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A G A Z I N E

September 2018

Aware and Prepared

Barry Gee heads up
the Open Door Charities
Emergency Relief Network

Importance of Ancestry

At Home With Greg
and Lisa Redden

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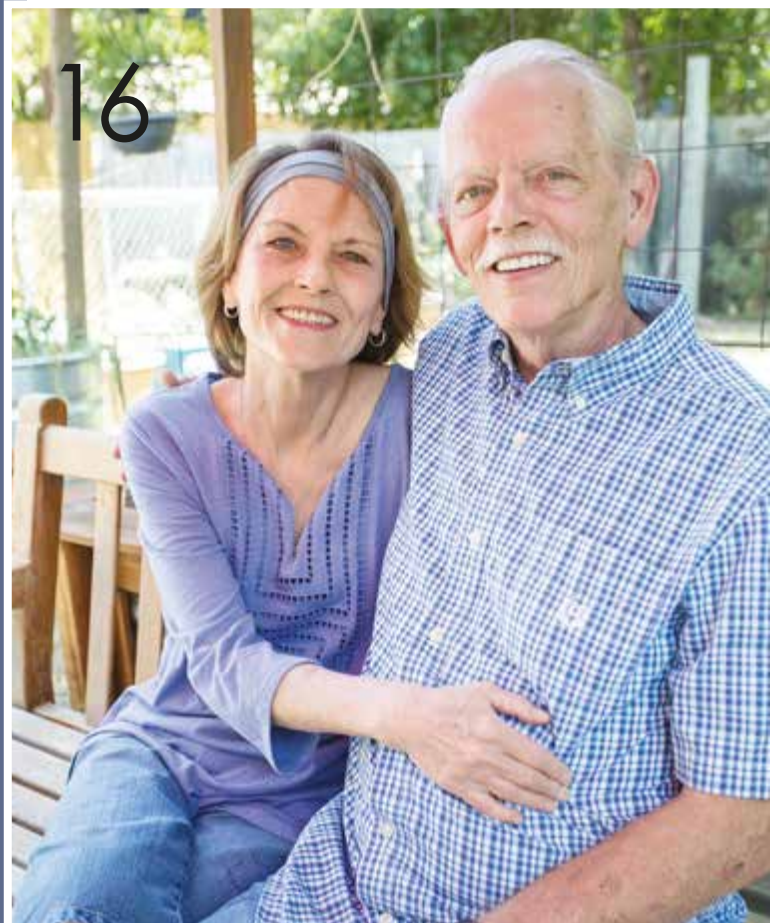
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ON THE COVER

Retired firefighter Barry Gee has gathered troops of volunteers who are ramped up for hurricane season.

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Melissa

Melissa Rawlins
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EDITOR'S NOTE

What would we do without chickens?

In a world without chickens, we'd have no eggs, no fertilizer for the garden and no aerated soil following the busy birds' natural tilling of the ground. We would have more fleas and ticks and tons more snakes and grasshoppers.

Without chickens, we'd have no "chicken soup for the soul"; no perfect puff pastries; no pecan, chess or rich chocolate pie; and none of our many-flavored cheesecakes. We'd have no Tyson chicken houses to count when driving back roads in Arkansas, nor iconic Kentucky Fried Chicken or Chick-fil-A signs, which our children like to spot while traveling to Labor Day family reunions.

Me? I keep them as pets. But in a world without chickens, I'd enjoy no purring sounds of peace on mornings when I take my Bible study outside and am joined by a flock of preening hens. I'd enjoy no rushing wave of feathered, earthbound friends trotting toward my car to greet me after a long day's work. I'd enjoy no picture of sweet, instinctive trust when the rooster scratches the dirt, so the hen can come get the worm he found just for her.

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— By Melissa Rawlins

Hurricane season is here. Yet, people in the know never fear. They just prepare. Take Open Door Church, for example. Possessing a most intense missions orientation, it was natural for Pastor Troy Brewer's church to produce an outreach during Hurricane Harvey. Headed up by a fifth-generation Johnson County first responder, Barry Gee, the Open Door Emergency Response Team relentlessly served during and immediately following the disaster on the Texas coast. Their relief efforts extended through the winter and into the spring. As their service grew in infrastructure and impact, the team changed its name to the Open Door Charities Emergency Relief Network.

Barry spent this summer gearing up for the outpouring of help he expects. He knows the urge to help is there, ready to surge when the call goes out. He also knows there are many kinds of help, from donating money to volunteering to being boots on the ground. That's where Barry has spent most of his life. He hired in with the Arlington Fire Department at 26 years old. "We always said we would do it even if we weren't being paid," he said of first responders' basic instinct to help save lives.



Helping others is something Barry watched his dad do. "I used to spend the night sometimes at his fire station in Dallas," he recalled. "I would watch the fire trucks leave with lights and sirens and wonder if he would return. My dad was always involved in his community in Alvarado."

Barry's teen years and young adulthood involved serving at the First Baptist Church in Lillian, a farming community where everyone knew everyone. "If you needed something, they all pitched in together. I remember roofing houses for widows who lived in the area," Barry said.

Later, he served for several years at Cana Baptist Church as a Sunday School teacher and as a member of the Building and Grounds Committee. He and his wife have attended Open Door Church in





Burleson for the past four years. "ODC is a mission church with 10 missions around the world," Barry said. "How can you not help?"

Their church motto, "The Church Has Left The Building," was proven when Hurricane Harvey hit in August 2017. Church leaders and community leaders, including retired Johnson County Sheriff Bob Alford, Precinct Commissioner Kenny Howell and Pastor Troy Brewer, met with Barry to discuss how they could make a real impact. Once he agreed to lead their endeavor, they quickly established a platform for anyone wanting to donate food, clothing or supplies. To discern what was needed and where, Barry contacted one of the firemen he had once worked with, a man who was in the midst of the disaster relief effort.

Initially, besides multiple trips to ship supplies south, ODC sent its Cook Team's trailer to Beaumont to feed that city's fire department. The BFD chief called as they drove south, diverting their trailer to a little church north of Beaumont where the line for food was already blocks long. "A teacher gave us encouragement," Barry said, "saying, 'Because of you, my fourth-graders are going to have a meal today, tomorrow and the next day.'"

Within eight weeks after the hurricane, Barry and his team could see this arduous job required establishing protocols and procedures



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for networking with other disaster relief organizations around the U.S. Continuing to ship clothing and supplies into the early winter of 2017, they sometimes worked directly with local churches in the hurricane area and sent people with a desire to help to organizations with whom ODC-ERN had already built relationships.

In January 2018, ODC-ERN met with Samaritan's Purse, Convoy of Hope, Operation Blessing, Texas Baptist Men and three of Texas Governor Greg Abbott's top advisors to establish open communication between them and the governor's office. "All of these faith-based organizations bring in millions of dollars of resources to help restore and rebuild," Barry said. "We're trying to network with them and use Johnson County as a tie-in. The 12 tribes of Israel were independent until battle hit, and then they came together."

In order to operate efficiently, ODC-ERN set itself up as a nonprofit organization, and its team members now are Barry; Bob; Ginger Silverman; Kenny Howell and his wife, Tana; Teresa Gillespie; Ray Cook; and John Stout, whose ministry, Runners Refuge, feeds the homeless in Dallas and Fort Worth. "Fundraising, supplies, warehousing capacity and shipping capabilities are our main focus out of Johnson County, where we're increasing our footprint," Barry said. "We want to





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This spring, Barry traveled throughout Houston and to Rockport, asking how ODC-ERN could help those still living in tents near houses needing reconstruction. He found they needed skilled labor to help rebuild. “Most firefighters have construction-based backgrounds and a schedule that would allow the time to donate. First responders are used to working in dirty, nasty environments,” said Barry, who owns his own custom home building company.

It made sense to Barry to create First Responders Rebuild, another nonprofit fueled by skilled labor from firefighters, police and EMS all over the state of Texas who will help rebuild after man-made or natural disasters. “At a convention in San Antonio, I had eight other states approach me to partner with us Texas boys,” he said, grinning. “Can you imagine all the first responders around the nation donating time to rebuild wherever help is needed?”

Always working to put together a bigger team, Barry plans to have team leaders split off to lead other efforts where necessary. “I’ve already lined up trucks and trailers,” Barry said. “I’m trying to anticipate, but without money, all I can do is plan.”

For now, Barry is praying for help before the next disaster hits, whether here in this county or somewhere else — in Texas, the United States or around the world. **NOW**



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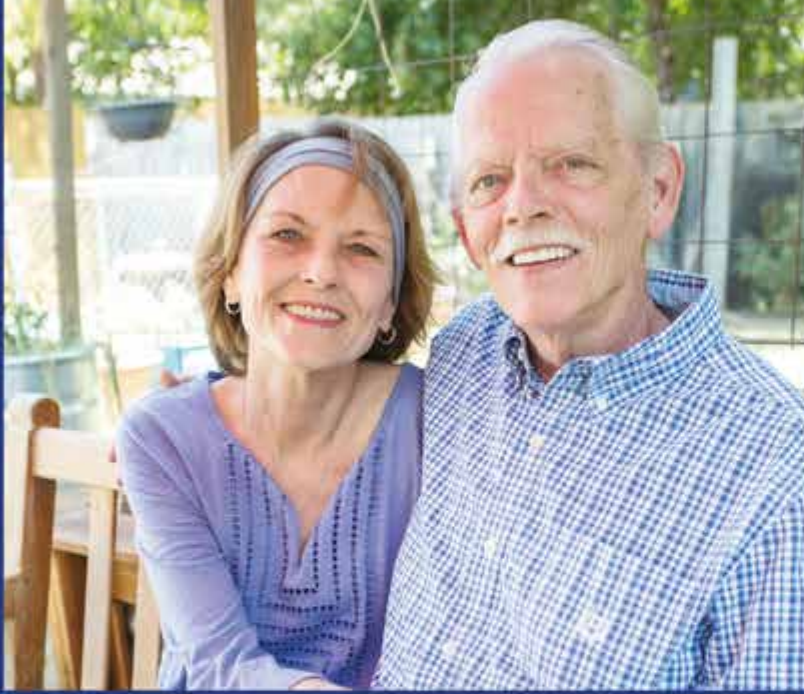
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Life is full of unexpected events — a chance encounter, an illness not so easily overcome, finding an affordable house that is transformed into a loving home. Greg and Lisa Redden have experienced each of these unexpected events over the decades and have cherished moments together in their humble abode just north of Old Town Burleson.

The Reddens discovered their first and final home on Northwest Renfro in February 1979, just a few months after marrying. Over the years, they have remodeled and customized the three-bedroom, one-bath home to make it their own. The original living area has been transformed into a bright and inviting dining room that features large windows with a view of their cozy front porch and rose-covered awning. The front yard is xeriscaped to allow for minimal watering and features a pebble and rock pathway.



IMPORTANCE *OF* ANCESTRY

— By Amber D. Browne

At Home With Greg and Lisa Redden



In the dining area, a large painting of the Texas Hill Country featuring longhorns and bluebonnets complements the Kentucky blue walls. Grow-light planters aid in the germination of tomatoes, flowers and herbs, which are transferred to containers and wooden planters built by Greg in their backyard.

Historic pieces from ancestors are prominent in the dining room. Worn photographs of family members include one of a 1905 family reunion. An antique rocking chair with Lisa's grandfather's initials carved into the arm sits in a corner of the room,



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while Greg's great-great-grandfather's mantel built in the late 1800s is showcased on one wall. Paying homage to family, Lisa covers their bed with a quilt hand-made by her mother, Betty Stevens. Her late aunt's floral painting is also on display.

Lisa is a third-generation Texan, and Greg is fourth-generation, so both are proud of their heritage. Since she was a little girl growing up near Joshua, Lisa has been curious about her ancestors and their stories. As a teenager, regular trips to the library led to family information once buried, and as an adult, she has traveled to other states to uncover information about their families. Lisa has taken her genealogy hobby to the next level by helping others. She uses her research skills to locate the biological parents of adoptees. "I have the ability. It's gratifying," she said.

Knowing where they came from and how their families lived allows

Greg and Lisa to understand a little more about themselves. When going through a few knickknacks, they discovered Lisa's grandfather's old hymnal. Greg recognized that a few of the hymns had been written by his great-grandfather, so they kept the book and displayed it inside a cabinet in the dining area. The love of faith and music lives on in the Reddens' own lives. Greg has played in several country bands, sang in a quartet and recently purchased a banjo, watching YouTube videos to learn chords. "I try to pick up as much as I can," he said.

Lisa's musical background ranges from playing the clarinet and piano during her schooling to singing as an adult. She and Greg now use their talents to uplift others at a local assisted living facility. "My illness has prompted me," Lisa shared. "I knew how much it would have meant to me if somebody would have come to sing to me."

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Lisa recalls singing in bed during her hospitalizations for Crohn's disease years back and, most recently, two brain aneurisms. Nurses and other patients would often sing along with her. "It's an excusable kind of crazy because it lightened the mood for everybody," she said.

A positive attitude and faith have helped Greg and Lisa survive both of her illnesses. "We've gone through all of these hardships," she said. "If we didn't have faith, I don't know how we'd get through it."

At one point during her battle with Crohn's disease eight years ago, her organs began to shut down. The doctor and chaplain met with Greg and suggested Lisa wouldn't make it. As he sat outside the hospital contemplating his next move, Greg thought he was chatting with a nurse. Greg believes she was actually a guardian angel who insisted it wasn't Lisa's time. "She told me, 'She'll be OK,'" he shared. And Lisa recovered.

Lisa and Greg met unexpectedly while working at the same corporation in the late 1970s. Their first encounter was a brief conversation at the water fountain, and this October, they'll have been married 40 years.

Holiday gatherings are spent at the Reddens' home with their two children and seven grandchildren, who live in neighboring cities. "They drive by and see my barbecue pit going," he said, smiling. "Then they call and say, 'Dad, are you cooking something?'"

Greg enjoys grilling and smoking meats outdoors or cooking delicious dishes in the kitchen. As the youngest of four boys, Greg learned how to cook at an early age from his mom, great-grandmother and great-aunt. "I wasn't really big enough yet to start baling hay or taking care of cattle," he said, "so I stayed in the kitchen." He often gets requests from friends and neighbors to make his grandmother's fried pie recipe.



To add counter space for cooking in the kitchen, the Reddens remodeled and added an island. Greg's woodworking skills were put to the test. He built a countertop for the island and several wooden cabinets for storage. New tile flooring was added, and tongue and groove board that resembles shiplap was applied to the ceiling. A chalkboard often hosts inspirational messages. Their family history is apparent in the kitchen with shelving that houses dozens of photographs. The living room is cozy and includes Greg's handiwork of end tables and built-in shelves.

Hunting and competing in bass tournaments are other favorite pastimes for Greg. Lisa might occasionally join him on the lake, but she prefers to read with her line in the water, waiting for a bite.

Family history can be lost over the years, but it is important to the Reddens to pass down their ancestral information to their children and grandchildren to carry on traditions. With their life built in Burleson and their family living nearby, Greg and Lisa plan on making more memories to pass along to future generations. **NOW**

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Where Are They NOW?

Matthew Hall

— By Melissa Rawlins

People who went to Centennial High School with Matthew Hall know him as “The Chef.” He’s taken that moniker — plus his favorite classic French chef’s knife and heatproof rubber spatula — to Waco, where he’s studying culinary arts at Texas State Technical College. After a year-and-a-half, he has only four months to go until he’s free to achieve his dreams. “I want to work in fine dining restaurants in the top culinary cities like Los Angeles, New York City and Chicago until I get my experience up.”

Matthew’s kitchen hours are already increasing. He’s in the Greta W. Watson Culinary Arts Center at least three times per day. During his first semester, Matthew took notes during intense lectures. For his second semester, he put on his apron and practiced preparing basics like sauces, stocks, side dishes and vegetables.

Last spring, during his third semester, Matthew composed entire dishes, including a protein and a starch, while learning meat cookery and pastry preparation. In an advanced food preparation class, he learned to put full dishes together and work on plating. “We’re expected to follow a recipe, but they do allow creativity,” Matthew

said. “They like us to make our own garnishes, for instance, and if I want to add another spice to my meat, I am free.”

Recently, he decided to garnish his roast with tiny fried rings of shallot. “You always want your garnish to be practical, but the chefs loved that it gave it a nice crunch and a nice flavor.”

Beyond “The Chef,” you could call Matthew “King of Flavor.” This young man grew up watching *The Food Network* with his family, and it’s second nature for him to understand which flavors go well together. Give him a mystery basket, and he’ll make a tasty dish from the random ingredients. That was his secret during last year’s Chopped North Texas Culinary Competition. “Mansfield usually won it every year until Jacob Farmer, class of 2018, and I were the first to dethrone them,” Matthew said. “Winning that competition made me feel on top of the world.”

Totally devoted to cooking beyond beautifully, he spends blissful time in his own kitchen, too. He may talk to his roommates or friends while he’s cooking but prefers there be no music. “I usually get into the zone,



focus, be in it, to make sure I'm getting good stuff," Matthew said.

From time to time, however, he will play his saxophone just to see if he still has the musical touch. Before graduating high school in 2017, Matthew was not only in the band but also was the president of the Family, Career and Community Leaders of America, or FCCLA, where he competed in culinary competitions.

BEYOND "THE CHEF," YOU COULD CALL MATTHEW "KING OF FLAVOR."

Being balanced, in the zone, with the flow, has been part of Matthew's paradigm for years. "My priorities for my week are to make sure I am doing my very best at school and my job and giving God the glory with every blessing I receive," said Matthew, who was born to two Christian ministers. His mother, Jennifer Hall, is the AVID teacher at Kerr Middle School, and his father, Larry Hall, works for the Birdville ISD Ag Science program. He loves spending time with them and his sister, Emily, a CHS senior who will graduate in 2019, and his brother, Evan, a fifth-grader who plays football for the Junior Elks.

Now that Matthew is in college, he's continuing to cover all bases. He takes business law and physical science in addition to culinary arts classes, while managing his own budget and working as a residential assistant in his dormitory. "This is a fun job where I can help people living at school have a better experience," he said.

More than anything, his daily tasks — phone calls, taking people on tours, keeping files, running events — are helping him with his people skills and preparing him to one day manage his own restaurant. Then the King of Flavor will be on top of the world. **NOW**

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CookingNOW

In the Kitchen With

MELISSA AUSTIN-WEEKS

— By Lindsay L. Allen

“The Weekly Slice” is a venture that Melissa Austin-Weeks and her husband began this year where they bake a pie weekly and give it to a friend in need of a smile. “It’s always a pie with a piece missing, for quality assurance,” she said.

Melissa loves baking — along with cooking outside on her Fontana Forni Italian woodfired pizza oven — but acknowledges that baking is her stress reliever. “I learned so much about cooking from my mother, my sister and a good family friend,” she recalled. “My sister taught me the importance of keeping your workspace in the kitchen clean, and my blog, *Home with a Twist*, chronicles many things, which include a lot of the lessons my mother and sister taught me about hospitality and cooking.” **NOW**

Freda’s Strawberry Cake

Cake:

- 1 box white cake mix
- 1 small box strawberry Jell-O
- 3 Tbsp. flour
- 1 cup canola oil
- 1/2 cup water
- 4 eggs
- 3/4 16-oz. bag frozen strawberries, thawed (Reserve remainder of strawberries for frosting.)

Frosting:

- 1/4 16-oz. bag frozen strawberries, thawed
- 3/4 cup softened butter
- 1 1-lb. box powdered sugar, sifted
- 1 tsp. vanilla

1. For cake: Preheat oven to 350 F. Mix all ingredients well.
2. Grease and flour a 9x13-inch pan. Pour batter into prepared pan; bake for 30 minutes.

3. Let cake cool completely while preparing the frosting.
4. For frosting: Mix all the frosting ingredients until smooth and creamy. Frost the cooled cake.

Old-fashioned Sugar Cookies

- 1 cup butter
- 1 cup sugar
- 1 cup powdered sugar, sifted
- 2 well-beaten eggs
- 1 tsp. salt
- 1 cup canola oil
- 1 tsp. vanilla
- 4 cups flour, sifted
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- Sugar, to taste

1. Preheat oven to 350 F. Cream butter and sugars together.
2. Add eggs, salt, oil and vanilla; mix well.

3. Add flour, baking soda and cream of tartar.
4. Form 1 teaspoonful of dough into a ball; press gently with bottom of glass dipped in sugar. Repeat until all dough is used.
5. Place on cookie sheet; bake for 8-10 minutes.

Mother’s Buttermilk Pie

- 1 1/2 cups sugar
- 1 Tbsp. flour
- 1/4 cup softened butter
- 3 eggs
- 1 cup buttermilk
- 1 tsp. vanilla
- 1 Pre-baked pie crust

1. Preheat oven to 425 F. Mix all ingredients together until smooth.
2. Pour into a pre-baked pie crust; bake for 20 minutes.
3. Reduce heat to 350 F; bake for an additional 35 minutes, or until the middle is set. *Note:* You may need to shield the pie crust with strips of foil or a pie shield ring to keep it from over browning.

Poppyseed Chicken Casserole

- 2 lbs. chicken breasts, cooked and cut into bite-size pieces
- 8 oz. sour cream
- 1 10-oz. can cream of chicken soup
- 1 1/2 cups Ritz cracker crumbs
- 1 Tbsp. poppyseeds
- 1 stick butter, melted

1. Preheat oven to 350 F Place chicken in a shallow casserole dish.
2. Mix sour cream and soup; pour over the chicken.
3. Mix the crumbs and poppyseeds with melted butter. Sprinkle over the top of the chicken mix. Bake for 30 minutes.

Elizabeth Doyle's Chocolate Cake

Cake:

- 2 cups flour, sifted
- 2 cups sugar
- 1 stick butter
- 3 1/2 Tbsp. unsweetened cocoa
- 1/2 cup canola oil
- 1 cup water
- 1/2 cup buttermilk
- 1 tsp. cinnamon
- 3 eggs, slightly beaten
- 1 tsp. vanilla
- 1 tsp. baking soda

Frosting:

- 6 Tbsp. buttermilk
- 1 stick butter
- 3 1/2 Tbsp. unsweetened cocoa
- 16 oz. powdered sugar
- 1 tsp. vanilla

1. For cake: Mix together flour and sugar in a large mixing bowl.
2. In a saucepan, melt butter, cocoa, canola oil and water together until just slightly boiling.
3. Pour the boiling mix over the sugar and flour mixture; stir well until blended.
4. In another bowl, mix the remaining ingredients. Pour a little of the chocolate mixture into the buttermilk mixture to temper the eggs, so that they don't curdle.
5. Stir; pour in a little more of the chocolate mixture. Keep stirring.
6. Pour everything into the chocolate mixture; blend well with a whisk. Bake for 25 minutes at 350 F.
7. For frosting: Bring buttermilk, butter and cocoa to a boil; pour over powdered sugar and vanilla. Frost the cake while it is hot.

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Atlas Foundation Co., Inc.

— By Melissa Rawlins

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Working on homes throughout Johnson, Tarrant and Ellis counties, the trustworthy professionals of Atlas Foundation Co., Inc. travel as far as Gorman, Granbury, Weatherford, Hillsboro and the HEB areas to lift and stabilize foundations. Celebrating its 60-year anniversary this year, Atlas Foundation Co., Inc. was started in 1958 by Woolard Willard and Estelle Murdock, the grandparents of current owners and brothers, Darrel Ford and Lonnie Ford.

Their father, Glenn Ford, took over Atlas Foundation Co., Inc., after Woolard retired, and reared his boys in the business. Now Darrel and Lonnie are teaching foundation repair and business management to their children, cousins Lindsay Green and Kyler Ford.

“Paw Paw did a lot of pier and beam work. Every hole was hand dug and then poured with concrete and allowed to cure. Over the years, the process has evolved, so we don’t do many concrete piers,” Lindsay said. “Most are prefabricated concrete pilings, pushed down with hydraulic systems.” The company’s thorough website takes people through their step-by-step process.

The crews do dirty work, always under the supervision of Phillip Biondi, yet they are always thinking of the customer. Landscape plants needing to be moved are returned to their rightful place once the hard work is over and exterior mortar cracks are repaired. They leave the site better than they found

it, because they treat every customer just as they'd like to be treated.

Lonnie and Darrel visit with customers and prepare estimates on every Atlas job. They grew up working on crews solving foundation problems in up to four houses every day. There in the trenches, they learned how to advise people who call for help. "Every house is so different," Lonnie said. "If they are worried about a few cracks, and we know their foundation is not bad enough to justify cost of repairs, we tell them, 'Hey, it doesn't need to be fixed.'"

"Neglect sometimes leads to plumbing issues. The opposite can also happen: A lot of homes 40 or 50 years old can have a plumbing leak that can cause movement in the slab, requiring a fix," said Atlas Office Manager Christy Ford, who is Darrel's wife and Lindsay's mother. Christy recommends calling and requesting Darrel or Lonnie visit to estimate the extent of any problem.

Listed on Good Contractor's List, Angie's List and Better Business Bureau, Atlas Foundation Co., Inc. will share references from hundreds of testimonials of satisfied customers. Darrel enjoys spending time with his customers before, during and after the job, as well as having fun with the friendly, safety conscious crews working to achieve Atlas' mission. "Daddy taught us, 'You always gotta fix it right, best you can,'" Darrel said.

Normally, they ask for payment on the day of completion. Since foundation repairs are not covered by insurance, Atlas provides financing to qualified customers. "We offer five-year and seven-year reduced-interest loans or a zero-percent financing when paid within six or 12 months," Lindsay said.

They also offer a free, lifetime structural warranty that goes with the house itself, so that Atlas will take care of every foundation they've repaired for as long as that structure exists. If you're seeking help from people who are confident about being in business for generations to come, call Atlas Foundation Co., Inc. **NOW**

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- *Students who walk should not be talking or texting on their phones.

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TravelNOW

A Canadian Adventure

— By Alf Blanchard

From the stunning red cliffs, the miles of red and champagne beaches and the vibrant small-city scenes, there is only one way to describe Prince Edward Island — magical. If driving, you will be pleasantly surprised at the beauty of the highway. It takes you through towns and villages, scenic landscapes and coastal views. Every journey on the island is as special as the destination. Driving along the highway or one of the designated coastal drives, you will see a small glimpse of life on Prince Edward Island, and it will make you feel the need to explore.

Prince Edward Island is also known as Canada's Food Island. Once you take a bite of what the island has to offer, you will undoubtedly understand why. Not

only is the island abundant with fresh ingredients such as mussels, oysters and potatoes, artisanal cheeses, breweries, wineries and distilleries, its views will also take your breath away. Every September, you can attend Fall Flavours Festival, which includes the International Shellfish Festival. Visitors from all over the world come to enjoy these festivals.

The size of Prince Edward Island is one of its greatest assets. You can taste fresh seafood in a small fishing town and still only be a short drive to the capital city of Charlottetown for experiencing live music, theater and bars.

Visitors can spend their time basking in the sun on one of the 90 beaches, listening to the waves crash and

digging their toes in the sand. Prince Edward Island isn't just for relaxation though. Get your heart racing with paddleboarding, kiteboarding, hiking or cycling. The Confederation Trail is built on an abandoned railway that goes across the entire Island. It's 269 miles of rolled stone-dust surface — an incredibly unique way to experience Prince Edward Island.

If all that adventure isn't enough, Tourism Prince Edward Island offers hands-on activities led by local community leaders. Jigs & Reels, where you join Captain and multi-instrumentalist J.J. Chaisson onboard his boat, *Chaisson A Dream*, is one such activity. Learn about traditional music, step dancing and how to play a musical instrument.

At the Table Culinary Studio in New London, one can take classes or have an experiential meal. For instance, Marilla's Table — A Taste of the Past, begins with a visit to the birthplace of L.M. Montgomery, author of *Anne of Green Gables*, to see what life was like in Anne and Marilla's time, and ends with an authentic meal made from locally grown organic vegetables, while listening to stories from a historian who specializes in Montgomery history.

Speaking of Anne, if the book holds a special place in your heart, you will enjoy visiting the island. Head over to Green Gables Heritage Place and feel like you are part of the story, or visit the Anne of Green Gables Museum (operated by relatives of Lucy Maud Montgomery and part of the inspiration for the world-famous novel). In Charlottetown, see Anne on stage at the Confederation Centre of the Arts in *Anne of Green Gables — The Musical™*, or watch love bloom at the Guild in *Anne & Gilbert*.

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A New Way to Landscape

— By Zachary R. Urquhart

Landscaping can be one of the most time-consuming tasks for homeowners. Pulling weeds and trimming bushes are jobs that are seemingly never really finished. Instead of planting flowers, consider adding hardscapes, decorative structures or materials that add a different kind of beauty to your yard.

Patios and Walkways

- *Create a Walkway.* One of the simplest ways to enhance part of your property is with a patio or walkway. The most permanent route is to pour concrete, possibly even covering your new space with an awning or gazebo. For a simpler DIY project, you can lay stones to make your new walkway or patio.

- *Do It Yourself the Right Way.* If you decide to lay your own stone, there are some important choices to make.

You can buy square or rectangle stones and lay them end to end, leaving no space between. Or, you might want a more irregular stone, which necessitates putting a material like pebbles or crushed granite in the gaps. Whatever your finished product is, your first step should be laying down weed blocker. And the key to a solid, level walking surface is getting a good foundation of sand before you put your stones down.



Build What You Need

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Sometimes, hardscapes can be as much about necessity as beauty. If you need to build a retaining wall, you will want to carefully plan your project. Including pipe for drainage is essential, as is tamping down the soil while you backfill to cut down on the land's settling making your wall uneven. And to improve the aesthetic value, spread out any stones that are slightly discolored to give the wall a more artistic look.



• *Check for Codes and Cables.* If you decided to build stairs, retaining walls over a few feet or are pouring a new driveway, do not start the work on a whim. For some larger projects, city codes may dictate size restrictions and what materials you can use. For projects that require significant digging or trenching, you should always call 8-1-1 first, so you can ensure there are no pipes or cables underneath your project area.

Accent Pieces

• *Create Some Counterspace.* If you admire your friend's outdoor kitchen, but building something that large is not an option, consider building an outdoor island. Find a space, get your measurements and use simple right angles to design a counter for food prep. Large hardware stores and lumber suppliers will generally make cuts for you, so you will only have to put the wood together yourself. And if you want to add a small refrigerator underneath, it is easy enough to install an exterior outlet by tapping into an existing outlet inside.



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- *Create a Buzz With a Blaze.* If you want to add something fun that can be a conversation piece, fire pits are a great and relatively simple project idea. Unless your pit is going on top of existing hardscape, you should dig about a foot into the ground, then add sand as a foundation for the stones. Be sure your stones are at least 12 inches above ground level to ensure a safe barrier between your fire and your yard.



If you need design help for whatever hardscape ideas you have, sites like Pinterest are flush with pictures and plans perfect for builders of all levels. With all the options available, hardscaping your lawn is a great way to put your personality into your property. **NOW**



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Kayla Williams serves up some tofu curry to her first customer of the day at Pandan Thai Street Eats.

Zoomed In: Pauline George

By Melissa Rawlins

When Pauline George and her husband explored Crowley, they found the perfect place to live. Their neighborhood contains a refreshing park, which Pauline and her daughters, Krystal and Karen, have taken every opportunity to visit. “You want children to meet with other kids, get the freshness of the air, have a little change from what they’re used to every day,” said Pauline, who divides her time between family and work.

When Pauline and her daughters come to the water park, she doesn’t have to worry about her children’s safety. “Plus, it’s beautiful to watch. The sound is better than the quietness of a pool.” It took no time at all for Krystal and Karen to learn, by watching their mother, that stepping on the yellow button brings the fountains to life.



Bob Gormin and Sondra Oster Baras, director of Christian Friends of Israeli Communities, trade news of mutual friends during a luncheon.



The Pouncy family takes time to enjoy Burleson’s beauty from the deck at Lost Oak Winery.



Several Johnson County friends experience their first Free Friday class at Yoga Haum.



First United Methodist Church staff member James Guthrie and intern Taz Turner help organize Burleson Lions Club materials in the storage closet.



The Dunn children share a sweet morning at Warren Park with their MiMi, Pam Dunn.



The Ragsdale family join up at the Burleson Public Library for their weekly crafting session.



Crowley High School teacher Beatrice Soremekun-Jolly visits Herbal Health Stop for her weekly supply of Reverse Osmosis water.

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Calendar

1

Russell-Boren House tours: 10:00 a.m.-2:00 p.m., Russell Farm, 405 W. CR 714. Free. Learn about bread making, jam preserves, butter churning. For more details, contact Mary Ann Spaun, (817) 447-3316 or mspaun@burlesontx.com.

7

Joshua Area Chamber Golf Tournament: 11:30 a.m.-5:00 p.m., Hidden Creek Golf Course, 555 E. Hidden Creek Pkwy. \$100 per golf player. Register: (817) 556-2480 or online at www.joshuachamber.com.

8

Trash Bash: 9:00-11:00 a.m., Warren Park, 301 S.W. Johnson Ave. Volunteers of all ages meet at Warren Park and get their trash bags and litter picker uppers. Must sign up by **Sept. 7**. (817) 426-9848.

9

First Responders Sunday: 11:00 a.m., Boulevard Baptist Church, 315 N. Burleson Blvd. Come honor all our first responders in recognition for their service to our city. Chad Handy, (817) 295-4342.



11

Business After Hours: 5:30-7:00 p.m., 418 N.E. Wilshire Blvd. All American Dog Training, Grooming and More invites you to enjoy relaxed

networking and find out whose business you can help grow. For more details, call (817) 295-6121.

Roots & Branches Genealogy Club meeting: 6:30-8:00 p.m., Burleson Senior Activity Center. Expert researcher Eric Jelle leads the discussion, and there will be a Q&A, as well. Free. Call (817) 426-9550 for details.



13

Crowley Area Chamber of Commerce 3rd Quarterly Luncheon: 11:30 a.m.-1:00 p.m., Crowley Recreation Center. \$20 per person. RSVP to (817) 297-4211 or email info@crowleyareachamber.org.

Meals on Wheels Golf Benefit: 1:30 p.m., Cleburne Golf Links, 2501 Country Club Rd., Cleburne. Sponsors pay for meals for seniors in Johnson and Ellis counties. For more details, contact Lisa Deese, (817) 558-2840 or (972) 351-9943, or visit www.mowjec.org/2018-annual-golf-benefit.

13, 26

Parent Café: 6:00-8:00 p.m., Little Tyke Learning Center, 120 Harris Dr., Crowley. Hosted by Little Tyke, facilitated by be STRONG families. Dr. Girard, (817) 297-1721 or email crowley@littletykechildcare.com.

14

Monthly Friday night dance: 7:00-9:30 p.m., Senior Activity Center, 216 S. W.

Johnson Ave. Dance the night away with music from the Andy Goin Band, and enjoy food and refreshments. \$5 per person. For more information, call (817) 295-6611.

18

Careity Rocks!: 6:00-9:00 p.m., Cendera Center, 3600 Benbrook Hwy., Fort Worth. Gifted children play music with Sonny Burgess and his band to help raise funds for families experiencing cancer. Contact (817) 882-4100.

20

Snack Sack Program fundraiser: 9:00 a.m.-4:00 p.m., House of Hope Thrift Store, 200 N. Magnolia St. Help feed over 400 children in the Crowley ISD who are food insufficient on weekends. For more information, visit www.northtexasgivingday.org/crowleyhouseofhope.

21

Golf "FORE" ASD: 8:00 a.m., Hidden Creek Golf Course, 555 E. Hidden Creek Pkwy. \$100 per player/\$400 for team. Register your team at www.centerforasd.org/golf-tournament.



Power of Heels Luncheon: 11:30 a.m.-1:00 p.m., location TBD. Fort Worth Mayor Betsy Price shares her encouragements. RSVP to Burleson Area Chamber of Commerce, (817) 295-6121 or gsoliz@burleson.org.

22

Ocho Loco 5K and Fun Run: 8:00 a.m., Hulen Park, 201 W. Westhill Dr., Cleburne. Join with Crazy8 Ministries to support the mission of helping and housing the homeless. Register at runsignup.com/ocholoco5k.

23

Friend Day and Chili Cook Off: 11:00 a.m., Boulevard Baptist Church, 315 N. Burleson Blvd. Come and enjoy a friendly atmosphere while eating a nice bowl of chili. For more details, call Chad Handy at (817) 295-4342.

25

Larry Light and Pure Country Fundraiser: 6:00-11:00 p.m., Stagecoach Ballroom, 2516 E. Belknap St., Ft. Worth. While the band entertains and you eat

dinner, your \$20 is helping build a soup kitchen in Honduras. Visit rohxlministry.org with questions.

28

Crowley Area Chamber of Commerce Annual Golf Tournament: 7:00 a.m., Hidden Creek Golf Course, 555 E. Hidden Creek Pkwy. For more information, call (817) 297-4211 or email info@crowleyareachamber.org.

Golf Classic "FORE" Kids: 7:00 a.m., Southern Oaks Golf and Tennis Club, 13701 Southern Oaks Dr. Register your team at www.cacjctx.org.

29

Johnson County Children's Advocacy Center's Stick Horse Rodeo and National Night Out kick-off event at Hulen Park in Cleburne. For more

information, contact Kevin Sellers, kevinsellers@cacjctx.org.

29 — 30

Far Out Family Campout: 1:00 p.m.-8:00 a.m., Russell Farm, 405 W. CR 714. Bring your family and friends to this camp out and enjoy nature at its finest. Tickets go on sale **Sept. 3.** (817) 426-9113.

Ongoing:

Fighting Hunger Food Drives: Harvest House, Burleson. For more details, call (817) 495-4192. Event runs through **November.**

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



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HealthNOW

For Men Only

— By Betty Tryon, BSN

There was a time when men rarely thought about their prostate. That was before the advent of the seemingly never-ending parade of commercials promoting various drug treatments for prostate ills. With the increased focus on the prostate today, men are more aware of the risks associated with this gland. The prostate is part of the male reproductive system. Located in front of the rectum and below the bladder, it makes a slightly alkaline fluid that is the liquid part of semen. This fluid protects sperm cells in semen and aids in the motility of sperm. Although a gland, the prostate is also a muscular organ, which helps propel semen through the penis.

The anatomy of the prostate lends itself to possible problems as a man ages. Part of the structure of this organ is the urethra, which is the tube that transports urine and semen. The prostate gland grows until a man reaches adulthood, but often the inner part of the organ that surrounds the urethra continues to grow. This can set up the beginning of a condition called benign prostatic hyperplasia (BPH), which is an enlarged prostate.

In BPH, the surrounding tissue presses on the

urethra, which can cause difficulty in urination. On average, this issue does not occur until after the age of 50 in most men. Other than difficulty in passing urine, some additional problems associated with this condition are frequent urination, sensation of the bladder not being empty after urination, stopping and starting repeatedly during urination, dribbling urine and a frequent need to get up at night to urinate. Anyone with these symptoms should see their doctor.

When visiting the physician for a yearly physical or investigation of a complaint involving the prostate, a digital rectal exam is performed. The physician looks for lumps, tenderness and other abnormalities. Another part of the examination, the Prostate-Specific Antigen (PSA) blood test, also aids in screening for possible prostate cancer. The PSA is a protein found in the prostate cells. It is normal for all men to have low levels of PSA. A higher number does not automatically lend itself to prostate cancer. It may be cause for concern, in that you may be at higher risk for the disease. Your health care provider can weigh all of the factors and determine what level is normal for you. They can also recommend when screening is appropriate for you and if further tests or treatment are warranted. PSA is a great screening tool, but it is only the beginning. After that comes the rest of the story. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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