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ON THE COVER



Emceeding Carecity Foundation's Celebrity Cutting, Chad Prather contributes to cancer care in Johnson County.

Photo by SRC Photography.

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Editor's Note

Hello, Friends!

We are, this month, officially linked by gratitude. On November 11, we honor veterans of all wars, and as we can, we thank them for their service. Veterans' Day falls on the anniversary of the armistice between the Allied nations and Germany. On that day, World War I ended and the task of rebuilding started.

Rebuilding, or even building afresh, succeeds in times of peace.

Most of us enjoy such a time now, and signs of our area's growth are all around. How wonderful when those engaged in harvesting can settle in for a feast on November 24. Since 1863, United States citizens have celebrated Thanksgiving Day. They were following the example set by George Washington in 1789, when he proclaimed a national day of thanksgiving. And he was building upon the tradition started in November 1621, when the Pilgrims enjoyed the corn from their first harvest on this continent.

To benefit those whose harvest hasn't been plentiful this year, please give heartily to food banks in our area. When we find a way to help people working to rebuild, attitudes of gratitude uplift our community.

Peace to you!

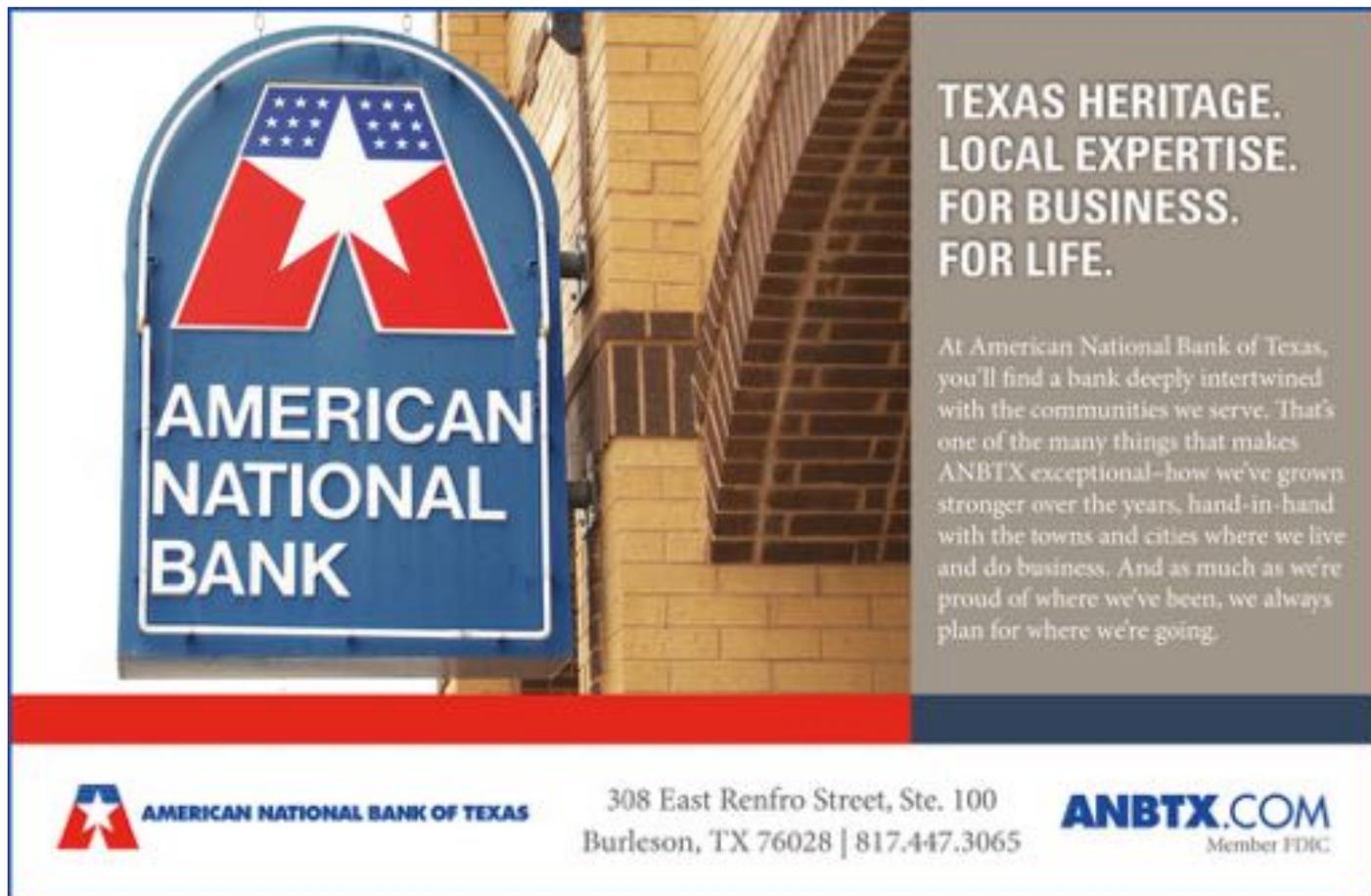
Melissa

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Al Crane has lost 38.6 pounds in 10 weeks!
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Heather Martin lost 52 pounds in five months!
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Mastering his mouth to give life-building messages, Chad Prather's life is more fruitful than ever before. "That's the grace of God," said Chad, who does not believe in luck. "I believe when God decides to touch something, it will work. One of these days, we'll see why He touched this."

Chad's newfound celebrity status — gained through his own YouTube channel, where hundreds of thousands of people follow his brief and intimate comedy routines — is just the cutting edge of his transformed career. Whether it's motivational speaking, life coaching, comedy or social media humor, Chad has styled himself a modern day Will Rogers. From his platform, Chad pokes fun at life, all the while helping people.

Traveling the state, the nation and the world to be in front of people, Chad is happy. He's always enjoyed exploring, and wired into his nature are learning, thinking and talking — habits cultivated through a lifelong friendship with Wade Trimmer, who pastored the church Chad grew up attending in Augusta, Georgia. "By observing him, I learned to find another angle to understand the issues at hand," said Chad, who offers deeper insights with every joke he tells.

PUTTIN' SMILES ON FA

A man wearing a brown cowboy hat, a blue and white plaid button-down shirt, and blue jeans with a large gold belt buckle stands in a field of sunflowers. He is smiling and has his hands in his pockets. The background shows a line of trees under a cloudy sky.

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- Dr. Susan Andrews, Chief of Staff,
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He and Cowboy Bill Martin are traveling the country with their comedy act, Kings of Cowtown, and they are taking time to visit kids with cancer-related diseases in hospitals along the way. Presenting themselves as Cowboys Who Care, they give a cowboy hat to each child. Back in Cowtown, Chad has become the preferred promoter for a select number of local charities and emcees fundraisers like Redneck Roundup, for Support our Soldiers, and next month's Celebrity Cutting, for Careity Foundation.

"I found a long time ago these charities need a voice," Chad said. He cut his teeth in the entertainment business almost by accident 20 years ago. He was fresh out of college with a master's degree in communication, working for large nonprofit organizations that respected his gift of gab. They sent him on public speaking engagements in Third World countries — sometimes in front of thousands of people — because his natural humor motivated the civic, political and church leaders he was training.

Now, when Chad's emceeing at charity events, he sees it as an entertaining ministry. "If my time helps these charity events do better, I'm blessed to be able to put smiles on faces," he said. His work with Cowboys Who Care brought him into contact with Careity's founders. "I fell in love with Lyn and Beverly, their vision and their genuineness. They're contributing a lot to cancer care and giving away a lot,



from mammograms to actual treatments.” Being involved in Careity’s Celebrity Cutting gives him the honor of riding in the Stock Show parade and participating in the cutting.

As a youth working in his family’s business in South Carolina, Prather Quarter Horses, Chad became well versed in cutting and reining. He came to Fort Worth in 2003 for a public speaking engagement with a former employer, and said, “I felt I’d found my tribe.” Especially since moving to Texas, he’s been fortunate to get to know people with interests in different breeds of horses, from Tennessee Walkers to miniatures.

It wasn’t until 2010 that Burleson became Chad’s permanent home. By then, he was working as a salesperson for an industrial corporation, and daytimes gave him a great salary but little opportunity to be himself. His wife, Jade, a trauma nurse, often worked 14-hour shifts. So at night, this extrovert found outlets for his need to entertain people.

“On Christmas Eve of 2010, I popped into the Spice Rack to see what this place was all about,” he said. He began frequenting the bar and grill, getting to know the regulars. “Most of these guys and gals went to high school together. They didn’t know who I was.” But their new friend sure was fun. He brought his guitar on Thursdays for open mic night, and when he plugged in and sang songs, he made everyone happy, including himself.

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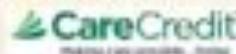
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During the next three years, Chad sowed seeds that have turned him into a recognizable social media phenomenon. “Inevitably, anything I tossed out into the ether on Facebook would make somebody smile,” Chad said. One of the guys at Spice Rack told him about a radio network wanting to do a radio show, and little by little, his network in Texas’ music scene expanded.

Always looking for a creative way to entertain people, Chad quit the corporate life in 2013 to make a living just being his natural, funny-guy self. When he told his wife, she encouraged him with a probing question: “What’s the street value on your personality?” Chad already knew. He’d been approached by a cutting horse acquaintance who was also president of RIDE TV, an equestrian lifestyle television network headquartered out of Fort Worth.

Now into the middle of the third season of *It’s My Backyard*, a man-on-the-street humor show filmed at different equine events around the country, Chad got into the habit of posting short, funny videos on Facebook whenever traffic came to a standstill on I-35 North between Burleson and the television offices off of Rosedale. A RIDE TV production assistant encouraged him to put his videos out there for everyone to watch on YouTube.

The first video Chad posted had 250,000 views within hours. Titled *The Kids Are Late For School*, Chad spent two minutes riffing on how he’d gotten an administrative talking-to for his second-grader being tardy. Very quickly, that video registered 1 million views.

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Numerous others have since hit a view count in the high hundreds of thousands, and over 70 of his Facebook videos received over 1 million views.

Only two years later, Chad is working harder than ever before and is constantly on the move. He's co-writing a book about social media. He's creating an Internet show, *Texans in Trucks Getting Tacos*, inspired by Jerry Seinfeld and featuring different Texas celebrities sharing tacos and conversation with Chad. He has, in some ways, become a spokesperson for Western culture, writing for *Western Horse and Gun* magazine and representing the American Paint Horse Association during major rodeos, including National Finals Rodeo in Las Vegas.

Reinvesting his earnings into his creative partnership with Cowboy Bill Martin, Chad's having fun with the comedy shows because he genuinely cares about people. And he still makes his little, funny videos and receives, sometimes, thousands of Facebook and YouTube messages each week.

Responding to as many as possible, he loves the opportunity to encourage people. "It never gets old to hear the responses, like: 'I wake up to your voice every day.' That's so weird to me," Chad said, "that I'm like somebody's morning devotional. But if you've been broken as many times as I have in life, you develop a compassion for where people are." **NOW**

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AN ENGA EDUCATI

Robert Gillies remembers the television show, Welcome Back, Kotter, from his childhood. As an adult, he can certainly relate. “Oh yeah, I know that reference,” he said with a grin. Like Gabe Kotter, the teacher in the show, Robert returned to his alma mater, and is now serving as the principal at Crowley High School.

John Sebastian’s lyrics to the show’s theme song said, “Well the names have all changed since you hung around, but those dreams have remained, and they’re turned around. Who’d have thought they’d lead ya back here where we need ya?” They needed Robert in the Crowley High principal’s office. Maggie



GING ON

— By Rick Mauch

Santos, who works in the registrar's office, said, "Me and everyone else sure hope he stays for a long time."

After graduating in 1986, Robert, 48, didn't leave Crowley High thinking he'd return someday. In fact, when he got his degree from The University of Texas at Arlington, he wanted to teach college English — though he played clarinet in high school and band was his first love. However, fate, as it is, had other plans. And, with a mother who worked in attendance at Crowley and a father with strict Catholic school upbringing, he wasn't surprised when education became a centerpiece in his life. "I thought I'd



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The sports medicine team members with their invested principal, Robert Gillies.

call my own hours and substitute teach in the Crowley district,” he said. “Then, a full-time position opened up.”

He returned to UTA and got his master’s degree. He taught at both the ninth grade and elementary levels in Crowley, left for a couple of years to teach at Como Montessori Elementary in Fort Worth and then returned to Crowley. His climb up the administrative ladder included four years as assistant principal at Bess Race Elementary, three years as principal at Crowley Intermediate, and two years as principal at Crowley Middle School.



Two years ago, he became principal at Crowley High. He immediately connected with the students, many of whom he already knew from his previous schools. “I am very visible during the day,” Robert said. “And my door stays open, so kids can pop in and say, ‘Hi.’ High school kids are extraordinary people. Their whole life is lying ahead of them. Everything is still possible to them. I don’t see how a principal can just stay in his office.

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Visiting with the kids is the best part of my day.”

Robert also knows a lot of parents very well. In fact, he was classmates with many. “Some of them I’ve known since we were 5 years old,” he said. “And a lot of these kids I’ve known for a long time. This past class, for example, I’ve known since they were in the third grade at Bess Race.”

Not only is Robert friendly with the students, he also works to improve their school. Among the major upgrades he’s pushed for are improvements to the band hall and numerous athletic facilities. “The dedication he has to his students, families and staff shows through in all that he does,” said Stefani Allen, friend and principal of North Crowley. “Robert and I talk on a daily basis about what we can do to make our kids’ high school experience be the best experience it can be.”

When Robert attended school, there was only one school in Crowley. Before North Crowley opened in the late 1990s, he said the main rival was Cleburne. However, he’s hesitant to use the word *rival* when referring to North Crowley. “I know we want our teams to beat their teams and such, but in a lot of ways, they are allies,” he said. “It helps having another set of people doing the same job you do.”

Robert said he often remembers lessons taught to him by longtime Crowley High band director, the late Ed Martinez. He applies many of those lessons today in his profession and life.

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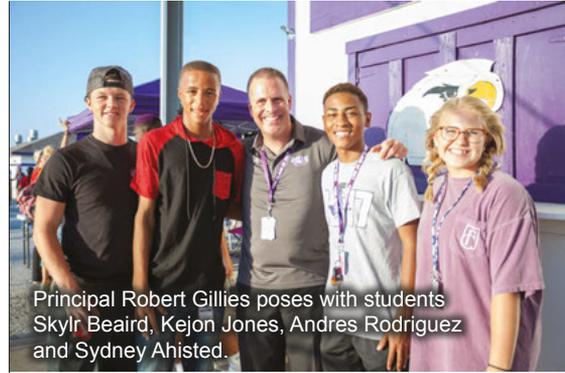
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Principal Robert Gillies poses with students Skylr Beard, Kejon Jones, Andres Rodriguez and Sydney Ahisted.

“He pushed everyone to be their best, always,” Robert said, his eyes misting. “The discipline he taught me and the drive stayed with me.”

There are increased challenges to helping students reach success today. For example, Robert had no standardized testing as a student. “You just had to complete and pass your class,” he said. “It’s a lot more challenging now to graduate. I often wonder how my class would have done with today’s standards.”

He’s also noticed a difference in teachers, but their purpose is the same nonetheless. “When I was in high school all the teachers seemed old, but now I look around and see all these young faces,” he said. “But I do think the staff today mirrors when I was in school. Why people become teachers hasn’t changed.”

He and his fellow students — and teachers — also didn’t have social media. While it can have a negative impact in the wrong hands, Robert sees plenty



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of positives, as well. "I'm able to share students' accomplishments on Facebook and Twitter, and kids love it," he said. "It's also great for communicating with parents, such as a change in schedule. You have to deal with the negatives, but I try to make sure we focus on what's good about it."

One main reason for Robert's success and popularity is a simple principle: Help students enjoy school and become engaged in their education, and they will want to attend. "All of us think of the one teacher we didn't like, and we vow not to do what they did," he said with a chuckle. "You have to make students look forward to your class."

One such student was Maggie's son, Matthew. He is now attending Texas Woman's University to be a registered



The varsity cheer squad poses with Robert.

dietitian. "My son always said he was just a real cool guy," Maggie said. "It's great how he interacts with the kids. Mr. Gillies has always been an inspiration to Matthew."

Crowley High is celebrating its 50th year of existence. Robert's graduating class had a reunion during homecoming weekend in September. Among the plans was the beginning of something that will honor someone Robert admired as a student — his former principal. "We started the Mike Leach Leadership Scholarship," he said. "I'm excited to be a part of honoring him." At the beginning of the school year, the football field was named after CHS graduate Gary Reasons. He went on to win two Super Bowls as a member of the New York Giants.

As for his own future, Robert still has plenty of years of educating left, and he plans to do it all at his alma mater. "When my time is up at Crowley High School," he said, "I assume my time will probably just be up." **NOW**

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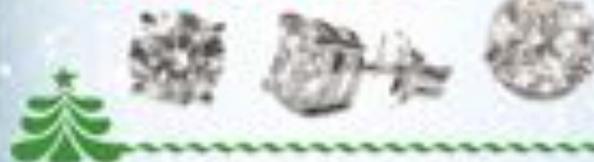
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More Than Memo

— By Erin McEndree

At Home With Bob and Pat Worrell

A museum is a place where interesting and meaningful historic collections are displayed to help familiarize guests with the past. It is a place where great care is taken to exhibit and preserve objects from long ago. Bob and Pat Worrell's home seems to fit that description, but for a different reason. Bob has both Parkinson's disease and Alzheimer's disease, and Pat works hard to be considerate of his increasing memory loss by surrounding him with family photos and memories from his childhood days that are meaningful and familiar.

The couple merged their family and belongings about 14 years ago when they married after a short courtship. Pat bought the home they live in two weeks before Bob asked her to marry him. "We'll sell my house and make a home in yours," Bob said. A plaque on the wall reads: *As for me and my house, we will serve the Lord.* They combined their faith and family photos of Bob's two children, three granddaughters and two great-grandchildren, with Pat's two children and three grandchildren. Pat is blessed

that the whole family enjoys family gatherings, although she admits it is very hard to get everyone together at the same time with all the extracurricular events.

Many family photos line a couple of bookshelves in the living room that flank two arm chairs where Pat and Bob enjoy sitting. There are two more recliners in the sun room, where they spend most of their time. Pat often reads Scriptures and devotionals to Bob. Five years ago, Pat gave in to Bob's request to build the sun room, and she has not regretted that





ries

decision. "This is our favorite place," she said. "We enjoy eating out here, playing 42 and watching the birds."

A long row of windows overlooks the backyard where many species of birds come to feed at the feeders. A red oak tree is Pat's "Birthday Tree." Bob planted it for her on her birthday 13 years ago. The flower beds are filled with soil from Glen Rose near his family goat farm on Chalk Mountain. "Bob figured out that he could put 14 5-gallon buckets in the back of his truck to transport the soil," Pat laughed. A peach tree produces an abundant harvest, and Pat enjoys making all types of jelly including strawberry,



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wild grape and pear. "I grew up canning and making jelly with my mom," she said.

Pat grew up on a dairy farm in New Hope community. She uses some of the milking equipment from the farm to decorate her kitchen. A red milk jug is displayed beside a jelly cabinet full of colorful jars. Pat loves the white Hoosier cabinet trimmed in green that she bought with Bob. She discovered a slim, hidden compartment in the cabinet with an ironing board tucked away. A date on the wooden ironing board reads 1946. That was the year Pat was born, and it made the cabinet very special.



Butter churns, hay forks, saws and an old milker hold memories and are neatly displayed above the cabinetry nestled in greenery. "One of my treasures is the white porcelain bowl with the red band," Pat explained. "My mom shaved my daddy twice a week and used that bowl for that purpose."

The opposite wall in the kitchen is red. The focal point of this wall is a huge painting with a green Granny Smith apple encircled with a Scripture that Pat's niece painted. Every corner, upper cabinet and wall space has memories of the past and farm living. Mementos help Bob feel like he is in a familiar place and are comforting to both Bob and Pat.

The wall in the hallway holds treasures. A 100-year-old door that was rescued from Bob's childhood farm hangs sideways with birds atop small shelves. Under the door hang vintage tintype photos of Pat's grandparents. Other black and white family photos are displayed in oval picture frames. Both Bob and Pat display their large family photos here from when they were children. Bob has four brothers, and Pat has three sisters.





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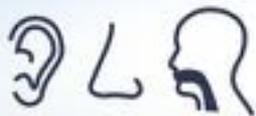
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The sepia-toned photos bring a bit of nostalgia when they remember these times as small children.

The formal area is also filled with photos along with many serving pieces on the buffet and sideboard. There are cabinets full of crystal. "I love collecting Fostoria," Pat said. "Every Christmas, I give the girls a piece of crystal they can appreciate from my collection." Tucked in the corner is the old typewriter Bob used to type his first insurance policy.



The home office is where Pat spends time organizing community events. Currently, she stays busy as president of the Eumathian Club, program chair for the Retired Teachers, a member of Red Hats Club and an active member of First Baptist Burleson. She was an educator and administrator for 33 years.

"I am on the school board," Pat said. "The main reason I enjoy serving is to help keep the character of Burleson." Pat is also on the Character Council and feels strongly that elements of character should be taught by educators and be included in the daily curriculum. Pat helps oversee the annual essay contest each fall, which culminates with this month's awards ceremony. Pat displays a former year's theme for the contest in her yard with a sign that reads, *Kindness Matters*.



Pat not only wears many hats in life, she owns over 100 different hats and wears one every day. Boxes are stacked high and labeled in the master bedroom. A large jewelry cabinet holds large rings, necklaces and pins, while another door from Bob's home serves as the headboard to the couple's bed.

The extra bedroom holds even more hat boxes and more mementos. "I have trouble letting go of old stuff," Pat admitted. Bears and books that she played with are displayed. Old ink bottles and a pair of 12-inch-long scissors from Bob are memories of his career. Shadow boxes hold Pat's mom's gloves she wore at her wedding. "My three sisters and I carried these gloves in our weddings," Pat reminisced. A similar case holds her dad's baby gown and his first math book. More photos of family surround the room. "It really looks like a museum in here," Pat said.

Remembering the past is soothing to a patient with Alzheimer's. Short-term memories may be difficult, but memories from the distant past may still be intact. Pat may wear a lot of hats in her life, but keeping the memories intact as long as possible for Bob is her mission. She is by Bob's side, and together they gain strength through family support and faith in God. Because of that faith, Pat shares her peace and hope in the future whenever she can. **NOW**

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Vict

— By Larry W. Davis



What would you do with a healthy dose of fear from a traumatic swimming pool event at a young age? How would you handle this fear if it persisted well into your adult years? Active, energetic wife and mother of two, Coralee Flug, has overcome her fear of swimming by starting competitive swim teams in Burleson at the Burleson Recreation Center known as The BRiCK.

Her love and fear of swimming came “at the age of 8 or 9,” she said, when her mother put Coralee in swim lessons. On the very first day, she almost drowned. “I’m still having a very uncomfortable relationship with the water,” she confessed. Nevertheless, she oversees a program that not only equips youngsters in the etiquette and technique of competitive swimming but also teaches swim safety at the elementary schools in Burleson. “This swim program isn’t about me,” she added with a chuckle. “I facilitate and manage a swim program, and I’m scared of the water.” However,

ess tory

she hasn't allowed fear to prevent her from getting in the pool, which she does regularly.

Coralee was born, raised and married in Canada. There's a distinct joy in her voice, eyes and facial expressions as she discusses her family. Her husband, Curtis, does environmental work in the oil fields. This work brought them to the United States — in particular, to the state of Wyoming — when Nic, their now 18-year-old son, was 3. Their daughter, Amelia, now 15, was born there. The family's swim team experience started there in a small town with a population of around 6,500. "This town had the highest per capita youth swim participants in America, around 250 kids participated in the club program," she said. "Almost all of the kids in town were swimming in this program. Amelia started at the age of 3. Nic was 6."

An oil field transfer opportunity for Curtis moved the family to Burleson when Amelia was in the second grade and Nic was in the fifth. At that time, there were no swim clubs in Burleson, so the family took the summer off from competitive swimming. However,

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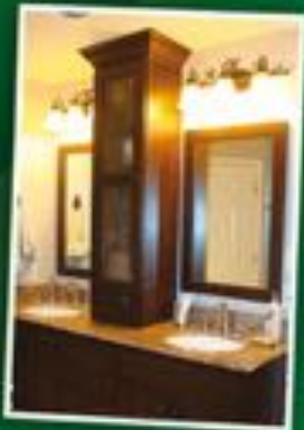


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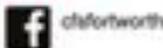
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Brandon Nelson, Katherine Crane, Nic Flug and Adam Grillo enjoy the swimming services offered by Coralee.

the swimming fire was still burning. With the aid of “a girlfriend neighbor,” Coralee organized a small group of neighborhood kids for morning swims in the Mistletoe Hill Subdivision community pool near the family’s home.

The following year, the family joined a summer swim league, in Burleson, named the Barracuda Program, sanctioned under the Texas Amateur Athletic Federation. This is a wonderful program and the family’s participation lasted for two years. At that time, Nic was a freshman in high school. “The program was great. However, it was only a summer program,” she admitted.

As Coralee began looking for something year-round in or around Burleson, the Sigma Performance Swimming/Metroplex Aquatics Program looked promising. The program had several locations spread around the Metroplex. Astutely, Coralee noticed Burleson had no representation. “I felt



like making a difference,” she stated. Springing into action in September 2012, she organized a meeting between the chief parties. Attendees were: Andrew Ha, the owner and head coach of the Sigma Swim Program; Peter Krause, Burleson city official (now retired); Frank Ocampo, The BRiCk facility manager; and Coralee. Through her efforts, Burleson was granted a Sigma Swim Club Chapter and permission to practice at The BRiCk facility. In November of the same calendar year, on Thanksgiving weekend, the program officially started.

Staff were needed to offset Coralee’s healthy dose of swim fear. The current head coach is Adam Grillo, who is aided by his sister, Katherine Crane, a recent addition. Nic also coaches in the program. Amelia is an active participant swimmer. “From November until the next summer, I was just an ‘in the stands’ cheering mom,” she said.





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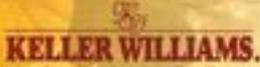
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However, by midsummer, the Burleson chapter had grown exponentially. They needed somebody to control the reins. This is when co-founder Andrew Ha asked Coralee to head the Burleson program. She responded with an emphatic, "Yes!"

"He said, 'I can't pay you much, but we need you,'" she remembered. "My feelings were, *I was here anyway, so why not?*"

No longer just a swim mom, she's become the leader of a viable swim club giving her a new passion, energy and focus. The day-to-day operations along with event details were of the utmost importance. "It went from cheering only to how I can fill up these lanes and rosters," she laughed. "It became even more important to me."

Coralee has tackled her swim phobia head on, making swim safety the major area of concern and the club's top priority. She's pulled together a rather impressive group of people who are willing to aid the cause of swim safety awareness, while preparing elementary school children to swim safely. The vision started one night at The BRiCK with a request from Allison Smith, the athletic/aquatics supervisor for the facility. At the time, Allison was teaching Red Cross water safety to elementary school children in Joshua and sought an opportunity to do the same in Burleson. She asked Coralee to put her in contact with someone who could facilitate such a class. "I happened to look up," Coralee recalled, "and right in my view was former Hajek Elementary School Principal Cretia Bashum."

Cretia referred Coralee to Norwood Elementary PE teacher and assistant softball coach, Natalie Mullin. Natalie coordinates the PE programs for



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Burleson ISD. The vision, as articulated to Natalie, was the club's desire to partner with Allison, which would allow them to teach a 45-minute water-safety platform in the elementary schools and make the case for how this would be a plus to the curriculum. "Natalie said, 'We can make this happen,'" Coralee remembered. "Water safety/fifth grade evaluations and school coordination could not happen without Natalie," she added. "She does an amazing job."

Allison now teaches Red Cross water safety and all fifth-grade students get evaluated within the BISSD. Burleson High School swim coach Paula Peckham is a firm advocate and supporter of the Burleson Sigma Swim Chapter Program and enjoys the increased level of success and safety that the program affords the high school. Coralee and Natalie work closely with Dr. Leslie Bender Jutzi, the chief academic innovations officer, to bring swimming lessons to the district as part of PE at the elementary school level, and to date, more than 300 second-graders have completed the program. The club has also teamed up with Jessica Hamilton of the Texas Health and Fitness Center Burleson for year-round lessons.

Coralee has turned her fear of water into a lifetime work, helping others learn the joy of swimming in a competitive and safe way. Her passion and care add to the city in a positive manner. She's the godmother of organized competitive swimming in the city of Burleson, and the family members are fine additions to the Burleson area. Rufus Columbus Burleson would be proud. **NOW**

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Living Well

Johnson County Concierge Medicine respects patients' lifestyles, while helping improve their health. — By Melissa Rawlins

Tending to people is Dr. Joe Etter's specialty. After nearly 10 years of successfully practicing medicine in Burleson's Old Town Medical Center, he has added Johnson County Concierge Medicine to his health care repertoire.

Patients are coming from as far away as Corsicana, Lewisville and Waco for his functional approach to their health. He also treats many patients conventionally in Johnson County Concierge's second-floor suite in B&G Plaza. No matter what kind of medicine his clients seek, they all want access to their doctor when they need it most.

"When I constructed Johnson County Concierge Medicine, I put a cap on the practice, so their premium membership gives them direct contact with me, with no middleman," Dr. Etter

said. He has some patients who appreciate the option for a house call as part of their deal. And after hours or not, all of his patients have his cell phone number, so he can help them manage their health remotely until it's convenient for them to see each other face to face.

In the office, Dr. Etter gives his clients the time required, so he can understand their issues. "I'm a relationship guy, and on most occasions, they're going to get a 30-minute office visit," he said. "Patients don't feel hurried to get all that's going on with them out and are more comfortable telling me their story, which just helps me be a better doctor to them."

Without leaving behind his conventional training from University of North Texas Health Science Center, Dr. Etter

has furthered his education and is in a fellowship for metabolic and nutritional medicine, so he can tend to patients who are interested in supporting the body's natural healing abilities.

He offers a synergy of traditional and functional medicine, resulting from his constant desire to innovate. "I aligned myself this year with Le Reve, an anti-aging center in Fort Worth," he said, "allowing us to offer all the nutrition support and advanced hormone balancing in the form of creams, injectables, biomedical pellets, adaptogenic herbs, if necessary, and in addition, the body sculpting, BOTOX and JUVÉDERM that some people want as part of a healthy aging process."

Patients of Johnson County Concierge Medicine also have access to Robin Hensley, personal trainer and nutritional educator, who coaches them individually about fitness and, if desired, transitioning from one body composition to another. "We're hoping to add additional therapies for athletes who want to come get minerals and vitamins in the form of an IV therapy, which provides 100 percent absorption," Dr. Etter said.

Two medical assistants help Dr. Etter keep Johnson County Concierge Medicine running efficiently. "I depend upon them for getting people scheduled, drawing blood, arranging for follow-up visits and referrals to specialists," Dr. Etter said. "Stephanie Cobb prepares trays for people who get BioTE Hormone Replacement Therapy. And Brandy Pisciotta does prior authorizations for medical scrips, fighting the fight for the patient to get it approved."

The doctor's efforts focus around empowering each patient to achieve their identified wellness goals. "They don't have to have a prescription for every symptom that pops up," Dr. Etter said.

A self-professed "gut-immune-brain guy," Dr. Etter strives to restore his patient's health with nutrition and, when necessary, conventional medicine. If you're ready to learn how to support wellness, decrease the inflammatory burden in your body and increase your gut and immune function, then call Johnson County Concierge Medicine. Dr. Etter is ready to help you live well. **NOW**

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Cruisin' around town on his skateboard, Danny Witt finds a place to chill.



Ayden Jones enjoys a little pedicure pampering.



These Sigma swim coaches will give 925 2nd graders swim lessons before the year ends.



Brenda Flores plays with three of her children at Bicentennial Park in Crowley.



Keith Kelly, Lisa Deese and Teresa Fallon get to know each other at the multi-chamber mixer in Mansfield.



Teresa Sells sells fall mums at Love's Garden Center with a smile.



BACC ambassadors and the former president take time for some silly laughs.



The Turner family goofs off while having a fun fall shopping excursion.



Under their grandparents' watchful eyes, Aiden Juárez and Rodney Snodgrass play with pumpkins at First United Methodist Church.



Chamber Diplomat Sonny Bauer listens in while FranNet's Bryant Cooley explains his company's services to Shylah Long and Elizabeth Claypool of Pit to Palace Cleaning.

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To begin with, you should be aware that the financial markets have fluctuated greatly — daily, monthly and yearly — over the past three decades. Overall, though, the financial markets trended upward, as measured by major indexes, such as the Dow Jones Industrial Average and the S & P 500. Of course, as you’ve no doubt heard, past performance can’t guarantee future results.

What was responsible for this long upturn? Most experts cite several factors: sharp declines in inflation and interest rates, vastly improved worker productivity (largely brought on, for at least a few years, by more advanced and efficient information technology), growth in emerging markets and a long run of strong corporate profits.

Can a generally positive investment environment continue in the years ahead? As mentioned above, it’s pretty hard to forecast the performance of the financial markets. And you can be fairly certain that the market volatility we’ve seen — those large price swings —



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will not disappear any time soon. So, to help position yourself to better withstand these sharp movements, consider the following:

- **Modify your expectations.** Don't count on high or even positive returns throughout all your years of investing. Try to "bake in" reasonable return expectations to your long-term investment strategy. A financial professional may be able to help you with this.
- **Don't make rash moves to beat the market.** If the market doesn't consistently yield double-digit returns, you might think you need to take drastic actions, such as investing much more aggressively than your risk tolerance would normally allow. For example, you might be tempted to pursue some hot stocks that you heard about through a friend, co-worker or one of the so-called experts on the cable television shows devoted to investing. But by the time you hear about these stocks, they may not be so hot anymore — and they may never have been so hot for you, given your individual needs, goals and risk tolerance. So, instead of ratcheting up the aggressiveness with which you invest, look for other investment techniques to help yourself advance toward your financial objectives.

- **Boost your investments in your retirement plans.** Contribute as much as you can afford to your 401(k), IRA and other retirement accounts. The earlier you start, the more years you'll be giving your investments to potentially grow.

- **Be open to working longer.** If you like your job, and you're prepared to be flexible, you could gain some key benefits by working just a few more years than you had planned. Specifically, you can keep contributing to your 401(k) and IRA, and you also might be able to delay taking Social Security, thereby earning bigger monthly payments when you do start collecting your benefits.

Investing would be simple if you could always count on earning big returns. However, that's not the case. And if the markets are indeed going to be somewhat unpredictable, then you'll want to take a page out of the Boy Scouts' handbook and "be prepared."

*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. **NOW***

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November 4

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Lunch & Learn: 11:30 a.m.-1:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Free small business workshop. (817) 295-6121.

November 4, 5

White Cane Day: **Friday**, 4:00-6:00 p.m.; **Saturday**, 9:00 a.m.-noon. Four locations: First National Bank Burleson, both branches; Northstar Bank; and EECU. Cash donated supports charitable work of Burleson Lions Club and Lions International Eye Bank. President George Reynolds, (817) 701-6360.

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November 8

Business After Hours: 5:30-7:00 p.m., Family Toyota of Burleson, 801 S. Burleson Blvd. Free to Chamber members. (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. Call Toby Ford at (817) 995-8466.

November 10

Veterans Day Performance: 9:00-10:30 a.m., Centennial High School Auditorium, 201 S. Hurst Rd. RSVP to lynnq@bisdmail.net.

November 12

Fall Craft Fair: 9:00 a.m.-4:00 p.m., Fort Worth First Church of the Nazarene, 2001 E. Main St., Crowley. Free. www.fwf.org.

Burleson Holiday Bazaar: 10:00 a.m.-4:00 p.m., The Academy at Nola Dunn, 201 S. Dobson St. \$5. Visit facebook.com/BurlesonHolidayBazaar.

Power of One Ruck March: 8:00-11:00 a.m., Crowley Rec Center. Register on-site. Family Fun Run \$10; 5K \$20. Benefits Support Our Soldiers. Welcome

SPC Royce Carnley at 10:00 a.m www.supportoursoldier.com.

November 17

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.

November 19

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, includes lunch and awards. Reserve your space at www.joshuachamber.com.

December 2

Christmas Tree Lighting Festivities: 5:30-7:30 p.m., Crowley City Hall. For details, contact (817) 297-2201, ext. 4300.

Careity Celebrity Cutting and Concert: 7:00 p.m., Will Rogers Memorial Coliseum, Fort Worth. Tickets \$20-\$150 are available at www.careity.org.

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 Anton Jacobs

— *By Melissa Rawlins*

At Boy Scout camp, Anton Jacobs got his cooking merit badge. At home, his mom taught him to clean up as he cooked. For years, he enjoyed cooking for his family while perfecting his skills as an architect. Anton's culinary talent was confirmed while on a church retreat building houses for people in Mexico. Preparing meals for 80-90 people, he appreciated the challenge and reward of cooking.

Since he and his wife, Kim, moved to Burleson to be close to family, he's been inspired through Southwestern dishes by Jon Bonnell and Tim Love. He also tunes into Guy Fieri and Bobby Flay, from whom he learns tricks of the trade. Anton's guiding rule in his kitchen is, "Have fun and kick up the flavors!" **NOW**

Spaghetti Southwestern Chicken

3 Tbsp. Cajun meat rub
2 or 3 boneless, skinless chicken breasts
2 poblano peppers, grilled
1 red pepper, grilled
4 Tbsp. olive oil (divided use)
2 ears corn, grilled
1 spaghetti squash
Salt and pepper, to taste
4 cloves garlic, minced
5 green onions, chopped
2 Tbsp. chili powder
1 Tbsp. cumin
1/2 cup cilantro, chopped
1 16-oz. bottle green or tomatillo sauce
1/2 cup sour cream
2 cups Mexican cheese

1. Apply rub to chicken breasts and coat the outside of the peppers with olive oil.

2. Soak ears of corn in water without removing husks. Set aside and start the outside grill.
3. Preheat oven to 400 F. Cut the spaghetti squash in half lengthwise and remove seeds and strings. Sprinkle inside with olive oil, salt and pepper. Place halves face down on baking sheet. Bake for 30 minutes.
4. Meanwhile, start grilling chicken, peppers and corn. Turn every 8 to 10 minutes for about 30 to 35 minutes.
5. Remove squash from oven, let cool and, with a fork, scrape out the spaghetti into a large bowl.
6. Remove the peppers' skin and seeds. Dice the grilled peppers and place in the bowl. Remove husks from corn, cut corn off the cobs and add to bowl. Cut the chicken into bite-size pieces and add to the bowl, along with garlic and onion.
7. Stir in the spices, green sauce and sour cream.
8. Reduce oven heat to 350 F. Spray PAM

in a 9x13-inch baking dish, empty bowl into baking dish and cover with cheese. Cover with foil and bake about 20 minutes. Remove the foil and continue baking another 10 minutes until cheese is melted.

Banana Nut Waffles (Gluten Free)

2 cups Pamela's Gluten Free Baking & Pancake Mix
1/4 cup ricotta cheese
1 cup pecan pieces
1 Tbsp. vanilla
1 Tbsp. cinnamon
2 ripe bananas
2 Tbsp. butter, melted
1 egg
1/4 cup white quinoa (optional, for adding texture and protein)
1 1/2 cups milk
PAM cooking spray

1. Mix all ingredients in a large bowl.
2. Preheat a waffle iron. Spray PAM on the waffle iron just before pouring the mixture onto it; cook to desired doneness.

Crunchy Asparagus

1 lb. medium asparagus
2 egg whites
1 Tbsp. mayonnaise
Salt and pepper, to taste (divided use)
2 cups Panko breadcrumbs
1/2 cup Parmesan cheese, grated
1 tsp. Italian seasoning
1 tsp. paprika
2 Tbsp. olive oil

1. Preheat oven to 425 F.
2. Trim asparagus; bend the spears until they break. Keep the green parts.
3. Whip egg whites and mayonnaise together with salt and pepper. Pour into a shallow pan long enough to hold the asparagus. In a second pan, mix together Panko, Parmesan, Italian seasoning, paprika and more salt and pepper. Dip each spear in the egg wash, and then into the breadcrumbs. Be sure each spear is coated evenly with breadcrumbs. Set coated spears on a wire rack over a baking sheet and lightly drizzle with olive oil to crisp them up.
4. Bake until golden and crunchy, about 15 to 17 minutes. Serve immediately while hot. They will get soggy when they cool.



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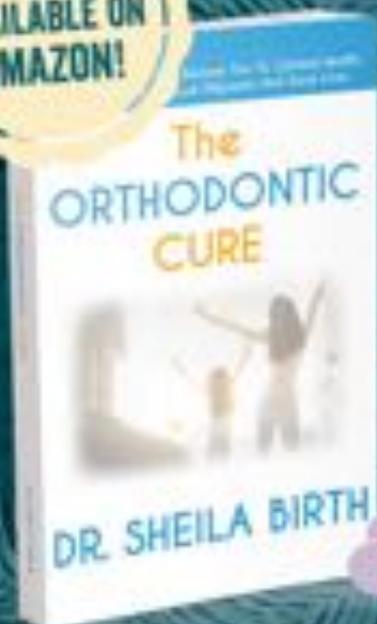
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