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ON THE COVER



Master Chief Charlie Linville encourages Joshua's NJROTC students out of their shells.

Photo by SRC Photography.

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Editor's Note

Dear Friends,

When you think of autumn, what comes to mind? Is it this month's equinox, specifically occurring at 9:21 a.m. on September 22, making that day the beginning of fall?

Nineteenth century English novelist, Mary Ann Evans, otherwise known as George Eliot, is said to have described autumn as delicious. "My very soul is wedded to it," she said, "and if I were a bird I would fly about the earth seeking the successive autumns." This is especially evocative

if you've studied astronomy, even at the 101 level, and know that the sun actually travels in a circuit and meets its well-traveled path at certain points and specific dates year after year.

Science aside, the experience of autumn is different for everyone. I've known people who find it slightly depressing. Not for me! My personal feeling about the season we're entering is best described by James Thomson, an 18th century Scottish poet and playwright who wrote *The Seasons*:

*Thy bounty shines in autumn unconfined
And spreads a common feast for all that live.*

May you all enjoy the final days of summer leading up to our common feast!

Melissa

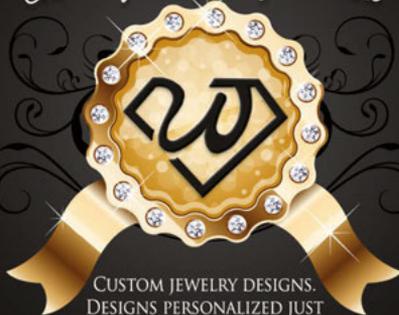
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Heather Martin lost 52 pounds in five months!
Heather has loved being able to buy new clothes, incorporate exercise back into her daily routine (and enjoy it!) and be able to keep up with her two sons.



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



Gary Davis lost 30 pounds in 41 days!
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PROGR

PERFECTING PEOPLE

— By Melissa Rawlins

People make programs successful — whether they're 23 years old, like Joshua High School's NJROTC, or 241 years old, like both the United States' Army and Navy. On the 13th of next month, the Navy marks its accomplishments at a thousand different Navy Balls in a thousand communities worldwide. In Joshua, NJROTC cadets call theirs The Birthday Ball. This annual gathering of 600 retired and active-duty officers, enlisted men and women, civilians and dignitaries celebrates the Navy's everyday small feats and undeniably heroic efforts.

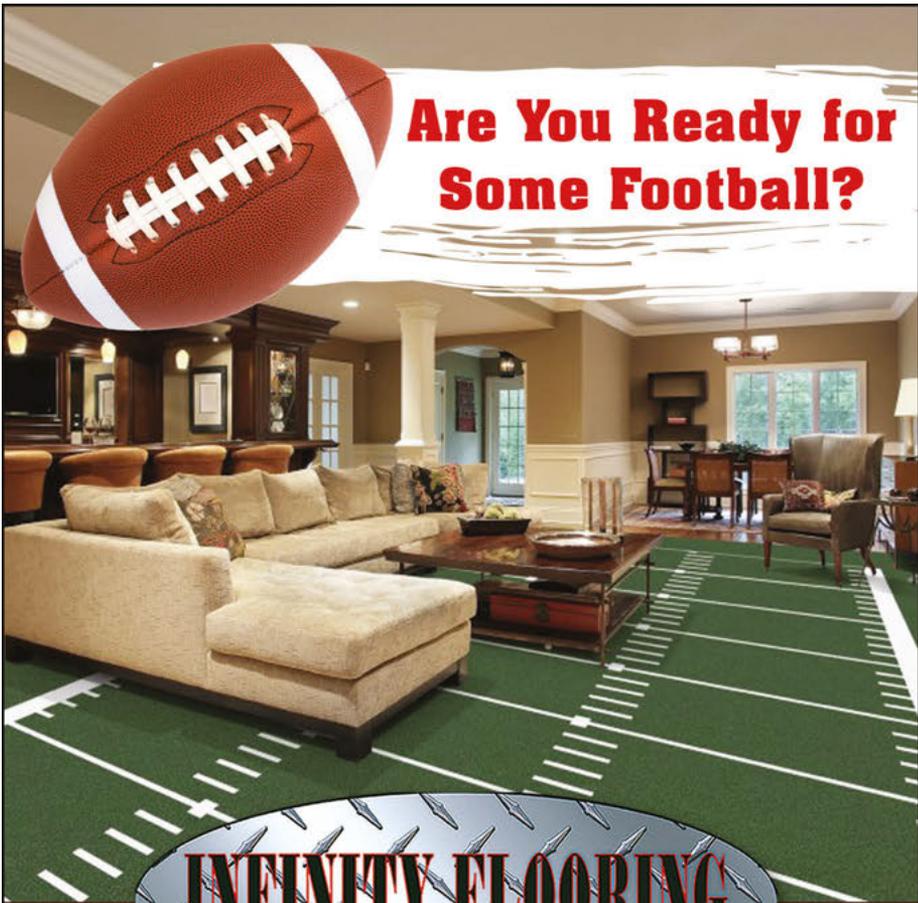
The planning, precision and performance of the sword detail, armed drills, military melodies and seated dinner during The Birthday Ball is student-led and -driven, with guidance provided by two instructors. Retired Lt. Col. Jim Davidson, USMC, coaches the rifle team, and retired Master Chief Charlie Linville, USN, supervises the armed drill team. Both men teach academics throughout the year. Last year, their program was recognized as a Distinguished Unit with Academic Honors — the highest recognition a JROTC can achieve.



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Master Chief Linville's classes include military courtesy, naval aircraft and naval ships, as well as assembling and wearing a uniform with pride. Lt. Col. Davidson teaches everything from celestial navigation to history, including WWII battles. Their UIL Current Events team is filled with cadets who compete well, because they understand what is happening in the world around them. Their instructors stress the importance of active citizenship, whether through military service, voting, community service or other civic service.

Lt. Col. Davidson often reminds his cadets of a quote from Thucydides' *History of the Peloponnesian War*: "The society that separates its scholars from its warriors will have its thinking done by cowards and its fighting by fools." Joshua's NJROTC four-year program is all about making responsible adults out of young people.

Up to 60 cadets enter as freshmen and begin learning simple things like military jargon, how to stand at attention or how to march. "To a 14-year-old it's intimidating, but they quickly come around," said Master Chief Linville, who graduated with 11 others from a high school in the Ouachita Mountains of Arkansas. The U.S. Navy provided his path to leave a small town. He enjoyed his service, and after 30 years, he finished his career at The Naval Air Station Joint Reserve Base Fort Worth.

"My entire career, I worked for good people. They taught me how to be respectful of their people and considerate of their needs, as well as the needs of the Navy. I was fortunate to learn from them and apply it to my leadership trade," Master Chief Linville said. "When people respect you and know that you care for them, they'll work their tail off for you."

Since 2008, he's applied that philosophy within the NJROTC program in Joshua, and it's worked. The students are making the program quite a success. "The process of watching these kids grow is probably the most rewarding





Master Chief Linville and Lt. Col. Davidson develop leadership skills in Joshua High School students.

part of this job,” Master Chief Linville said. “As the seniors this year provide leadership to the juniors, they turn into young adults and seek out responsibility.”

Last year’s cadets are living proof. Andrew Marko received a full-ride scholarship to Texas A&M University and will major in aeronautical engineering. Rebecca Browning and Tucker Davidson each received a full-ride scholarship to Virginia Military Institute, where she plans to major in electrical engineering and he in applied mathematics — while he also shoots for the VMI Rifle Team. Zoe Broadway, who won state for throwing the discus, received an appointment to the United States Naval Academy, where she plans to major in oceanographic engineering.

This year, Master Chief Linville is missing Andrew Marko, who started in 2012 as one of Lt. Col. Davidson’s rifle shooters. As a Black Belt in taekwondo, he had a remarkable proficiency spinning a bow staff, so a decision was made to move him to the Armed Drill Team. Andrew went on to lead the drill team for a couple years, learning humility while developing his ability to teach his peers.

The students are the ones who invent the new routines the drill team uses on the field and respect the student who



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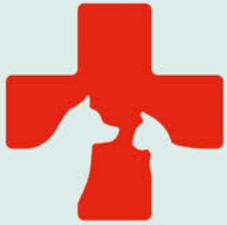
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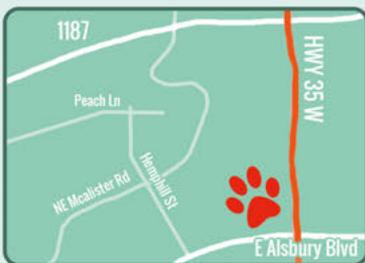
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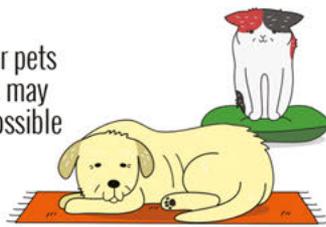
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Pet Tip of the Month

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is their leader. "Leadership positions are not about telling people what to do but getting people to want to do what you need done," Master Chief Linville explained. He and Lt. Col. Davidson simply guide their protégés while building their confidence.

"Last year's commanding officer, Brianna Taylor, was one of the most bashful, reserved young ladies we've seen," Master Chief Linville said. "To finally see her step out of the shadows and accept responsibility for the entire unit was more than rewarding. She can go on to be able to do anything she decides."

This year's commanding officer, Brandon Parrish, took last year's Cyber Patriot Team to state their first year. This year's commanding master chief, Aaron Bodine, led last year's Sea Perch Team, using the YMCA's pool after hours to maneuver their operational submarine and prepare for the competition sponsored by the Navy.

Guidance to such levels of trustworthiness requires simple exercises by their instructors early in each cadet leader's career. For instance, Master Chief Linville will pick a freshman to dismiss the class by calling out: "Attention on deck!" His choice might be met with reluctance, because few young cadets want the attention. By encouraging students to come out of their shell, he is also able to assess the cadet's leadership



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potential. Often, when he invites a student to present colors with him at baseball games, rodeos or other community events, their personal pride in responsibility blooms. “The spotlight is on them. The pressure is on. But they respond perfectly and make us all proud,” he said. “On more than one occasion, our kids have been mistaken for active duty military simply because of their conduct.”

Joshua’s NJROTC not only prepares people for the military but it prepares civilians for a world where leadership skills are almost more in demand. “Our program teaches the kids how to lead people. This baseline,” Master Chief Linville said, “even if only a small slice of leadership, is noticeable by adults in the workforce.”

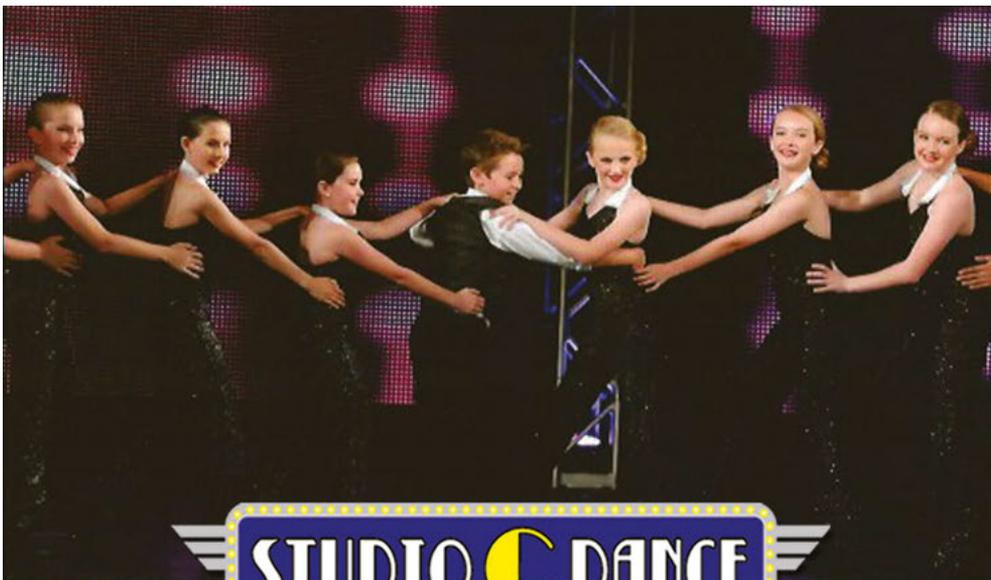
Rising to the expectations set for them, students in the JHS NJROTC appreciate being treated like adults. “Success in life comes to the self-starters who require minimum supervision,” said Lt. Col. Davidson, who prefers the power of suggestion to finger-pointing commands. He and Master Chief Linville develop students who learn to take care of responsibilities with the gentlest little hint and turn them into cadets who don’t even look for a pat on the back. At every turn, however, instructors ensure the students enjoy appropriate recognition. Likewise, the students treat their NJROTC unit with great care knowing it is their very own. **NOW**

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The Roots Deep

— By Melissa Rawlins

Since 1910, generations of Burluson children have connected with their community on the site where The Academy at Nola Dunn now serves kindergarteners through fifth-graders. In his 2010 online article titled “One Last Walk Through Nola Dunn Elementary,” local historian Robert Griffith prophesied: “Though the new school will keep the name Nola Dunn, it will forge its own story, its own history...” This past school year, 660 students of The Academy at Nola Dunn became artists, co-creating a sculpture enjoyable from the school’s front lawn. Michelle Sanders, the powder-coated steel tree’s co-designer and Parent Teacher Organization cultural project chairwoman, believes this sculpture represents the school across time.



“As our school’s children grow taller and stronger,” Michelle said, “they can look at their elementary school as a foundation. Now that the tree is there, people can see our roots do run deep.”

The story behind this tree has only just begun. It was erected on June 1 by a dedicated team of calm and faithful people racing against oncoming thunderstorms. On that day, students and their teachers took 20 minutes out of their day to kneel on the grass and affix each child’s embossed aluminum leaf to the steel branches, using flexible wire. Students eating near the windows in the cafeteria watched the structure being uprighted and bolted into a newly poured concrete pad.

People who had already given hours of their time to bring this tree to life were on hand that day. PTO president, Amanda McFarland, and PTO vice president, Keri Lewis, had supported efforts to raise funds

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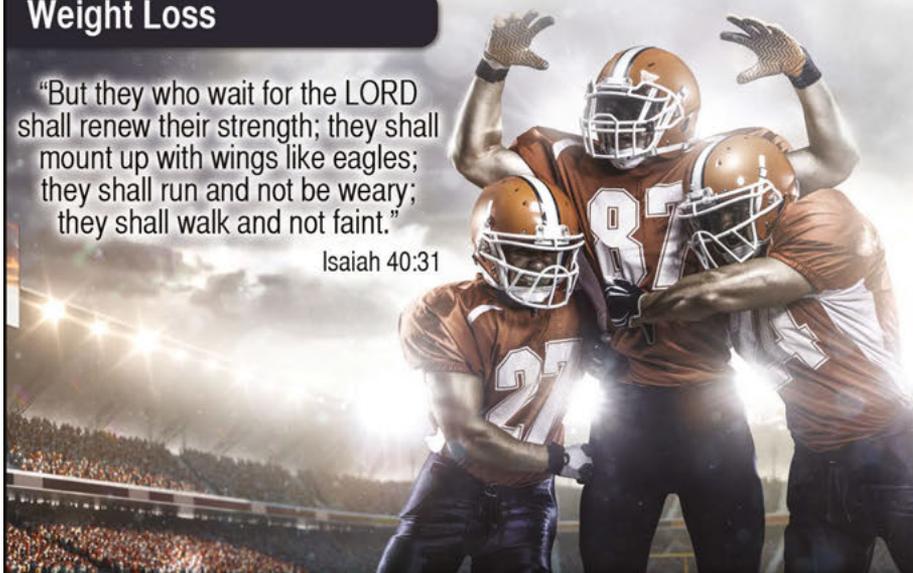
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to buy materials after Michelle and her husband, Eric, had spent hours around their kitchen table brainstorming the concept. And artist Kent DeCardenas, a stay-at-home dad with a Master of Fine Arts degree in sculpture, had designed the tree, planned its installation and built it to last. Kent humbly said, "I'm just the technical advisor. This project was all Michelle's."

She was thrilled to see people spending time standing under the tree during the many phases of its installation, looking for the leaf they made on Cultural Day back in March. "When the kids found their own leaf, it was easy to see that they felt attached and connected to it in some way," Michelle said. She hopes in future years, each child in the school will add to the beauty of the sculpture. PTO members are floating ideas around about how to add to it. The first task for the 2016-2017 class will be to name the tree through proposing names and voting. Afterward, there will be a dedication ceremony to which the public will be invited.



Tree installers included Keri Lewis, Kent DeCardenas, Amanda McFarland, Tani Simons and Michelle Sanders.



Even now, people from the community are walking across the perfectly green lawn to gaze up at the children's individually engraved leaves, twinkling with the sunlight and tinkling against each other in the breeze. The PTO hopes everyone who wishes to experience the peace this tree brings will visit the space. To extend the welcome, the school's outgoing principal, Mrs. Tani Simons, had three benches installed around the tree.

Bringing culture to the community surrounding The Academy at Nola Dunn was a project encouraged by Mrs. Simons. "Two years ago, she wanted to take the kids out to museums to look at art that, maybe, they would not experience on their own," Michelle explained. "We don't have a lot of museums in Burleson, so this gave us the opportunity to introduce culture to the children." The PTO thinks culture is important and hosts Cultural Day annually. Some years, the whole school goes off campus to museums. A few years ago, they started to bring it back to the campus by scheduling visits from artists and performers.

The idea of designing an art project that all the students at The Academy at Nola Dunn could participate in came to Michelle one day in 2015, while she talked with the school's art teacher, Mrs. Susan Cox. "She said she'd love to do a whole-school sculpture," Michelle remembered. Michelle then told Mrs. Cox, "I love the



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idea of having kids go to museums where there are sculptures, and then coming back and having a sculpture at our school, so it attaches them to art in those two ways.”

Eric and Michelle have been taking their own children to the museums in Fort Worth since they were very young. “I know my children have an appreciation for art, and I wanted to see that in other children at The Academy at Nola Dunn,” Michelle said. She thought it would be exciting to them to be able to go to a museum, see a big sculpture in front of them that they could be respectful of, and then actually be a part of creating one on their home turf.

But how to make that happen? It took serendipity coupled with desire. Michelle already knew Kent through the 4-H Club in south Fort Worth, where Michelle and her children have been active in the Clover Kids for years. Kent’s wife, Mary Elizabeth, and Michelle’s best friend, Tanna, worked together, which came in handy when Michelle was brainstorming the cultural project for the students.



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AT HOME WITH KATHY WOODARD

— By Rick Mauch

It's always a holiday at Kathy Woodard's home in Burleson. One holiday, in particular, comes to mind. "My house is kind of like a Christmas tree. It's got a lot of memories in it," she said. "And the memories are ornaments." Kathy, 63, doesn't live in a mansion or big, fancy home. And she wouldn't trade her little white frame home with blue trim for any of those.

What she does have is a plethora of comfort and happiness. There's something in every room, even outside. Pretty much, every nook and cranny reflects a memory and/or warm, fuzzy feeling. "If it makes you happy," she said, "that's the most important thing in a home."





Kathy's home has been making folks happy for a long time. From the red, white and blue gate featuring a white Texas star that welcomes visitors to the family room built by her brother, Larry, each area says, "Make yourself at home." In the family room is a wall that houses family photos spanning many years. Kathy still fights back tears when pointing to a portrait of her late husband, Roy "Woody" Woodard, who passed away not too long ago at the age of 72.

Son, Scott, and his wife, Rebecca, along with grandchildren, Robert, 22, and Samantha, 13, have their place, as do great-grandchildren, 2-year-old Nathan and 4-year-old Lucas. Scott and Rebecca live in Keene but make frequent trips to visit Kathy. "The Fourth of July was always cool," Scott recalled. "Between all the family members, we'd bring a couple thousand

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fireworks. We'd run out of them and then go get more."

Daughter, Misty Barnard, and her husband, Jason, are in nearby Arlington with their children, 12-year-old Hunter, 8-year-old Karis and 4-year-old Josie. Misty said Kathy's place is like one big, always-open revolving door where everybody stops by. "It's a very welcoming home and nurturing environment," Misty said. "You can tell even the plants get nurtured, too."

And with a front yard that features a big swing set, sandbox, slide, tire swing, play castle and even an enclosed trampoline, the young children find it



something of a paradise. In fact, Scott said the kids never want to leave. "Nathan and Lucas don't ever want to come home," he shared. "They always say, 'I want to go to Grandma Kat's.'"

As the kids play, adults can sit in comfort on a two-seat yard swing. There's also a cute little cement bench directly under a catalpa tree, which provides shade. "It puts out really pretty white flowers in the spring," Kathy said. "They're beautiful. They fall off the tree and cover the ground. It's gorgeous."

The den features one of Woody's favorite pieces of memorabilia. It's not from a sports team or even a famous person, but it was priceless to him, and therefore, it is to Kathy. "My husband inherited those from his mother's fireplace," Kathy said, pointing to a set of longhorns that span about 4 feet.

The den features an Old West theme. Along with the longhorns are some small cowboy statues with a horse and wagon. "My husband loved the old westerns," Kathy reminisced.



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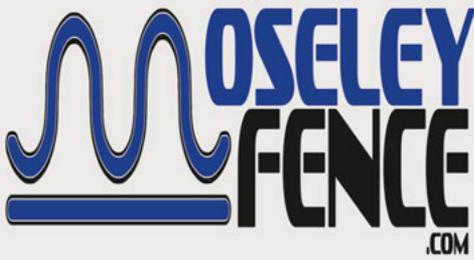


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Then there's the quaint kitchen, also built by Larry. There is a space in the wall that was very important to Kathy and Woody. It's over a small bar with a couple of barstools that haven't been used in some time. "Woody and I used to love to eat dinner there and watch TV through that window in the den," she said.

Just outside to the west is a breezeway filled with wicker furniture, a barbecue grill and nostalgic signs hanging on the wall. It's been the site of many cookouts over the years and will, no doubt, host many more.

Old-timey signs advertising Bluebonnet Feeds, Farmall, Big Dandy and the classic Texaco logo are prominent. The one sign that stands out most and, of course, was her late husband's favorite, is one that depicts an old Woody wagon. "Woody always got a laugh out of that one," she said. "He laughed about a lot of things. He was a real easygoing man, a joke teller and funny as all get out."

There's an above-ground pool in the backyard. According to Kathy, Woody's best friend and now family member, Johnny Brown, cleans it out every day, along with helping out with yard work. A tiny greenhouse houses tomato plants and miscellaneous other plant varieties. Woody's outdoor office, another Larry construction project, remains just as it was when he used it. "It could have been my extra bathroom, I kept telling them," Kathy said with a chuckle.

Her sister and brother-in-law, Karen and Gary, live next door. Their 82-year-old mother, Betty, lives with Kathy. "Family is everything," Kathy said. "We're there for each other. There's nothing we wouldn't do for each other. Isn't that how family is supposed to work?"





One of the things Kathy loves to do for her family and friends is cook. She retired eight years ago, after working for nearly 16 years at Sammy's Italian Bistro. "It's Kathy's restaurant here," she said with a smile.

The home has two porches, one in the front and one in the back. The front porch is one of Kathy's favorite places in the world. It features Texas-themed wooden furniture, including a rocker chosen especially for Woody, a bench, and a wooden love seat/bench featuring a table in its middle for placing a cool glass of ice tea on a warm afternoon or a hot cup of coffee early in the morning. "Sometimes, the sunrises are so pretty, while looking out from the porch," Kathy said.

Family and friends at Kathy's place aren't just in human form. She has three dogs, Scrappy, Rose and Boo, and three cats, Whiskers, Tigger and Lil' Bit. Each gets tons of daily love and attention — a perk of being part of Kathy's family. "Woody was such a sucker for animals," she said. "And, I guess you can tell, I am also."

Kathy's not finished adding "ornaments" to her "Christmas tree." She points to a place in the yard where she'd like to plant a maple leaf tree. There's that extra bathroom she's wanted for years. And who knows what she'll find at a yard or estate sale? "If I see something and I like it, I get it," she said, acknowledging a wooden beaver that resembles the little nuisance in the movie, *Caddyshack*.

But then, that's part of what makes Kathy's place special. There's always something unique and different around the next corner. But most of all, Misty said, it has Kathy. "Wherever my mom is, that's where home is," Misty said. She and her love are the main draw. **NOW**

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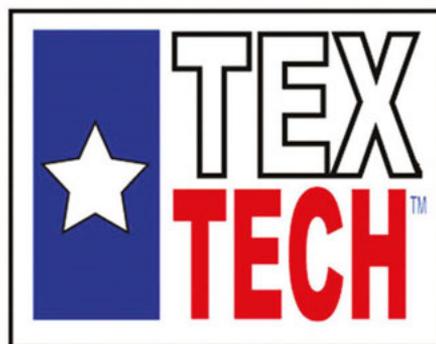


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— By Zachary R. Urqubart

It's that time of year, again! Get out your camo, start cleaning your rifle and head to the store to stock up for your hunting expeditions. While most seasoned hunters have their routines down to an exact science, there are some simple things any new or novice hunter should know before heading out to get this year's limit.

HAVE A PLAN

- *Get Your Papers in Order*

Before you do anything else, make sure your licenses are up to date. You may purchase licenses at most sporting goods outfitters or large superstores. You can also now purchase licenses online through the Texas Parks and Wildlife website.

- *Know the Calendar*

Texas has outlined specific seasons for different animals. This area, called the North Zone, has start dates as early as September 1 for doves. The most anticipated season — white-tail deer — starts November 5, and there are dates for various game and fowl

starting everywhere in between. There are several animals with multiple or split seasons, so be sure you are hunting your prey legally, as the penalties include loss of license, hefty fines and can even involve jail time. If you want to try your hand at bow-hunting, your season will start about a month before rifle hunters.

- *Pick Your Spot*

There are several options when choosing a hunting spot. You may try to find a friend who has a hunting lease, allowing them to hunt on someone else's property. Or, you can opt for one of the many public hunting lands nearby. There are plenty of options within an hour or so, but if you are willing to travel a little farther, the Texas Hill Country is known to have the largest number of white-tail deer.

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GET READY

• Before You Load and Load

You'll want to have your guns and ammunition ready before your trip. Cleaning your shotgun or rifle takes a little time, so you do not want to wait until the big weekend to take your gun out of the safe. Be sure to bring enough ammunition. If you have a great hunt, you may only need a few shots to reach your limit, but you should plan on a few misses just to be safe. If you have never hunted, you will want to spend some time practicing your shot, which means you should plan a weekend to go shoot targets or clays. This will also help you get familiar with your weapon. It is also very important to know your surroundings. You especially need to know if other hunters are nearby.

• Blend In and Stand Out

The right camouflage can be paramount in keeping your game from spotting you

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before you pull the trigger. Make sure your gear is right for the natural environment that will surround you. On the other hand, there are clear laws requiring hunters on public lands to wear at least 400 square inches of hunter orange, in addition to orange headgear. So, when you are packing your camouflage, do not forget your orange vest and hat.

• *Bring Your Vittles*

You will probably be in the field for a while, so be sure to pack some food and drinks. Avoid odorous things like garlic, as





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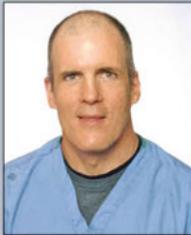
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well as fibrous foods like beans or broccoli that may lead to discomfort while you are trying to hunt. The best options are foods that have carbs, protein and a little fat. A peanut butter sandwich is easy and will keep your body ready when that deer or bird comes into view.



• *Staying the Night*

If you are planning on making an entire weekend of your hunting trip, you will have to add another level of preparation. Research what camp grounds are available. If you are planning to go on the season's opening weekend, you will want to reserve a spot ahead of time. If you are pulling your tent from a pile of things you rarely use, set it up and check it for leaks before your trip. Bring a flashlight and extra batteries, and be sure to bring a warm enough sleeping bag for potentially cold temperatures. Lastly, be mindful of local wildlife. If bears or other animals are a potential threat, take precautions to keep food and trash sealed and out of reach from such critters.



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<http://bit.ly/2016Foundersapp> Vendor Regulations:

1. Each Vendor is responsible for their own sales tax.
 2. Food booths must have a food permit from Tarrant Co. Health Department 817-321-4960.
 3. There is no alternative date. NO refunds will be given
 4. All Vendors must furnish their own tables, chairs and displays.
 5. All vendors must have a sun cover 10 X 10, to cover their space. REQUIRED
 6. Check in begins at 6:00AM. ALL cars and trucks must be removed to vendor parking by 8:00AM
 7. ALL VENDOR MUST STAY FROM 9:00AM TO 5:00PM.
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SAFETY FIRST

• *Fire When Ready*

Guns can be dangerous if not handled correctly. The state of Texas requires a hunter's education course for every hunter, which is good for life, after completion. You can get a one-time deferral good for a year, but it is highly recommended that you go through safety courses before operating a gun.

• *Beware of Snakes*

Most likely, your hunting site will be home to slithery critters, as well as the prey you are there to hunt. Only about 10 percent of Texas' snakes are dangerous for humans, so the first step to safety is identification. Bring a field guide, and be on the lookout for copperheads, cottonmouths and rattlesnakes. If you or a companion are bitten, the best solution is to get to a nearby hospital. Do not try to cut around the puncture or try to suck out the venom. Instead, clean around the wound with disinfectant soap, take off jewelry or items that may restrict the area, and try to limit movement of the extremity until you can get to a doctor.

Whether you are hoping to bag meat for the winter, or you want a 16-point buck over the mantel, a great trip starts with the right equipment and preparation. Staying safe while you are out will ensure a successful hunt is not overshadowed by injury or tragedy. With these tips, you are ready to aim and fire. **NOW**

Editor's Note: License purchasing, laws and general hunting information are available on the Texas Parks & Wildlife Hunting Page at www.tpwd.texas.gov/huntwild/hunt/.

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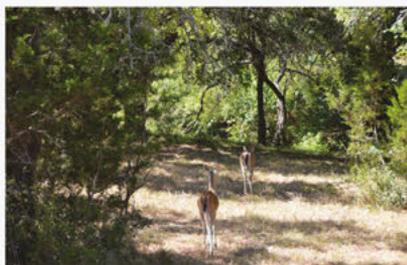
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Keeping the Wagon Full

SWFA continues to stand on exceptional customer service. — By Sandra Strong

Under the ownership of Jim and Norma Farris, Southwestern Firearms Inc. (SWFA) began selling firearms to the public in 1973 from a gun store on Jefferson Boulevard in Oak Cliff. “My dad has always been a huge gun collector,” said Chris Farris, son and current co-owner. “I grew up around guns and everything that has to do with guns and hunting.”

As the years came and went, the crime rate in Oak Cliff grew to a level where Jim and Norma had a decision to make. They could have closed the shop or relocated altogether, but what they did was one step better. “They started doing 50 gun shows a year. Most weekends were spent at gun shows,” Chris explained. “During those years, we ate Thanksgiving dinner at Luby’s Cafeteria in St. Louis, Missouri. Those were years of travel from Hollywood, California, to Hollywood, Florida.”

One of the largest gun shows that brought the family a great deal of their yearly revenue was held in California at the Pomona Fairgrounds. This particular year, the event was taking place at the same time the O.J. Simpson verdict was being handed down. “The National Guard shut the show down,” Chris remembered. “We were left with a massive inventory.” They were able to successfully “unload” the stock by advertising in national gun magazines. In fact, the print ads were so successful, they were able to slow down on the weekend shows. “Within five years, we were no longer traveling all over the United States. Most of the stock was being sold through print advertising,” Chris stated. “This was also the time when Internet became popular.”

As SWFA outgrew one building after another with the advances in technology, Jim decided it was time for another

Business **NOW**

change. “Dad retired, allowing us to take it to the next level,” Chris said. “Dad is old school. The business got too big and grew too fast for his liking. He did tell me I needed two things in order to take my place as a co-owner of the family business — intelligence and a willingness to work.”

These are two things Chris and Norma have plenty of when it comes to taking SWFA into the future. The new building was designed by Chris. “I drew it out on paper with a pencil,” he smiled. “It’s not your normal floor plan.”

SWFA takes great pride in having a large inventory on hand at all times.

The 40,000-square-foot building may appear large, but the company still offers the same personal customer service they did at their onset over 40 years ago. The store front offers customers over 1,000 different types of ammunition, guns in all makes and models and an atmosphere that offers an ease for first-time buyers, as well as for repeat customers.

Half the building is store front, offices and break/meeting rooms. The other half is SWFA’s warehouse. When Chris designed the store front, he wanted something “premium” for customers. This want manifested as a mural of North American iconic animals in the large meeting room that can be easily seen from the showroom. The artist from Kansas created a 3-D rendition of wildlife that in some cases looks far away, and in other instances, can be seen up close and personal, as if looking through a high-powered scope or binoculars. It took six months to create and a full week to install.

You won’t find “cheap Saturday night specials” at SWFA. What customers will find is high-quality inventory and hands-on customer service that’s second to none. SWFA takes great pride in having a large inventory on hand at all times. As Chris and Norma can attest, “You can’t sell from an empty wagon!” **NOW**

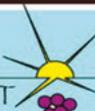
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Junior Olympian Luke Johnson takes a moment of pause after he ran the 3000 meter race as a member of Top Speed Track Club at the USA Track & Field championships.



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Eric Gonzales and Vanessa Guerrero enjoy their summer in Destin, Florida.



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Act Today to Avoid Financial Regrets Tomorrow

“Regrets? I’ve had a few.” — Frank Sinatra.

Mr. Sinatra, one of the most famous entertainers of the 20th century, did things his way, but he was also familiar with remorse. He’s not alone, of course. We all deal with regrets — and financial ones are among the most troublesome.

Here are the leading financial regrets, according to a recent survey by Bankrate.com, along with some suggestions for avoiding them:

Not saving for retirement early enough. This was the top regret expressed by survey respondents. Saving and investing early for retirement offers you two key benefits. First, the more time you give growth-oriented investments, the greater their growth potential. And second, by saving and investing for retirement early in your career, you will likely need to put away less money each year than you would if you waited until, say, your 40s or 50s. So, if you aren’t already doing so, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored plan. And increase your contributions every time your salary rises.



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Not saving enough for emergency expenses. You can't plan for all expenses. Your furnace might die, your car may need a major repair, you may incur a sizable doctor's bill — the list goes on and on. If you don't have the money available to meet these costs, you might be forced to dip into your long-term investments. That's why it's important to maintain an emergency fund, containing three to six months' worth of living expenses, in a liquid, low-risk account.

Taking on too much credit card debt. If you don't overuse your credit cards, they can be handy and helpful, in many ways. Try to keep a lid on your credit card debt, keeping in mind that your debt payments reduce the amount of money you have available to invest for your long-term goals, such as a comfortable retirement.

Not saving enough for children's education. This may be perhaps the most difficult regret to address — after all, it's not easy to save for your own retirement and simultaneously put money away for your children's college educations. However, if you can afford to save for college, try to do so in as advantageous a manner as possible.

Buying a bigger house than you can afford. If you tie up too much money in mortgage payments, you will have less to contribute to your various retirement accounts. And while home equity certainly has some value, it generally does not provide you with the same liquidity — and probably not the same potential for growth and income — as an investment portfolio that's appropriate for your needs and risk tolerance. So, think carefully before purchasing that big house. You might be better served by scaling down your home ownership and ramping up your investments.

You can't avoid all the doubts and misgivings you'll encounter at various stages of your life. But if you can reduce those regrets associated with your finances, you could well increase your satisfaction during your retirement years. **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.

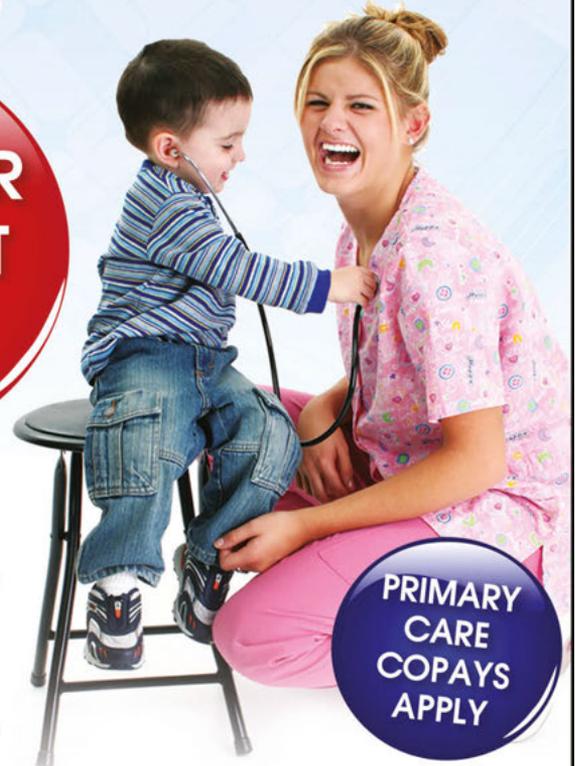
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Calendar

SEPTEMBER 2016

September 3, 17

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

September 5

Lunch & Learn: 11:30 a.m.-1:00 p.m., Burleson Public Library. Free workshop on online and social media marketing. (817) 295-6121.

September 10

Joshua Chamber Clay Shoot: 8:00 a.m.-2:00 p.m., Alpine Shooting Range, 5482 Shelby Rd., Ft. Worth. \$400 for a team of 4, or \$100 per person, benefits Joshua Area Chamber of Commerce. (817) 556-2480.

VA Aid and Attendance Seminar: 10:00 a.m.-noon, Elk Creek Senior Living Community, 301 Elk Dr. Complimentary for all families of wartime veterans and surviving spouses. RSVP to Debbie Bishop, (817) 944-7628.

September 13

Story Time: 10:00 a.m., Crowley Adventist Church, W. FM 1187 and Cleburne Rd. Bring

your kids for stories, crafts and snacks. For more information, contact Judith Jamison, judyjrd@sbcglobal.net.

Business After Hours: 5:30-7:00 p.m., Mariposa Apartment Homes, 155 Elk Dr. RSVP to Burleson Area Chamber of Commerce, (817) 295-6121.

Trail Life Troop TX-0110 meeting: 7:00-8:00 p.m., Burleson Church of Christ Community Room, 1150 N.W. John Jones Dr. Serve others and experience outdoor adventure. Call Toby Ford, (817) 995-8466.

September 15

Breast Cancer Care Support Group: 6:00-7:00 p.m., Pathway Church, 250 N.W. Tarrant Ave., Suite L. Call Nedra Lamar, (817) 915-5529.

September 17

Burleson Trash Bash: 9:00-11:00 a.m., all public areas. Volunteers of all ages, please roll your sleeves up to remove debris from your community. Call Environmental Specialist David Lenartowicz at (817) 426-9842.

Golden Gala: 7:00-11:00 a.m., The Oaks Event Center at Southern Oaks Golf Club.

Cocktail attire advisable, since the dance floor will be open at this celebration of 50 years of community excellence. Seating for dinner is limited to only 260; buy \$100 tickets online at www.BurlesonChamber.com.

September 23

Yappy Hour: 7:00-10:00 p.m., Lost Oak Winery. On-site adoptions from pets currently cared for by The Burleson Animal Shelter. (817) 426-9283.

September 24, October 1, 8

Old Town Picture Show: 6:00-10:00 p.m., 124 W. Ellison St. Bring blankets and chairs and enjoy free movies. (817) 426-9613.

September 30

Power of Heels Luncheon: 11:30 a.m.-1:00 p.m., location TBA. Sponsored by Baylor Scott & White All Saints Medical Center Fort Worth and H-E-B. Call Burleson Area Chamber of Commerce, (817) 295-6121.

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



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In the Kitchen With Sherri Caraballo

— *By Melissa Rawlins*

The traditional poached egg, bacon, toast and grapefruit breakfast Sherri Caraballo learned to make and enjoy with her Grandma Longsine set the tone for her future family life. So did her mother's inspiring, old-school cooking style and generous hospitality. "I have learned that being together with friends and family is extremely important, especially with family so far away," Sherri said. She appreciates people and enjoys togetherness at every opportunity.

The director of institutional research at Texas Wesleyan University, Sherri's family and friends frequently request her goodies for parties and events. For day-to-day convenience, she relies on her Crock-Pot, taking time on Sundays to make meals that can be re-heated as leftovers throughout the week. And she keeps everyone happy with nutrient-dense desserts containing berries, nuts, cream and dark chocolate! **NOW**

Party Punch

- 1 orange
- 1 lemon
- 2 liters 7Up or Sprite
- 1 12-oz. container cranberry juice
- 1 12-oz. container frozen orange juice concentrate
- 1 12-oz. container frozen lemonade concentrate
- 1/4 cup sugar
- 1-2 lbs. ice

1. Slice the citrus into rings. Cover and refrigerate.
2. Fifteen minutes before guests arrive, combine next five ingredients in a punch bowl. Stir gently until concentrates are thawed.
3. Place lots of ice into punch bowl. Decorate with citrus rings.

Turkey Tetrazzini

Serves 4-6 people.

- 1 small pkg. thin spaghetti
- 1 small/medium onion, sliced
- 1/2 stick butter
- 2-3 cups leftover Thanksgiving turkey, shredded
- 1 cup heavy cream
- 1 3-oz. can sliced mushrooms with juice
- 1 15-oz. can chicken broth
- 1 cup cheddar cheese, shredded

1. Cook spaghetti according to package directions. Drain and set aside.
2. Place onion and butter in a pan. Sauté 10-15 minutes.
3. Combine spaghetti and onion with remaining ingredients in a large bake-ware dish, stir and cover. Bake at 350 F for one hour.

Sweet and Sour Meatballs

- 2 lbs. hamburger
- 1 packet French onion soup mix
- 1 1/2 cups breadcrumbs
- 2 eggs
- 1 14.5-oz. can sauerkraut, drained
- 1 12-oz. can whole cranberry sauce
- 12 oz. chili sauce
- 1/2 cup brown sugar
- 1/2 cup water

1. *To make meatballs:* Combine first four ingredients and form into balls slightly larger than golf balls. Place meatballs in baking dish.
2. *To make sauce:* Combine last five ingredients. Cover meatballs with the sauce. Bake uncovered at 350 F for one hour. Can be served with rice or favorite side dishes.

Snickers Caramel Apple Salad

- 1 5-oz. pkg. vanilla instant pudding
- 1/2 cup milk
- 1 12-oz. tub Cool Whip whipped topping
- 6 apples
- 6 regular size Snickers candy bars
- 1/2 cup caramel ice cream topping

1. Whisk contents of vanilla pudding packet with milk and Cool Whip until well combined.
2. Chop up apples and Snickers into small bite-sized pieces. Stir into pudding mixture.
3. Place in a large bowl and drizzle with caramel ice cream topping. Chill for at least 1 hour before serving.

Poor Man's Beef Stew Casserole

Serves 4-6 people.

- 6 russet potatoes
- 4 cups water
- 1 stick butter
- 1 lb. ground beef
- 1 onion, chunked
- 1 15-oz. can tomato soup
- 1 15-oz. can Veg-All
- 1 2-inch-thick wedge Velveeta

1. Boil potatoes in water. Drain and mash together with butter. Keep warm in oven.
2. Brown beef with onion; drain. Add soup, Veg-All and cheese. Mix and heat, stirring well.
3. Serve over mashed potatoes.

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