes than everyone else,” Justin explained. “It brings a whole new meaning to the term church family!” Justin was apprehensive, but accepted. He had to start growing a beard, which he had also never done. “I don’t feel like I am more important because I play Jesus,” Justin said. “We are all important in our different parts. When Jesus was on the earth, the focus was never on Him but on other people.” Justin feels like he is just one



guy with some lines who creates a great opportunity for people to learn what Jesus did for them.

There are over 100 cast and crew including the choir. Each member has talents needed for the production such as singers, set designers, construction designers, painters and photographers. “The pageant is the embodiment of a true community effort. Every person is significant and important,” Justin said. “I am amazed people ended up at Cana with each of the talents we needed.”



Within the congregation, a real sense of ownership exists because every aspect is provided by congregants in the form of costume designers, makeup artists, lighting and sound people, prop and



stage managers. There is even a special assistant to Jesus. "Between scenes, I am throwing off clothes, applying makeup and wrapping up in a shroud to quickly start the next scene," Justin said. "With so many functions, it's neat to see things work together smoothly."

Practices start in January and focus on the music. About four weeks before Easter, the practices get tighter and more frequent. They are performed on the stage where props and makeup are introduced. Yet, there is only one full dress rehearsal. This year, performances are at Cana Baptist Church on Saturday, April 4, at 3:00 and 6:00 p.m., and again on Sunday, April 5, at 10:00 a.m. "This will be my daughter, Lizzie's, first year to perform in the pageant," Justin said. "She is so excited." Before each performance, the parking lot is transformed into a market scene complete with Roman soldiers wielding spears on horseback,

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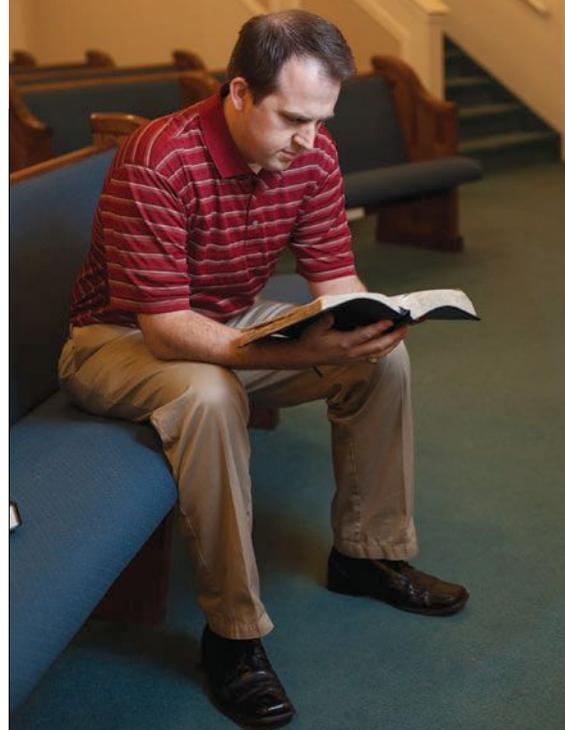
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farm animals and food from the time period, all of which are donated by members in the congregation. Attendees get to experience what Jerusalem was really like. "Not many churches do this on such a large scale anymore," Justin said. "But, we have always been a church with time to care."

The music for the pageant is coordinated by the full-time worship minister, Brian Tullos. Every year, he tweaks the program by choosing some different songs. Music is at the core of the production, so everything starts there. The drama director, Brian's wife, Melissa, then builds the script around the music. "There are different elements every year so the story isn't exactly the same, and Melissa is very creative and has great leadership skills to rework some parts," Brian said. "We do not take dramatic license. We follow the Scripture.

"As Justin prepares himself for the role of Jesus, his humble spirit shows," Brian said. "Justin is a humble person, and so was Jesus." The impact of the pageant is evident in people's lives. "Our children have been involved in the pageant their entire lives, so they have been exposed to the life, death, burial and resurrection of Jesus," Brian said. "I believe this has played a large part in their early decisions for salvation."

The impact is evident among the 1,200-plus people who attend the pageant every year. The pageant is used as an outreach to the community. Historical accuracy is very important. "I appreciate

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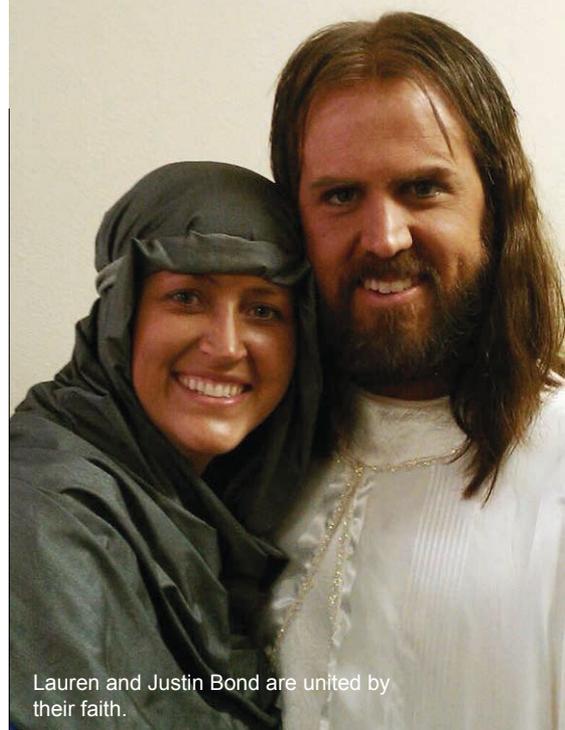
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Lauren and Justin Bond are united by their faith.

Brian and Melissa keeping traditional Jewish elements of the times in the production,” Justin said. “Every year people remark about the theological correctness and the energy felt during the performance.” The pastor, Dr. Charles Stewart, presents the Gospel at the end of each performance, and many have made decisions to follow Christ. “This is all about changing lives,” Justin said. “The pageant shows elements of praise through music, and what comes out of it is up to God,” Justin explained.

Justin’s vision is to create stronger communities of people that are involved in one another’s lives. In his professional life, he is an economic development manager for the city of Burleson. His goal is to help Burleson flourish and thrive, and he strives to create relationships that focus on the future. He admits it can be hard to find a sense of community in a town of 40,000 people. “We have to know our neighbors,” Justin said. “I want a community and a church that knows everyone and helps everyone.” The pageant brings the two together and is a powerful tool to help people interact.

“It is such a blessing to be a part of a ministry that focuses on using members’ talents to build relationships,” Justin said. He will always have a passion for helping others find deeper spiritual growth. Playing the role of Jesus brings meaning to peoples’ lives during the Easter season. Justin knows he is playing the role of a lifetime. **NOW**

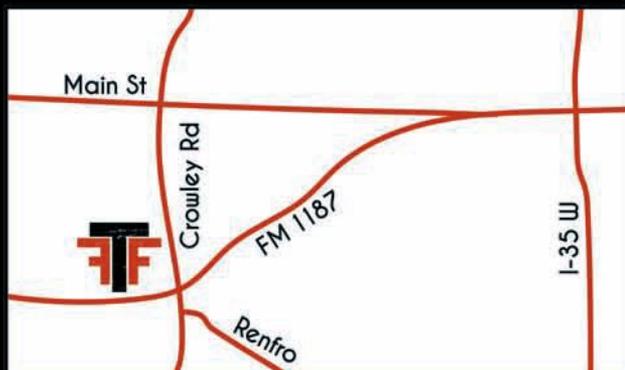
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**A:** My love affair with the neurosurgical world started when I was a teen who raced motorcycles. I knew friends who became paraplegics after wrecks. Later I accepted the invitation to partner with Dr. Cho and Dr. Ward. They were impressed with my enthusiasm for helping people with everything from brain injuries to spinal trauma. I specialize in 99 percent of adult neurological issues and have a passion for cranial procedures involving tumor resection, as well as peripheral nerve entrapment, including carpal tunnel and ulnar nerve entrapment.

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Dr. Kev Gamadia, DO

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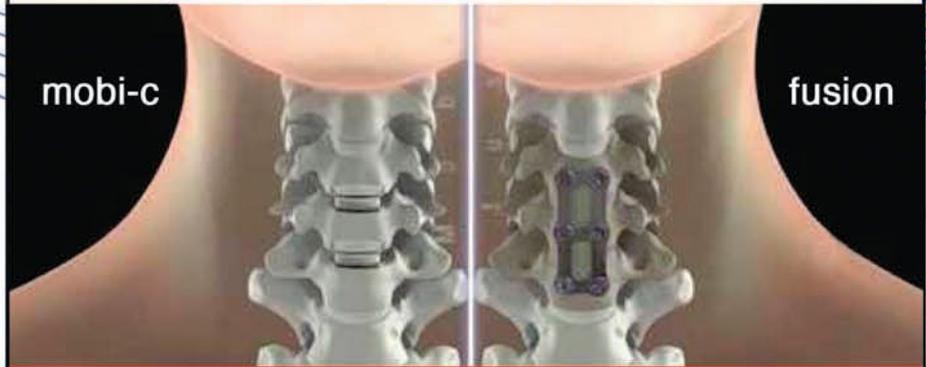
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# CONTAGIOUS CALLING

— By Lisa Bell

*Sandie Isaacs began her teaching career in a Louisiana kindergarten classroom near the United States Army Garrison Fort Polk. She didn't plan to include English as a second language as part of her curriculum. Teachers on both sides of her room greeted her with enthusiasm. "So you're the new ESL teacher," they said.*

"Really?" Sandie replied. The principal had left that information out of the interview and hiring process.

Thus, she started a journey that served extremely well when her family moved to Texas five years later. The philosophy of ESL in Louisiana centered on immersion into the English language. With students from all over the world, the goal was to make sure they spoke, wrote and understood English well enough to pass tests. Sandie earned her certification from Nicholls State University and soon learned to love the specialized teaching.

Although she was born in Arkansas, Sandie's earliest recollections revolved around a childhood in Fort Worth. Eventually, her family moved to Houston where she attended high school. She returned to Arkansas for her college education. After graduating in 1975, she moved back to Houston where she met her husband. They moved to his home state of Louisiana and established their own business. Eventually, the economy plummeted, affecting small business





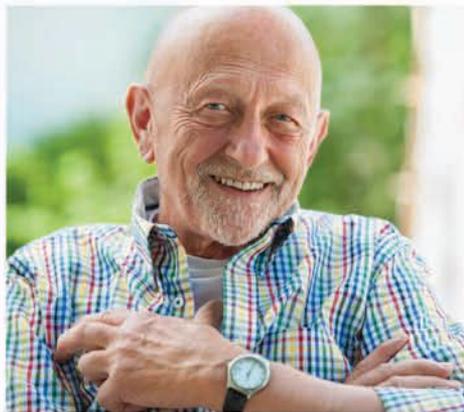
owners all over the country. At that point, she decided to take her first teaching job.

The economy didn't improve, and eventually, they made a tough decision. Sandie's sister lived in Fort Worth and encouraged them to come back to Texas. In 1989 they made the move. Sandie had friends who knew the pastor of a Crowley church. They looked at the school district and liked what they saw. The church, however, was the deciding factor. A place where they fit was important to the family. She always viewed teaching as a call on her life. "Otherwise, I'd be doing something that makes a lot of money — maybe," she said with a chuckle. At her church, she receives encouragement to continue working in her calling.

Before moving, Sandie's ESL certification helped her obtain a job with the Fort Worth ISD. Within a short time, she learned the Texas concept of ESL differed greatly from that of Louisiana. The differences were no less rewarding.

Kids come in primarily speaking Spanish, but by third grade, many of them become fluent in English, as well. She loves seeing children with the ability to present assignments in both languages. Currently, English-speaking children do not learn Spanish at the elementary level, but she hopes someday they will have the opportunity. Sandie

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regrets not being fluent in more than one language. Over the years, she's learned some Spanish words — “only enough to get me in trouble,” she said. Listening to conversations, she typically understands the gist.

After teaching in a classroom for 15 years, Sandie obtained her master's degree from Texas Woman's University in library information studies and became a media specialist. The role also known as librarian goes far beyond stamping books, checking them in and returning them to the shelves. Self-service check out capabilities and student or parent volunteers shelving books gives the media specialist time to teach students. As early as kindergarten, children start learning about computers, logging in and conducting research for assignments. Sandie has the privilege of assisting children. While teaching kids about





Sandie Isaacs enjoys the team she works with at Crowley Public Library, under the clear direction of Cristina Winner (third from left).

online etiquette, digital citizenship, protecting their identity and Internet safety, she also teaches parents online safety for their children and the need to monitor Internet usage. Collaborating with teachers, she helps locate information, provide research or develop presentations.

Sandie doesn't stop with her role as an elementary school media specialist. She is also a part-time librarian at the Crowley Public Library. Anyone who hasn't visited a public library recently might be surprised by all they offer. In Crowley, librarians develop new programs. Sandie loves to get kids reading. She helps them discover types of books they enjoy reading based on what they like and at a level comfortable enough to prevent frustration.

Sandie related a favorite story. One day, a couple of boys came into the



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library. "Do you have any good books?" they asked.

"Of course we do," Sandie said, thinking they would like a good mystery. "Have you ever read *The Hardy Boys*?"

Two pairs of eyes sparkled with excitement. "You have books on wrestling?" they asked, amazed.

"Well, they weren't wrestlers," Sandie said. "But they were kid detectives, and they were really good at it."

One challenge she faces comes from a mindset of children reading at their current grade level. A fifth-grader ranges from third to seventh grade reading levels. Each child is unique. Although not widely used, she still prefers the five-finger method to determine a child's level. If he or she reads a single page and misses five words, the book is too hard.

The Crowley library has thousands of books in print. They also offer audio and electronic versions, including Tumble Books (an online program for children.) But the library isn't just about books. They have movies, computers, summer and winter reading programs, online tutoring and much more. The new Kid's Corner features a room with books and computers designed for children. Tinker Tuesday provides hands-on learning. The Stretch-N-Grow program gets preschoolers moving, and story time fosters a lifetime of loving books.

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preparation for GED and civil service exams, certifications and online courses, and ESL are only some of the advantages of Crowley's Public Library.

Sandie also tutors students individually, meeting at the library for their time together. Currently, she has two or three students and will continue their tutoring agreement until she isn't helping them any longer.

Siblings Jessi and Drew said Ms. Sandie's tutoring has helped them improve. Jessi struggled with math. "Now it's better," she said. An avid reader, Sandie taught her to slow down and make sure she fully understood what she was reading. She often advises students to keep a dictionary handy and look up words they don't know. Sandie helps Drew with whatever homework assignment he has when they meet. He reads, sometimes, but is most interested in science.

Both students like working with Sandie. The way she works with them is their favorite thing about her. If she gets frustrated, she doesn't show it. "She's a good person. I enjoy being tutored by her," Jessi said.

"She's the best tutor ever," Drew added. "She helps me a lot."

Whether teaching at a school, the public library or even in her home or church, Sandie's enthusiasm for reading and learning is contagious. Evidenced by the twinkle in her eyes, the calling on her life fits her well. **NOW**



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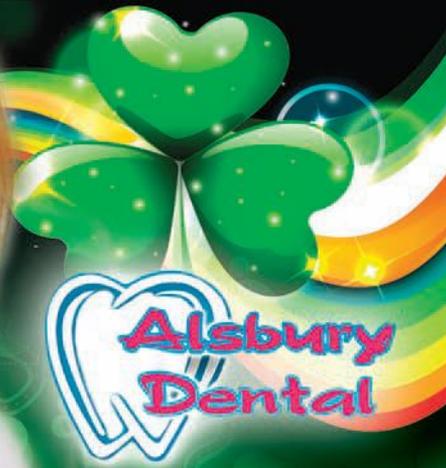


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# An American Dream

— By Melissa Rawlins

*In only a few months, summer will arrive, and Larry and Charlene Gray and their puppy, Elle, will have to say goodbye to Anna Gorina. The high school junior has lived like a daughter with the Grays ever since August, when she arrived from Russia for a one-year foreign exchange program. “Here, it is so comfortable,” said Anna, who calls her host family her second family. “It will be so hard to leave.”*

She and the Grays have had the pleasure of hosting an open house, some barbecues and regular casual dinners with friends and family. They have always had fun learning about Anna’s country and teaching her about American culture. Working with Charlene to make the house pretty has been anything but a chore for Anna, who loves parties as much as Charlene and Larry.

“My host father is very nice, and my host mother is so much fun,” Anna said. “They and their friends are examples of what you can achieve if you try hard.”

The Grays’ third home represents 43 years of mutual effort. Charlene was 16 when she met Larry — quite by accident at a Sonic in Arlington. He was 20, home from Vietnam and away from Fort Hood on a two-day pass. Within two weeks, he’d taken her on their first date and pronounced that he’d marry her. She called him





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“crazy boy,” but soon his vision became reality. They had their first son, Scott, while Charlene completed high school. Five years later, they welcomed another son, Sean, to the family. During that time, Charlene’s creativity developed. She took a cake decorating class here and there, but did not fill her home with original fairyland art until after her sons started their own homes. Yet, she did begin collecting beautiful furniture. “We were young marrieds with no money,” she said, “so we bought antiques because they were cheap.”

Starting with simply love and a job repairing appliances, the couple built their relationship, family and legacy together. After 25 years, Larry retired from Sears and, with help from Charlene, started their family business with their son, Sean. Their office is upstairs, near Anna’s bedroom. Sean and



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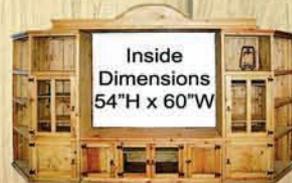
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his wife, Katy, bring their sons to visit quite often. Austin claims the front guest bedroom, and Cooper has given Anna his back bedroom, while she's here. She has not changed it in the least, because Charlene decorates with a flair that thrills everyone, especially Larry.

"She's got good taste," Larry said, explaining that when they first moved to Burleson 15 years ago, they lived in a different neighborhood while investing all available money into their business. He always wished for wide, open spaces, and after his father passed away, Charlene recommended he use his inheritance



to achieve his dream. Larry found a structurally sound home in Tantarra and told her, "You can make this *us*."

"She made it us by her total decorating skills," Larry said, failing to mention how Charlene relies on his handiwork to complete her vision. They got the buffet in the breakfast nook, for instance, while he did service work for Sears. He completely refurbished the old yellow piece by stripping its paint, staining it pecan, cleaning its knobs and painting them black and then sanding them again, until its heirloom appeal shown through.

"I told her we could make the kitchen larger, which we did, and it was her idea how to lay everything out," Larry stressed. Formerly, the space had a two-burner, down-draft Jenn-Air with a grate for grilling. "We added granite countertops, a six-burner gas stove, double oven, convection micro, double cabinets and the island, which is fabulous for prepping or serving. And throughout the house, she was able to put the right colors together."

The living room fireplace had large, red bricks with a tiny round hearth and white carpets. Now, it hosts a Santos doll



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on white stone, contrasting nicely with hand-scraped wood floors covered by an area rug in brown, teal and sand. The cushy olive couch and loveseat invite people to sit awhile and chat.

The dining room had 12-inch, builder-grade mauve tile. Now, it has an antique sideboard plus a bookshelf, holding Charlene's dishes, surrounded by two refurbished, stained-glass windows. Found by Charlene in an antique mall in North Dallas, they had formerly spent years at the bottom of a heap of trash in back of an old man's house. Texas heat had softened their leading until each looked about "eight months pregnant." She found a man able to fix them and now backlights them for a romantic effect.



The Jack Daniel's room was fire engine red. Even on the ceiling, the Grays had to use four coats of paint to give it the creamy, classy feel they were after. A dresser Larry bought for Charlene is showcased here, along with a soapstone artifact Larry's dad brought back from France. Barstools, made from the staves of a seven-year-old whiskey barrel, sit before a bar that was found in a junk store outside of Tyler, Texas. A "Jack" collector shelf, found out in the field during Antique Alley (a three-day antique shopping excursion experience set up in fields along Hwy. 4, between Cleburne and Maypearl) has been refinished by Larry and holds a collection of Jack Daniel's bottles. Larry made the lamp using an old Jack Daniel's bottle filled with tiny lights.

One of Larry's favorite rooms is the adjoining master bedroom. "I'm so glad we put the French doors in," he said, "because I love looking out into the pasture behind the house." The Grays installed a patio with a hot tub outside, and inside, they redid the fireplace and painted the walls a linen color.

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On a vintage mannequin, Charlene displays examples of her art glass and original jewelry, including the very first necklace she made from a silver saltshaker and a doll's head. "My grandmother made a china doll for me when I was little," she shared, "and that doll head in my necklace was the touchstone to my grandmother."

Charlene's sentimentality appears in their master bathroom, too. Above the Jacuzzi, she hung a photograph Katy snapped of the grandsons, with Sean in the California ocean. Charlene's fascination with mermaids appears on the bathtub ledge, where she's balanced a bird nest containing a miniature mermaid rescued from the bottom of a fish tank.



Everywhere in the Grays' home, whimsical touches bring joy. Maybe this is why Anna chose not to redecorate her room. How could she improve upon an old lamp frame wrapped in ribbons, a paper clay doll poised on a cone supported by a candlestick or a crown embellished by wings of creamy, peach-colored feathers? From the adjoining room, Anna is guarded by a fantastic fairy-type wedding gown displayed on a dress form. Whether an angel, a snow queen or a fairy, it certainly makes living upstairs a step above the American dream. **NOW**



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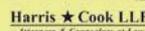
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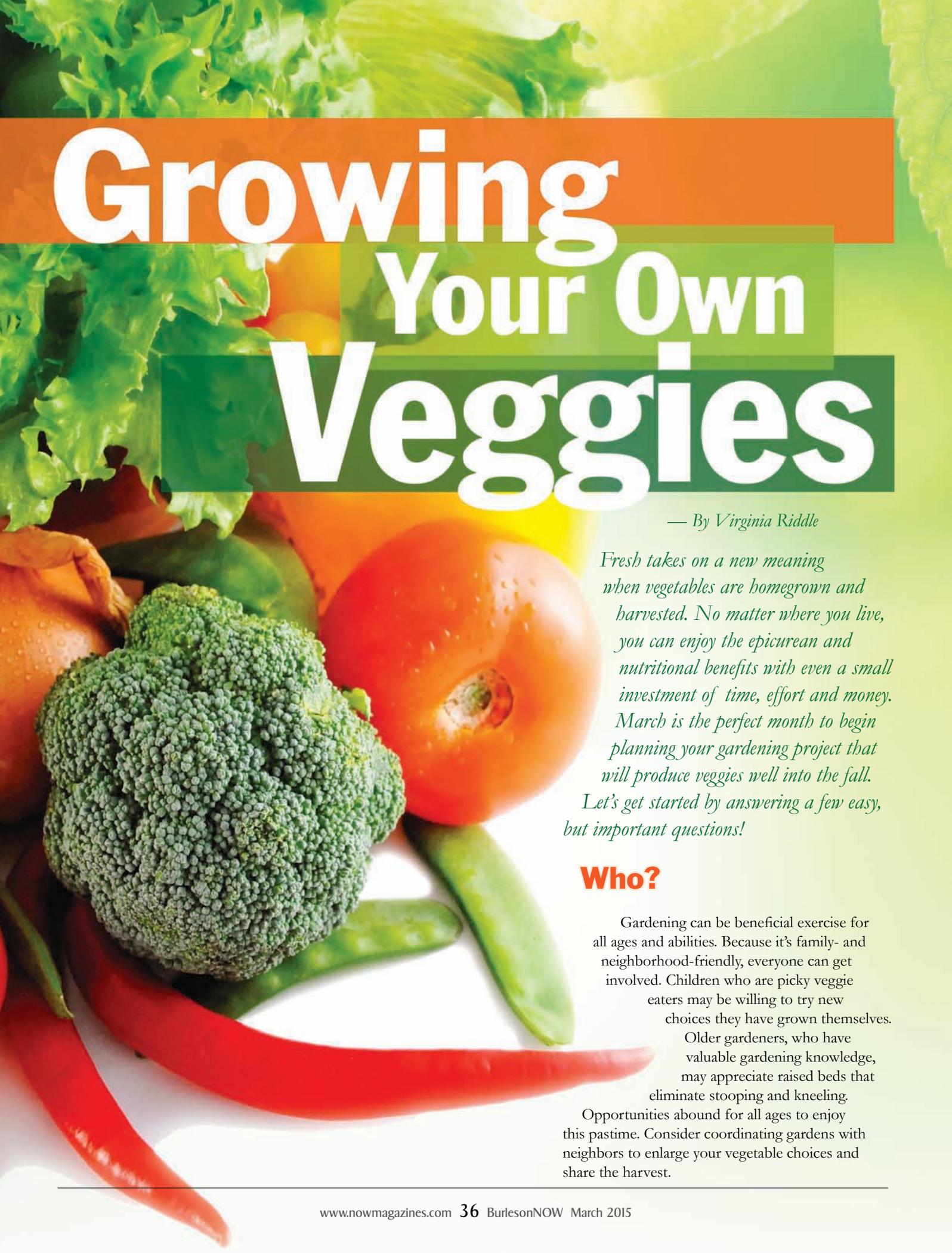
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# Growing Your Own Veggies

— By Virginia Riddle

*Fresh takes on a new meaning when vegetables are homegrown and harvested. No matter where you live, you can enjoy the epicurean and nutritional benefits with even a small investment of time, effort and money. March is the perfect month to begin planning your gardening project that will produce veggies well into the fall. Let's get started by answering a few easy, but important questions!*

## Who?

Gardening can be beneficial exercise for all ages and abilities. Because it's family- and neighborhood-friendly, everyone can get involved. Children who are picky veggie eaters may be willing to try new choices they have grown themselves.

Older gardeners, who have valuable gardening knowledge, may appreciate raised beds that eliminate stooping and kneeling.

Opportunities abound for all ages to enjoy this pastime. Consider coordinating gardens with neighbors to enlarge your vegetable choices and share the harvest.

## What?

Endless vegetables are easy to grow depending on the season of the year. If you are a first-time veggie gardener, keep things simple. Plant easy-to-grow vegetables or your favorites that have been recommended by neighbors or nurseries in the area. Spring and summer plant choices include all varieties of tomatoes, cucumbers, peppers, summer



squash, peas, beans, okra and nearly all herbs. Swiss chard is a green that will survive the Texas summer heat.

## Where?

Most veggies require a sunny, well-drained area, but if that's not possible, try a potted garden or a hydroponic system in a sunny patio or balcony area. One patio tomato plant can produce a plentiful and continuous supply when planted in a pot. Local garden centers have a large range of pots. You can also create your own pot by cutting drainage holes into the bottom of a potted soil bag, splitting open the top of the bag, removing about half the soil, rolling the bag's sides down, and finally, planting a vegetable inside. Hydroponic systems are pricier but can yield produce for years to come. And since most vegetable

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plants blossom, they are attractive when incorporated into favorite sunny flower beds.

If you are carving a vegetable plot out of your backyard, have your soil tested. Use either a commercial kit or ask your county extension agent for advice. Almost any type of soil can be amended to give good plant growth. Your choice of mulch and fertilizer depends on soil type and available supplies.

What kind of watering system is available for your location? For small gardens or potted veggies, a watering can or diffused sprayer may work well. However, for larger plots, you may wish to lay soaker hoses on timers.

Invest in great time-saving gardening tools and keep them sharpened, cleaned and organized throughout the years to come. Simple hand tools are available, as well as powered tools.

## When?

Planning begins now. However, planting out-of-doors needs to wait until the danger of a late frost or freeze is over. One of the best indicators of that date is when you notice buds on native-to-Texas pecan or mesquite trees. Vegetables, even tomatoes, can be started from seeds planted in starter trays purchased, along with quality potting soil, at your local nursery. Just follow the

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directions on the seed packet. The trays are easy to set outside during warm days



and nights but move them to a heated location when temperatures dip down below 40 F.

## How?

Now is the time to choose between organic or nonorganic vegetable gardens. Start a compost pile and investigate appropriate choices for fertilizer and pesticides that work best in your area. Your local garden nurseries, county extension agents and Master Gardeners are great resources for information that will help you whether you decide to go organic or not.

If your veggie garden is going to encompass more than a few square feet, rent or purchase a tiller from an area garden center or hardware store. Break the soil and turn the subsoil at a depth of about 6 inches. Remove rocks, make

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furrows for proper drainage, plant seeds or seedlings and lay down a 3-inch layer of mulch for weed control and water retention.

Plan your plantings so mature, larger plants will not shade smaller ones. Larger plants, like tomatoes, may need to be



staked as they grow. To save space, beans, peas, melons and squash can be grown on easy-to-construct trellises, cages or A-frames.

Check your garden daily for insects and pull weeds that crowd your plants, taking water and nutrients from the soil. Water when moisture cannot be felt 1-inch deep into the soil and fertilize on

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recommended cycles. Harvest veggies when they are at their ripest point or before damaging weather, such as hail is predicted.

## Handling the Harvest!

Pick, wash, eat and enjoy your produce each day, but if your bounty exceeds your gastronomic limits, here are some easy tips:

- **Most veggies can be frozen, canned or dehydrated for future use.** Research methods online or with your county extension agents. Follow food-handling safety tips exactly.
- **Donate produce to a local food bank.** Their clients love to see fresh vegetable offerings. Your charitable donations may be tax deductible — check with your income tax specialist.



- **Share with friends and family.** They will know it is a gift from your heart!

Growing your own vegetables can be a fun, educational experience for family, friends and neighbors, and the physical exercise and healthy eating can elevate your spirits after our cold winter days. Welcome spring by enjoying watching your new veggie garden thrive! **NOW**

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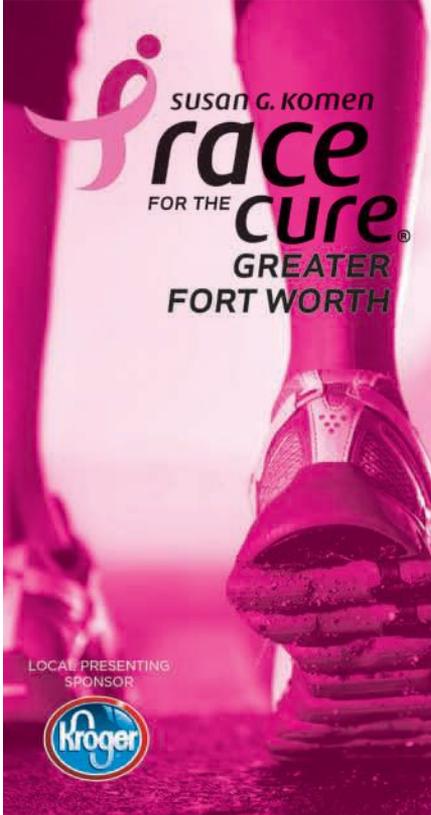
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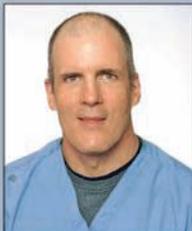
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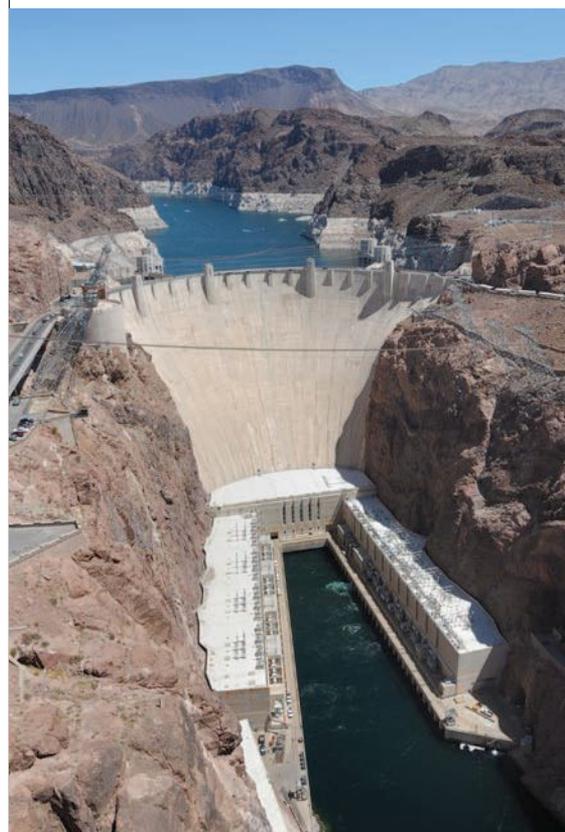
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Mob Museum) is an interactive museum presenting a bold and authentic view of organized crime's impact on Las Vegas' history and its unique imprint on America and the world. The exhibits, programs and experiences offer multiple perspectives and provide a contemporary, engaging, challenging and educational experience.

The Springs Preserve is located on a 180-acre historic site known as Las Vegas' birthplace. The Preserve features historic museums, galleries, outdoor concerts and events, educational and play areas for children, an interpretive trail system, a botanical garden and more.



The National Atomic Testing Museum presents one of the most comprehensive collections of nuclear history. The current collection includes thousands of rare photographs, videos, artifacts, scientific and nuclear reports and data and one-of-a kind scientific collections from the Nevada Test Site, the Cold War and nuclear and radiological science and technology.

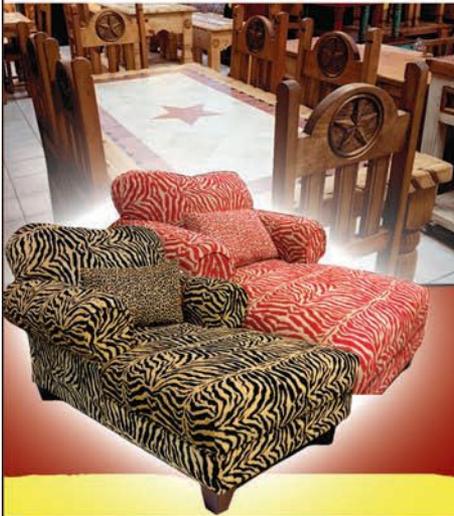
A different kind of museum opened in 1998 in Steve Wynn's hotel casino, Bellagio. Art critics were skeptical, but the public applauded the Bellagio Gallery of Fine Art, which launched Las Vegas to the forefront of the art scene. Other reputable art institutions started looking toward Las Vegas, and fine art galleries, featuring revered masterpieces by celebrated artists, established themselves in the area. First Fridays in the Downtown Arts District draws thousands of visitors who come to see visual and performing artists, patronize arts-oriented businesses and enjoy the area's unique shops that offer antiques and vintage collectibles, restaurants and art galleries.



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The Arts Factory in downtown Las Vegas houses several artists' studios and contemporary art galleries.

Las Vegas is making a name for itself as a place to see great theater. Many of the performances on the Las Vegas Strip are among the most innovative in the world, from the internationally acclaimed Cirque du Soleil and Blue Man Group to Broadway productions such as *Jersey Boys* and *Rock of Ages*. Meanwhile, community theater is receiving attention from southern Nevada's residents and visitors alike. The city of Las Vegas also features a comprehensive cultural arts program with events scheduled throughout the year.

Las Vegas is built around tourism and ease of access. The airport is within 10 minutes from major hotels on the strip, many of which are luxury-driven and completely nongaming. For instance, Trump International Hotel has no casino or shows, so it's easy to control what your family is exposed to.

A great deal of information can be found on [lasvegas.com](http://lasvegas.com) to aid your research into hotels, shows and dinner reservations. The Las Vegas Convention and Visitors Authority owns and operates five visitor and welcome centers in Boulder City, Laughlin, Mesquite, Primm and the Las Vegas Convention Center. Travel counselors are able to answer any questions. For more information on how you can change your reality through a visit to Las Vegas, call (877) VISITLV or (877) 847-4858. **NOW**

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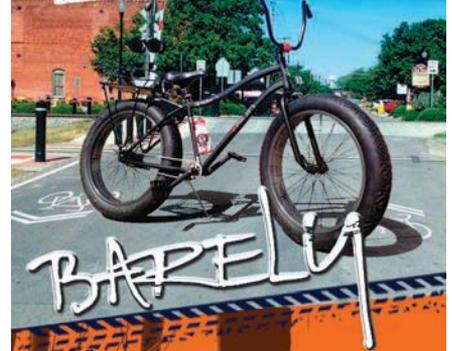
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Jeremy and Patricia Stanley run Stanley Law Office smoothly, a reflection of their expertise in serving families.



# SENSE AND SENSITIVITY

*Stanley Law Office's positivity helps families adjust efficiently. — By Melissa Rawlins*

Tough cases require compassionate, realistic thinking. That's what clients receive when Patricia Stanley represents them in either family law or civil litigation. With great integrity, she handles divorces, child custody and parent-child relationship issues for people who are her neighbors.

Patricia grew up in Joshua and has been involved in family law since her first job after graduating with her doctorate in jurisprudence from Texas Tech University in 2007. When she opened Stanley Law Office in 2011, her goal was to make a positive and direct impact on people's lives.

Since family law deals with all of the most sensitive issues in our culture, she decorated her law office lobby and conference room to help clients feel at home. Sometimes, she'll meet with

children and need to talk to them privately while siblings and other family members are waiting out front.

Although Patricia is not a counselor, and often recommends people find a divorce coach or a minister when they need to talk about their feelings, she always needs to know the facts. Her specialty is family law procedures and courtroom strategies, so learning what her clients deal with helps her handle each case smoothly.

Representing children is rewarding for Patricia. "Every now and then, you might be the one person the child feels they can talk to," Patricia said. She handles several adoptions every year, and always enjoys the moment when the judge lets the child bang the gavel. After a recent case was decided, she was pleased

to know a little girl got to go home for Thanksgiving because of what she did.

Aligned with the cause of Court Appointed Special Advocates (CASA), Patricia donates to CASA of Johnson County. She and her husband, Jeremy, have two little girls, and her heart is dedicated to the community they call home.

Jeremy, a licensed attorney who works for a large Fort Worth company, is able to help Patricia when she is busy. "For instance, he can get a restraining order when I have somewhere else to be," Patricia said, "and he's drafted wills for me while I'm busy doing a protective order hearing."

Running an efficient office allows Patricia to offer very reasonable hourly rates. "I don't charge for paralegal services," she said. Her part-time assistant drafts legal documents. Patricia prepares orders herself. Always very punctual, Patricia's clients know what they request of her in the morning will be filed as quickly as possible. "I have a fantastic process server, so we are a great team," she stated.

Stanley Law Office's phones are always answered. Their responsiveness to customers runs deeper than communications, however. Patricia participates annually in an advanced family law conference. Her focus on the constant, significant changes to family law gives her an expertise that serves her customers' advantage.

"Often, people have difficulty deciphering whose weekend, spring break, summer or holiday time it is to have possession of their child or children," she said, adding that standard possession orders often contain deadlines for conservators to designate specific time periods. Typically, the deadline for making such elections for the summer is April 1.

Patricia encourages people living by court orders and following their provisions to read their orders carefully and seek assistance from an attorney, if help understanding the orders is needed. "It is of utmost importance," she said, "to respect and follow court orders." Stanley Law Office will help you with good sense and great sensitivity. **NOW**

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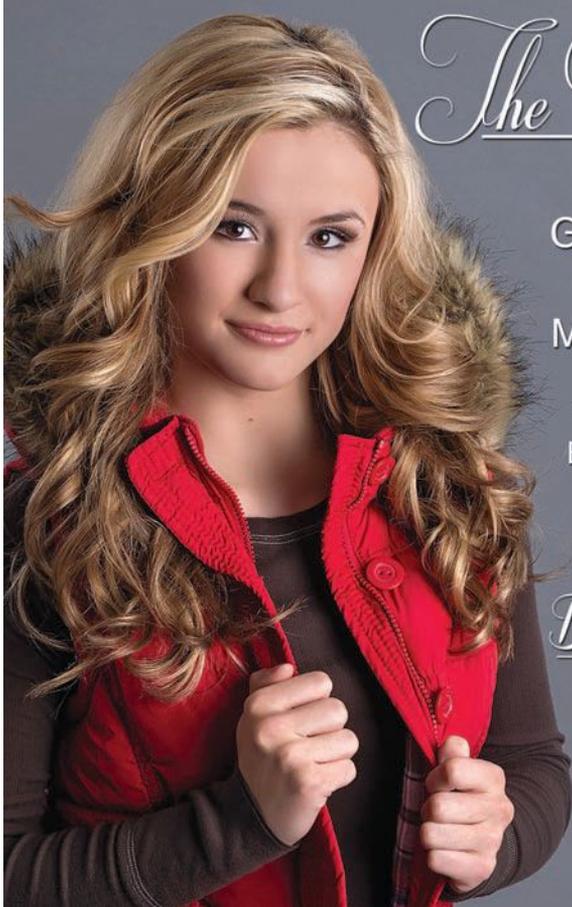


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General Manager Jeremy Osborn passes out free gifts during the ground breaking ceremony for the new Stampede Harley Davidson store.



Joshua Collom, assistant pro at Hidden Creek, gives a golf lesson to brothers Grady and Hayden Russell.



Counseling and Wellness Center's Janice Feuerhelm rubs shoulders with Tarrant County Criminal District Attorney Sharen Wilson at the Power of Heels hosted by NorthPointe Church.



Sunset Winery owner Bruce Anderson, with Marsha, left and Ashley, right, serve Chamber members during an after-hours event.



Susan Shumway changes tags on a new Nissan Sentra before taking a young lady out for a test drive south of Spinks Airport.



Ruth Moor and Melissa McCoy volunteer for the Burleson Area Chamber of Commerce as Ambassadors.



Some of the Centennial High School choir members who were in the stage production of Pippin stretch and flex their showmanship muscles.



Owner of Spokes Bicycles, Dave Garrett, attempts to ride an inflatable bike.



Kately Doughtie, office manager of Texas Coalition for Animal Protection, welcomes new client, Sapphira, and her owner, Emily Gilliland.



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# What Can You Learn From the “Oracle of Omaha”?

Warren Buffet, the “Oracle of Omaha,” is considered one of the most successful investors in history. Yet while the investment world may seem complex, Mr. Buffet’s advice is actually pretty simple. Here are a few Buffet quotes, along with some suggestions on putting them to use:

- **“Whether we’re talking about socks or stocks, I like buying quality merchandise when it is marked down.”**

Essentially, this means you should look for good investment vehicles whose price may have dropped. A bear market tends to drag down many stocks — even those with strong fundamentals and favorable prospects. These stocks might then be considered bargains. One way to determine whether a stock is expensive or cheap is by looking at its price-to-earnings ratio (P/E). For example, if Company A has a share price of \$20 and earnings per share of \$4, then it has a P/E of 5. On the other hand, if



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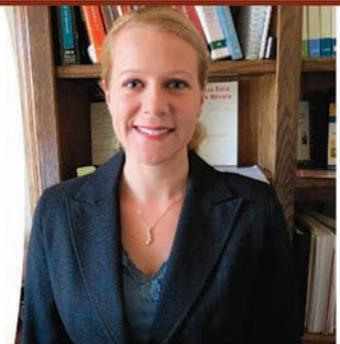


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Company B has the same share price of \$20, but has earnings per share of \$2, its P/E would be 10. So it would be considered more expensive than Company A. Be aware, though, that the P/E ratio works better as a measure of cost when you are comparing two companies in the same industry.

• **“Time is the friend of the wonderful business, the enemy of the mediocre.”**

Be prepared to own quality stocks for the long term. Over time, your confidence may be rewarded. On the other hand, if an investment is not of high quality, its flaws will be revealed over the years.

• **“If investors insist on trying to time their participation in equities, they should try to be fearful when others are greedy and greedy only when others are fearful.”**

Trying to time the market — that is, attempting to buy when prices are low and sell when prices are high — is a difficult task. Too many people do just the opposite: They try to cut their losses by selling when the market is down and then go after the hot investment whose price may already be as high as it's going to go. Mr. Buffet clearly is not in favor of a market timing approach, and those who try to do it, he says, are probably better off by going against the crowd. Keep in mind, though, that even when holding investments rather than trying to time the market, investing in equities does involve risk, including potential loss of principal.

• **“When we own portions of outstanding businesses with outstanding managements, our favorite holding period is forever.”**

When should you sell good investments? Never, according to Mr. Buffet. And while this endless holding period may not be possible for all of us, you get the idea: The longer you keep a good investment, the better off you may be when you do sell.

• **“The line separating investment and speculation, which is never bright and clear, becomes blurred still further when most market participants have recently enjoyed triumphs. Nothing sedates rationality like large doses of effortless money.”**

The lesson here? Be an investor, not a speculator. A long run-up in the market can increase your wealth, but it may also make you prone to risky behavior if you think that all your investments will rise indefinitely.

As an investor, you may well want to consider Mr. Buffet's ideas — after all, they've sure worked well for him. **NOW**

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

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# Preparing for Your First 5K Race

Preparing for a 5K run is a great way to start a fitness routine, lose weight and build a regular exercise habit. Those who have never run before may feel intimidated by completing a race, but with support and determination, it's a very attainable goal.

Regular aerobic exercise can help you improve heart health, reduce stress, boost your energy levels and improve overall well-being. Since most 5Ks are fundraisers, participating is also a great way to give back to your community while staying in shape.

Beginners should talk to their physician first before taking on a training program. You'll want to make sure you don't have any health issues before starting. Always listen to your body and follow your physician's guidelines to complete the race safely.

**Here are a few tips that may help you prepare for your first 5K race:**

- Find a training program that fits your fitness needs, and begin it approximately six weeks prior to the run. Personal trainers are a great resource for helping you develop an individualized plan to get you across the finish line.
- If you're new to running, start slowly. Alternate between running and walking during your workout, walking a few minutes and then running one minute, aiming to increase your time spent running a little more each session. This is a good strategy to avoid doing too much too soon, which can lead to running injuries such as shin splints, IT band syndrome and runner's knee.

Eventually, you can build up to running for 30 straight minutes or more!

- Fuel properly. Eat a simple meal of 200 to 400 calories about two to three hours before running. It is important to have fuel for your workout, but also have time to digest the food. A fruit smoothie with yogurt is a good choice, because it gives you a good balance of carbs and protein but not too much fiber, which can sometimes cause stomach issues.
- Drink plenty of water to keep your body hydrated, especially on warmer days. Water is fine for short-term activity in less hot temperatures. Sports drinks, which contain carbohydrates and electrolytes, are good for activity of one or more hour's duration.
- Map out a safe, low-traffic route that you can train along. If you're running late in the day, wear reflective clothing, so that others can see you coming. Or, find a nearby high school track or fitness center with hours that work with your schedule.
- Get the right gear. Wear shoes specifically made for running which will help you avoid injury, and invest in some moisture-wicking clothing to make you more comfortable during workouts.

There are plenty of community races to choose from. Just pick one and get started with one foot in front of the other. Good luck! **NOW**

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# Calendar

MARCH 2015

## March 6

Lunch & Learn: 11:30 a.m.-1:00 p.m., Honda of Burleson, 632 N. Burleson Blvd. Guest speaker Tim Holtkamp, Business Advisor with the McLennan Small Business Development Center, discusses small business financing. \$15 for members of BACC. Register at [www.burlesonchamber.com](http://www.burlesonchamber.com).

## March 10

Business After Hours: 5:30-7:00 p.m., Comfort Inn & Suites, 321 S. Burleson Blvd. This fun evening of networking is free to Burleson Area Chamber of Commerce members. Call (817) 295-6121.

## March 19

1st Quarter CACC Luncheon: 11:30 a.m.-1:00 p.m., Crowley Recreation Center. Join your neighbors supporting your Crowley Area Chamber of Commerce. \$20. RSVP by March 10 to Terri Horn, (817) 297-4211.

## March 25

Quarterly JACC Luncheon: 11:30 a.m.-1:00 p.m., location to be determined. Joshua's new city manager, Josh Jones, gives a state of the city address. \$15 for chamber members; \$20 for

non-members. RSVP to Joshua Area Chamber of Commerce, (817) 556-2480.

## March 27

Power of Heels Luncheon: 11:30 a.m.-1:00 p.m. Location to be announced. Meet community movers and shakers, and enjoy a presentation by Cindy Milrany, CPA & CFO/CAO for Freese and Nichols, Inc. \$20 for Chamber Members; \$25 Non-Members. Register at [www.burlesonchamber.com](http://www.burlesonchamber.com).

## March 28

Easter in Bicentennial Park: 9:00 a.m.-noon., 900 E. Glendale, Crowley. Join your friends and neighbors for Breakfast with the Easter Bunny at **9:00 a.m.**, followed by an Easter Egg Hunt at **10:00 a.m.** Bring a camera and baskets to the celebration. Contact Cristina Winner, (817) 297-6707.

Aqua Egg Hunt: 10:00 a.m.-noon., The BRiCK, 550 N.W. Summercrest Blvd. Children up to age 11 will be divided into four age groups for Easter egg hunting in the play structure area and the lap pool. Bring swimsuits and goggles \$2 each child. Preregistration recommended. Call (817) 426-9104.

## April 3 — 5

Easter Weekend: **Friday**, 7:30 p.m.; **Saturday**, 6:00 p.m.; **Sunday**, 8:15, 9:30, or 11:00 a.m.; Pathway Church, 325 NW Renfro. Call (817) 295-5832.

## Ongoing:

### Second Wednesdays

Burleson Area Riders Club: 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: 10:00 a.m.-2:00 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.

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*



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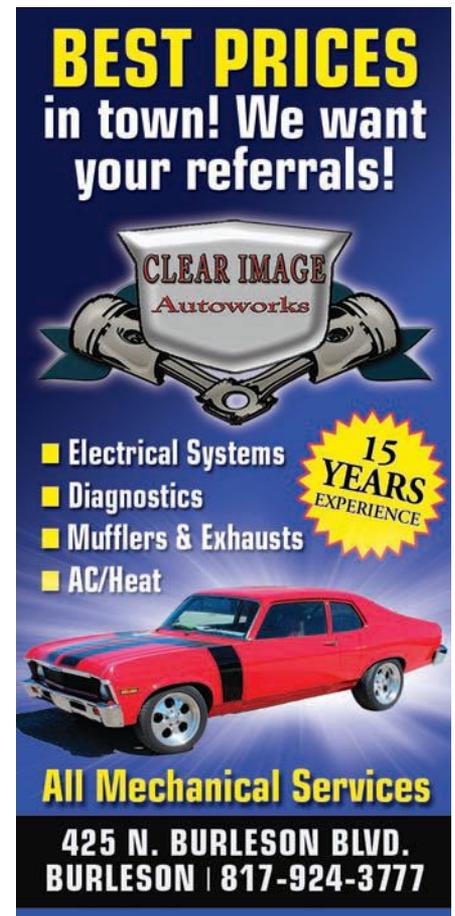
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## In the Kitchen With Lori Moore

— *By Melissa Rawlins*

Known for lushly decorated baked goods, Lori Moore sent her daughter, Tori Cranford, off to Baylor University with 10 dozen cupcakes. “What better way to make friends?” Lori asked. She and her partner, Jamie Moore, love hosting friends and family with food cooked on the grill, when possible, and inside during cool weather. Kitchen time has always been happy time for Lori, whose family ate mostly at home throughout her childhood. The first time her mom, Cindy Duke, asked Lori to learn to prepare her favorite dinner, she recalls baking chicken, mashing potatoes and parboiling green beans. She still cooks several healthy meals each week for her family. The key to Lori’s cooking is love. “It just tastes better when you put your heart in to it.” **NOW**

### Fabulous Cream Cheese Icing

**2 sticks unsalted butter, softened**  
**2 8-oz. blocks cream cheese, softened**  
**1 tsp. almond extract**  
**4 cups powdered sugar**

1. Cream butter, cream cheese and almond extract.
2. Gradually add powdered sugar.

### Li'l Bits Favorite Oatmeal Chocolate Chip Cookies

**1 cup unsalted butter, softened**  
**1 cup dark brown sugar, packed**  
**1/2 cup granulated sugar**  
**1 tsp. baking powder**  
**1/2 tsp. baking soda**  
**1/2 tsp. ground cinnamon**  
**1/4 tsp. ground cloves**  
**2 large eggs**  
**2 tsp. vanilla**

**1 1/2 cups all-purpose flour**  
**2 cups instant rolled oats**  
**1 12-oz. pkg. semi-sweet chocolate chips**

1. Preheat oven to 375 F.
2. In a large bowl, beat first 7 ingredients. Scrape sides of bowl occasionally to combine ingredients.
3. Beat in eggs and vanilla; gradually add in flour.
4. Stir in rolled oats and chocolate chips by hand until mixed well.
5. Using a large melon scoop, drop cookies onto greased cookie sheets about 2 inches apart.
6. Bake for 10-14 minutes, depending upon the crunchiness you prefer.

### My Late Grandmother’s Homemade Cornbread

**1/4 cup cooking oil (divided use)**

**1 cup all-purpose flour**  
**1 cup cornmeal**  
**2 eggs**  
**1 Tbsp. sugar**  
**1 tsp. baking powder**  
**1 tsp. salt**  
**1 1/2 cups milk**

1. Preheat oven to 425 F.
2. Place 1/8 cup oil in a 9x11-inch pan and preheat it.
3. Quickly mix the remaining oil with all ingredients and pour into preheated pan. Cook 20 minutes, or until golden brown on top.

### Healthy Chicken Salad

*Very low-calorie.*

**2 boneless, skinless chicken breasts**  
**1 10-oz. can Ro-Tel**  
**2-3 Tbsp. dill relish, or to taste**  
**1 Tbsp. olive oil mayonnaise**

1. Cook chicken with Ro-Tel in a covered skillet on medium-low about 2 hours, until all the Ro-Tel begins to caramelize and chicken falls apart.
2. Cool and shred chicken.
3. Add as much dill relish as you prefer and just enough mayonnaise to moisten chicken. Use for quesadillas, chicken tacos and anything else requiring shredded chicken.

### Pulled Pork

*Yummy served on a bun.*

**1 9-lb. pork shoulder roast with a fat side**  
**4 Tbsp. seasoned salt**  
**2 liters root beer**  
**1 18-oz. bottle Sweet Baby Ray’s Barbecue Sauce**

1. In a large Crock-Pot, place roast fat side up. Rub with seasoned salt to cover the fat. Pour root beer up to the fat on the pork. Cook 6-8 hours on high.
2. After cooking, skim off fat layer. Remove pork, leaving enough juice to cover the pot’s bottom. Shred meat, using two forks, or if cool enough, your fingers. Add pork back to pot with sauce.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).

iKids wishes you a safe  
and fun *Spring Break!*



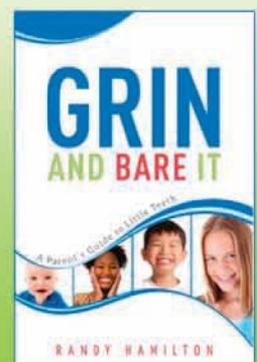
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