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Sarah Pentikis found her passion in culinary arts

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ON THE COVER



Sarah Pentikis helps run the Spartan Bistro at Centennial High School.

Photo by Vanessa Polozola.

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Editor's Note

Count Your Blessings, Friends!

When I was a youngster, I joined the Kiwanis Club in a faraway town. Their meetings were never as much fun as Burlson's Kiwanians have together. Their annual Pancake Day takes place the second Saturday of this month at Russell Farm Art Center and promises education as well as entertainment for the whole family. On top of the relaxed fellowship, all the money raised through this event goes to sponsor worthwhile community projects and organizations. Locally, they support Key Clubs at Burlson and Everman high schools. In Asia and Africa, they support The Eliminate Project, through which Kiwanis International and UNICEF have joined forces to eliminate maternal and neonatal tetanus by providing access to immunization and health-service infrastructures.

One of our blessings is that we live in America, where I know — from experience — I can walk into any clinic, ask for a tetanus shot and get one immediately. What about America are you grateful for?

Have a great month!

Melissa

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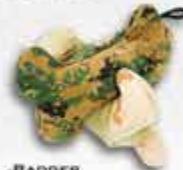
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Cooking Forward

— By Lindsay L. Allen





As a young adult, the hopes are to graduate high school and, through continued education, find a great internship where the “real hands-on learning” takes place. Sarah Pentikis, a senior at Centennial High School in Burleson, is looking forward to possible internships after graduation this month, but she hasn’t been waiting around for the “real hands-on learning” to happen post high school. Sarah discovered her passion for cooking at a young age and has found jobs, courses and contests that help strengthen and challenge her culinary skills. “I grew up cooking with my grandmother, where I realized at age 8 that I wanted to be a chef. She was Cuban and would make old family recipes with me. My favorite dish to cook with her was shrimp enchilado, a tomato-based dish that is popular in Cuba,” Sarah said.

With dreams to oversee her own restaurant one day, Sarah has already positioned herself with as many experiences and skills as a teenager can toward this goal. Her freshman year, she signed up for the hospitality and tourism courses at the school and has been building on this area of study for the last four years. With courses focused on nutrition, cooking techniques, principles of hospitality, money management and culinary arts, Sarah has been grasping as much as she can, while she prepares to attend culinary school after high school.

One of the really neat opportunities Sarah and many other students at Centennial High School have been part of is the Spartan Bistro — a student-run café that offers various dishes to faculty and students three times a week. The café operates out of the high school and rotates the menu selections every two weeks, allowing students, like Sarah, a chance to increase their skills with different cuisines. In addition to serving lunch to the school, the café also caters for events up to 500 people.

“We spent the first two months of the school year designing the menu selections and prices, making lists of all the ingredients that would be needed for the year, checking stock levels of utensils, plates and more,”

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Sarah explained. “We opened the café doors for business in October, and so far, my favorite dishes have been from the Mexican menu selection.”

Every week, the students rotate assignments within the café, so everyone becomes familiar with the roles of restaurant manager, line cook, cashier, deliveries, food prep and more. Sarah, of course, prefers to be the line cook, mainly because she gets to be “in the action,” and doing what she loves most — cooking. Sarah is also tasked with inspecting weekly food deliveries to the café and making sure all ordered ingredients are in the shipments. “When I was manager for the café, I had an eye-opening experience. I realized I needed to trust and learn that my ‘employees’ could complete tasks on their own, which is something I hope to have mastered by the time I do open my own restaurant doors,” Sarah admitted.

Erica Boykin, also known as Chef Boykin to the students, is Sarah’s culinary arts instructor and was quick to point out that “Sarah is a natural-born leader and helps keep her class on task when planning menus and pricing them. She is the student that teachers dream about having.”

It’s not just her success and leadership in the café that has prepared Sarah for her culinary studies and career,

"She has a bright future ahead of her. I believe she is going to be a very successful chef, and I can't wait to come eat at her restaurant in the future."



but the contests she participates in have also helped her. Combining business acumen and culinary skill through various competitions, Sarah has learned how to think on her feet and work under pressure.

In January of this year, she was on a team of four in a contest where

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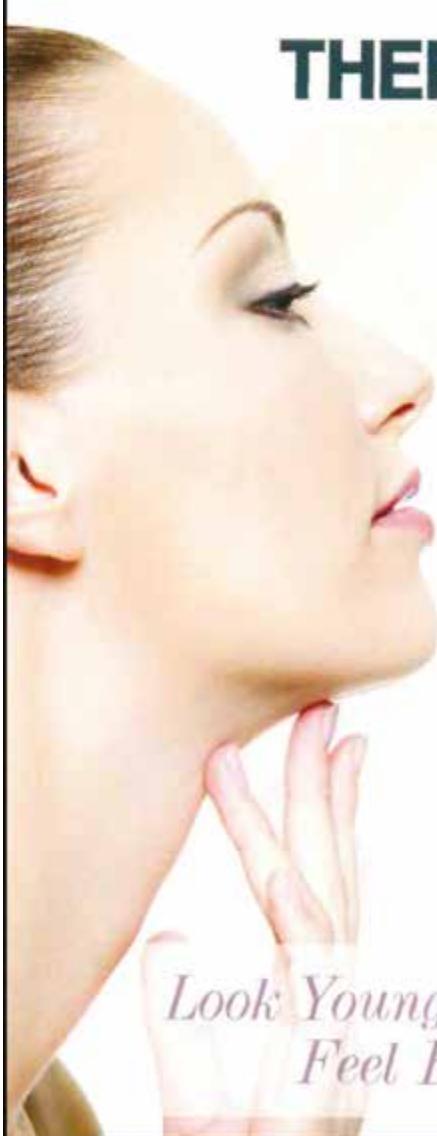
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students were given a budget of \$100, a theme (in this case a three-course meal) and one hour to prepare and present a meal to judges. Her team chose to make lobster croquette as the appetizer, with quail rosettes and shrimp for the entrée, followed by a caramel apple tart with popcorn ice cream for dessert. As the head chef for the team, Sarah had to verbally present the meal before a panel of judges. "I knew going into this contest that time management would be our biggest constraint, after competing in a similar competition before. In the previous competition, we ran out of time after adding too much butter to our pie dough, only to find out we didn't bring enough flour to help correct the issue," Sarah said. "They say 'practice makes perfect,' so I knew going into the January contest where our weaknesses lay and of possible hiccups that could occur."

Through the FCCLA program at her high school, Sarah competed in the mystery basket contest, where she was presented a basket of ingredients and given 30 minutes to create a recipe. In her first competition, Sarah and her partner finished second place with lasagna rolls. "The contests have been the best learning experiences and definitely [the] most challenging," Sarah shared. "I have enjoyed competing, especially when scholarship offers are on the line."

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While Sarah is becoming quite the professional in the kitchen, her cooking efforts don't always end in scrumptious dishes. She laughed as she remembered using cumin, instead of cinnamon, only to realize it after biting into the cupcakes. Another time, she used baking powder versus baking soda for her biscuits, which caused them to turn out tasting like soap. While she enjoys baking, her true love is cooking. Sarah admits she doesn't have the patience for baking, especially cake decorating, but she does get numerous requests for Oreo balls from her friends and family.

When she isn't cooking for the café or preparing for contests, this straight A student is working at Babe's Chicken Dinner House, where she stays busy in the kitchen, trying to soak in as much as she can from the cooks. Sarah is also busy preparing for her next step in life. She has been accepted into the culinary arts program at El Centro College in Dallas and even received a scholarship to El Centro College through one of the contests she competed in during high school.

"I'm so excited for Sarah. She has a bright future ahead of her. I believe she is going to be a very successful chef, and I can't wait to come eat at her restaurant in the future," Chef Boykin said. With a recipe for a successful future ahead of her, Sarah will be missed by many at her high school and in the town of Burleson when she leaves for school this fall. **NOW**

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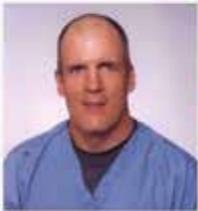
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KEEPING IT CLOSE

— By Melissa Rawlins

Best friends since second grade at Crowley Elementary School, Brent Teeter and David Hargrave keep their allegiances close. Sharing an affinity for helping others and an entrepreneurial spirit, they credit both characteristics to their family legacy. David's father, J.A. Hargrave, has a Crowley ISD elementary school named in his honor. Brent's paternal grandfather, Harry Teeter, was mayor from 1960 to 1974. And Brent's maternal grandfather, Earl Cloer, was a developer in Fort Worth in the '50s and '60s. Extending that progressive concern to Crowley, the duo partners with like-minded men and women to fulfill their mutual mission: positively impacting people.

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Along with Don Womble, who pastors The Fountains Fellowship Church, Brent and David set their hearts on making a lasting difference in the lives of local youth. The trio started Impact Kidz Ministry in 2011 to feed school children who might otherwise go unfed from Friday afternoon to Monday morning. “We have the opportunity to help one child at a time, and that’s what the Lord laid on us in starting Impact Kidz,” Don said.

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afford the reduced rate of \$3.50 per week. Of those families, many children do not eat again until the next school day begins — which translates into not eating at all during the entire weekend. This is where Impact Kidz comes in. “We saw a need,” Brent said, “and thought there was no better way to reach the community than through the schools, where we could put the food in the children’s hands.”

The organization served 100 students at H.F. Stephens Middle School in its first year. Now it supports 600 children at four Crowley ISD campuses with nonperishable items packaged in a sack lunch that is distributed to them when they leave school on Friday. “We will branch out as time goes on,” said Don, who presided until last year over the board directing Impact Kidz. Curtis Wood and Billy Eubanks serve along with Corey Ward, the current president, who is also a missionary with Manna Worldwide and the missions pastor for The Fountains Fellowship. Impact Kidz Ministry’s goal is to develop service to all Crowley schools and then expand to help children in surrounding school districts.

The average sack lunch costs around \$4. The visionaries behind Impact Kidz decided to make a positive and lasting impact on kids in our community by providing a turnkey program for churches, organizations and individuals to partner with the schools. Brent and David designed a corporate sponsorship program that allows a more significant

impact at a much faster rate. Companies can make a one-time donation or a recurring donation and offer the program to their employees through payroll deduction. Impact Kidz encourages companies to offer a 1-to-1 match sponsorship with employees, so if an employee sponsors two children, the company will match by sponsoring an additional two children.

Brent and David were first to offer such an opportunity to employees in their own business, Powerhouse Retail Services, and many of their employees give to the cause. Members of Fountain Fellowship, likewise, pledge to support one or more children per school year.

Members of both organizations also volunteer to do weekly tasks required for Impact Kidz Ministry to provide the children with their food. The goal is to grow the numbers of local people who donate their time to help with food sack assembly, assisting with delivery of food to schools or passing out food at the schools.

Such activities dovetail with the mission of The Fountains Fellowship, a church of which Brent is a founding member. Don approached him in 2008 about starting a church where children and adults receive discipleship to become fully devoted and developed followers of Christ. Brent shared Don's vision. "We're a kind of church," he said, "geared toward going aggressively after



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the people who are unchurched and haven't had a relationship with God and Jesus before."

"Their vision is to build people up to be mature believers in Christ, which allows people to give, to feel compelled to give," David noted.

"We try to equip people to go out into the community," Brent added.

Community was their binding vision in 2004, when Brent and David began planning their business providing construction solutions for corporations nationwide. Powerhouse doesn't sell anything, and its local offices serve simply as corporate headquarters and a training location. "We could have started this company anywhere. My passion was starting and growing something inside of Crowley that would have a positive and lasting impact on people," Brent said. "This is the community David and I both grew up in, and our vision 10 years ago was to make a big impact."

"We built our business to be as big as possible, so we can give back to people," David said, adding the Crowley connection started in 1972. "I always say Brent and I have been best enemies since second grade. We fight like brothers but have a similar idea about what's right and what's wrong."

Even before David and Brent graduated from Crowley High School, they found ways to earn money, while helping people. "In high school, we had a lawn service," David recalled.



They met because Brent's mom, Gerry Teeter, owned a dress shop behind the dental office belonging to David's dad, J.A. Hargrave. Marilyn Hargrave, who worked at Alcon for a number of years, shopped at Gerry's boutique, and the two ladies became friends. Over the years, both families took at least half a dozen vacations together.



David's family was blessed to associate with a strong Crowley family. Brent's father, George Teeter, was a real estate appraiser whose parents, Harry Teeter and his wife, Ada May Wadsworth Teeter, were second-generation citizens of Crowley. "The house my grandmother was reared in is still on Hampton, still maintained by our family," Brent said.

"My love of Crowley came from my granddad, because all the work he did as mayor was all volunteer, just as it is done now. I got my work ethic from my father and my entrepreneurial spirit from my granddad on my mother's side, Earl Cloer, the developer," said Brent, who enjoyed relationships with all of them.

Both Brent and David have been extremely fortunate to have never had to do without. "We both have kids. Our heart is soft for children, since they don't have the means or the ability to care for themselves," David said. "Impact Kidz Ministry is right here at home and gives us one avenue to make the kind of impact we hope for." Challenging themselves to help more each year, their goal is to help 1,000 kids in 2016. **NOW**

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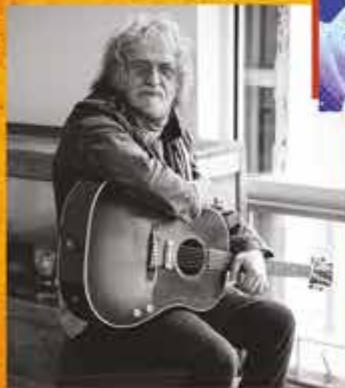


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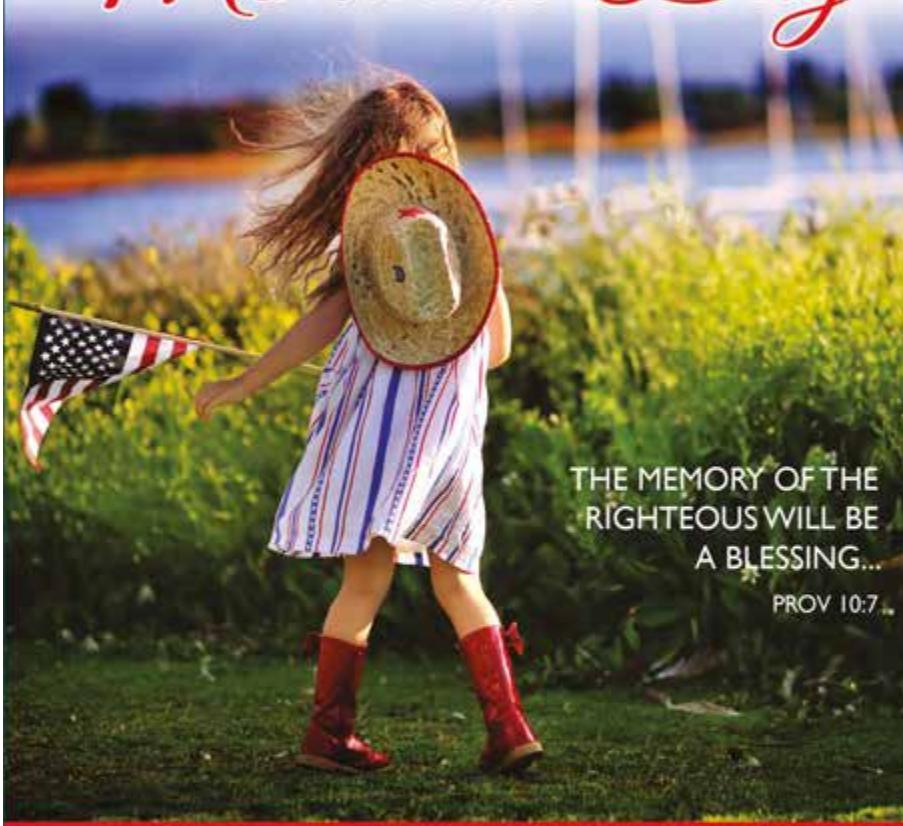
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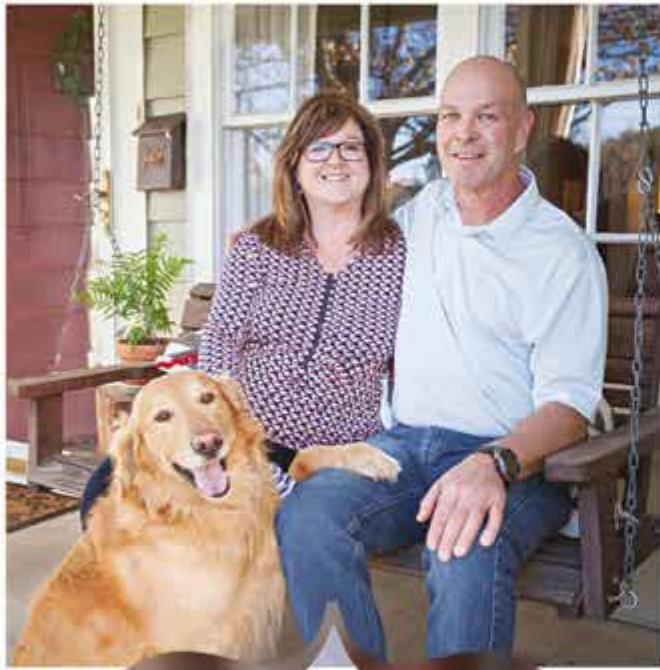
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Old Town Beauty

— By Carolyn Wills

AT HOME
WITH

*Jeff and
Lisa Havens*

Four years ago, Jeff and Lisa Havens bought more than their dream home. They became part of Old Town Burleson. “We love it!” Lisa shared. “Experiencing the vitality, hearing the trains and having everything we need within walking distance is really special.”

Rich history in the midst of renewal is the definition of Old Town, these days, and it’s something Lisa is especially excited about. Her parents, Jimmy and Darlene Sheffield, moved to Burleson in 1963. “As my mother says, ‘We have footprints here,’” she smiled. Lisa is a 1979 graduate of Burleson High School and is still in touch with high school friends.

Jeff moved to Texas in 1979 from Springfield, Ohio. He and Lisa met while he was taking a class, and she was working at Tarrant County Community College. The two married in 1986





and have a son and a daughter. "Family is everything," Jeff said. "Our daughter, Avery, and our two granddaughters are living with us, and it's been a lot of fun sharing this experience. Ella is 6 years old and within walking distance of her school, and Lyla is 3."

Jeff and Lisa appreciate history and the value of restoration and preservation. "We built a house in Mansfield where we lived for five years before moving to Alvarado and, then, to Joshua," Jeff said. "We were looking to move into Burleson when we found this house." From the changes they've made to their 1,250-square-foot cottage, it's clear they also have their fair share of amazing talents. "Not everybody can do 'little and old, but it fits us,'" Lisa grinned. "The previous owners took great care of the house, so we've been able to have fun adding our style."

They started by scraping and sanding popcorn ceilings and then painting the majority of the interior a shade of pale blue, fittingly called Sweet Slumber. Today, inside and out, the three-bedroom, two-bath home built in 1954 is truly an



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“Old Town Beauty” with loads of lighthearted appeal and authentic charm.

The subtle gray/green exterior, wooden windows with original panes that are trimmed in white, whimsical flower bed and draped front porch, topped with a blue bead board ceiling set the stage for a home that is also a work of art. “I made porch drapes from drop cloths to add charm and ease the heat of the sun,” Lisa shared. “The gate in the flower bed is from my great-grandparents’ farm.

It’s important to display things that you love, to personalize and be a little bold. To me, that’s happiness.”

The interior begins with a stunning living room and open view of the dining room at the far end. The living room features a classic, clean-lined sofa topped by a horizontal, antique, wall-mounted mirror. These are accompanied by vintage chairs, an ottoman-style coffee table, antique lamps on side tables, a gorgeous chandelier and open shelving along the opposite wall. With the original oak hardwood floors, wooden windows, soft

colors and lighting, the room is beyond picture-perfect and, most importantly, comfortable and functional.

“I like creaky floors and old wooden windows,” Lisa grinned. “Also, I believe in using things like the mirror that once belonged to Jeff’s grandpa and the dishes and quilts that were my great-grandmother’s.”

The dining room is light and bright and big enough for a table, four chairs, a tall white cupboard and a beautiful chandelier. “The cupboard looks like a built-in, but it’s actually a piece that we believe was homemade,” she said. “We bought it used for \$65.” The cupboard serves as extra storage and is the perfect showcase for a collection of blue Ball jars and an old metal teapot.



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Lisa enjoys decorating and is practiced at helping others decorate. "When I want to change things, I look at what we already have," she explained. The metal teapot was sitting in the garage when she realized it was destined for the dining room. "It's also fun to salvage things like an old screen door that works as a wall hanging."

The heart of the Havens' home has to be its magical kitchen. Entering this room for the first time and not smiling is truly impossible, and what it



lacks in size, it makes up in functionality. Somewhere in the past, the kitchen must have been a dark, little room with stained, knotty pine walls and heavy cabinetry. Jeff lightened the room with paint and removed cabinet doors for open shelving on the wall with the sink. Lisa added a colorful skirt beneath the sink and decorated the shelves with treasures like antique ironing bottles, old dishes and a small lamp.

The kitchen opens to the dining room and, also, to a room added to the back of the house, at some point. That room has now been transformed into a second living/family room. "This floorplan works well for a family," Lisa said. "Even though the footprint is small, there's plenty of space and privacy."

The master suite, located at the back left corner of the house, features tiny lights strung around windows, a gorgeous, antique wooden bed dressed in chenille and quilts, an arrangement of hats on the wall, a chandelier and antique mirror and big wooden shutters framing



both walls of banked windows. "This is my favorite room," Lisa shared. "There's a big pecan tree in the backyard, and when the moon is full, it shines through the tree right into our room."

The second bedroom belongs to Avery, while the third has been transformed into a "princess palace" for Ella and Lyla. Twin beds are decorated in pinks, yellows and greens, and the walls were redone with a treatment of glittery pink paint.

Not to be forgotten is Ella and Lyla's best friend and protector, Bodie, the family's beloved Golden Retriever. "He's a great dog," Lisa said. "Jeff and Ella like to garden and Bodie is always on watch." This is the third year for Jeff and Ella to plant tomatoes and green beans.

Lisa is director of the Newborn Hearing Program at Baylor All Saints Hospital in Fort Worth. "We see as many as 500 babies a month," she said. "I've been there for 12 years and love my work."

Jeff is an inventory control specialist for a subcontractor of the Transportation Security Administration. He's also an avid athlete and triathlon competitor with aspirations of competing in an Olympic-level Iron Man triathlon. Oh, and he's also the proud owner of a classic 1964 black Ford Ranchero.

Jeff and Lisa are grounded in keeping things simple, fun and connected. They treasure their "Old Town Beauty" and Burleson. "Now," Lisa grinned, "I can tell my granddaughters they have footprints here, too." **NOW**



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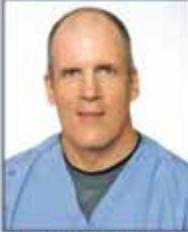


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IT'S A-BOAT TIME

— By Zachary R. Urquhart

Summer is here! With Texas' cool days vanishing rapidly, this month marks the beginning of the summer season. One of the best parts of Texas summer is going to the lake. Before you head out to hit the waters, there are some important things to remember to ensure you experience a fun-filled day.

BEFORE YOUR TRIP

- *Safety starts at home:*

Boating is exciting, but there are many things you should know before getting on the water. The Texas Parks and Wildlife Department teaches safety classes throughout the year, as well as offering an online version of its course. For anyone born after August 1993, the safety course is required in order to operate a powered vessel.

- *Know your equipment:*

In addition to knowing the safety standards for your boat or personal watercraft (PWC, also commonly called a Jet Ski), you need to ensure you know the equipment itself. If you are renting

a vessel, familiarize yourself with controls and features. If you own your own boat or PWC, check the oil and fluid levels the same way you would a car.

- *As you are planning:*

While Texas is somewhat lacking in natural lakes, there are a plethora of manmade spots to enjoy. For a perfect sunny day on the water, a local lake might be the place for you. But if you're thinking about a longer trip, you might want to consider traveling up north to Lake Texoma or exploring a lake in the Austin or Houston areas.

- *When you pack:*

Because you are constantly getting hit by the cool mist coming off the boat, you might forget to apply sunscreen or drink



enough water. Bring plenty of liquids and sunscreen to take care of your body's needs, inside and out. You want to remember your trip for the first time you waterskied, not the wicked sunburn you got spending 10 hours in the heat.

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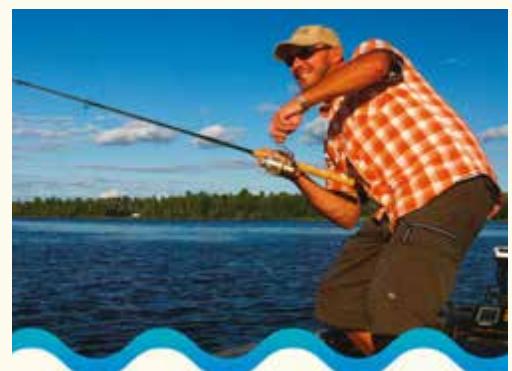
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a small fee, with all but a guarantee of a successful day baiting and luring. If your desires are more for speed and thrills, make sure to find a location free of heavy traffic or shallow water. Choppy waves are great for PWC use, and can be fun for general boating, but for waterskiing and wakeboarding, you will want flatter waters. One trick is to make passes about 20 yards away from, but parallel to, manmade shorelines that act as a natural wind blocker.

• *Equip yourself:*

Make sure you wear life jackets. Legally, adult boaters only have to have a life vest available, not necessarily on. But tragic, avoidable deaths happen every year because someone failed to use a life jacket. Children under 13 are required to wear life jackets, and they should also be closely monitored while the boat is underway. It is also prudent to take a wallet and phone on the lake in case you have any mechanical or user-error problems on the water.

• *Boat safety:*

You should always pass other vessels on the left, or port side. When you pass



another vessel, a person or an object of any type, you must be more than 50 feet away or slow to idle speed. Boats are allowed on the water at night if they have lights, but PWCs must be off the lake 30 minutes before dusk for everyone's safety.

• *Know your limits:*

PWCs are fun and relatively simple to learn to use, but operating larger boats is much more involved, so do not try to take out more boat than you can handle. When it comes to getting maximum speed, or trying tricks on skis and boards, make sure you have someone who can help you if you overdo it.

• *Keep your ears and eyes open:*

You want a full day at the lake, but if waters are too choppy for skiing, or if storms are coming, it is best to be safe. Someone waving hello and someone waving for help looks similar from 60 feet away, so be sure to look for signs indicating that a fellow boater needs help. The Texas Wildlife Department has wardens patrolling the lake for everyone's benefit, so afford them the same courtesy and respect that you show highway patrolmen.

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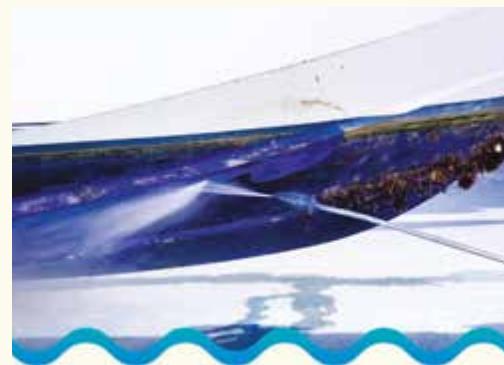
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BEFORE HEADING HOME

• *Recheck your hitch:*
 Be careful to make sure your boat is securely hitched if pulling or secured on the lift if it stays at the lake. For a lift, make sure to raise the boat based on the highest possible water level, not necessarily the current level. Every year, boats fall off lifts and sink during storms because they were not lifted high enough off the lake level.

• *Cleaning up:*
 There are organisms and bacteria in some water that will eat away at the veneer on a boat if left untouched, so make sure to give it a quick wash when your day is complete. If you travel from one body of water to another, make extra sure to clean the boat, as some organisms in one lake will attack those in another if they are allowed to spread.

It may seem as though there are a lot of rules to follow just to have a relaxing day on the water. But following these guidelines will help you be prepared for your day at the lake, as well as keep you and your loved ones safe. **NOW**

Editor's Note: More laws, safety standards and general boating information are available on the Texas Parks & Wildlife Boating Page at www.tpwd.texas.gov/fishboat/boat/.

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Kathe Reis is sure that if she loves a certain look, her customers at Glitz Boutique will like it too!

Accessorize Yourself

Fun, fashionable and blingy women just love Glitz Boutique! — By Melissa Rawlins

One item at a time, people are adding trendy additions to their basic wardrobe. During easy shopping experiences in Glitz Boutique, women are finding blouses, dresses and, sometimes, pants. Hidden in the back of Serendipity — A Complete Beauty Escape, the boutique and its racks provide ladies the glamour they're looking for. Owner Kathe Reis knows most of her customers are already there spending money on their hair but welcomes women from all walks of life to come in and shop.

"I keep my prices within reason, and it just helps everybody," Kathe said. Glitz Boutique travels, too, setting up anywhere for parties and community events. They've sold fashions in homes, at festivals and, on a regular basis, at Lost Oak Winery for the Sip & Shop event. This has allowed Kathe to present her

simple methods of glitizing up to people not already familiar with Serendipity.

A full-time Realtor, Kathe is usually not found staffing Glitz Boutique. Serendipity's receptionist acts as cashier and will give customers with questions Kathe's phone number. "My favorite thing about the store is that it runs itself," she said, "and I get to go into market and shop and get all the new stuff coming out."

For May and early summer, Kathe is offering blouses and dresses to brighten up your look. Not tied to any certain brand, Glitz Boutique's selection depends upon what Kathe likes and orders. "Typically, the clientele is within my age group," she said. "We're business people, working hard, but we also have a casual side. If I would wear it, I figure other people would,

Business **NOW**

too!" A survey of her racks shows a wide variety: Very J, Urban Mangoz, ZigZag Stripe, LoveRiche, Blu Pepper, Soho Girls, 2BTogether and Origami. Most of the tops are made of cotton or rayon in China, India or Los Angeles.

Marina Pacifica in Long Beach, California, was the location of a clothing store where Kathe worked during high school. "I had a ball," she said. "I also have a stepbrother who owns Miken Clothing in Los Angeles. He started as a beachwear line. Now his business is on a large scale. His line is sold in Macy's, Dillard's and Target. It runs in the family, I guess."

For May and early summer, Kathe is offering blouses and dresses to brighten up your look.

After three years in business, Kathe says the key to the success of Glitz Boutique is that she's gotten to know her clientele. "They let me know what they want," she said. "I tell them to take a picture of the label, send it to me, and if I can find it wholesale, then I'll put it in the boutique." Many request Glitter Flops, a cute, orthopedic line of shoes that glam up almost every outfit a lady might wear this spring.

Jewelry and purses are great fun for accessorizing any of the tops available at Glitz Boutique. One remarkable, hammered silver ring Kathe sells in a precious silk bag is engraved with *I can do all things through Christ who strengthens me*. "Customers should be able to buy something and wear it over and over," Kathe philosophized. "I carry Good Works' leather-wrap bracelets, some fun stuff. Twenty percent of the profits go to feed the homeless in the United States. That's my way of giving back."

She also runs sales every month. Look at the ad in *BurlesonNOW Magazine* to see what the sales are. Since Kathe puts something new in the shop at least every two weeks, there's always something nobody's seen before waiting just for you. **NOW**

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Dr. Dan Powell encourages chamber members to look into the Crowley Collegiate Academy opening this fall.



AmeriPro Funding's Sonia Gonzalez and Rene' Barson take time to improve their relationship skills at a recent Power of Heels luncheon.



Wearing Olga's beloved hats, friends celebrate the life of Olga Lou Smith at her funeral.



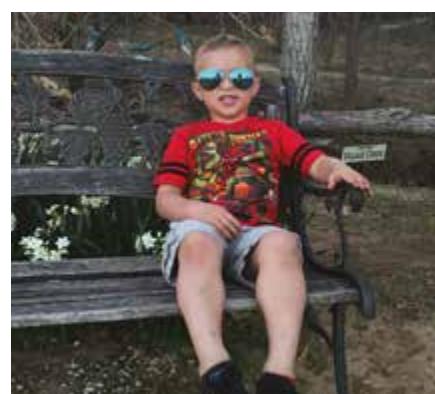
Erica Gronbach, and her son, Matt Trujillo enjoy some quality time at the Alamo.



Earning three of their 24 community service hours, Joshua High School Student Council serves at the JACC Awards Banquet.



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Mason Monreal, son of Katie Monreal, is decked out in ninja style at Lost Oak Winery.

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Which IRA Is Better for Younger Workers?

If you're at the beginning of your career, you might not be thinking too much about the end of it. But even younger workers should be aware of — and saving for — their eventual retirement. And since you've got many years until you do retire, you've got a lot of options to consider — one of which is whether an IRA may be appropriate for you and, if so, what type.

Essentially, you can choose between a “traditional” IRA and a Roth IRA. (Other types of IRAs are available if you're self-employed.) With a traditional IRA, you contribute “pretax” dollars, so your contributions are generally tax-deductible, depending on your income limits and whether you also have a 401(k) or other retirement plan at work. In 2016, you can contribute up to \$5,500 to your traditional IRA, although the limit rises once you reach 50. You can fund your IRA with many types of investments — for example, stocks, bonds and government securities — and your earnings grow on a tax-deferred basis.

A Roth IRA has the same \$5,500 annual contribution limit and can also be funded with many types of investments. But there are some key differences. You can only contribute to a Roth IRA if your income is below



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a certain threshold, but that threshold is quite high, especially for younger workers starting their careers. So you'll likely be eligible. However, your contributions are never tax-deductible, so you're basically funding your Roth IRA with money on which you've already been taxed. But your earnings can grow tax-free, as long as you don't start taking withdrawals until you're 59 1/2, and you've had your account at least five years.

Assuming you can contribute to either a traditional or a Roth IRA, which should you choose? There's no one right answer for everyone, but as a younger worker, you may be able to gain two important benefits from contributing to a Roth.

First, since you're probably earning much less now than you will later in your career, you're likely in a relatively low tax bracket. Usually, the only way to get money from a traditional IRA before you retire is through a short-term loan; otherwise, you can get hit with both taxes and penalties on early withdrawals. But with a Roth IRA, you can withdraw your contributions (not the earnings) penalty free to help pay for your first house or to go back to school.

Still, as mentioned above, there's no hard-and-fast rule as to which IRA is better for younger workers. For example, if you are certain you'll be in a lower tax bracket when you retire, you might be better off by taking the yearly tax deductions from your traditional IRA and then paying taxes on the withdrawals when you retire. But that's a hard prediction for anyone to make. Your tax advisor may be able to provide some guidance on whether a traditional or a Roth IRA is better for you — but either one can be a valuable resource for that day, many years from now, when you say "goodbye" to work and start a new phase of your life. **NOW**

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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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In the Kitchen With Erica Bevel

— *By Melissa Rawlins*

During her youth on the family farm in Cleburne, Erica Bevel’s mother taught her everything — from where beef comes from to harvesting vegetables fresh from the earth and eggs straight from chickens. She chopped vegetables for her mother’s stir fry, a common dinner that prevented her sister’s allergic reactions to food. Erica started cooking on her own during college, when the girls she roomed with rotated dinner duties each weeknight.

She returned to this area with her husband, Carsen, to grow Burleson’s Camp Gladiator, for which Erica is head trainer. She’s happy to run into friendly faces, while shopping the produce aisle. Erica still gets beef and chicken from her parents’ farm. “I just keep it simple,” she said, “and stick to my roots.” **NOW**

Chicken Crock-Pot Tacos

Tacos:

- 2 lbs. boneless chicken tenderloins**
- 1 1/2 15-oz. cans black beans, rinsed and drained**
- 1 15-oz. can corn, rinsed and drained**
- 2 4.5-oz. cans green chilies**
- 1 medium red onion, diced**
- 2 1.25-oz. pkgs. reduced-sodium taco seasoning**
- 1 tsp. cinnamon**
- 12 corn tortillas**

Mango-Cilantro Relish:

- 1 medium mango, diced**
- 1/2 cup cilantro, rough-chopped**
- 1/3 cup red onion, chopped**
- 1 lime, juiced**

1. For tacos: Place all taco ingredients, except the tortillas, in a Crock-Pot in the morning.

The chicken doesn’t need to be thawed. Cook on high for about 5 hours.

- 2.** Stir, and then reduce heat to low for an hour or two.
- 3.** About 30 minutes before serving, shred the chicken with two forks. It should shred easily. Reduce heat to keep warm, and let the meat marinate for a few minutes.
- 4.** For relish: In a small mixing bowl, toss together mango, cilantro and onion.
- 5.** Squeeze lime juice over ingredients and toss to coat. Let sit 10 minutes. Serve tacos with steamed or fried tortillas and Mango-Cilantro Relish.

Meatloaf

- 1 1.5-lb. 99% Fat Free Turkey Breast**
- 1 egg (or 2 egg whites)**
- 1/4 cup shredded carrots**
- 1/2 cup chopped red/white onion**
- 1/2 cup old-fashioned oats**

- 1/2 cup chopped bell pepper, any color**
- Dash of garlic powder**
- Dash of basil**
- Dash of Spike Salt Free Seasoning**
- 1/2 cup sugar-free tomato sauce**

- 1.** Mix all ingredients together, except for the tomato sauce.
- 2.** Lightly grease a loaf pan with a no fat/no calorie cooking spray. Place meat mixture in the loaf pan and top with the tomato sauce. Bake at 350 F for 1 hour.

Simple Protein Pancakes

Serves 1.

- 1 Tbsp. coconut oil or grass-fed butter**
- 1 egg**
- 1 banana**
- 1 scoop vanilla protein powder (optional)**
- 1 tsp. cinnamon**

- 1.** Coat frying pan with oil or butter.
- 2.** Whisk final four ingredients with a fork, or in the blender.
- 3.** Cook over medium-high heat for a few minutes, and then flip. Pancakes cook quickly, so monitor closely, but do not flip too early or they could split in the middle.

Crispy Coconut Chicken

- 1 cup unsweetened, shredded coconut**
- 1/2 Tbsp. ground flax**
- 1/2 tsp. sea salt**
- 1/2 tsp. black pepper**
- 2 eggs**
- 4 large chicken breasts**
- 3 Tbsp. coconut oil**

- 1.** In a bowl with a flat bottom, mix together the coconut, flax, salt and pepper until the ingredients are evenly combined. Set aside.
- 2.** In another bowl, beat eggs. Set aside.
- 3.** Roll the chicken in the eggs and then in the coconut seasoning mix. Set aside.
- 4.** Over medium heat, melt coconut oil. Place the battered chicken in the warm pan, flipping often. Cook for about 15 minutes, and then cover the pan and cook for another 5-8 minutes.
- 5.** For extra crispness, add additional coconut seasoning mix to the chicken and cook uncovered for another minute.

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